



Seasons

A bimonthly newsletter for FAB Adults

A Trio of Trips and Tours!

Van Voyager

Limit 8

Shopping at Woodfield Mall and Lambs Farm

Let us help with your holiday shopping as we head to Woodfield Mall to enjoy the festive atmosphere. Here you can have lunch at several restaurants including The Cheesecake Factory, Stir Crazy or Vie De France (lunch on your own). Then we are off to find those unique gifts at the 31st Annual Lambs Farm Holiday Lights Gift and Craft Fair. This shopping experience features a dazzling array of gifts and craft booths to satisfy your shopping list.

Fri., Dec. 2 • 9 a.m. - 4:30 p.m.

Van departs the Irwin Center

Fee: \$30R/\$35 NR • Code: 424610-01



Van Voyager

Limit 8

The Sound of Music and lunch

Thurs., Nov. 17

10 a.m. - 5:15 p.m.

Van departs the Irwin Center

Fee: \$69.75 R / \$74.75 NR

Code: 424610-12

Enjoy a lunch of Salmon or Beef with salad, vegetables, bread, dessert and beverage before we are entertained with the beloved Sound of Music. The hills are alive at the Drury Lane Theater. Please let our staff know what choice of entrée you prefer when you register.

Lunch Safari

\$9 R / \$13.50 NR

Limit 8 • Registration begins Nov. 30

Van departs from Irwin Center. Fee is for transportation only and does not include the cost of your lunch.

Tues.
Jan. 24!

World Famous Islamorada Fish Company Restaurant

The Islamorada Fish Company Restaurant is located at the Promenade in Bolingbrook. You can enjoy the restaurant's signature fish entrees like Blackened Tilapia, Mahi Mahi or Norwegian Salmon. You can also order Chicken, Ribs or Cajun Pasta. Prices range from \$8 - \$20. • Code: 424611-01

Tues.
Feb. 28!

Pegasus Restaurant and Taverna

The Pegasus Restaurants' located in Greek Town has a menu comprised of true Mediterranean cooking that their owners families grew up eating and, are proud to serve you these special recipes. You will enjoy lunch specials with Makarinales (Regional Pastas), or Paradonsiaka (traditional specialties) like Spinach Cheese Pie (Spanakopita) or Baked Macaroni, Ground Meat, and Bechamel Sauce (Pastitsio). Prices range from \$9-\$16. • Code: 424611-02



A Note from the Irwin Center

My theory is as soon as July 4th is over, the winter holidays are right around the corner. Here we are just in the shadow of Thanksgiving, Hanukkah, Christmas and Kwanzaa. Before

the Holiday season arrives I want to reflect on some of the successes we've shared at the Irwin Center these past few months.

Our Preschool is in full swing and we want to welcome five new staff to the program: Tyra Coleman, Beth Denton, Pat Smith, Tania Popp and Kieasha Hill. Please say hello if you see them in the building. The weekly lunch program continues to welcome new people. Many thanks to our ambassadors of the lunch program for welcoming our new seniors. The Fall Fashion Show and lunch showed the spirit of what the Senior Center is all about; from our models to our guests, the room was full of compliments and awes. The Senior Center marked its 28th year of serving seniors in our community. We celebrated with birthday decorations, presents, delicious food and entertainment.

The Irwin building is continuing to make changes for our users. In the next months we are replacing the floor in the large activity room in the lower level. Our goal is to have the least amount of impact on the program schedule. (If your program is in that room you will have a new location.) Be patient with the construction as the end product will be worth the wait.

The park district holiday events that you may be interested in attending are the Holiday Lights in Homewood on Friday, Dec. 2 at 7 p.m. with the annual tree lighting ceremony at the plaza in Irwin Park. Flossmoor's Winterfest is Saturday, Dec. 3 featuring all-day activities throughout town. Breakfast with Santa on Saturday, Dec. 10 is a popular event for parents as well as grandparents, and will offer two seatings that morning. We hope you can attend.

