

Elk Grove Park District

*Sheila Ray*  
- ADULT CENTER -

# Adult Center **Buzz**

July / August 2009

## Welcome!

We are pleased to have the following new members joining us since May 1st of this year. We hope to see them active in our Center and enjoying being involved in our programs.

Arends, Bessie  
Brooks, Madeleine  
Geary, Anthony  
Lavorini, Jean  
Leung, Suzanna  
Nelson, Judi  
Rosin, Irmela  
Wiet, Steven

## The President Speaks!

Dear Members,

Are you tired, restless, bored, and you don't know what to do? Well maybe we have a solution to your problem. The Sheila Ray Adult Center is starting two new and fun activities. These activities are for everyone who want's fun and friendship. Starting Tuesday, June 30th, at 9:00 a.m. we will be starting an Outdoor Walking Club. The class will meet in the Main Room and if the weather is too hot or rainy, we will walk inside. So don't forget to bring a bottle of water and walking shoes! The other activity is Horseshoe's, which will be played outside on Monday's at 10:00. The Horseshoe players will meet in the Dining Room Area. On rainy days or if the grounds are wet and muddy the games will be cancelled. Remember to bring sunscreen lotion, sun glasses, and a hat to play. This is the game for you if you like to horse around.

Guess what is happening on Tuesday at 1:00 p.m.? That's right, Manor Care is back to teach the exercise class for Arthritic and Parkinson patients. You'll be able to stretch out your muscles and work on all your joints from your neck and shoulders to your legs and toes. The class will help reduce the pain and stiffness and improve fitness.

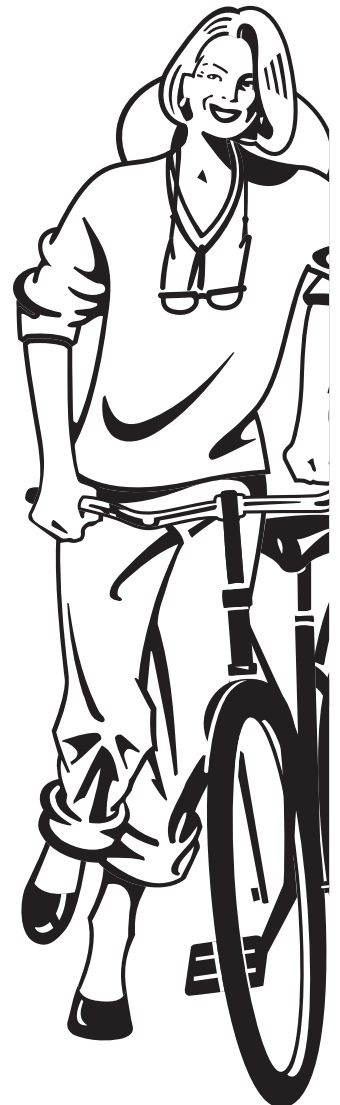
Our second rummage sale of the year will be Thursday and Friday, July 23rd and July 24th. We will be accepting items July 9th to noon of July 22nd. We accept new and used items. This is a great fundraiser for the center and a lot of fun. Please find the time to help with our rummage sale. Without you, our center would never be as good as it is. Thank you for your time and generosity.

The extreme heat and humidity is here and now we must take care of ourselves to avoid heat illness. Here are some tips to avoid heat illness.

- Carry your water bottle with you – stay hydrated
- Take 5 minute breaks in shaded areas
- Reduce strenuous activities
- Don't push your limits
- Wear light, loose-fitting clothes

As I said before, stay safe, healthy and remember we here at the Adult Center care about you and enjoy seeing you.

Sincerely,  
Rae Ciardullo  
Advisory Board President



July 7 and August 6 - Dancing with the Band at Hattendorf Main Room

July 17 & August 21- Bunco

July 15 - July Luncheon

July 23 & 24 - Rummage Sale

July 31 Close for Bike Race

August 19 - August Luncheon



**Elk Grove Park District Adult Center Coordinator Marge Hart**



## Center Hours, Information & Who's Who

### Sheila Ray Adult Center

225 E. Elk Grove Blvd.  
Elk Grove Village, IL 60007  
(847) 364-7224

Adult Center doors are open  
from 9:00 am - 5:00 pm.

