

Naturally Active

Niles Senior Center

February 2009

St Joes/St Pats Day Party

Friday, March 13, 11:00am-2:30pm, \$13.00

This year it's an Italian menu featuring Mostaccioli with Meatballs, Italian Sausage, Rolls, and Dessert. Our afternoon entertainment will feature Enzo Incandela. Door Prizes! Reserved seating. (#4333)

Registration open to ALL members

Beginner's Sudoku

Sudoku (数独 **sūdoku**) is a logic-based number-placement puzzle. The objective is to fill a 9×9 grid so that each column, each row, and each of the nine 3×3 boxes (also called blocks or regions) contains the digits from 1 to 9 only one time each. Sound confusing?? It's not! In these semi-private lessons, Om Johari will teach you how to solve these puzzles which do not require any knowledge of math or skill – just the ability to recognize the symbols 1 – 9.

Wednesday, March 25 ~ 11:00am–12:00pm, 12:15–1:15pm, 1:30–2:30pm, 2:45–3:45pm ~ \$1.00

**Note the times must be filled in order. ONLY 3 SPACES PER TIME! SIGN UP TODAY! (#4422)*

Registration Begins: Wednesday, February 11 at the Senior Center

Activites

Bowling @ Brunswick For Fun!

March 13 (#4366) ~ March 27 (#4367)

April 10 (#4368) ~ April 24 (#4369)

May 8 (#4370) ~ May 22 (#4371)

June 12 (#4372) ~ June 26 (#4373)

July 10 (#4374) ~ July 24 (#4375)

August 14 (#4376) ~ August 28 (#4377)

September 11 (#4378) ~ September 25 (#4379)

October 9 (#4380) ~ October 23 (#4381)

November 13 (#4383) ~ December 11 (#4384)

Fridays ~ 9:30am to 12:00pm

Meet at Brunswick Zone in Niles - 7333 N Milwaukee Ave

\$6.00, Please register at least 2 days in advance

Guys, Gals!! Join us at the Brunswick Zone in Niles for a few games of bowling and fun!!! It's all in the name of fun, so if you don't know how to bowl – fear not!!! Cost will include 2 games of bowling, shoes, and a snack!

Just for Fun! This is not a League.

Pinochle Tournament

Wednesday, March 18, 12:00-4:00pm, room 127, \$5.00

Participate in a 3-handed tournament. Lunch will be served. Refreshments and prizes are included. (#4244)

Poker Tournament

Friday, March 27, 12:00-3:00pm, room 131, \$5.00

Play 7-Card Stud and 5-Card Draw. Lunch will be served. Refreshments and prizes are included. (#4257)

Trip

Million Dollar Quartet

at

Chicago's Apollo Theatre

Wednesday, April 29, 11:45am-4:45pm, \$69.00

Check-In at the Niles Senior Center at 11:15am

On December 4, 1956, an auspicious twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley. Million Dollar Quartet is inspired by this famed 1956 recording session that brought together four of the most legendary figures in the history of music. Featuring a treasure trove of the greatest rock, rockabilly, gospel, R&B and country standards of the 1950s, "Blue Suede Shoes," "Fever," "Sixteen Tons," "Who Do You Love!," "Great Balls of Fire," and "Whole Lotta' Shakin' Goin' On," Million Dollar Quartet captures the infectious spirit, freewheeling excitement and thrilling sounds of a singular moment when four of popular music's most extraordinary talents, all in their creative prime, came together for a night that would raise the roof. Lunch will be a catered meal at the Center by Graziano's. Get yours fast! (#4390)

Classes

AARP Driver's Safety Program

Wednesdays, March 20 & 27, 9:00am-1:00pm (*additional classes July 10 & 17 and November 6 & 13*)

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. The course is designed to help you:

- ~ Tune up your driving skills and update your knowledge of the rules of the road.
- ~ Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- ~ Reduce your traffic violations, crashes, and chances for injuries.
- ~ Qualify for an auto insurance premium reduction or discount. Specific state insurance laws vary – please consult your insurance agent for specifics in Illinois.

Get an insurance discount. Auto insurance companies in this state provides a multiyear discount to AARP graduates!

NOTE: This is an 8 hour class spread over 2 days. You **MUST** attend both classes to receive your certification. Pre-registration is required, and a \$14.00 payment is due the first day of class. Checks may be made payable to AARP. (#4407)

Niles Senior Citizen Police Academy

The Niles Police Department is planning a series of informational seminars designed to address issues of concern among individuals aged 62 and over. All sessions meet at 10:30am. Registration is required.

- March 9, 2009 – Senior Awareness in Emergencies (#4221)
- April 13, 2009 – Community Policing (#4222)

“Community and Police working together for a safer and more secure Niles.”