Sincerely,

**-LeeAnn Fisk, Zsa Juby & the Irwin Staff
lafisk@hfparks.com | 708-957-7275**

UPCOMING PROGRAMS HEALTH & WELLNESS

-All programs listed below begin at 1 p.m. and are FREE!

Wii Fishing Derby Wed. Nov. 9

Join us after lunch and try your luck at catching a whopper. The activity is easy and FUN.

Demonstration not to miss!

Mon. Nov. 21

Following lunch, Art Pelliccioni AKA "The Butcher" will be doing a demonstration about different cuts of meat, how to prepare a shrimp tree and have you ready for the holidays.

Help us Decorate Irwin's Holiday Trees

Wed. Nov. 30

Wednesday has been set aside to decorate the trees inside the Irwin Center. All decorations and refreshments supplied. After we are done you can stay and try your luck with a game or two of BINGO.

Living A Better World Through Laughter

Mon. Dec. 12

Ingalls Senior Life has secured Joyologist, Laughologist Kathy O'Brien, R.N., C.L.L. from Ingalls. Kathy teaches Laughter Sessions through "Living Better with Laughter." Join us as we endure the holiday season with mirth and laughter.

*Please call or stop by the Irwin Center to reserve your spot.
Phone: 708-957-7275.*

Foot Care by Dr. Bill

Jan. 26 & 31

Appointments begin at 2 p.m. Stay healthy with this monthly routine foot care. Medicare covers most costs. Be sure to check your coverage.

Foot Spa

Tues. Nov. 15

Appointments begin at 1p.m. Pamper your feet at Irwin with the professional staff of Home Bound Healthcare. Warm Epsom foot baths, massage, lotion and polish if requested are awaiting your feet.

Flu Shots

Provided by CVS Pharmacy

Wed. Nov 2

9:30 – 11:30 a.m

This is your second opportunity to have your Flu Shot. They are free for seniors with their red, white and blue Medicare Cards, free for Medicaid recipients and \$29.99 (check or cash) to pay out of pocket.

Caregiving Options for Adults Presented by Mark and Sherri Miron, BrightStar Healthcare

Thurs. Nov. 10 7:30-8:30 p.m.

Tues. Nov. 22 10-11 a.m.

Are you an adult child or baby boomer 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.

PARTIES & EVENTS!

Veteran's Day Celebration
Sponsored by BrightStart
Friday, Nov. 11
Starting at Noon
\$8.00 R/\$12 NR

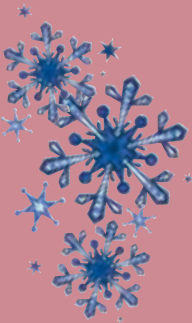
Let's celebrate freedom and all of America's veterans who guaranteed it for us through the generations. We will have a special presentation honoring all of our veterans; an event you do not want to miss. You will hear a moving speech on Patriotism delivered by its author Jack Dunlavy, see a continual pictorial presentation of our community veterans and be entertained by the beautiful Greta Pope who will perform some of your favorite patriotic tunes. Veterans can attend for half price. Fee includes lunch, entertainment and more! Register and pay by 5 p.m. on Wed., Nov. 8. Code: 320609-11



Snowflakes & Carols
Fee: \$3.75R/\$5.5 NR
Monday, Dec. 19

12-2 p.m.

Let's Do Lunch and enjoy the sounds of the H-F Park District Sing-a-Lings directed by Rich Davidson. The afternoon includes a delicious lunch, a visit from the Jolly Ole' Elf himself, presents for all and the opportunity for everyone to sing along to their favorite holiday tunes. Call or stop by the Irwin Center to reserve your spot by noon on Fri., Dec. 16. Limit 60.



NEWS & UPDATES!

WARM UP AMERICA UPDATE:

What do you get when you have a wonderful idea to bring warmth to Veterans at the Manteno Hospital? You get a community together to crochet, knit, assemble and bag 25 home made afghans for our veterans.

A special thanks to all those who have contributed time, talent, yarn, suggestions, and hard work to complete this project. The afghans were presented at the Manteno Hospital last month.