### Elk Grove Park District Board of Commissioners

Tom Cooke - President  
Ron Nunes - Vice President  
Ralph Souder - Treasurer  
Bill O'Malley - Secretary  
Ron Foster - Commissioner

### Adult Advisory Board Members

Rae Ciardullo - President  
Ellie Wellman - Vice President  
JoAnne Sommer - Treasurer  
Doris Jordan - Secretary  
Pat Angelino  
Blanche Booe  
Mary Domme  
Ann Hilderband  
Lorraine Pietrandoni

*The Adult Advisor Board is comprised of Adult Center Members who act as the representatives of the whole membership. The Adult Advisory Board meets monthly at the Adult Center every first Tuesday at 10:00 am. Each selected appointee is approved by the Park District Board of Commissioners and serves two to four years.*

### Advisory Board Meetings

Tuesday, July 7 10:00 am  
Tuesday, Aug 4 10:00 am

### Adult Center Staff

Marge Hart - Adult Program  
Coordinator  
Barbara Walker - Adult Program  
Administrator  
Judy Kraszczyk - Adult Program  
Supervisor

## MEMBERSHIP

Membership to the Sheila Ray Adult Center is available for all seniors age 55 and better. As of January 1, 2009 Elk Grove resident dues are \$20 and nonresident dues are \$30. This membership gives you access to the Center sponsored programs and activities. The Center is open Monday through Friday 9:00 am - 5:00 pm. Dues as well as registration for classes are done at the Customer Service Counter. Be ready to show your membership card when entering the Center: A Daily Guest Pass is available for \$2.

Reminder: Memberships run from January 1st to Dec. 31st.

All memberships must be renewed on/or before your first visit of the New Year or pay the \$2.00 daily guest pass until you renew.

## A Message from Marge...

I would like to thank all the wonderful volunteers who have done so much at our center. The list is quite long but I want to point out a particular group that helped with making bouquets for the Park District Dance Recital in May. This fundraiser is always quite a lot of fun as well. Thanks to Blanche Booe, Mary Domme, JoAnne Sommers, Pat Angelino, Doris Jordan, Annabell Petramale and Rae Ciardullo. These ladies along with Judy Kraszczyk and Barb Walker made bouquets and sold them at the recitals. Thanks to all these generous people who helped make this a success.

Thank you for all the expressions of sympathy to me and my family during these difficult times. Your support was much appreciated. I have been very fortunate to have had both my parents this long. Dad was 90 and mom will be 91 on July 8th.

And a BIG THANK YOU to Barb and Judy for holding down the center while I was out of the office. Thanks also to all of you who helped keep everything running smoothly.

