



Seasons

A bimonthly newsletter for FAB Adults



FREE!

48th Annual Community Band Concerts

Thursday, June 30 8 p.m.
Thursday, July 14 8 p.m.
Thursday, July 21 8 p.m.

Location: Irwin Park

Conductor: Sarah Whitlock

Enjoy free music under the stars, and discover the musical talent of your friends and neighbors at the 48th Annual Community Band Concerts.

Each concert features the best of classical masterworks, show-stoppers from Broadway to Hollywood and light popular favorites.

Rain location: HFPD Auditorium



Fall Fashion Show **NEW!**

Monday, Aug. 29

Fee: \$8/R \$12/NR

Age: ALL

Registration Deadline: Aug. 26

Limit 100

Join us and lunch on fresh salads, croissant sandwiches and dessert as you watch your neighbors and friends walk the fashion runway modeling the latest clothing line from Alfred Dunner, Riby Road, Erin London, Southern Lady and Café Au Lait to name a few. The show is brought to us by Taylor-Maries, a full mobile retail store. Once the fashion show is complete, you will have the opportunity to shop 20 racks of clothes along with accessories set up right here at Irwin. There is something for everyone! Sizes range from 4 petite to 3XL. Invite your daughters, friends and family as 10 % of sales will benefit the Irwin Senior Center activities. Checks, cash and credit cards will be accepted. Please register by 5 p.m. Thursday, Aug. 25 to reserve your seat at this fashionable event.





A Note from the Irwin Center

I believe that Summer has arrived, bypassing Spring all together. Here inside Irwin we are dry and cool. The facility has the new front cabinets in place, the fascia and outside

trim painted, plus facelifts in the Club and lower Preschool rooms with the removal of the wallpaper and a fresh coat of paint. Let us know what you think.

Thank you to all who helped at Park Pride on May 7. This event celebrated its 25th year. The Irwin Center looks beautiful outside with new mulch and flowers. The group worked very hard. This summer the park district offers several special events for you and your family to enjoy. Starry Nights, also celebrating 25 years, will feature American English on Friday, July 22. Stop by Irwin to purchase tickets. The Community Band began their 48th concert series on Thursday, June 16. Bring your lawn chair to enjoy this free quality entertainment on June 30, July 14 and July 21 starting at 8 p.m.

The park district and the village celebrate July 4th with the Family Fun Fest at the Izaak Walton Preserve. Enjoy the community parade down Ridge Road beginning at 11 a.m. followed by entertainment, food, activities, prizes and fun at the Preserve. Stop by to say hello as I will be working the water slide.

A favorite in July is National Hot Dog Day. The event is here at Irwin on Monday, July 18 where you can buy a hot dog right off the grill for 25 cents. Music will fill the park with the Sag Valley Boys. Lunch is served from 11 a.m. – 1 p.m. with Bingo inside following the event.

A special thank you goes to Tom's Family Restaurant and Catering. Tom provides our weekly and party lunch meals. Tom has offered great food at a reasonable price to keep the cost low for all to enjoy. Stop by Tom's and thank him for his efforts helping the senior center here at Irwin. He is located at 1944 Ridge Road in Homewood.

Enjoy this issue of SEASONS and join us this summer.

—LeeAnn Fisk, Zsa Juby & the Irwin Staff
lafisk@hfparks.com

DROP-IN PROGRAMS

Drop In Game Day Free!
July 11 & 25, Aug. 8 & 22
10 - 11:45 a.m.

Remember playing Yahtzee, UNO, Sorry, Scrabble, Kings in the Corner, Checkers or Dominos? We are now opening up room for you to come PLAY games. Grab a cup of coffee from our kitchen and come in and play. The room will be full of fun and laughs.

Warm Up America
1:30 p.m. Thursdays until
Nov. 3

We need your help to make pieces that will create Afghans to present to our guests from the Manteno Veterans Hospital. We are inviting eight men/women who have served our country and now reside in Manteno to join us for the Veterans Day luncheon on November 11, 2011. If we all begin to create small pieces of crochets or knitted rectangles we could complete the project by Veterans Day. Join us at Irwin to learn how to knit or crochet these pieces or bring your skills to help others. All supplies are provided. Pieces can be created at home and dropped off at the Irwin Center.

Keeping Current Free!
9:30 a.m. Thursdays

Drop in Thursday mornings at 9:30 a.m. to discuss hot topics involving the community, state and world. This friendly group accepts opinions and concerns. Keeping Current has a moderator and topics that lead to some great conversation.