Cooking with Tony

Tuesdays, March 3 - 24, 9:00-10:15am, kitchen, \$20.00 for 4 weeks OR \$6.00/class

Tony is Back!! Come cook with Tony!!! Tony Franchi returns to the Niles Senior Center with more fun, more recipes, and more samples! This well known ex-president of Kendall College and Master Chef will astound you with culinary classics as well as anecdotes from his cooking years! (#4274)

Laughter Class

Monday, March 9 & 23, 10:00am-10:45am, room 131, \$3.00

Laugh it up! Research shows that laughter is good for your health! It can strengthen your immune system, improve breathing, arterial blood flow, digestion, sleep, relax your muscles, adjust blood pressure and blood sugar, burn calories, reduce pain, as well as help people connect and get along with one another! Plus, it's simple and fun. So, join today and start living the good life. Register today!! This class is facilitated by Dr. Om Johari, Certified Laughter Leader (CCL). (#4403)

Meditation Relaxation

Monday, March 9 & 23, 10:45am-12:15pm, room 131, \$3.00

Meditation can help most people feel less anxious and more in control. The awareness that meditation brings can also be a source of personal insight and self-understanding. Join Dr. Om Johari and learn the physical, emotional, and spiritual benefits of meditation. Release stress, and join the world again! (#4404)

Wednesday Lecture, Concert, and Film Series...

This series is designed to be a fun, and an educational service provided by the Niles Senior Center in order to strengthen and foster the community's knowledge and appreciation for the creative arts. Social, economic, and environmental issues relevant to the mature population will also be included in the series. On select Wednesdays.....

Coming up...

March 4, 1:30pm, room 131, \$5.50 ~ Itzhak Perlman and the "Spring Sonata" ~ Jim Kendros

Probably the pre-eminent violinist of our time, Itzhak Perlman is known for his brilliant technique, direct interpretation and precision. Mr. Perlman's recordings include not only all standard violin repertoires but those of contemporary composers. He has appeared with every major orchestra in the world, showcasing his talent at music festivals, recitals, and concerts around the world. Join music historian Jim Kendros as he explores Perlman's life and the fabulous Spring Sonata. (#4317)

March 25, 2:00pm, room 131, \$5.50 ~ Cole Porter: Master of Style ~ Susan Benjamin

Although Cole Porter's life may have seemed outwardly charmed, personal challenges and passions led to his body of work. In this program with Susan Benjamin, stories of his personal history are juxtaposed with examples of his contributions to American culture. (#4318)

April 1, 1:30pm, room 131, \$5.50 ~ More Mancini!! ~ Jim Kendros

Composer and music researcher Jim Kendros, returns with a special review of the magical music of Henry Mancini. Enjoy his timeless originals like *The Pink Panther* and *Moon River*. You'll also experience Mancini, the pianist, in his breathtaking arrangements of *The Windmills of Your Mind* and *Love Story*. You will hear about Mancini's background and also hear Jim play some of Mancini's most beautiful pieces. (#4319)

April 22, 1:30pm, room 131, FREE ~ Biography Frida Kahlo

Portrait of the Mexican artist who began painting at age 15 while convalescing from a serious accident. Frida Kahlo sent her work to the great Diego Rivera, whom she later married. Pain, which dogged her all her life, and the suffering of women, are recurring and indelible themes in her often shocking works. Characterized by vibrant imagery, many of her pictures are striking self-portraits (#4320)

May 6, 1:30pm, room 131, \$5.50 ~ The Beautiful Brahms Violin Concerto ~ Jim Kendros

German pianist and composer Johannes Brahms is ranked among the masters of the Romantic era. Although he showed talent at the piano at an early age, he spent much of his young life performing rather than composing. Brahms's career was given a boost by composer Robert Schumann (1810-56) and his pianist wife Clara (1819-96); his close relationship with Clara, especially after she was widowed, has been the source of much speculation ever since. The pair exchanged passionate letters and went on holiday together, but Brahms opted to leave her behind to pursue his career and a life of bachelorhood. By the end of the 1860s he'd settled in Vienna, where he lived until his death in 1897. Musically he maintained the Romantic tradition of Ludwig van Beethoven, in opposition to the rise of composers such as Richard Wagner and Brahms's friend, Franz Liszt. His most famous composition is the lullaby, *Lied Wiegenlied (Cradle Song)*, popularly known as simply *Brahms' Lullaby*. His compositions include *German Requiem* (1866), *Violin Concerto in D* (1878) and *Piano Concertos in B Flat* (1878-81). Jim Kendros will tell us about the *Violin Concerto* and it's influence on modern music today. (#4321)

Movie at the Center

Lite Lunch and Movie

“Kung Fu Panda” (G 2008)