Sincerely,  
Marge Hart

# Look What's Happening in our Center



<b>Ambassadors</b>	Practice Thursday, 9:30 am	<b>Dancing with the Band</b>	First Thursday, 7:00 - 9:00 pm
<b>Parkinson Arthritis &amp; Exercise</b>	Tuesday, 1:00 - 1:45 pm Manor Care is Back!	<b>Horseshoe</b>	Monday 10:00 am
<b>Billiards</b>	Monday - Friday, 9:00 am - 5:00 pm	<b>Ladies Poker</b>	Ladies Poker Monday, 12:30 pm
<b>Bingo</b>	Thursday, 1:00 pm Early Bird Bingo Thursday, 12:30 pm	<b>Low Impact Exercise</b>	Monday, Wednesday, Friday, 9:00 am
<b>Bridge</b>	Wednesday, 12:30 pm	<b>Memories &amp; More</b>	First Friday, 1:00 pm
<b>Bunco</b>	Third Friday, 1:00 pm	<b>Matinee Movie</b>	Wednesday, 1:00 pm (Except 3rd Wed)
<b>Canasta</b>	Monday, 9:00 am Friday 9:00 am - Noon	<b>Needlepoint</b>	Friday, 10:00 am
<b>Ceramics</b>	Wednesday, 9:00 am (Supply & firing costs are on your own when making an item for yourself.)	<b>Pinochle Group</b>	Tuesday, 12:45 pm Friday, 12:30 pm
<b>Cherished Treasures</b>	Monday - Friday 9:00 am - 3:00pm Donations and volunteers welcome	<b>Quilting</b>	Monday, 9:00 am
<b>Crafts</b>	Tuesday, 12:30 pm	<b>Shanghai Rummy</b>	Thursday, 3:00 - 5:00 pm
<b>Crochet &amp; Knitting</b>	Monday, 1:00 pm	<b>Walking Club</b>	Tuesday, 9:00 am
<b>Current Event Forum</b>	Second and last Tuesday, 10:15 am	<b>Wii Bowling</b>	Friday, 9:00 am Wednesday, 9:00 am
<b>Daily Lunches</b>	Monday - Friday, Required registration a day before		


*PLEASE NOTE: All participants in Quilting, Ceramics, Crafts, Crochet and Needlepoint are asked to spend at least one class a month on items for the Bazaar. (Supplies furnished by Center.) All of these groups welcome new participants.*

## Behavior Standards

Copies of our Standards of Behavior Policy are available at the Customer Service Counter.

## Daily Lunch Program

Meals are served at noon except on Thursday, when the meal is served at 11:45 am.



**Bunco**  
The third Friday of each month we have Bunco from 1:00 - 3:00 pm. Prizes and desserts, must register in advance. If you want to have fun, come try our new game.

## Newsletter Mailing Service

Those wishing to receive the bimonthly Adult Center Buzz Newsletter by mail may register anytime. Newsletters may be picked up, free of charge, at the Adult Center Customer Service desk.

One year subscription (6 newsletters):

Residents and Members \$9 Nonresidents \$11 Barcode: #56779

## Accident Policy

The Elk Grove Park District will not assume responsibility for accidents or injury incurred at any program or on Park District property. It is recommended the participant review personal insurance policies for coverage during leisure activities.



# Special Events & Classes Offered for Seniors



## RULES OF THE ROAD

This class is offered by the Illinois Secretary of State to help seniors review for their driving test. Officers from the Elk Grove Village Police Department teach the class. Registration is taken at the Hattendorf Customer Service Counter. Registrants must show their driver's license. This class is free for members.

\$0 Members / \$2 Nonmembers

Sheila Ray Adult Center Dining Area

Barcode #61666

Mon, Oct 19

1:00 - 3:00 pm



## P. A. S. T. MEETING

Tad Malek, our friendly Village Police Officer, will continue hosting the Police And Seniors Together meeting. These meetings are always interesting and informative. Ted discusses topics that are important to seniors and gives helpful tips to keep seniors safe and knowledgeable about what is going on in the Village.

TBA

Fri, Jul 31

1:00 pm

## GETTING A GOOD NIGHT'S SLEEP

Staff from the Alexian Sleep Health Center of Elk Grove Village will talk about what is good sleep, common sleep disorders, when it is a sleep disorder, and evaluation, testing, and solutions. **Registration is taken by Alexian Brothers at 866-253-9426.**

Sheila Ray Adult Center Main Room

Tue, Aug 18

10-11:30 am

## PREVENTING FALLS

Karen Firme, Rehabilitation Director at ManorCare of Elk Grove will give tips and exercises to help prevent falls and injuries.

Main Room

Mon, Jul 13

10:30 am

## Monthly Luncheons

**REGISTRATION DEADLINE IS THE FRIDAY BEFORE THE LUNCHEON AT 5:00 PM.**



### JULY LUNCHEON

To hot outside, well come on in and cool off and enjoy a delicious lunch of Italian Beef and Peppers on French bread, Rice and Peach salad, Fruit Salad, and Poke Cake for dessert. Entertainment: Robbie Malkowski, A Salute to Broadway.

