



# Seasons

*A bimonthly newsletter for FAB Adults*

## Time to Hit the Trail

**W**alking *Together* returns for its third summer of walking fun. Since walking is one of the easiest ways to exercise, this 10-week program is designed to help you make a commitment to a healthier summer. Walking promotes physical activity. Studies have shown that people who are physically active live longer and feel better. Walking improves your ability to make decisions, solve problems and focus better.

Two kick-off rallies will be held at Irwin Park on Tuesday, June 8. Identical presentations will be made at 10 a.m. and 7 p.m. Pick the time that works best for you and take the first steps to better living! Each **Walking Together** participant will receive a walking packet that includes a pedometer, a step-tracking chart, postcards and health tips. If you can't make it to one of the kick-off rallies, stop by the Irwin Center any time from June 9-11 to pick up your packet. Please pre-register by Tuesday, June 1, to guarantee that you receive a walking packet and t-shirt.

Group walks will be held on Monday evenings at 7 p.m. and Wednesday mornings at 8:30 a.m. The rest of the week you will walk on your own, tracking your steps from day to day and week to week. Each week you will be asked to turn in your step count for the previous week. You will receive your t-shirt after turning in your first step count. Why are you asked to count your steps? Research shows that people are very self-motivated to improve when they track their progress.

Each week informative health tips will be available to pick up at either weekly walks or the Irwin Center. These weekly tips are designed to motivate you and make you more aware of your health, body and progress.

After a training week and 10 weeks of walking, come to the **Wrap-Up Celebration** on Friday, Aug. 28. You'll have a chance to share your success with others in a fun, positive atmosphere with healthy treats, fun awards and an atmosphere of celebration. *Questions? Call 708-957-7275.*

**WALKING TOGETHER**  
 Sponsored by BlueCross  
 BlueShield of Illinois  
 June 8-Aug. 27  
 \$2 residents/  
 \$3 non-residents  
 Code: 212619-01

### NEW THIS SEASON!

- **Magical May Celebration: Wednesday, May 19, Noon**  
 Magic is in the air at Irwin! Celebrate with Jeanette Andrews, an amazing magician who fell under the spell of Siegfried and Roy at age four and has wowed audiences ever since. Register and pay by 5 p.m. on May 17. *Limit: 120. Fee: \$7 residents / \$10.50 non-residents.*
- **Canasta Club: Tuesdays, May 25 & June 22, Noon**  
 Come play with this new group at Irwin! Some experience is recommended, but play will be for all skill levels. *Fee: \$1/day.*
- **Community Quilters: Fridays, May 14 & June 11, 9:30 a.m.**  
 Use your quilting skills to make simple youth and lap quilts to offer comfort to others. Tops can be assembled at home using donated supplies. The group meets monthly at Irwin to tie quilts and pick out new fabrics. Upon completion, the quilts are donated to charities chosen by the participants. Join this new group that will be both fun and rewarding!

## A Note from Jodi

Our early April weather has already given us a taste of what is to come in May and June. The warm days were wonderful, but we all knew they couldn't last.

As I write this, April has returned with those cold showers that are supposed to guarantee us May flowers! Actually, I am really glad as I bought a new yellow sweater this year anticipating cool March and April days. I was beginning to think it would still have tags on it in October!

This newsletter will give you another taste of what is ahead in May and June. I think you will all enjoy our new party, **Magical May**, featuring an amazing young magician. You definitely won't want to miss this one. It promises to be, well, magical! Also new on the horizon are afternoons of **Canasta** on the fourth Tuesday of each month.

Summer brings another round of walking, spelling bees (much better than the buzzing ones) and Academy Award-winning movies. I have added in a couple of very different music videos this time around: **Michael Jackson's This Is It** and **Celtic Woman**. Be sure to check everything out!

I know that time really flies, but it is hard to imagine that I will be a Grandma by the time you read the next newsletter. Don't worry, I will keep you posted!

Jodi

## UPCOMING PROGRAMS & EVENTS

### **Free! Brain Builders** Tuesday, May 11 • 2 p.m.

As we age we often begin to see changes in our mental functioning. We find we have difficulty with memory, processing information quickly and having that tip of the tongue word frustration. There is no need to worry about these natural changes! Learn some fun games to enhance your brain power and even improve some functions of the brain.

### **Free! Southland Vision Solutions Expo** Saturday, May 22

9:30 a.m. - 2 p.m.

