



GLENDALE HEIGHTS CENTER FOR SENIOR CITIZENS

Promoting "Fuller, Stronger, Longer Lives"

FALL/WINTER 2016 ACTIVITY GUIDE



SENIOR CENTER MEMBERS CRAFT FAIR

Come to the Center for Senior Citizens on Wednesday and Thursday, November 16th and 17th from 8:30 am - 2:00 pm to get a jump on your holiday shopping! Come early to check out our assortment of scarves, hand-made jewelry, ornaments, tote bags and much more! Don't miss out on one-of-a-kind gifts made by our members.

CALLING ALL CRAFTY MEMBERS!

Obtain table information from front desk. Limited tables available. First come, first serve. **Cost:** \$15 for 2 days
Register By: 10/16

HOLIDAY LUNCHEON

Thursday, December 8

11:00 am – 2:00 pm

\$10 per person

Glendale Lakes Golf Club

The weather outside may be frightful but our Holiday Luncheon will be simply delightful! Join us on Thursday, December 8th from 11:00 am - 2:00 pm at the Glendale Lakes Golf Club located at 1550 President Street. On the menu is a traditional holiday meal consisting of turkey, stuffing, all of the fixings, and of course dessert.

Fun entertainment by Brian Fowler, dancing, and give-a-ways. If you would like, bring new, unopened toys and games as we will be collecting donations for families in need. Registration is on a first come, first served basis. Limited seating is available.



GOOD MORNING, SUNSHINE!

DSCC is now serving a Continental Breakfast from 8:30-9:30 on Monday, Wednesday, and Friday. Get a healthy start to your day with a variety of muffins, fruit, yogurt, and more!

No reservation needed.
Suggested donation, \$2.

Davenport, Iowa Trip

October 19 - 21

3 Days/2 Nights

\$299 Single; \$199 Double;
\$169 Triple; \$149 Quad

Full Payment due September 16

Shake, rattle, and roll! Off to Davenport, Iowa we go for this 3 day, 2 night trip. Spend your days pushing your luck at the casino and fill your nights with exceptional dining and relaxation. All of this excitement will take place at Rhythm City Casino Resort. Make sure to check the flyer for further details and amenities.

Glendale Heights Center for Senior Citizens

260 Civic Center Plaza, Glendale Heights, IL 60139

630.260.6050 | www.glendaleheights.org/seniors

WELCOME!

DEAR CENTER MEMBERS,

This August marked the 6-year anniversary of our happy gatherings here at the Glendale Heights Center for Senior Citizens. The staff and I thank you for being an active member.

September is National Senior Center Month! The 2016 theme is Find Balance at Your Center. This theme will emphasize your Fitness, Purpose, Friendship and Learning. We will be celebrating YOU at the center. Join us each week for surprise treats and activities. Also, we ask for your help by giving us your feedback. When you turn in a weekly survey, you can choose a prize out of our treasure chest. Please let us know what we are doing right and what we can do better. Throughout September, if you sign up and participate in an activity that you haven't tried with us before, your name will be entered into a door prize drawing. Let's try something new!

We have exciting programs and activities planned during the next four months. In September, we will celebrate senior center month with a free Ice Cream Social sponsored by Lexington Healthcare. In October, we have our famous Halloween party which will now be in the evening. Don't forget to register for our annual holiday luncheon on December 8th at Glendale Lakes Golf Club.

Please do not forget about our regular programs that we always offer at the Senior Center. We have some new programs and activities that we hope you will enjoy such as Crafty Cards and weekly Color Me Calm. Many of our community partners will be returning to present educational programs to help you make educated decisions to live a fuller, longer and stronger life.

As always, the Center Staff and I are here for YOU! If you ever have any information to share, pictures of friends at the Center, or fun program and trip ideas, please contact me at 630.260.6050 or just drop by. I always welcome your input and conversation. Thank you for the time that you share with us and letting us be part of your life.



Debbie McKenzie
Senior Services Manager

The Center for Senior Citizens will be closed on the following days for various holidays: September 5, November 11, November 24 and 25, December 23-26, and January 1-2.

DINING IN DUPAGE

Join new friends from 2:00 pm - 4:00 pm.

Cost of meal is on your own.