WELLNESS

Blood Pressure Screening
Wednesday, July 13 &
Aug. 10
11 a.m. - 12:15 p.m. **Free!**
Irwin Community Center

Be proactive in staying healthy! Have your blood pressure checked monthly by the professional staff of HomeBound Healthcare. No need to sign up in advance: just drop by on the second Wednesday of every month for a reliable and free pressure reading. *Age 55+.*

Chair Massage Free!
Monday, July 11 & Aug. 22
10:30 a.m. - Noon
Irwin Community Center
Provided by:
HomeBound Healthcare

A gentle massage lasting about five to ten minutes, totally free of charge. A great way to relieve any stress. No need to make an appointment - just stop by the Irwin Center. *Age 55+.*

Foot Care by Dr. Bill*
Irwin Community Center
July: 1, 27 & 28; Aug.: 5, 29
& 30
2 p.m.

Stay healthy with routine foot care by Dr. Bill McNierney. Monthly appointments are available by calling 957-7275. Medicare covers most costs. Be sure to check your coverage. *Limit 16/day. Age 55+.*

Fee: Check your Medicare coverage.

PARTIES & EVENTS!

Great Indoor Picnic
Thursday, July 14
6:15-7:45 p.m.
Irwin Community Center

Picture a perfect summer evening filled with good friends, lively conversation, fun games and tasty food. Top it off with the ideal temperature and no pesky mosquitoes. It's picnic time inside the Irwin Center complete with food, iced tea and lemonade! Extend the evening by setting up your lawn chair and enjoying a free Community Band Concert in the park. *Registration and payment deadline: 5 p.m. on Tuesday July 12. Limit 60. Age 55+.*
 Fee: \$8 R /\$12 NR.
Code: 220609-07



Dog Days Of Summer Party
Wednesday, Aug. 17
Noon-2 p.m.

Irwin Community Center
Sponsored by Dr. Bill McNierney



As summer comes to a close we are still celebrating. Join your friends or come make new ones as the music of pianist/accordionist Frank Rossi fills the late summer air. Great food, great fun, great music – who could ask for more? See you there!

Register by 5 p.m. on Monday, August 15.
Limit 120. Age 55+.

Fee: \$8 R/\$12 NR

Code: 220609-08

FAB Fun at the Pool
Tuesday, Aug. 23
9 a.m. - 1 p.m.
Lions Club Pool

This is your day to play at the pool! A full schedule of events includes a no-dive swim meet, a swim stroke and turn clinic, fun water relays, the senior slide, water exercise classes, a team challenge and more. Pool-side activities will also be offered for those who prefer to stay dry. Morning snacks and a pool-side lunch are included in this FABulous day just for you! *Limit 120. Age 50+.*
 Fee: \$8 R/\$12 NR
Code: 220622-02



GREAT CLASSES

Clever Craft Creations
Irwin Community Center
Fridays

11 a.m.-Noon

Let's get together and create some fun and usable items to keep or give away. All supplies are included, just bring your imagination. Samples on display at the Irwin Center. *Age 55+.*

Fee: \$5 R/\$7.50 NR

July 8: Glass-beaded ankle bracelets (magnifying glass on site). **Code: 202601-05**

Aug. 12: Make and Take Scrapbook **Code: 202601-18**

Sing-A-Lings

Irwin Community Center
Third Thursday of the Month
(July 21, Aug. 18)

10-11:30 a.m.

Director: Rich Davidson

Share your love of singing your favorites tunes, from the old standards to newer show tunes. The Sing-A-Lings have monthly rehearsals and perform 10-15 times each year. Please call ahead if interested in participating.

708-957-7275. *Age 55+.*

Caregiving Options for Adults
Irwin Community Center
Tuesday, Aug. 16 & Thursday, Aug. 25

Instructors: Mark and Sherri Miron, BrightStar Healthcare

Are you someone who is challenged with the responsibility of caring for a loved one? TRYING TO DO IT ALL? Managing appointments, scheduling care, and providing care yourself can be overwhelming. Asking for help is okay. Learn how to make educated and informed decisions when it comes to providing care for your family or loved one. Understand what resources are available to help you and your family. Refreshments will be served. *Min 5. Max 20.*

Fee: \$5 R/\$7.50 NR

Code: 314633-03

Aug. 16 10-11 a.m.

Code: 314633-04

Aug. 25 7-8 p.m.

J U L Y



Friday, July 1

8:30 A.M.SUMMER WALKING
10 A.M.LINE DANCING

Monday, July 4

CLOSED

Tuesday, July 5

10 A.M.Line Dancing
2 P.M.Poker

Wednesday, July 6

9:30-NOONWii BOWLING
NOONLET'S DO LUNCH:
ROAST PORK LOIN, MASHED POTATOES W/GRAVY, CORN, APPLE SAUCE BIRTHDAY CAKE
1 P.M.BINGO

Thursday, July 7

9:30 A.M.KEPPING CURRENT
12:30 P.M.PINOCHLE
1:30 P.M.WARM UP AMERICA

Friday, July 8

8:30 A.M.SUMMER WALKING
9:30 A.M. ...COMMUNITY QUILTERS
10 A.M.LINE DANCING
1 P.M.MOVIE
UNKNOWN
11 A.M.CLEVER CRAFT CREATIONS