The Guild for the Blind, in partnership with Vision Rehab Inc., Macula Vision Research Foundation and the H-F Park District present this free expo that combines exhibit tables with seminars. It will include the latest information about macular degeneration, diabetic retinopathy and other age-related eye diseases. Local eye care professionals will discuss low-vision devices, the importance of nutrition and the latest disease treatments. Information will be available on current technology and resources available to enhance your quality of life while helping you live independently with low vision.

### **Free! Illinois State Senior Spelling Bee**

Thursday, June 3 • 2 p.m.

Spell your way to success by competing at the local level for the 2010 Illinois State Senior Spelling Bee. H-F is joining forces with the Association of Illinois Senior Centers and the Illinois Department on Aging to host this competition. Local winners will advance to the regional semi-finals in late June or early July. Finals will be held at the Illinois State Fair on Monday, Aug. 16. Register by May 24 to receive a list of words to study approximately one week before the event.  
*Code: 220622-02.*

### **Summer Celebration**

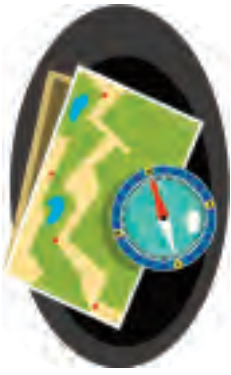
Wednesday, June 23 • Noon

*Sponsored by Sunrise Assisted Living*

It's summertime and the livin' is easy at our annual party that celebrates the summer sun. **Frank Rossi**, master of both the accordion and keyboard, will present an entertaining variety of songs including rousing polkas, American standards and sentimental Italian ballads. The menu features fried chicken, American potato salad, tri bean salad and a brownie with ice cream. Register and pay by 5 p.m. on Monday, June 21. *Fee: \$7 residents/ \$10.50 non-residents.*



**TIME FOR MARKET DAY**  
The first summer Market Day will be Tuesday, June 22. Delivery will be at 3:30 p.m. with pick up from 4:30-5:30 p.m. Volunteers will be needed to help sort food and hand out orders. Mark your calendar and plan to spend a fun afternoon at the Irwin Center helping raise money for senior programming. Sign up at *Let's Do Lunch* or at 708-957-7275.



## VAN VOYAGERS

Summer is a great time to explore Chicagoland. **Van Voyages** are all set for May & June. More are being planned for July through September. Watch for a new *Voyages* newsletter to arrive in your home in mid-May. Tickets are still available for the following Voyages:

- **HAPPY DAYS ARE HERE AGAIN: Wednesday, May 12**  
Ann Marie stars in a *Nite Club at Noon* production in tribute to Barbara Streisand at the Diplomat West. Lunch will feature soup, salad, half breast of chicken, veggies, potato, rolls and ice cream.  
**Code: 224610-02. Fee: \$65.**
- **LOCKPORT ADVENTURE: Thursday, May 20**  
Spend a day in historic Lockport. Stops include I & M Canal exhibit, the Lockport Gallery of the Illinois State Museum and lunch on your own at the Public Landings Restaurant. **Code: 224610-03. Fee: \$31.**
- **SHIPSHEWANA: Tuesday, June 1**  
Spend the day your way at the flea market, Yoder's department store or any of the quaint gift shops. Dining together family-style at the Blue Gate Restaurant is included in the price of the trip.  
**Code: 224610-05. Fee: \$65.**
- **HORSESHOE CASINO IN HAMMOND: Thursday, June 10**  
This deal is way too good to pass up! Spend the day gaming and enjoy a delicious lunch buffet. Travel by deluxe touring coach and receive \$15 in slot play! Register by June 3 to assure a spot on this trip that is filling quickly. **Code: 224610-06. Fee: \$27.**

### IPRA SIX COUNTY SENIOR OLYMPICS: JULY 12-23

Call 708-957-7275 to receive a registration form and detailed schedule of this event open to seniors of all ability levels. Events include golf, tennis, bowling, swimming, biking and track & field. This annual event is sponsored by Illinois Parks and Recreation Association, Presbyterian Homes, Glenview Terrace Healthcare and Rehabilitation Center and Guardian Home Care and Hospice.

### SING ALONG WITH ANDY Mondays, May 24 & June 28 11:30 a.m.

Drop in for a fun hour of singing and socializing. Homewood's **Andy Malkewicz** will be bringing his guitar to Irwin to accompany you while singing favorite tunes from the 30s, 40s, 50s and beyond. Bring your requests because his repertoire includes the folk songs of Woody Guthrie, love songs from WWII, show tunes, the Beatles and more.