Sheila Ray Adult Center Main Room

Wed Jul 15

Noon - 3:00 pm

\$6 member / \$8 nonmember

Barcode #61017

### A DAY IN PARADISE WITH THE ADVISORY BOARD

The Sheila Ray Adult Center Advisory Board hosts a picnic every August. This year they have chosen to celebrate a Day in Paradise. So, wear your loudest tropical shirt and get ready to have a good time. Our menu will include sweet and sour chicken, rice, Hawaiian salad and dessert.

Sheila Ray Adult Center Main Room

Wed, Aug 19

Noon - 3:00 pm

\$6 member / \$8 nonmember

Barcode #61528





## Computer Classes Offered for Adults

**OPEN HOUSE**  
**MON, AUG 31**  
**10:00 AM - NOON**  
**& 3:00 - 5:00 pm**

Is your computer driving you crazy? Do you have questions or concerns about how to operate or navigate your computer? We can help you! Our experts will try to help you solve your problems, answer any questions and discuss our new courses. No problem is too small for these geeks!

### **COMPUTER SECURITY**

No matter how a home computer is connected to the internet, intruders' attacks are often successful. Many home computer owners don't realize that they need to pay attention to computer security. In the same way that you are responsible for having insurance when you drive a car, you need to also be responsible for your home computer's security. This class will explain how some parts of the internet work and then describe tasks you can do to improve the security of your home computer system. The goal is to keep intruders and their programs off your computer. Join this class and learn what you can do to secure your computer.

**Mon, Sep 14 - Sep 21 at 6:30 - 8:30 pm**

### **INTRODUCTION TO COMPUTERS FOR ADULTS**

This class is a prerequisite for our other computer classes. In this beginner's computer class, you will learn terminology, practice with a mouse, and even create and save files. All in a relaxed atmosphere. E-mail and the internet are not covered in this class.

**Mon, Sep 15 - Oct 6 at Noon - 2:00 pm**

### **LEARNING TO USE E-MAIL**

For the beginner, you will be introduced to personal computer basics and the language of computers. Learn to login, create your personal address, send and receive messages from friends and relatives. The emphasis in this class will be on learning to e-mail.

**Tue, Oct 20 - Oct 27 at Noon - 2:00 pm**

### **STORING AND EDITING PHOTOS ON YOUR PC**

Now that you have a digital camera, are you wondering how to get the pictures off the camera and into your PC? Learn how to store your photos so that you'll be able to find them in seconds. You'll learn to edit photos and share them on your PC. You'll be able to locate all your pictures (even some you forgot you had) and sort them into visual albums organized by date with folder names you will recognize. Join this class and start enjoying your new hobby without purchasing any new software.

**Mon, Oct 5 at 1:00 - 3:00 pm**

### **SURFIN' THE INTERNET**

This two-hour class will introduce you to alternatives available on the Internet, to conventional, commonly used applications such as Web browsers and personal productivity software. The emphasis will be on how to search for these programs, and the advantages of using them. The best part is that these programs are available for free, one just needs to know where to look. Participants will be shown how to use these programs effectively, and are encouraged to bring their own USB Flash drive to save whatever they download, for use on their own computer.

**Wed, Sep 30 - Oct 14 at 6:30 - 8:30 pm**





## Volunteers

**They don't necessarily have the time, they have the heart!**

### RSVP

The Retired Senior Volunteer Program is an organization that works with many groups throughout the Northwest Suburbs. It is important that each of you turn in your pink time sheets by the first of each month.

If you are looking for a way to volunteer, check the list below.