Cost: \$3 for transportation

Thursday, September 1 - Alberto's, Carol Stream

Register By: 8/25

Thursday, October 6 - Maggiano's Little Italy, Oak Brook

Register By: 9/29

Thursday, November 3 - Manhattan's, Carol Stream

Register By: 10/27

*There is no December Dining in DuPage

SMOKEY JOE'S CAFE

Thursday, October 13 | Drury Lane

The longest running musical revue in Broadway history, Smokey Joe's Café is finally making its Drury Lane debut this season. Showcasing 39 pop standards, including rock and roll and blues anthems written by legendary duo Jerry Leiber and Mike Stoller, Smokey Joe's Café is guaranteed to keep you humming old favorites all night long. Winner of the 1996 Grammy Award for Best Musical Show Album, Smokey Joe's Café features jukebox hits such as "Yakety Yak", "Charlie Brown", and "Stand By Me".

Cost: \$54 without a ride, \$57 with a ride (Price includes lunch)

Register By: 9/19

FOUR WINDS CASINO

Thursday, November 10 | 8:00 am - 4:00 pm

Experience the excitement at Four Winds Casino. The odds are in your favor when you play the hottest casino games in New Buffalo, Michigan. Includes \$15 instant slot credit and \$10 food credit.

Cost: \$40 **Register By:** 10/27

CRAZY FOR YOU

Thursday, December 1 | Drury Lane

Cozy up this winter with "Crazy For You!" This romantic Gershwin musical comedy follows Bobby Child, a New York banker with a craving for show business, who is sent to foreclose on a theatre in a small mining town. After falling in love with a local girl, he vows to put on a show to save the failing theatre. "Crazy For You" takes memorable Gershwin tunes like "I Can't Be Bothered Now," "I Got Rhythm," "Nice Work If You Can Get It," and "Someone to Watch Over Me," and brings new life into them. "Crazy For You" is a vivacious night filled with mistaken identity, plot twists, and fabulous dance numbers that are perfect for the whole family.

Cost: \$54 without a ride, \$57 with a ride (Price includes lunch)

Register By: 10/26

MEMBERSHIPS & AMENITIES

SENIOR CENTER MEMBERSHIPS

Membership requirements are easy.... All you have to be is 60 years or better. If you are a resident of Glendale Heights, your annual membership to the Center is free! Non-residents can join for only \$25.00 for a year. At the Glendale Heights Center for Senior Citizens, membership certainly does have its privileges. Our quarterly Senior Activity Guide will be mailed directly to your household. As a member you will be eligible to participate in an array of activities going on at the Center every day, which includes the library, game room and craft room. A membership also allows you access to use the walking track and walk the upstairs hall at the Sports Hub during the week day hours. Bocce ball and lawn bowling is also available for members in the field house at the Sports Hub. Please see Center staff for more information.

Memberships need to be renewed annually in person to be an active member here at the Center for Senior Citizens!

SENIOR FITNESS CENTER

The Center for Senior Citizens has memberships available to its Senior Fitness Center.

Memberships:

Monthly Individual: \$12
Annual Individual: \$125
Annual Couple: \$200

Physician's permission is recommended for all fitness programs.

ROOM RENTAL AT THE CENTER

Are you looking for a party room to rent for your next gathering? Look no further than the Center's Community Room. From kid's parties to weddings, you can book the room for any event. With 500 square feet and 16 tables, we can seat up to 130 guests!

A fully equipped catering kitchen including commercial refrigerators, freezers, microwave and professional oven will allow you to bring in your home-cooked meal, catered items or both! You'll have access to convenient parking, surround sound speaker system as well as our beautiful facilities which include a convenient outdoor deck and seating area. Need table linens? Don't forget to ask about our bar packages! Our friendly staff will work with you to make your party a success. Call 630.260.6050 for more information.

Community Room Rental Hours

Monday through Thursday 3:00 pm – 11:00 pm
Friday 3:00 pm – Midnight
Saturday & Sunday 8:00 am – Midnight

Call 630.260.6050 to check room availability and rental rates.

GOLDEN SHEARS SALON

Fall season means the trees will be turning beautiful shades of gold and red. Why not follow the season with an exciting new color? Indulge with a relaxing pedicure and manicure. The salon offers many services from haircuts and color to pedicures and manicures. Golden Shears is open to non-members and people under 60 for an additional fee. **First time clients, make your appointment today and receive 20% off of your total services with Lauren, our stylist and nail tech expert.**

Salon Hours

Monday: 8:00 am – 5:00 pm

Tuesday: 8:00 am – 2:00 pm

Wednesday: 8:00 am – 7:00 pm

Thursday: 8:00 am – 12:00 pm

Friday: 8:00 am – 5:00 pm

Saturday: 7:00 am - 12:00 pm

Call 630.260.6055 to make an appointment.