Monday, July 11

10-11:45 A.M.GAME DAY
10 A.M.LINE DANCING
10:30 A.M.CHAIR MASSAGE (FREE)

11:30 A.M.PRIZE BINGO & BRUNCH:
FRENCH TOAST W/SYRUP, SAUSAGE, FRUIT CUP
12:30 P.M.PINOCHLE
1 P.M.BINGO

Tuesday, July 12

10 A.M.LINE DANCING

Wednesday, July 13

9:30 A.M.-NOON ...Wii BOWLING
11 A.M.-NOON .BLOOD PRESSURE
NOONLET'S DO LUNCH:
MEATLOAF, MASHED POTATOES W/GRAVY, GREEN BEANS, APPLE CRISP
1 P.M.SPEAKER
NUTRITION 101-INGALLS

Thursday, July 14

9:30 A.M.KEEPING CURRENT
12:30 P.M.PINOCHLE
1:30 P.M.WARM UP AMERICA
6:30 P.M. .GREAT INDOOR PICNIC:
BURGER OR BRAT, AMERICAN POTATO SALAD, FRESH FRUIT, PIE A LA MODE, ICED TEA & LEMONADE

Friday July 15

8:30 A.M.SUMMER WALING
10 A.M.LINE DANCING

Monday, July 18

10 A.M.LINE DANCING
11 A.M.-1 P.M.NATIONAL HOT DOG DAY!
12:30 P.M.PINOCHLE
1 P.M.BINGO

Tuesday, July 19

10 A.M.LINE DANCING
2 P.M.POKER

Wednesday, July 20

9:30-NOONWii BOWLING
NOONLET'S DO LUNCH:
ROAST TURKEY, MASHED POTATOES W/GRAVY, MIXED VEGGIES, CRANBERRY SAUCE, PUMPKIN PIE
1 P.M.LCR \$135

Thursday, July 21

9:30 A.M.KEEPING CURRENT
10-11:30 A.M.SING-A-LINGS
12:30PINOCHLE
1:30 P.M.WARM UP AMERICA

Friday, July 22

8:30 A.M.SUMMER WALKING
10 A.M.LINE DANCING

Monday, July 25

10 A.M.LINE DANCING
10-11:45 A.M.GAME DAY
11:30 A.M. SING ALONG W/ANDY
NOONLET'S DO LUNCH:
BBQ PORK CHOP, OVEN ROASTED POTATOES, APPLE SAUCE, CORN, TAPIOCA PUDDING
12:30 P.M.PINOCHLE
1 P.M.BINGO

Tuesday, July 26

10 A.M.LINE DANCING

Wednesday, July 27

9:30 A.M.-NOONWii BOWLING
NOONLET'S DO LUNCH:
BAKED FISH, MACARONI AND CHEESE, COLE SLAW, JELLO CAKE
1 P.M.BINGO

Thursday, July 28

9:30 A.M.KEEPING CURRENT
12:30 P.M.PINOCHLE
1:30 P.M.WARM UP AMERICA

Friday, July 29

8:30 A.M.SUMMER WALKING
10 A.M.LINE DANCING



AUGUST



Monday, Aug. 1

10 A.M.LINE DANCING
NOON..... LET'S DO LUNCH:
*ROAST BEEF, BUTTERED NOODLES,
TOSSED SALAD, ICE CREAM*

1 P.M.....BINGO
2:15 P.M.....DROP -IN SENIOR
SCRAPBOOKING (FREE)

Tuesday, Aug. 2

10 A.M.LINE DANCING
2 P.M.....POKER

Wednesday, Aug. 3

9:30 A.M.-NOON....WII BOWLING
NOON.....BIRTHDAY LUNCH:
*MOSTACCIOLI W/MEATBALLS, ITAL-
IAN GREEN BEANS, ANTIPASTO
SALAD, BIRTHDAY CAKE*

1 P.M.BINGO

Thursday, Aug. 4

9:30 A.M.....KEEPING CURRENT
12:30 P.M.....PINOCHLE
1:30 P.M.....WARM UP AMERICA

Friday, Aug. 5

8:30 A.M.....SUMMER WALKING
10 A.M.LINE DANCING
1 P.M.MOVIE:

**THE ADJUSTMENT
BUREAU**

Monday, Aug. 8

10-11:45 A.M....FREE GAME DAY
10 A.M..... LINE DANCING
NOONLET'S DO LUNCH:
*FRIED FISH FILLET, MACARONI AND
CHEESE, COLE SLAW, RICE PUD-
DING*