Friday, March 6, 12:00-3:00pm, room 127, \$3.50

It's the story about a lazy, irreverent slacker panda, named Po, who is the biggest fan of Kung Fu around... which doesn't exactly come in handy while working every day in his family's noodle shop. Unexpectedly chosen to fulfill an ancient prophecy, Po's dreams become reality when he joins the world of Kung Fu and studies alongside his idols, the legendary Furious Five -- Tigress, Crane, Mantis, Viper and Monkey -- under the leadership of their guru, Master Shifu. But before they know it, the vengeful and treacherous snow leopard Tai Lung is headed their way, and it's up to Po to defend everyone from the oncoming threat. Can he turn his dreams of becoming a Kung Fu master into reality? Po puts his heart - and his girth - into the task, and the unlikely hero ultimately finds that his greatest weaknesses turn out to be his greatest strengths. -IMDB Turkey Roll-Ups, Potato Salad, and Dessert will be served. (#4388)

Classic Movie Thursday

“The Scarlet Letter” (1934) running time: 70min

Thursday, March 19, 2:30-4:00pm, room 131, FREE, with registration

In her last film appearance, Colleen Moore stars as 17th-century Salem resident Hester Prynne, who when she delivers a child out of wedlock is forced by the prudish townspeople to wear the scarlet “A” for adultery. The father of the baby is none other than Reverend Dimmesdale (Hardie Albright), who wants to confess to his indiscretion but is prohibited from doing so by the pious Hester. Things come to a sorry pass when Hester's long-missing husband Roger Chillingworth (Henry B. Walthall, repeating his role from the 1926 version) returns to Salem and demands a few immediate answers. (#4282)

Dinner & a Movie

“The Dark Knight” (PG-13 2008)

Wednesday, March 25, 5:00-8:30pm, room 127, \$2.00

Set within a year after the events of Batman Begins, Batman, Lieutenant James Gordon, and new district attorney Harvey Dent successfully begin to round up the criminals that plague Gotham City until a mysterious and sadistic criminal mastermind known only as the Joker appears in Gotham, creating a new wave of chaos. Batman's struggle against the Joker becomes deeply personal, forcing him to “confront everything he believes” and improve his technology to stop him. A love triangle develops between Bruce Wayne, Dent and Rachel Dawes. -IMDB Hot Dogs, Chips, and Dessert will be served. (#4295)

Monday Musical Madness...

Double Feature!!!!

“Chicago - the Musical”

(PG-13) running time: 113min

Monday, March 30, 10:00am - 12:00pm, room 127, FREE, with registration

A starry-eyed would-be star discovers just how far the notion that “there’s no such thing as bad publicity” can go in this screen adaptation of the hit Broadway musical *Chicago*, originally directed and choreographed by Bob Fosse. In the mid-’20s, Roxie Hart (Renee Zellweger) is a small-time chorus dancer married to a well-meaning dunderhead named Amos (John C. Reilly). Roxie is having an affair on the side with Fred Casley (Dominic West), a smooth talker who insists he can make her a star. However, Fred strings Roxie along a bit too far for his own good, and when she realizes that his promises are empty, she becomes enraged and murders Fred in cold blood. Roxie soon finds herself behind bars alongside Velma Kelly (Catherine Zeta-Jones), a sexy vaudeville star who used to perform with her sister until Velma discovered that her sister had been sleeping with her husband. Velma shot them both dead, and, after scheming prison matron “Mama” Morton hooks Velma up with hotshot lawyer Billy Flynn (Richard Gere), Velma becomes the new Queen of the scandal sheets. Roxie is just shrewd enough to realize that her poor fortune could also bring her fame, so she convinces Amos to also hire Flynn. Soon Flynn is splashing Roxie’s story -- or, more accurately, a highly melodramatic revision of Roxie’s story -- all over the gutter press, and Roxie and Velma are soon battling neck-to-neck over who can win greater fame through the headlines. A project that had been moving from studio to studio since the musical opened on Broadway in 1973, *Chicago* also features guest appearances by Lucy Liu and Christine Baranski. ~ Mark Deming, All Movie Guide (#4391)

“My Fair Lady”