Gift Certificates Available!



SENIOR BUS TRANSPORTATION

All scheduled bus routes are \$1.50 per destination. Schedule your Senior Bus reservation 48-hours in advance of desired trip. Call 630.260.6050 to make your reservation. Due to traffic and unforeseen situations, please allow for a 15-minute window for pick-up.



SAVE THE DATE! AGING PARENT FAIR!

Date: Tuesday, September 13

Time: 5:00 pm - 7:00 pm

Join Comfort Keepers and other attending professionals to gain insight and discover resources on how to take care of aging loved ones. This event will be held right here at the Glendale Heights Center for Senior Citizens. For more information, contact the front desk.

REGULAR ACTIVITIES

CHESS CLUB

Tuesdays, 10:00 am

Join in the fun and challenge others at a game of chess and yell "checkmate!"

DON'T MISS YOUR CHANCE TO YELL "BINGO!"

Wednesdays, 10:00 am - Noon

Grab your card and bring your luck! Join us in the Community Room for a good time. Cake will be served afterwards by our police and fire departments the second Wednesday of every month to celebrate members' birthdays of that month.

Cost: \$0.50/card

PINOCHLE CLUB

Wednesdays, 1:30 pm & Fridays, 1:00 pm

Pinochle is a card game for two or more players using a 48-card deck. Points are scored during the meld and trick-taking phases of the game.

BASIC LINE DANCING

8:30 am - 9:15 am

First and third Monday of every month

Dates: 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19

Learn basic line dance steps! Form lines and dance! No Partner needed. Registration is required.

Cost: Free to members!

SCRABBLE CLUB

Last Friday of the Month, 2:30 pm

Dates: September 30, October 28

Exercise your brain. Join other Scrabble players for some Scrabble fun!

COFFEE & CONVERSATION

Thursdays, 8:00 am – 10:00 am

Time for a coffee break! Meet some new friends while enjoying a pleasant conversation. On the first Thursday of each month, State Representative Deb Conroy will be joining the conversation at 9:00 am. First come, first served.

No pre-registration needed.

SITTIN' AND KNITTIN'... AND CROCHETING

Thursdays,

9:00 am - 11:00 am

Knitters and crocheters of all skill levels are invited to work on projects with others who share their interests. Lois will be on hand to teach or assist.

POKER CLUB

Thursdays, 1:00 pm

Join us for a fun afternoon of poker. All games are played for chips and no money exchanged.

PING PONG

Thursdays, 10:30 am

Ping Pong, also known as table tennis, helps to improve overall brain health in aging adults. We will meet on the second floor of the Sports Hub. You must have an active senior membership to participate.

COLOR ME CALM

Tuesdays, 12:30 pm

Coloring isn't just for kids anymore! Escape the stress of your everyday life as you focus on coloring intricate, soothing designs. Coloring has been discovered as a therapeutic activity that reduces anxiety and stress levels. Materials will be provided.

LUNCH & LEARN

Unless otherwise specified, *Lunch & Learn* programs have a suggested donation of \$3.50

Registration is required for all *Lunch & Learn* programs

CELEBRATING LIFE

Date: Monday, September 26

Time: 11:30 am Luncheon | 11:45 am Presentation

Join Christina Raitano from Dignity Memorial to learn how to honor memories and celebrate life. Educated choices will protect you and your family. **Register By:** 9/19

WHAT YOU SHOULD KNOW ABOUT THE CIRCUIT COURT CLERK'S OFFICE

Date: Friday, October 7

Time: 11:30 am Luncheon | 11:45 am Presentation

DuPage County Clerk of the Circuit Court, Chris Kachiroubas, will be able to give you information on what is done in the circuit court clerk's office. **Register By:** 9/30

ABCD'S OF MEDICARE

Date: Monday, October 24

Time: 11:30 am Luncheon | 11:45 am Presentation

Join a Senior Health Insurance Program Coordinator to find out the ABCDs of Medicare. We will help you understand the four parts of Medicare, what the Prevention Programs are, and if you could be eligible for any of the Extra Help programs. Join us so you can make an educated decision about your health care needs. Remember, Part D open enrollment starts October 15th.