## GRANDPA'S GARAGE

### SALE: MAY 8

*Sponsored by Caring Transitions*

Mark your calendars for Saturday, May 8 when the Lions Pool parking lot is converted into **Grandpa's Garage Sale!** This community-wide sale is a fundraiser for senior events at the H-F Park District. There are several ways you can help ensure the success of this spring event!

#### 1. Save, collect and donate.

Garage sale donations are needed to be sold at the senior booth. You can bring gently used items (no clothing or large furniture) to the Irwin Center beginning now. If you have already cleaned out your extras, encourage your neighbors or children to donate a few items.

**2. Volunteer on Friday.** Volunteers are needed to help price all the donated items. Pricing will be done beginning at 10 a.m. on Friday at the Irwin Center.

**3. Volunteer on Saturday.** Volunteers are needed from 7:30 a.m. – 2:30 p.m. Several volunteer shifts are available to accommodate your busy schedule. Six people are needed early in the morning from 7:30-9:30 a.m. to set up the sale. Four people are needed from 8-11:30 a.m. to man the sale table and four more people are needed from 11:15 a.m.-2:15 p.m. to staff the sale table and put everything away. We will be ordering pizza for lunch, so come join the fun!

4. Hope for sunshine on the 8th, as we don't want to move to the rain date of May 15!

Call the Irwin Center at 708-957-7275 to volunteer. Thank you!

# M A Y

## Saturday, May 1

9 A.M. ....Park Pride Day

## Monday, May 3

10 A.M. ....Line Dancing

NOON.....Lunch: *Chicken Parmigiana, mostaccioli, green beans & ice cream.*

12:30 P.M. ....Pinochle

1 P.M. ....**FREE!** Food Safety in Your Kitchen  
*Art Pelliccioni, retired Jewel Foods butcher, will teach us about sanitizing, storage & shelf life.*

2:30 P.M. ....**FREE!** FAB Scrapbooking

## Tuesday, May 4

10 A.M. ....Walk at Woodborough Park

10 A.M. ....Line Dancing

2 P.M. ....Poker

7 P.M. ....Line Dancing

## Wednesday, May 5

10 A.M. ....**FREE!** Wii Play

NOON..... Lunch: *Roast beef, mashed potato w/gravy, stewed tomatoes & cake.*

1 P.M. ....**FREE!** Foot Spa

1 P.M. ....Bingo

1:15 P.M. ....Senior Advisory

## Thursday, May 6

9:30 A.M. ....**FREE!** Keeping Current

12:30 P.M. ....Pinochle

## Friday, May 7

10 A.M. ....Pricing for Grandpa's Garage Sale

10 A.M. ....Line Dancing

1 P.M. ....**FREE!** Movie: *Up in the Air*

## Saturday, May 8

9 A.M. ....Grandpa's Garage Sale



## Monday, May 10

10 A.M. ....Line Dancing

10:30 A.M. ....Trip: Bobby Vinton

11:30 A.M. ....Homewood ID Bracelets

NOON.....Lunch: *Swedish meatballs, buttered noodles, peas & bread pudding.*

12:30 P.M. ....Pinochle

1 P.M. ....Bingo

## Tuesday, May 11

10 A.M. ....Walk at Indian Trails Park

10 A.M. ....Line Dancing

2 P.M. ....**FREE!** Brain Builders

7 P.M. ....Line Dancing

## Wednesday, May 12

10 A.M. ....**FREE!** Wii Play

10:30 A.M. ....Trip: Happy Days

NOON.....Lunch: *Broiled chicken filet, parsleyed buttered potatoes, corn & pie.*

1 P.M. ....**FREE!** Movie: *This Is It*

## Thursday, May 13

9:30 A.M. ....**FREE!** Keeping Current

12:30 P.M. ....Pinochle

## Friday, May 14

9:30 A.M. ....**FREE!** Community Quilters

10 A.M. ....Line Dancing

## Monday, May 17

10 A.M. ....Line Dancing

11:30 A.M. ....**FREE!** Blood-Pressure Screening

NOON.....Lunch: *Salisbury steak w/mushroom gravy, mashed potato w/gravy, mixed vegetable & ice cream sundae.*

12:30 P.M. ....Pinochle

12:40 P.M. ....**FREE!** MIPPA Explained  
*Diane Adduci of BlueCross, BlueShield of Illinois will be on hand to explain the new 2010 Modernization Act.*