(G) running time: 173min

Monday, March 30, 1:30 - 4:30pm, room 127, FREE, with registration

At one time the longest-running Broadway musical, *My Fair Lady* was adapted by Alan Jay Lerner and Frederick Loewe from the George Bernard Shaw comedy *Pygmalion*. Outside Covent Garden on a rainy evening in 1912, dishevelled cockney flower girl Eliza Doolittle (Audrey Hepburn) meets linguistic expert Henry Higgins (Rex Harrison). After delivering a musical tirade against “verbal class distinction,” Higgins tells his companion Colonel Pickering (Wilfred Hyde-White) that, within six months, he could transform Eliza into a proper lady, simply by teaching her proper English. The next morning, face and hands freshly scrubbed, Eliza presents herself on Higgins’ doorstep, offering to pay him to teach her to be a lady. “It’s almost irresistible,” clucks Higgins. “She’s so deliciously low. So horribly dirty.” He turns his mission into a sporting proposition, making a bet with Pickering that he can accomplish his six-month miracle to turn Eliza into a lady. This is one of the all-time great movie musicals, featuring classic songs and the legendary performances of Harrison, repeating his stage role after Cary Grant wisely turned down the movie job, and Stanley Holloway as Eliza’s dustman father. Julie Andrews originated the role of Eliza on Broadway but producer Jack Warner felt that Andrews, at the time unknown beyond Broadway, wasn’t bankable; Hepburn’s singing was dubbed by Marni Nixon, who also dubbed Natalie Wood in *West Side Story* (1961). Andrews instead made *Mary Poppins*, for which she was given the Best Actress Oscar, beating out Hepburn. The movie, however, won Best Picture, Best Director, Best Actor for Harrison, and five other Oscars, and it remains one of the all-time best movie musicals. ~ Hal Erickson, All Movie Guide (#4392)

Year Round Activities

Open Computer Lab

Practice your computer skills during our open labs in room 228. A volunteer is available for questions. Please check the monthly calendar for times.

Rules of the Road

Take a refresher course before you take your test. 2009 dates: 1/5, 4/6, 7/6, & 10/5. ALL courses 1-3pm. *Advanced registration required, please call 847-588-8420.*

Choral Group

Share your voice with the world! Practice is every Tuesday at 10:00am in room 131.

Line Dance

Dance the afternoon away every Tuesday at 1:00pm in room 127.

Social Bridge

Enjoy an afternoon of Bridge every Tuesday at 12:00pm in room 231. Multi-level play. Newcomers always welcome.

Low Vision Group

This low vision support group meets the 3rd Tuesday of the month from 9:45 to 11:15am at the Morton Grove Senior Center. Contact Melanie at 847-588-8420 for more information. *Call Mary Ann at 847-588-8420 for ride info.*

Meet Mike & Kali/Pet Therapy

Mike, a big white poodle & Kali, a black lab, will be here the 2nd Tuesday of each month at 10:00am in the 1st floor lobby. Stop by and see what a little fur power can do for you!!!

Monthly Mailing

Help address the monthly program guide on the 2nd Tuesday of each month at 11:00am in room 127.

Social Bunco

Enjoy an afternoon of Bunco the 3rd Tuesday at 1:00pm in room 229. Newcomers always welcome. Advanced registration is required.

Current Events

Discuss the top news stories on the 2nd & 4th Wednesday of the month at 10:30am in room 231.

Social Pinochle

Enjoy an afternoon of Pinochle every Wednesday at 1:00pm in room 231.

Computer Interest Group

Love computers? Then this is the group for you. Join us on the 2nd & 4th Wednesdays from 2:00 to 4:00pm. Each meeting we talk about updates, problem solving & anything about computers. For info call Jaymi at 847-588-8420.

Kitchen Band

Share your musical talent! Practice is the 1st and 3rd Wednesday of each month, **October through April**, at 11:00am in room 131. *To join, contact Mary Ann Borucki.*

All American Club

Members meet every Thursday morning at 9:00am in room 131 to play social games such as Pinochle, International Rummy, Canasta, Poker, and many other games. Drop in, bring a friend, enjoy!

Effective Communication Group

Join us the last Thursday of the month at 10:00am on the 3rd floor as we discuss the issues of hearing loss. Learn about new techniques and devices.

WWII Veterans' Group

Join us the 3rd Thursday of the month at 1:00pm on the 3rd floor as we share our stories.

Social Scrabble

Enjoy a morning of Scrabble every Friday at 10:00am in room 231. New members always welcome.

Niles Free Bus: How it Works

Every Friday at 10:00am in room 229

It doesn't matter if your route is 411, 412 or 413 you will find out exactly where they all go. Meet Tom Surace, Transportation Supervisor, who will explain how to use the Free Bus, including specific routes, how to transfer, answer questions, and much more during these informative sessions. Call 847-588-8420 to register.

Can I get any discounts by showing my Niles Senior Center membership card?

Yes! You can get a 25% reduced fare when you use the Niles Flash Cab. Just call the Niles Flash Cab at 847-647-8777 when you need a ride and show them your Niles Senior Center membership card and your fare will be reduced. You **MUST** show your membership card to receive the reduced fare. Contact Mary Ann Borucki if you need further information. *Some restrictions apply. Discount does not apply for trips to O'Hare or Downtown.*

Services Offered

Gift Certificates

Gift certificates are available in \$5.00 increments and can be redeemed for any registration fee of \$5.00 or more.