Register By: 10/17

LUNCH & LEARN

Unless otherwise specified, the “lunch” portion of *Lunch & Learn* programs have a suggested donation of \$3.50. The “learn” portion of *Lunch & Learn* programs are FREE! Registration is required for all *Lunch & Learn* programs

HOT TOPICS WITH THE GLENSIDE FIRE PROTECTION DISTRICT

Time: 11:30 am to 12:30 pm

Monday, September 19 - Home Fire Escape Plans

There's no such thing as being too prepared! Know your way out in the event of a fire at your home. **Register By:** 9/12

Wednesday, October 19 (after bingo) - How Old is Your Toaster?

Join us as we discuss the importance of fire safety and home appliances. **Register By:** 10/12

Friday, November 4 - How to Smell Smoke when You're Asleep

Everything you wanted to know about smoke detectors, and then some! **Register By:** 10/28

DUPAGE SENIOR CITIZENS COUNCIL

What: DSCC Registered Dietician, Eat Smart & Healthy

Time: 11:30 am to 12:30 pm | 11:45 am Presentation

Monday, October 3 - Sugar Substitutes

There are many alternatives to cane sugar, but are they all the same? Let's look at the types of sugar substitutes available and what they have to offer.

Register By: 9/26

Monday, November 7 - Arthritis: Don't Stop Me Now!

Painful joints will eventually affect all of us. Let's look at the foods, exercises and techniques we can use every day to minimize pain. **Register By:** 10/31

Monday, December 5 - Bladder Health

While not a topic that is often talked about, bladder health is a common area of concern. UTI's, incontinence, or other bladder issues can often be made less painful through good nutrition. **Register By:** 11/28

AMITA HEALTH ADVENTIST MEDICAL CENTER, GLENOAKS

Time: 11:30 am Luncheon | 12:00 pm Presentation **Cost:** FREE

In 2016, Amita Health is pleased to continue CREATION Health at our monthly lunch 'n' learns! CREATION Health is a Creation-based lifestyle for optimal wellness. It was developed by members of Adventist Health System and the Florida Hospital team approximately 15 years ago and is the basis of the Seventh-day Adventist health ministry. The eight guiding principles of the CREATION Health lifestyle are Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition. When in alignment with the eight guiding principles of the CREATION Health lifestyle, we are Creation-Healthy the way we were intended to be. Each monthly lunch 'n' learn will focus on one of the CREATION Health principals.

Friday, September 30
Zika 101 by Dr. Shawn Youngs
Register By: 9/23

Friday, October 28 - AMITA Health
Cancer Initiative: Breast Cancer
Awareness Month
Register By: 10/21

GET A CLUE WITH THE BLUE

What: Glendale Heights Police Department

Time: 11:30 am to 12:30 pm

Monday, September 12 - Enforcing Laws with 4 Paws

Join the Police Department's canine handler, Officer Michael Huff and the Police K-9 German Shepherd named Orkan to learn about the role of canines in police work.

Register By: 9/6

Monday, October 10 - Run, Hide, Fight

Ever wondered what you would do if the unforeseen occurred? Join Police Department staff to hear about ways to prepare for the unexpected. **Register By:** 10/3

Monday, November 14 - Travel Safe and Smart when the Weather is Frightful

Winter snow, slush and ice can make for treacherous travel conditions. Join Police Department staff for travel tips on getting to your destination safely. **Register By:** 11/7

Monday, December 12 - Holiday Shopping with your Guard Up

The holidays are a wonderful time for everyone, including people on Santa's naughty list. Join Police Department staff to hear about ways to guard against opportunists hoping to put a chunk of coal in your stocking. **Register By:** 12/5

FAST FACTS WITH THE GLENSIDE PUBLIC LIBRARY DISTRICT

What: Learn the latest on books, reading and technology

Time: 11:30 am | 11:45 am Presentation

Friday, October 21 - Find your Next Good Book with SelectReads!

Find out about this new service which notifies patrons of new materials and provides book suggestions – all to your email! **Register By:** 10/14

Friday, November 18 - The Votes Have Been Counted

In honor of the recent election, enjoy a discussion of novels, movies and TV shows depicting the world of politics.

Register By: 11/10

Friday, December 16 - Memory Collection

Learn about available materials designed to connect with people suffering from memory loss, dementia, and Alzheimer's. Attendees will be able to handle selected materials after the presentation.