1:05 P.M. ....Bingo

## Tuesday, May 18

10 A.M. ....Walk at Patriot's Park

10 A.M. ....Line Dancing

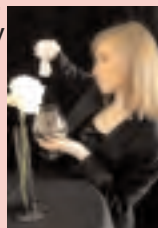
1 P.M. ....**FREE!** Wii Play

2 P.M. ....Poker

7 P.M. ....Line Dancing

## Wednesday, May 19

NOON.....Magical May Party: *Baked pork chops, oven roasted potatoes, corn, apple-sauce & special dessert.*



## Thursday, May 20

9:30 A.M. ....**FREE!** Keeping Current

10 A.M. ....Sing-a-Lings

10:30 A.M. ....Trip: Lockport

12:30 P.M. ....Pinochle

## Friday, May 21

10 A.M. ....Line Dancing

## Monday, May 24

9 A.M. ....Foot Care with Dr. Bill

10 A.M. ....Line Dancing

11:30 A.M. ....Sing Along with Andy

NOON.....Lunch: *Roast turkey, mashed potatoes with gravy, cranberry sauce & pumpkin pie.*

12:30 P.M. ....Pinochle

1 P.M. ....**FREE!** Movie: *The Blind Side*

## Tuesday, May 25

9 A.M. ....Trip: Geneva

10 A.M. ....Walk at Ballantrae Park

10 A.M. ....Line Dancing

NOON.....Canasta Club

## Weds., May 26

10 A.M. ....**FREE!** Wii Play

NOON.....Lunch: *Baked cod, macaroni and cheese, cole slaw & cake.*

1 P.M. ....Bingo

## Thursday, May 27

9:30 A.M. ....**FREE!** Keeping Current

12:30 P.M. ....Pinochle

## Friday, May 28

10 A.M. ....Line Dancing

## Monday, May 31

MEMORIAL DAY

*IRWIN CENTER IS CLOSED*





# J U N E

## Tuesday, June 1

8 A.M. ....Trip:  
Shipshewana  
10 A.M. ....Line Dancing  
2 P.M. ....Poker

## Wednesday, June 2

10 A.M. ....**FREE!** Wii Play  
NOON.....Lunch: *Roast port loin, mashed potatoes w/gravy, corn, applesauce & birthday cake.*

1 P.M. ....**FREE!** Foot Spa  
1 P.M. ....Bingo  
1:15 P.M. ....Senior Advisory

## Thursday, June 3

9:30 A.M. ....**FREE!** Keeping Current  
12:30 P.M. ....Pinochle  
1 P.M. ....**FREE!** IL State Senior Spelling Bee

## Friday, June 4

10 A.M. ....Line Dancing  
1 P.M. ....**FREE!** Movie:  
*The Hurt Locker*

## Monday, June 7

10 A.M. ....Line Dancing  
NOON.....Lunch: *Chicken salad plate, cottage cheese, fruit & pie.*

12:30 P.M. ....Pinochle  
1 P.M. ....BINGO  
2:15 P.M. ....**FREE!** FAB Scrapbooking

## Tuesday, June 8

10 A.M. ....Walking Together Kick Off  
10 A.M. ....Line Dancing  
7 P.M. ....Walking Together Kick Off

## Wednesday, June 9

10 A.M. ....**FREE!** Wii Play  
NOON.....Lunch: *Beef, stroganoff, buttered noodles, peas & bread pudding.*

1 P.M. ....**FREE!** Music  
Video: *Celtic Woman*

## Thursday, June 10

9:30 A.M. ....**FREE!** Keeping Current  
12:30 P.M. ....Pinochle  
1 P.M. ....**FREE!** New Visions

## Friday, June 11

9:30 A.M. ....Community Quilting  
10 A.M. ....Line Dancing  
8 P.M. ....**STARRY NIGHTS:**  
The Piano Man



## Monday, June 14

10 A.M. ....Line Dancing  
NOON.....Lunch: *Spaghetti with meatballs, green beans, tossed salad & Spumoni ice cream.*

12:30 P.M. ....Pinochle  
1 P.M. ....**FREE!** Ingalls Senior Life presents Massage Therapy  
7 P.M. ....Walking Together

## Tuesday, June 15

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

## Wednesday, June 16

8 A.M. ....Walking Together  
10 A.M. ....**FREE!** Wii Play  
NOON.....Lunch: *Baked ham steak, parsleyed buttered potatoes, corn & ice cream.*  
1 P.M. ....Bingo