Handicapped Placards

Forms for 3-month Temporary placards are available. Once the form has been completed it can be returned to the Niles Senior Center and a 3-month Temporary placard can be issued. Forms for Permanent or Temporary 6-month placards are also available. Once this form has been completed it MUST be mailed to the Secretary of State Office in Springfield.

Lending Library

Check-out books from the Niles Senior Center Library or books on loan from the Niles Public Library. Both types of books are located in the Library area in the 1st floor lobby of the Senior Center. Books are loaned for a period of 30 days. You can also trade paperbacks!

Medical Equipment Lending Closet

Any Niles resident, regardless of age, may borrow medical equipment for short term use. Please call to check on type of equipment and availability. The length of time you may borrow equipment may vary. Available are walkers, canes & wheelchairs.

Movie Catalog

Check out a variety of movies from the Niles Senior Center Movie Catalog located on the board in the Senior Center Vending Machine area, or at the front desk. Movies are loaned for 1 week. There will be a \$1.00 fine for each day late. The movies range from Classic Films, Comedies, Drama, War Films, Romance, and Television Series Videos.

Seniors Ride FREE Program

Senior Free Ride Permits can be applied for at the Senior Center, as well as renewals. Fee: \$2.00

Showcase

Seniors may bring their handmade craft items to sell in our showcase, which is open to the public. All proceeds are returned to the individual crafters.

SHIP Appointments (Senior Health Insurance Program)

You can ask trained volunteers Medicare questions. Appointments can be made by calling the Senior Center.

Will Appointments

A member of the Chicago Bar Association can help you make a simple will, if the criteria are met. A charge applies. Call the Senior Center for more details.

Yard Waste Sticker

Yard Waste stickers may be purchased at the Front Desk. Fee: \$2.00.

General Information

Can you explain the registration process?

Members can mail-in or drop-off their registration form by the first Friday of the month. Walk-in registrations are accepted on the Wednesday following the drop-off deadline, assuming program space is available. The specific due dates for both methods are listed on the Registration Form on the following page.

Registration forms are not processed on a first received basis, rather they are selected randomly on the Monday following the designated due date. This method is used to insure that everyone who mails in or drops off a registration form by 5:00pm on the first Friday of the month has an equal chance of receiving the tickets they desire. All registrations received by the first Friday of the month are processed before walk-in registrations are accepted.

Can I get a refund?

You will receive a refund ONLY if the Niles Senior Center can resell your ticket. Your account will be credited. A check will be issued upon request only.

Code of conduct

Participants must conduct themselves in a manner so as not to cause harm to self, others, or to interfere with the group leaders in the performance of their duties. Any disruptive behavior that affects other participants or the leader's ability to conduct the program may call for immediate and/or permanent dismissal of the participant. If a participant is required to leave the program, he/she will not receive a refund. Additional rules may be developed as deemed necessary by the Senior Center Staff.

Americans with Disabilities Act

The Village of Niles intends to comply with the Americans with Disabilities Act (ADA) by making reasonable accommodations for people with disabilities. We hope that this will enhance our building's appearance and make your efforts to be informed easier. If you or someone you know with a disability requires accommodations for a Village service or have any questions about the Village's compliance, please contact George Van Geem, Village Manager, Village Administration Building, 1000 Civic Center Drive, Niles, Illinois 60714.

Registration Form: February 2009

Please complete both sides.

How to Register:

Mail-In or Drop-Off at the Center

Upon receipt of the program guide, a member can mail-in or drop-off a completed & signed registration form with payment to: **Niles Senior Center, 999 Civic Center Drive, Niles, IL 60714. Forms MUST be in NO LATER THAN 5:00pm Friday, February 6th**. The Senior Center is not responsible for lost or late mail. NO cash by mail.

In-Person

A member may register in-person at the Niles Senior Center starting at **8:30am on Wednesday, February 11th**, providing space is available. Non-residents may register, providing space is available, 5 days prior to the start date.

Last Name: _____

Address: _____ Home Phone: _____

Emergency Contact: _____ Phone: _____

Registration Policies

Remember to register by Friday, February 6th , 2009.

Be sure to include a valid daytime phone number on all registration forms.

One registration form per household. If you would like to register with a member not in your household, put both forms and payments into 1 envelope.

If you would like paper tickets please include a self addressed envelope.

If programs/classes need to be cancelled or rescheduled you will be notified.

If you need to cancel a registration, for ANY reason, you **MUST** contact the Niles Senior Center.

Forms **MUST** be signed to complete your registration.