Register By: 12/9

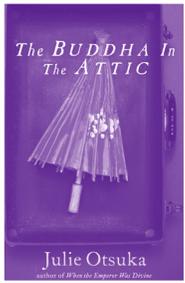


BOOK CLUB, READERS THEATER

BOOKWORM BOOK CLUB

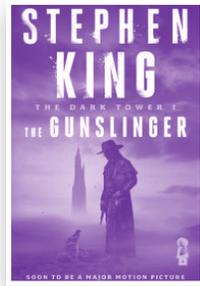
First Wednesday of the Month, Starting at 8:30 am

Join librarian Dave Jansen for a fun-filled book discussion. Pick up the latest title at the front desk.



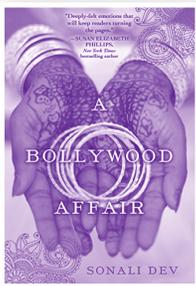
Wednesday, September 14 - The Buddha in the Attic by Julie Otsuka

A Pen/Faulkner award-winning novel telling the story of a group of young women brought from Japan to San Francisco as “picture brides” nearly a century ago. **Register By: 9/7**



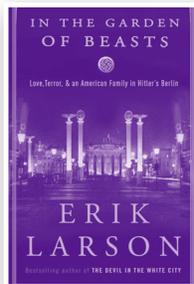
Wednesday, October 12 – The Gunslinger by Stephen King

Roland of Gilead is a haunting figure, a loner on a spellbinding journey into good and evil. Roland tracks the Man in Black, encounters an enticing woman named Alice, and begins a friendship with the boy from New York named Jake. Soon to be a major motion picture starring Matthew McConaughey. **Register By: 10/5**



Wednesday, November 2 – Bollywood Affair by Sonali Dev

Sonali Dev's debut captures the colorful spirit and fascinating details of Indian and Bollywood culture. Mili Rathod has been bound by marriage since she was four years old. But when her husband shows no sign of claiming her after twenty years of waiting, Mili grabs the chance to leave India and come to America. Author visit at Glenside Public Library District on November 29 at 7:00 PM. **Register By: 10/26**



Wednesday, December 7 – In the Garden of Beasts by Erik Larson

The time is 1933, the place, Berlin, when William E. Dodd becomes America's first ambassador to Hitler's Germany in a year that proved to be a turning point in history. A New York Times bestseller. **Register By: 11/30**

READERS THEATER

Librarian and actor, Jim Barton brings short stories to life on designated Fridays at 1:30 pm.

Friday, September 30- The Happy Prince by Oscar Wilde

After a life of royal pleasure, the Happy Prince is immortalized in a statue on a tall tower in the town square, where he sees more than ever he saw in life.

Friday, October 28- The Emissary by Ray Bradbury

For ten-year old Martin, sick in his bed, Dog is his link to the outside world: his emissary from the wider world that Martin can't touch. Oh, what will Dog bring back today?