- Help in the kitchen one day a week
- Help in the kitchen for the monthly luncheon
- Pick up the lunches from the Hospital one day a week
- Help at Bingo (caller, pay out, sell cards, raffle seller)
- Volunteer at the relief reception desk
- Sub in the Gift Shop
- Join a craft group (crafts, needlepoint, ceramics, crochet)
- Be creative and start a class of your own

See Marge for more ideas.



### Senior Hearth Insurance Program (SHIP)

Health insurance questions leaving you in the dark? SHIP can help guide you through your health insurance problems. SHIP is a state-sponsored counseling service provided at no charge by the Illinois Dept. of Insurance. SHIP does NOT sell or solicit insurance. SHIP counselors are trained by the Department of Insurance to guide you through problems involving: Medicare Part D prescription Drug Plan; Medicare supplement Insurance; Medicare HMOs; Long Term Care Insurance; Retiree Health Plans; Claims Processing; and Appealing Claim Denials. Free SHIP counseling appointments are available at our Center on the 3rd Tuesday of the month. Call 847 364-7224 to set up an appointment.

### Good Luck at the Spelling Bee!

Good luck to Jeanie Roller and Gerrie Manning as they travel to Lincolnwood to represent us in the Regional Spelling Bee. Here's hoping they will be traveling to Springfield to compete at the State Level!





## FYI & Services

### 2009 MEMBERSHIP FOR THE ADULT CENTER

It is that time of the year when our memberships come due. This year our membership will remain at \$20 for residents and \$30 for nonresidents. This amounts to just \$1.67 per month. Where else can you go for that and get free coffee, exercise classes, card games, Wii bowling, craft classes, and find people who care about you? Tell your friends about us and bring them to the Center as a guest for a day. Sometimes people just need a little nudge to come to a new place. Show them the friendliest place in town!

### HOMETOWN FAVORITES RECIPE BOOK

The Sheila Ray Adult Center has collected the best recipes from members, family, friends, Elk Grove Village residents and former residents and compiled them into an attractive keepsake cookbook.

This one-of-a-kind gift is now on sale for \$10. This book is great for holiday, shower, house warming, and birthday gifts. You may purchase it from any member of the Adult Center or at the Hattendorf Center Customer Service Counter.

All proceeds will go to Sheila Ray Adult Center. The cookbook contains 300 well-loved recipes including appetizer, main dishes, desserts, and many others. Recipes include the contributor's name, enabling you to find the recipes of family and friends. For more information contact (847) 364-7224.

### LENDING CLOSET

The Sheila Ray Adult Center manages a Lending Closet of medical equipment. If you or someone you know are in need of any equipment, call ahead to (847) 364-7224 and make sure that we have what you need. We will hold it for you for up to 24 hours, until you come in to pick it up.

Neither the Sheila Ray Adult Center nor the Elk Grove Park District makes any representation as to the condition or fitness for purpose of any of the equipment offered for use. Individuals borrowing equipment are advised to examine all equipment prior to use.

### BLOOD PRESSURE -

First Tuesday of each month, 9:00 - 11:00 am by Jane Sloger, Village Nurse

Third Tuesday of each month, 9:00 - 11:00 am by Jodi

**PACE DIAL-A-RIDE** - Call (847) 299-6212 one hour before you need a ride. Tell dispatcher where you are & where you need to go. Persons over 65 reduced One-way fare \$0.65 with RTA Special Users Card.

### HOURS OF SERVICE:

9:00 am - 6:00 pm, Monday - Friday

9:00 am - 4:00 pm, Saturday

**PHONE REASSURANCE/SICK & VIGIL** - Volunteers telephone home bound and hospitalized members, send get well and sympathy letters, (847) 364-7224.

**DIAL-A-BUS** - EG Township Door-to-Door Senior Bus Service, (847) 437-0300

This "Senior Bus" is for anyone 55 and older, whether handicapped or not, living in Elk Grove Township. You must call the day before to arrange for a pickup and it will take you anywhere in Elk Grove Township.

### HOME DELIVERED MEALS

Kenneth Young Center for Seniors, (847) 524-8800.