1 P.M.....BINGO

Tuesday, Aug. 9

10 A.M..... LINE DANCING

Wednesday, Aug. 10

9:30 A.M.-NOON....WII BOWLING
11 A.M.-NOON.BLOOD PRESSURE
NOON.....LET'S DO LUNCH:
*STUFFED TOMATO W/CHICKEN
SALAD, COLE SLAW, FRUIT, ICE
CREAM SUNDAE*

1P.M.....LCR \$135

Thursday, Aug. 11

9:30 A.M.....KEEPING CURRENT
12:30 P.M.....PINOCHLE
1:30 P.M.WARM UP AMERICA

Friday, Aug. 12

9:30 A.M.COMMUNITY QUILTERS
10 A.M.LINE DANCING
11 A.M.....CRAFTS
MAKE & TAKE SCRAPBOOK

Monday, Aug. 15

10 A.M.LINE DANCING
NOON.....LET'S DO LUNCH:
*SWISS STEAK W/VEGGIES, HASH
BROWN POTATOES, TOSSED SALAD,
RICE PUDDING*

1 P.M.....BINGO

Tuesday, Aug. 16

10 A.M.LINE DANCING
10 A.M.....SPEAKER
CAREGIVING OPTIONS FOR
ADULTS: BRIGHTSTART
2 P.M.....POKER
2 P.M.BRAIN GAMES:
ARDEN COURTS

Wednesday, Aug. 17

11:30 A.M.DOG DAYS OF
SUMMER PARTY AND LUNCH:
*BBQ PULLED PORK SANDWICH,
AMERICAN POTATO SALAD, COLE
SLAW, WATERMELON*

Thursday, Aug. 18

9:30 A.M.....KEEPING CURRENT
10-11:30 A.M.....SING A LINGS
12:30 P.M.....PINOCHLE
1:30 P.M.....WARM UP AMERICA

Friday, Aug. 19

10 A.M.LINE DANCING

Monday, Aug. 22

10-11:45 A.M....FREE GAME DAY
10 A.M.LINE DANCING
10:30 A.M.....CHAIR MASSAGE
11:30 A.M.SING ALONG
w/ANDY

NOON.....LET'S DO LUNCH:
*FRIED CHICKEN, PASTA SALAD,
BAKED BEANS, PIE*

1 P.M.MOVIE:
TRUE GRIT

Tuesday, Aug. 23

10 A.M.LINE DANCING
9 A.M.-1 P.M.FAB FUN AT
LIONS POOL

Wednesday, Aug. 24

9-11:30 A.M.WII BOWLING
11:30 A.M.PRIZE BINGO &
BRUNCH:
*EGG SOUFFLE, BACON/SAUSAGE,
HASHBROWN/CROISSANT, FRESH
FRUIT & COTTAGE CHEESE PLATE,
ORANGE JUICE*

1 P.M.....BINGO

Thursday, Aug. 25

9:30 A.M.....KEEPING CURRENT
12:30 P.M.....PINOCHLE
1:30 P.M.WARM UP
AMERICA
7-8 P.M.....CAREGIVING OPTIONS
FOR ADULTS: BRIGHTSTART

Friday, Aug. 26

10 A.M.LINE DANCING

Monday, Aug. 29

10 A.M.LINE DANCING
NOON.....FALL FASHION SHOW
& LUNCH:
*CHICKEN SALAD, FRESH FRUIT &
COTTAGE CHEESE PLATE, CROIS-
SANT, SPECIAL DESSERT*

Tuesday, Aug. 30

10 A.M.LINE DANCING

Wednesday, Aug. 31

9:30 A.M.-NOON....WII BOWLING
NOON.....LET'S DO LUNCH:
*CORNED BEEF AND CABBAGE,
PARSLEY POTATOES, CARROTS, CAKE*

1 P.M.....BINGO



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Unknown
 Friday, July 8 • 1 p.m.



A man (Liam Neeson) wakes up from a coma while on a business trip to Europe only to find that some other man has taken his identity and stepped into his life. Diane Kruger and January Jones co-star. (PG-13/113 min.)

The Adjustment Bureau
 Friday, August 5 • 1 p.m.



Matt Damon stars in The Adjustment Bureau as an ambitious politician who glimpses the future Fate has planned for him and realizes he wants something else. To get it, he must pursue the only woman he's ever loved through the streets of modern-day New York. On the brink of a political victory, David Norris (Damon) meets beautiful ballet dancer Elise Sillas (Emily Blunt), and must defeat Fate to live the life he wants. (PG-13/106 min.)

True Grit
 Monday, August 22 • 1 p.m.



Fourteen-year-old Mattie Ross (Hailee Steinfeld) joins an aging U.S. Marshal (Jeff Bridges) and another lawman (Matt Damon) in tracking her father's killer into hostile Indian territory. "True Grit" tells the story from the young girl's perspective. (PG-13/110 min.)