SEPTEMBER 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PHOTO USE</p> <p>Occasionally an employee will stop in to photograph or video tape participants in our programs. We do not use any identification in our publications. If you do not want your picture taken, please let the photographer know.</p>		<p>BILLIARDS CLUB</p> <p>Dates & times vary based on member participation</p> <p>Grab a cue, step-up to the pool table and enjoy a game of billiards</p> 		<p>1</p> <p>Sittin & Knittin and Crocheting</p> <p>Coffee & Conversation</p> <p>Poker Club</p> <p>Ping Pong</p> <p>Dining in DuPage p. 2</p>	<p>2</p> <p>Pinochle Club</p>	<p>3</p> <p>Senior Center OPEN 7:00 am - Noon</p> <p>Community Room Rentals 8:00 am-Midnight</p>
<p>4</p> <p>Senior Center CLOSED</p> <p>Community Room Rentals 8:00 am-Midnight</p>	<p>5</p> <p>Senior Center CLOSED</p> <p>(Labor Day)</p>	<p>6</p> <p>Chess Club</p> <p>Color me Calm</p> <p>Walk a Mile</p>	<p>7</p> <p>Bingo</p> <p>Games Galore</p> <p>Pinochle Club</p> <p>Forever Fit</p> <p>Nurse is in p. 12</p>	<p>8</p> <p>Sittin & Knittin and Crocheting</p> <p>Coffee & Conversation</p> <p>Poker Club</p> <p>Ping Pong</p>	<p>9</p> <p>Pinochle Club</p>	<p>10</p> <p>Senior Center OPEN 7:00 am - Noon</p> <p>Community Room Rentals 8:00 am-Midnight</p>
<p>11</p> <p>Senior Center CLOSED</p> <p>Community Room Rentals 8:00 am-Midnight</p>	<p>12</p> <p>Games Galore</p> <p>Forever Fit</p> <p>Get a Clue with Blue p. 5</p> <p>Create with Carolyn p. 13</p>	<p>13</p> <p>Chess Club</p> <p>Color me Calm</p> <p>Walk a Mile</p> <p>Aging Parent Fair p. 3</p> <p>Sewing with Alicia p. 13</p> <p>Crafty Cards p. 13</p>	<p>14</p> <p>Bingo</p> <p>Games Galore</p> <p>Pinochle Club</p> <p>Forever Fit</p> <p>Bookworm Club p. 6</p>	<p>15</p> <p>Sittin & Knitting and Crochetin</p> <p>Coffee & Conversation</p> <p>Poker Club</p> <p>Ping Pong</p> <p>Ice Cream Social p. 11</p>	<p>16</p> <p>Pinochle Club</p>	<p>17</p> <p>Senior Center OPEN 7:00 am - Noon</p> <p>Community Room Rentals 8:00 am-Midnight</p>
<p>18</p> <p>Senior Center CLOSED</p> <p>Community Room Rentals 8:00 am-Midnight</p>	<p>19</p> <p>Games Galore</p> <p>Forever Fit</p> <p>Line Dancing</p> <p>Hot Topics p. 5</p> <p>Create with Carolyn p. 13</p>	<p>20</p> <p>Chess Club</p> <p>Color me Calm</p> <p>Walk a Mile</p> <p>Flowers with Marie p. 12</p>	<p>21</p> <p>Bingo</p> <p>Games Galore</p> <p>Pinochle Club</p> <p>Forever Fit</p>	<p>22</p> <p>Sittin & Knittin and Crocheting</p> <p>Coffee & Conversation</p> <p>Poker Club</p> <p>Ping Pong</p>	<p>23</p> <p>Pinochle Club</p>	<p>24</p> <p>Senior Center OPEN 7:00 am - Noon</p> <p>Community Room Rentals 8:00 am-Midnight</p>
<p>25</p> <p>Senior Center CLOSED</p> <p>Community Room Rentals 8:00 am-Midnight</p>	<p>26</p> <p>Games Galore</p> <p>Forever Fit</p> <p>Lunch & Learn p. 4</p> <p>Cultural Celebration p. 11</p> <p>Create with Carolyn p. 13</p>	<p>27</p> <p>Chess Club</p> <p>Color me Calm</p> <p>Walk a Mile</p> <p>Sewing with Alicia p. 13</p>	<p>28</p> <p>Bingo</p> <p>Games Galore</p> <p>Pinochle Club</p> <p>Forever Fit</p> <p>Flu Shots p. 12</p>	<p>29</p> <p>Sittin & Knittin and Crocheting</p> <p>Coffee & Conversation</p> <p>Poker Club</p> <p>Ping Pong</p>	<p>30</p> <p>Pinochle Club</p> <p>Scrabble club</p> <p>AMITA Health p. 5</p> <p>Readers Theater p. 6</p>	

September Calendar: Glendale Heights Center for Senior Citizens

OCTOBER 2016 CALENDAR

SUNDAY

MONDAY

TUESDAY

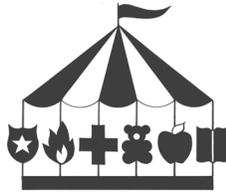
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**FAMILY HEALTH AND SAFETY FAIR
WEDNESDAY, OCTOBER 5
5:00 PM - 7:30 PM**



**MEDICARE OPEN
ENROLLMENT
OCTOBER 15
THROUGH
DECEMBER 7**

Call the Center for Senior Citizen at 630.260.6050 to schedule an appointment for assistance with your health insurance questions.