## Thursday, June 17

9:30 A.M. ....**FREE!** Keeping Current  
10 A.M. ....Sing-a-Lings  
12:30 P.M. ....Pinochle  
1 P.M. ....**FREE!** New Visions

## Friday, June 18

10 A.M. ....Line Dancing  
10:45 A.M. ....Trip: Mesta Musicals

## Monday, June 21

10 A.M. ....Line Dancing  
11:30 A.M. ....**FREE!** Blood-Pressure Screening  
NOON.....Lunch: *Roast turkey, mashed potatoes w/gravy, stuffing, cranberries & pumpkin pie.*

12:30 P.M. ....Pinochle  
1 P.M. ....Bingo  
7 P.M. ....Walking Together

## Tuesday, June 22

10 A.M. ....Line Dancing  
NOON.....Canasta Club  
3 P.M. ....Market Day

## Wednesday, June 23

8:30 A.M. ....Walking Together  
NOON.....Summer Celebration: *Fried chicken, American potato salad, tri-bean salad & brownie with ice cream.*

## Thursday, June 24

1 P.M. ....**FREE!** New Visions  
8 P.M. ....**FREE!** Community Band Concert

## Friday, June 25

10 A.M. ....Line Dancing  
8 P.M. ....**STARRY NIGHTS:**  
Elevation



## Monday, June 28

10 A.M. ....Line Dancing  
11:30 A.M. ....Sing Along with Andy  
NOON.....Lunch: *Salmon, hash brown potatoes, mixed vegetables & rice pudding.*

1 P.M. ....**FREE!** Movie:  
*Did You Hear About the Morgans?*  
7 P.M. ....Walking Together

## Tuesday, June 29

10 A.M. ....Line Dancing  
1 P.M. ....Foot Care with Dr. Bill

## Wednesday, June 30

8:30 A.M. ....Walking Together  
NOON.....Lunch: *Fried fish, oven-roasted potatoes, carrots & pie.*  
1 P.M. ....Bingo  
1 P.M. ....Foot Care with Dr. Bill

Line Dancing – Now available morning and night! Ann Pelliccioni is the positive force behind this lively and energetic group that drops in three days a week for line dancing. Line Dancing meets in the dance room on Mondays 10-11:30 a.m., Tuesdays 10 a.m.-noon & 7-9 p.m., and Fridays from 10-11:30 a.m. Cost is just \$2 per session, payable at the door.

**FREE FLICKS**

**Up in the Air**  
**May 7, 1 p.m.**  
 Ryan Bingham (**George Clooney**) makes his living personally handing out pink slips. His job keeps him on the go and he loves his lifestyle. When a fast-rising exec wants to change the company's practices, Ryan convinces his boss to let him take her on the road so that she can learn what it's really like to fire someone.  
*(R/109 min.)*

**This Is It**  
**May 12, 1 p.m.**  
 Get a rare behind-the-scenes look at rehearsals for **Michael Jackson's** last scheduled concert tour. You'll see a performer who never lost his energy, drive or talent. This movie pieces together production and rehearsal footage to form a cohesive picture that tells two stories.

**The Blind Side**  
**May 24, 1 p.m.**  
 Michael Oher was living on the streets when he was welcomed into the home of a conservative suburban family. Over time he matured into a talented athlete. As the NFL draft approaches, fans and radio personalities speculate that Oher will be the hottest pick of the year. With Academy Award winner **Sandra Bullock**.  
*(PG-13/128 min.)*

**The Hurt Locker**  
**June 4, 1 p.m.**  
 This 2010 Best Picture presents the conflict in the Middle East from the perspective of those who witnessed the fighting firsthand, the soldiers. An elite Army Explosive Ordnance Disposal team tactfully navigates the streets of present-day Baghdad to make the city a safer place.  
*(R/130 min.)*

**Celtic Woman: Songs from the Heart**  
**June 9, 1 p.m.**  
 This musical special features a stirring concert from songstresses Agnew, Lisa Kelly, Alex Sharpe and Lynn Hilary, also known as Celtic Woman.



**Did You Hear About the Morgans?**  
**June 28, 1 p.m.**  
 The Morgans (**Sarah Jessica Parker & Hugh Grant**) have all the money a couple could want; it's love they're running short on. After witnessing a contract killing, they are at the mercy of the Feds, who send them packing to Wyoming. Will a peaceful life bring them back together?  
*(PG-13/103 min.)*

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