RELEASE AND HOLD HARMLESS AGREEMENT: Participants should read this form carefully and be aware that in signing up and participating in this program you will be waiving and releasing all claims for injuries or damages you might personally sustain which might arise out of this program. As a participant in this program, I recognize and acknowledge that there are certain risks of physical injury associated with such participation, and I agree to assume the full risk for any injuries, damages, or loss which I may sustain as a result of participating in such program as against the Niles Senior Center, its officers, agents, servants, and employees. I do hereby fully release and discharge the Niles Senior Center and its officers, agents, servants, and employees from any and all claims from injuries, damages, or loss which I may have or which may accrue to me on account of my participation in the program. I further agree to indemnify, hold harmless, and defend the Niles Senior Center and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this Release and Hold Harmless agreement and any program details provided to me. It is mutually understood that the facsimile registration document (including waiver and release of all claims) shall substitute for and have the same legal effect as the original form.

Mandatory Signature of 1st Participant

Membership ID Number

Mandatory Signature of 2nd Participant

Membership ID Number

Registration Form (side 2): February 2009

Please complete both sides.

Course Name	Code	Cost	Participant's Name
St Joes/St Pats Day Party	#4333	\$13.00	
Beginner's Sudoku	#4422	\$1.00	
Bowling @ Brunswick 3/13	#4366	\$6.00	
Bowling @ Brunswick 3/27	#4367	\$6.00	
Pinochle Tournament	#4244	\$5.00	
Poker Tournament	#4257	\$5.00	
Million Dollar Quartet	#4390	\$69.00	
Senior Awareness in Emergencies	#4221	FREE	
Community Policing	#4222	FREE	
Cooking with Tony	#4274	\$20.00	
Laughter	#4403	\$3.00	
Meditation Relaxation	#4404	\$3.00	
Itzhak Perlman and the "Spring Sonata"	#4317	\$5.50	
Cole Porter: Master of Style	#4318	\$5.50	
More Mancini!!	#4319	\$5.50	
Biography Frida Kahlo	#4320	FREE	
The Beautiful Brahms Violin Concerto	#4321	\$5.50	
Lite Lunch and Movie - "Kung Fu Panda"	#4388	\$3.50	
Classic Movie Thursday - "The Scarlet Letter"	#4282	FREE	
Dinner & a Movie - "The Dark Knight"	#4295	\$2.00	
"Chicago - The Musical"	#4391	FREE	
"My Fair Lady"	#4392	FREE	
Lunch with the Red Hatters "Benihana"	#4425	\$14.50	
GO RED - Lunch & Conga	#4421	\$3.00	
TOTAL		\$	

Payment Type If you would like paper tickets, please include a self addressed envelope.

Cash _____ Check, made payable to the Village of Niles, # _____ Discover _____ MC _____ Visa _____

Credit Card # _____ Exp _____

Card Holders Signature _____

Please let us know at the time of registration if special accommodations are needed.

Volunteer Opportunities

Culver School is seeking volunteers to assist with a homework club for fifth through eighth graders on Monday and Wednesday afternoons from 3:00pm–4:00pm. Volunteers are needed to supervise the students and answer questions about homework assignments.

Culver is also seeking volunteers to read to kindergarten through second grade students once a month.

The Senior Center is seeking volunteer drivers for its' Meals on Wheels program. Meals are delivered Monday through Friday to homebound Niles residents. Mileage is reimbursed.

For more information about the above positions please contact Kelly.

In Memory Of...

Andy Anderson, Marion Ciepley, and Siv Webber

When we hear that a member has died, we place
a memorial flower & sign with the member's name at the front desk.

Men's & Women's Clubs

Men's & Women's Club Policies

How do I become a member of the Men's or Women's Club?

You must purchase a ticket to one of the monthly meetings. Upon entering the meeting, stop at the entrance table and sign up as a new member. You will be mailed a new membership card within 10 business days.

What if I have a ticket for a monthly meeting and cannot attend?

You MUST notify the Senior Center within 24 hours of the meeting to have your ticket moved to the next month's meeting. You will not be automatically registered.

How do I register for a Men's or Women's Club sponsored activity?

Active members of the Men's or Women's Club may register the day of the monthly meeting. New or In-Active members to the Men's Club must wait until the Wednesday, after the meeting, to register. Non-members may register the Monday following the meeting provided there is space available. You must show your membership card when registering.