**COUNSELING** - Kenneth Young Center for Seniors, (847) 524-8800, counseling, assistance with housekeeping, meals, and link up with other service providers. On the second Tuesday of each month, a rep from Kenneth Young will be in our building to meet with members to help in providing information and services. Appointment made at service counter or call (847) 364-7224.

**SHIP CONSULTATION PROGRAM** - Appointments are made for the 3rd Tuesday of the month. At the Hattendorf Customer Service Center or call (847)364-7224.

### ALEXIAN BROTHERS OLDER ADULT SERVICES OFFICE

Information/Referral source for community health and social service networks call (847) 956-5465.

## Trips - One Day Outings



**ADULT TRIPS** - All trips leave from the South Pavilion Parking Lot. Outings give you the opportunity to be adventurous and visit places you might not ordinarily go as well as enjoying the company of other adults. Trips are open to those 18 and older, except for gambling trips which require persons being 21 and older. Members of the Sheila Ray Active Adult Center receive the resident rate on all trips. Notification to withdraw from a trip is subject to withdrawal fees. Refunds will not include "extra fees" such as movie, play, theater tickets and meals, unless they are able to be resold to another registrant. Watch our service counters for new trips in our trip booklets.

### Country Time with Eddie Cash

Join us for a delightful afternoon of delicious dining and the music of Eddie Cash. When Elvis was making his first movie, Eddie was called in to replace Elvis in the original Presley Band. You will enjoy Eddie at the Cotton Exchange with its Southern charm and cuisine. This atmosphere is a perfect setting to enjoy the music of Eddie Cash.

\$47 Resident / \$56 Nonresident

Wed, Aug 12

Barcode #61386

Depart: 10:00 am

Return: 6:00 pm

### Devil in the White City Tour

Our tour will take us to see the haunts of serial killer H.H. Holmes, who stalked his prey at the 1893 Chicago World's Columbian Exposition. During the driving tour of the sites we will see the great Golden Statue of the Republic, The Palace of Fine Arts, and learn about the construction of the fair as well as the deeds of Holmes. We will have a delicious lunch in Chicago's Chinatown at the Mayflower Restaurant. The first Chinese restaurant in Chicago opened during the fair and was a huge success. We will also stop at the Chicago Cultural Center and City Hall to see historic photographs taken at the fair and Chicago landmark buildings designed by the fair architects. We'll see other sites related to the fair and learn how Chicago got its nickname, The Windy City. Moderate walking is involved on this tour.

\$73 Resident / \$88 Nonresident

Fri, Aug 14

Barcode #60935

Depart: 9:00 am

Return: 6:30 pm

### Fish Boil- Genoa WI-2nd Bus

If you have never been to Fitzgerald's Famous Fish Boil before, you are missing out on a fun afternoon, but also the excitement of watching them prepare the fish by throwing kerosene on the fire and watching the water boil over. It is the best fish around and you will also have their famous BBQ chicken. This is an all you can eat afternoon. The rest of the afternoon will be yours to enjoy the sights of Lake Geneva. Well worth the trip.

\$38 Resident / \$45 Nonresident

Wed, Sep 9

Barcode #63403

Depart: 10:30 am

Return: 5:00 pm

### The Dancing Horses-Delavan WI

This dazzling spectacle features an array of horse breeds who perform alongside their trainers in this fantastic cavalcade of equestrian artistry. Visually stunning, and performed in a state-of-the-art intimate theater, this show is a truly must see. Before the Dancing Horses we will see another fabulous show featuring Exotic Birds. Lunch includes: Roast Chicken, BBQ Ribs, Potatoes, Salad and Strawberry Shortcake for dessert.

\$72 Resident / \$86 Nonresident

Fri, Sep 18

Barcode #61310

Depart: 8:30 am

Return: 5:00 pm

### Fireside Christmas-Ft. Atkinson, WI

Based on the beloved Christmas movie, "Miracle on 34th St." this is a musical with a heart. Macy's Thanksgiving Day Parade needs a new Santa, enter Kris Kringle - a sweet jolly man who claims that he is the real Santa Claus. A great Holiday favorite. Lunch is included in ticket price.