THE FALL FASHION SHOW AND LUNCH

The Fall Fashion Show and lunch was a great success. The event sold out and all in attendace had a grand time.

Please enjoy these pictures of the Fall Fashion Show and Lunch fundraiser. A special thank you to all our community models and escorts.





HOMEWOOD-FLOSSMOOR PARK DISTRICT
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Christmas Vacation
Wed., Dec. 14 - 1 p.m.

Yule crack up as Chevy Chase returns in this blockbuster comedy as Clark Griswold, America's best-intentioned walking disaster area, who is determined to create a fun-filled, old-fashioned Christmas. Deck the halls with laughter at the escapades of the Griswold family. (PG-13; 97 minutes)



ELF
Fri., Dec. 2 - 1 p.m.

Buddy was a baby who stowed away in Santa's toy bag and ended up at the North Pole. The elves raise him as one of their own, but when he begins to notice his differences to the other elves he goes to New York City to find his birth father in this sweet holiday comedy. (PG; 95 minutes)



Little Fockers
Fri., Nov. 4 - 1 p.m.

It has taken 10 years for Greg to finally get in with his tightly wound father-in-law, Jack. But after the cash-strapped dad takes a job moonlighting for a drug company, Jack's suspicions and Pam's entire clan descends for their kids' birthday party, he must prove to the skeptical Jack that he's fully capable as the man of the house. (PG-13; 98 minutes)



7
10 a.m. Line Dancing
Noon Let's Do Lunch
 Bratwurst, German Fried potatoes,
 Sauerkraut, German Chocolate Cake
12:30 p.m. Pinochle
1 p.m. BINGO

14
10 a.m. Line Dancing
Noon Let's Do Lunch
 Ground Round Steak w/Grilled Onions,
 Baked Potato w/Sour Cream, Mixed Veggies,
 Cake
12:30 p.m. Pinochle
1 p.m. LCR \$ 1.35
 2:15-3:45 p.m. Clever Craft Ornaments!

21
10 a.m. Line Dancing
Noon Let's Do Lunch
 Roast Turkey, Mashed Potato w/Gravy,
 Stuffing, Green Beans, Pumpkin Pie
12:30 p.m. Pinochle
1 p.m. You Cut, You Save &
 Holiday Trays by Art Pelliccioni

28
10 a.m. Line Dancing
Noon Let's Do Lunch
 Meat Loaf, Mashed Potato w/Gravy,
 Green Beans, Apple Crisp
12:30 p.m. Pinochle
1 p.m. BINGO

1
9 a.m. Wii Bowling League
10 a.m. Line Dancing
2 p.m. Poker

8
9 a.m. Wii Bowling League
10 a.m. Line Dancing

15
9 a.m. Wii Bowling League
10 a.m. Line Dancing
10-11 a.m. Caregiving Options
1-3 p.m. Free Foot Spa HBH
2 p.m. Poker

22
9 a.m. Wii Bowling League
10 a.m. Line Dancing
10 a.m. Care Giving Options
 by BrightStart

29
10 a.m. Wii Bowling League
 Banquet
10 a.m. Line Dancing

2
9:30-11:45 a.m. Wii Play
9:30-11:30 a.m. CVS Flu Shot
 Clinic
Noon Birthday Lunch
 Ham Steak w/Fruit, Parsley Buttered
 Potatoes, Corn, Birthday Cake
1 p.m. BINGO

9
9:30-11:45 a.m. Wii Play
10-Noon Free Blood Pressure Screen
 HBH
Noon Let's Do Lunch
 Stuffed Cabbage Roll, Hash Brown
 Potatoes, Peas, Tapioca Pudding
1 p.m. Wii Fishing Derby!!!