Men's Club Officers

President - Don Stotz
1st Vice President - Ron Drexler
2nd Vice President - Russ McAndrew
Secretary - George Green
Treasurer - Don Spitzer

Men's Club Monthly Meeting

Monday, March 16 ~ 10:30am - 2:00pm ~ room 127 ~ \$3.00

- Speaker

- Corned Beef Sandwich Lunch

Advanced registration is required. (#4393)

Women's Club Officers

President - Dorothy Mimp
Vice President - Marge Lipinski
Secretary - Marilyn Bickel
Treasurer - Veda Kauffman

Women's Club Monthly Meeting

Monday, March 23 ~ 11:30am-2:00pm ~ room 127 ~ \$4.00

Enjoy a Corned Beef Sandwich on Rye, Coleslaw, and Carrot Cake for Dessert, then get ready to enjoy a performance by The Mellow Tones a four part harmony. *Advanced registration is required.* (#4387)

“The Taffetas” at Pheasant Run Resort

Thursday, March 19, 11:30am-5:30pm, \$58.00

Check-In at the Niles Senior Center at 11:00am

Join us as we head to St. Charles to the Pheasant Run Resort for an exquisite lunch featuring a Garden Salad, a choice of Citrus Crusted Salmon, or Beef Medallions, and an Ice Cream Sundae with all the toppings for dessert. Following lunch, we will head into the theatre and enjoy the musical *The Taffetas*. Journey back into a time when hula hoops were hot, angora sweaters were fashionable, and poodle skirts were the talk of the town. A quartet of sisters from Muncie, Indiana is determined to sing their way on to national television to appear on *The Ed Sullivan Show*. Enjoy being a part of their debut studio audience as they knock your bobbysocks off with a swell music review of the 1950's, including the hits *Johnny Angel*, *Mr. Sandman*, *You Belong to Me*, and many more. (#4389)

Registration begins: Monday, February 23 for WC members ~ Monday, March 2 for non-members

Red Hatters

Red Hat Society Policy

The Red Hat Society is a national organization of women who meet regularly for luncheons/trips wearing red hats and purple attire. The Niles Senior Center chapter is called The Red Hatters. Members of the Niles Senior Center may contact Kelly Mickle to register for the Red Hat Society. A Red Hat Society membership card will be mailed to you within 10 business days. Red Hatters may register through the monthly registration form or in-person. Your Red Hat membership card must be shown at time of registration.

Lunch with the Red Hatters “Benihana”

Wednesday, March 18, 12:00pm, \$14.50

The Red Hatters have reservations at Benihana, 150 N. Milwaukee Ave., Wheeling (847-465-6021), on Wednesday, March 18th at 12:00 noon. Join us for a meal featuring your choice of Chicken or Beef Tempura, Sashimi and half California Roll served with Edamame, Miso Soup, Salad, Steamed Rice, Fresh Fruit and Dessert. Call for carpool information, red hat and purple outfit required. (#4425)

Directions: Travel North on Milwaukee Avenue to address, 1 block North of Dundee Road.

New Members

Bernice Altman, George Altman, Mary Ehmke, Agnes Lea, Florence Loda,
Carol Mangold, Rich Mangold, Pearl Morgenstern, Sarita Parvey,
Bernard Rasof, David Robbins, Ruth Robbins, Celia Stone,
Mollie Weinberg, Sherwin Weinberg, Jung Yi, and Sang Yi

Get Acquainted & Tour

Each month we invite Newcomers to meet other Newcomers and the staff, learn what the Senior Center offers, tour the building and ask questions. The next meeting is **Thursday, February 19 from 10:00 to 11:00am**. Advanced registration is required, please call 847-588-8420.

GO RED

For your heart, for your health, for your life, and for the women you love.

Third Annual Luncheon & Conga Line

Go Red For Women is the American Heart Association's nationwide movement that celebrates the energy, passion and power we have as women to band together and wipe out heart disease. Thanks to the participation of millions of people across the country, the color red and the red dress have become linked with the ability all women have to improve their heart health and live stronger, longer lives.

Taking care of your heart is more important than you might know. Too few people realize that heart disease is the No. 1 killer of American women — and of men. But the good news is that heart disease can largely be prevented. Go Red For Women empowers women with knowledge and tools so they can take positive action to reduce their risks of heart disease and stroke and protect their health.

The movement gives women tips and information on healthy eating, exercise and risk factor reduction, such as smoking cessation, weight maintenance, blood pressure control, and blood cholesterol management.

Friday, February 6, 11:30am-1:30pm, room 131, \$3.00, *advanced registration is required*

We will be celebrating here at the Center! So bring your lunch, we will provide fresh fruits & veggies, have a Conga Line, and all participants will get a RED Dress Pin. Don't miss out on the FUN!! (#4421)

Healthy Lifestyles

All groups: \$10.00 for the year ~ 1:00-2:00pm ~ room 231

1st Thursday of the month... **Weight Management**, February 5, 2009 (#4351)

2nd Thursday of the month... **Managing Diabetes**, February 12, 2009 (#4352)

3rd Thursday of the month... **Cancer Survivor Support**, February 19, 2009 (#4353)

4th Thursday of the month... **Arthritis Management**, February 26, 2009 (#4354)

Special Screenings

Blood Pressure... 2nd Wednesday of each month, 1:00-3:00pm, room 131, Free ~ **February 11**

Cholesterol & Glucose... Wednesdays, April 8, July 8 & Oct 14, 9:00-11:00am, room 127, \$15.00

Diabetic Fingerstick... 4th Wednesday of each month, 9:00am-10:00am, room 204, \$3.00 ~ Feb 25

What is Counseling?