\$87 Resident / \$104 Nonresident

Thu, Nov 12

Barcode #61309

Depart: 8:30 am

Return: 6:00 pm

### Fireside Christmas - Ft. Atkinson, WI

Based on the beloved Christmas movie "Miracle on 34th Street", HERE'S LOVE is a big brassy Broadway Musical with a heart. Macy's Thanksgiving Day Parade need a new Santa, enter Kris Kringle- a sweet jolly man who claims that he is the real Santa Claus. A great Holiday favorite. Lunch is included.

\$87 Resident / \$104 Nonresident

Fri, Nov 20

Barcode #57741

Depart: 8:30 am

Return: 6:00 pm

### Bavarian Fest 2009 - Milk Pail, Dundee

Get ready for an afternoon of song and dance the German way! You'll love the international musical entertainment and you'll sing along to great European songs and American classics that will have everybody up and dancing. You won't want to miss out on the food, drink, fun and live entertainment throughout the afternoon and even a yodeling contest for prizes. It's an afternoon full of Oompah-pah and nonstop FUN!

\$51 Resident / \$61 Nonresident

Wed, Oct 2

Barcode #61308

Depart: 11:00 am

Return: 3:00 pm



**Happy Birthday** The following members are celebrating a birthday and we wish you all a happy and healthy year!

**July**

Cisar, Beverly	2
Sullivan, Rose Marie	2
Mumenthal, Frank	3
DeMeulenaere, Lorraine	4
Niemiec, Dorothy	6
Kendall, Sarah	7
Jackson, Anne Marie	8
Gallery, Berry	9
Mack, Maryann	9
Mroz, Marie	12
Zasi, Monique	12
Olson, Phyllis	13
Huebner, Wallace	17

**July**

Sobeck, Donald	20
Nicolosi, Mae	24
Geary, Anthony	25
Rodgers, Doreen	25
Fraccaro, Mario	26
Kawako, Jeanne	26
Reuter, Dorothy	26
Leski, Helen	27
Boblak, Donna	28
Bochenko, Dorothy	28
Cobo, Eradio F.	28
Colletti, Nancy	28

**July**

LeBlanc, Marian	28
O'Connor, Clara	28
Bertucci, James S.	29
Restivo, Lois	29
Sandberg, Mildred	29
Follis, Lucy	31



**August**

Pratscher, Mary	1
Prosia, JoAnne	3
Tyson, Mary	3
Arends, Bessie	4
Goss, Robert	4
Mayer, Lillian	5
Nowak, Jane	7
McAlpine, Cathie	8
Karalius, Al	9
McNeil, Don	9
Klug, Anne	10
Dietze, Patricia	14
Mis, Rose	14
Toniolo, Lena	14

**August**

Engelbrecht, Barbara	16
Bahling, Michael	18
Kubaszewski, Viola	18
Czarnecki, Raymond	19
Mueller, Edward	19
Davis, Beverly	20
Ritrosi, Bettie	20
Behrens, Gertrude	22
Carlson, Gloria	24
Cwik, Betty	24
Ogorek, Bernice	24
Gonzalez, Davis	27
Dumalski, Sandra	29

**August**

Walker, John C.	29
Amato, Del	31
Pietrandoni, Lorraine	31





## Senior Authors

### **New Pledge of Allegiance (TOTALLY AWESOME)!**

Since the Pledge of Allegiance and The Lord's Prayer are not allowed in most Public schools anymore because the word 'God' is mentioned....A kid from Arizona wrote the following:

Now I sit me down in school  
Where praying is against the rule  
For this great nation under God  
Finds mention of Him very odd.

If Scripture now the class recites,  
It violates the Bill of Rights.  
And anytime my head I bow  
Becomes a Federal matter now.