16
9-11:30 a.m. Wii Play
9:30-11:30 a.m. CVS Flu Shot
 Clinic
11:30 a.m. Brunch & Bingo Prize
 Scrambled Eggs, French Toast
 w/Syrup, Ham
1 p.m. BINGO

23
9:30-11:45 a.m. Wii Play
Noon Let's Do Lunch
 Baked Fish, Macaroni & Cheese,
 Cole Slaw, Jello Cake
1 p.m. BINGO

30
9:30-11:45 a.m. Wii Play
10 a.m. Line Dancing
11 a.m. Van Voyager
Noon Let's Do Lunch
 Sheppard's Pie (Mashed Potato, Ground
 Beef, Corn) served w/Gravy, Soup, Pie
12:30 p.m. Tree Decorating
1 p.m. BINGO

3
9:30 a.m. Keeping Current
12:30 p.m. Pinochle

10
9:30 a.m. Keeping Current
11:15 a.m. Lunch Safari
12:30 p.m. Pinochle
7-8 p.m. Caregiving Options
 by BrightStart

17
9:30 a.m. Keeping Current
10 a.m. Van Voyager – SOUND
 OF MUSIC
12:30 p.m. Pinochle

24 **CLOSED**

Happy Thanksgiving




4
10 a.m. Line Dancing
1 p.m. Free Movie
 LITTLE FOCKERS (Comedy)

11
10 a.m. Line Dancing
Noon Veterans Day Party
 Boneless Pork Chop, Mashed
 Potato w/Gravy, Corn, Applesauce,
 Choc Brownie w/Ice Cream

18
10 a.m. Line Dancing
1-4 p.m. FREE GAME DAY!!!!

25
CLOSED

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>December</h1>				
<p>5 10 a.m. Line Dancing 10 – 12 p.m. Chari Massage - HBC Noon Let's Do Lunch Chicken Oriental (Chicken Strips w/sweet-sour sauce) Rice, Tossed Salad, Ice Cream 12:30 p.m. Pinochle 1 p.m. LRC \$\$\$135</p>	<p>6 10 a.m. Line Dancing 2 p.m. Poker</p>	 <p>7 9:30-11:45 a.m. Wii Play 10-Noon Blood Pressure - HBC Noon Birthday Lunch Roast Pork Loin, Oven Roasted Potatoes, Corn, Applesauce, Birthday Cake. 1 p.m. BINGO</p>	<p>1 9:30 a.m. Keeping Current 12:30 p.m. Pinochle</p>	<p>2 9 a.m. Van Voyager – LAMBS FARM 10 a.m. Line Dancing 1 p.m. Free Movie – ELF (Comedy) 7 p.m. HOLIDAY LIGHTS IN HOMEWOOD</p>
<p>12 10 a.m. Line Dancing Noon Let's Do Lunch Baked Chicken Breast, Mashed Potatoes w/Gravy, Mixed Vegetables, Peach Cobbler 12:30 p.m. Pinochle 1 p.m. Living Better with Laughter Ingalls</p>	<p>13 10 a.m. Line Dancing</p>	<p>14 9-11:30 a.m. Wii Play Noon Lunch Spaghetti Meatballs, Salad, Sherbet 1 p.m. Free Movie CHRISTMAS VACATION</p>	<p>15 9:30 a.m. Keeping Current 12:30 p.m. Pinochle</p>	<p>16 </p>
<p>19 10 a.m. Line Dancing Noon SNOWFLAKES & CAROLS Chicken Kiev, Rice Pilaf, Vegetable, Holiday Dessert. 12:30 p.m. Pinochle 1 p.m. Sing A Ling – Holiday</p>	<p>20 10 a.m. Line Dancing 2 p.m. Poker</p>	<p>21 9-11:30 a.m. Wii Play 11:30 a.m. Brunch & Bingo Prize Scrambled Egg & Cheese Soufflé, Bacon, Sausage Links, Hash Brown Potatoes, Croissant. 1 p.m. BINGO</p>	<p>22 9:30 a.m. Keeping Current 12:30 p.m. Pinochle</p>	<p>23 CLOSED</p>
<p>26 CLOSED</p>	<p>27 2 p.m. Dr. Bill</p>	<p>28 </p>	<p>29 2 p.m. Dr. Bill</p>	<p>30 CLOSED</p>