A Resource To Help You Cope with Life's Many Changes

Counseling can mean different things to different people. It is a chance to discuss and learn to cope with the concerns and losses people encounter as they age.

While some think that the counseling process involves a therapist "advising" a person on what to do, this isn't true. Counseling is a *partnership* between the person and professional that explores one's feelings, thoughts and fears in a safe, confidential environment. The person works *with* their counselor (a licensed clinical social worker) to make decisions and personal changes that best support the person's lifestyle and values.

Others believe counseling is only for people experiencing mental health concerns such as anxiety or depression. Counseling, however, can be a helpful resource for healthy older adults struggling with stressful life events such as grief, illness and loss. Counseling can help older adults face some of the following challenges. Maybe some of these situations seem familiar to you:

- Family relationship issues and conflicts: "I never thought my daughter and I would have such disagreements. She thinks I should sell; I'm not sure what to do. She wants the best for me, but we don't agree."
- Stress: "I never used to feel stressed-out, but now so many things overwhelm me!"
- Caregiving for a spouse or aging parents: "Everyone says I should take better care of myself -- but when? Since my wife had a stroke, she needs me now more than ever. I want to take care of her myself, but sometimes I worry. What will happen if something happens to me?"
- Economic worries: "My husband and I thought we were fine to retire and that our kids were ok. Now we're worried about money and our kids have asked us to help with their mortgage."
- Life balance during retirement: "I'm not sure retirement is what I expected. I feel like I should be doing more, but don't know where to start."
- Changes in your spouse: "My husband and I used to manage our finances together. Now he can't remember where our investment accounts are, and I have to deal with all of it myself."
- Loneliness: "My best friend of 40 years just passed away. I miss her so much. She knew everything about me. Who will I share everything with now?"
- Managing changing social situations: "I used to love the holidays and going to parties, but now I feel out of place. All the people who made those things special don't live by me anymore. I want to be a part of things still."
- Caring for dependent adult children and/or grandchildren: "I never thought I'd be taking care of my grown child and grandchildren at this point in my life. So who's going to take care of them?"
- Issues related to the aging process (i.e. low vision, hearing loss, adjustment to illness): "I used to be able to manage everything on my own, now my vision is really affecting that. Some days I worry so much about what will happen."

If you can relate to any of these concerns, please call **Bev Wessels, Senior Social Work Supervisor, at (847) 588-8420** to discuss how counseling might be helpful to you.

Counseling services at the Niles Senior Center are provided by experienced, licensed clinical social workers who specialize in working with older adults. They can provide support to individuals, families, and couples. For adults who are frail and homebound, a home visit may be possible.

7th Annual Rummage Sale

Saturday, April 25, 9:00am-1:00m

Come one, come all to our 7th Annual Rummage Sale. Don't miss this great opportunity to get your gift giving and shopping done. Browse our many vendors, check out our great raffle prizes, or just stop in for our Famous Hot Dog Lunch. Proceeds go to the Niles Food Pantry! The Rummage Sale is a great place for the whole family, there will be games for the kids, and fun for all.

*If you are interested in reserving a table to sell the many treasures in your home that you no longer use, please call Jaymi at 847-588-8420 as soon as possible. A \$5.00 donation per table is required when reserving your table. All donations go to the Niles Food Pantry. Space is limited!

Open to the public!!



Village of Niles Officials...

Acting Mayor: Robert M. Callero

Trustees: Kim Biederman, Joe LoVerde, Robert M. Callero, Bart T. Murphy, Louella Preston, & Andrew Przybylo

Village Manager: George R. Van Geem **Village Clerk:** Marlene Victorine

Niles Senior Center Staff...

Director: Kelly Mickle **Administrative Assistant:** Bev Baker **Receptionist:** Jolanta Banasiak

Maintenance: Hank Betka **Nurse:** Sue Friedman

Program Coordinators: Mary Ann Borucki, Jaymi Blickhahn, & Kathlyn Williams

Senior Construction Advocate: Ginger Troiani

Social Workers: Bev Wessels, Trudi Davis, Melanie Amin, & Ewa Nevler



Niles Senior Center

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Niles, Illinois 60714

Phone 847-588-8420

TTY 847-588-8487

www.vniles.com



Hours: 8:30am - 5:00pm

Monday - Friday

The Niles Senior Center reserves the right to correct errors in this publication.

If this publication has reached you in error, or if you wish to be removed from the mailing list, please contact the Senior Center at 847-588-8420.