Our hair can be purple, orange or green,  
That's no offense; it's a freedom scene.  
The law is specific, the law is precise..  
Prayers spoken aloud are a serious vice.

For praying in a public hall  
Might offend someone with no faith at all..  
In silence alone we must meditate,  
God's name is prohibited by the state.

We're allowed to cuss and dress like freaks,  
And pierce our noses, tongues and cheeks...  
They've outlawed guns, but FIRST the Bible.  
To quote the Good Book makes me liable.

We can elect a pregnant Senior Queen,  
And the 'unwed daddy,' our Senior King.  
It's 'inappropriate' to teach right from wrong,  
We're taught that such 'judgments' do not belong.

We can get our condoms and birth controls,  
Study witchcraft, vampires and totem poles.  
But the Ten Commandments are not allowed,  
No word of God must reach this crowd.

It's scary here I must confess,  
When chaos reigns the school's a mess.  
So, Lord, this silent plea I make:  
Should I be shot; my soul please take!  
Amen

### **THE BASIC RULES FOR CLOTHESLINES**

1. You had to wash the clothes line before hanging any clothes-walk the entire lengths of each line with a damp cloth around the lines.
2. You had to hang the clothes in a certain order, and always hang "whites" with "whites," and hang them first.
- 3... You never hung a shirt by the shoulders - always by the tail! What would the neighbors think?
4. Wash day on a Monday! ... Never hang clothes on the weekend, or Sunday, for Heaven's sake!
5. Hang the sheets and towels on the outside lines so you could hide your "unmentionables" in the middle (perverts & busybodies, y'know!)
6. It didn't matter if it was sub zero weather . . . . Clothes would "freeze-dry."
7. Always gather the clothes pins when taking down dry clothes! Pins left on the lines were "tacky!"
8. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
9. Clothes off of the line before dinner time, neatly folded in the clothes basket, and ready to be ironed.
10. IRONED?! Well, that's a whole other subject!

### **Grand Opening**

A new supermarket opened in Elk Grove Village. It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you pass the milk cases, you hear cows mooing and you experience the scent of fresh mowed hay. In the meat department there is the aroma of charcoal grilled steaks with onions. When you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying. The bread department features the tantalizing smell of fresh baked bread & cookies.

I don't buy toilet paper there any more.



## Gratitude

The following companies have made donations to the Sheila Ray Adult Center in the past year.

Alexian Brothers Medical Center  
Alexian Village  
Arden Court  
Berthold's Flower Barn  
Betty Erickson  
Big Sammy's  
Breez Medical  
Christy's  
Coach's Corner  
Comfort Keepers  
Cutting Edge 54  
Cuz's Cafe  
Dominick's Finer Foods

Doubletree Hotel  
Elk Grove Parks Foundation  
Elk Grove Village Bank and Trust  
Friendship Village  
Grove Memorial Chapel  
Hair Encounter  
Hippo's  
Home Instead Senior Care  
Jarosch Bakery  
Julian's BBQ & Grill  
L A Spa Nails  
Life Line Screenings

Lions Club  
Lioness Club  
Manor Care of Elk Grove  
Nails by Lisa  
Off the Top Hair Salon  
Panera Bread  
P.S. Nails  
Rotary Club  
Sun Drugs  
Teddy's Diner  
VFW Post #9284  
Village of Elk Grove  
Walmart



# Walking Club Meet Me in St. Louis

You are invited to join the new Walking Club weekly walk. We meet at 9 am on Tuesdays in the activity room for warm ups and stretching and then go outside, if weather permits, or walk in the center. Make new friends who also enjoy the benefits of exercise. The group walk is free and no registration is required. We are keeping track of the distance we each walk not only with the group but during the week as well. We will be tallying all our logged miles as a team and seeing how far our feet will take us. Our first goal is St. Louis, 295 miles from Elk Grove Village! When we make that distance we will be at the arch and then we will proceed to our next destination. Join the fun and reap the benefits of exercising.