1
Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

2
Senior Center
CLOSED

Community
Room Rentals
8:00 am-Midnight

3
Games Galore
Forever Fit
DSCC
p. 5

Create with
Carolyn p. 13

4 Chess Club
Color me Calm
Walk a Mile
Line Dancing

Sewing with
Alicia p. 13

Crafty Cards p. 13

5
Bingo
Games Galore
Pinochle Club
Forever Fit

Nurse is in
p. 12

6
Sittin & Knittin
and Crocheting
Coffee &
Conversation

Poker Club
Ping Pong

Dining in DuPage
p. 2

7
Pinochle Club
Lunch & Learn
p. 4

8
Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

Auto Inspections
p. 11

9
Senior Center
CLOSED

Community
Room Rentals
8:00 am-Midnight

10
Games Galore
Forever Fit
Get a Clue with
Blue p. 5

Create with
Carolyn p. 13

11
Chess Club
Color me Calm
Walk a Mile
Flowers with
Marie p. 12

12
Bingo
Games Galore
Pinochle Club
Forever Fit

Bookworm Club
p. 6

Flu Shots
p. 12

13
Sittin & Knittin
and Crocheting
Coffee &
Conversation
Poker Club
Ping Pong

Smokey Joe's
Cafe p. 2

14
Pinochle Club

15
Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

Medicare Open
Enrollment p. 12

16
Senior Center
CLOSED

Community
Room Rentals
8:00 am-Midnight

17
Games Galore
Forever Fit
Create with
Carolyn p. 13

18
Chess Club
Color me Calm
Walk a Mile
Line Dancing

Sewing with
Alicia p. 13

19
Bingo
Games Galore
Pinochle Club
Forever Fit

Hot Topics
p. 5
Davenport, IA
Trip p. 1

20
Sittin & Knittin
and Crocheting
Coffee &
Conversation
Poker Club
Ping Pong
Senior Mobile
Unit p. 11
Davenport, IA
Trip p. 1

21
Pinochle Club

Glenside Library
District p. 5
Davenport, IA
Trip p. 1

22
Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

23
Senior Center
CLOSED
Community
Room Rentals
8:00 am-Midnight

24 Games Galore
Forever Fit
Lunch & Learn
p. 4
Cultural Celebra-
tion p. 11
Create with
Carolyn p. 13

25
Chess Club
Color me Calm
Walk a Mile

26
Bingo
Games Galore
Pinochle Club
Forever Fit

27
Sittin & Knittin
and Crocheting
Coffee &
Conversation
Poker Club
Ping Pong
Halloween Party
p. 11

28
Pinochle Club
Scrabble Club
AMITA Health
p. 5
Readers Theater
p. 6

29
Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

30
Senior Center
CLOSED
Community
Room Rentals
8:00 am-Midnight

31
Create with
Carolyn p. 13

October Calendar: Glendale Heights Center for Senior Citizens

NOVEMBER 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
911 CELL PHONES The Village of Glendale Heights' cell phone program works with the elderly and disabled by providing recycled cell phones for 9-1-1 calls! Those who are interested must call to <u>schedule an appointment</u> at 630.260.6050.		1 Chess Club Color me Calm Crafty Cards p. 13 Sewing with Alicia p. 13	2 Bingo Games Galore Pinochle Club Forever Fit Bookworm Club p. 6 Nurse is in p. 12	3 Sittin & Knittin and Crocheting Coffee & Conversation Poker Club Ping Pong Dining in DuPage p. 2	4 Pinochle Club Hot Topics p. 5	5 Senior Center OPEN 7:00 am - Noon Community Room Rentals 8:00 am-Midnight	
	6 Senior Center CLOSED Community Room Rentals 8:00 am-Midnight	7 Games Galore Forever Fit Line Dancing DSCC p. 5 Create with Carolyn p. 13	8 Chess Club Color me Calm Walk a Mile Flowers with Marie p. 12	9 Bingo Games Galore Pinochle Club Forever Fit	10 Sittin & Knittin and Crocheting Coffee & Conversation Poker Club Ping Pong Four Winds Casino p. 2	11 Senior Center CLOSED (Veterans Day)	12 Senior Center OPEN 7:00 am - Noon Community Room Rentals 8:00 am-Midnight
13 Senior Center CLOSED Community Room Rentals 8:00 am-Midnight	14 Games Galore Forever Fit Line Dancing Get a Clue with Blue p. 5 Create with Carolyn p. 13	15 Chess Club Color me Calm Walk a Mile Sewing with Alicia p. 13	16 Bingo Games Galore Pinochle Club Forever Fit Senior Craft Fair p. 1	17 Sittin & Knittin and Crocheting Coffee & Conversation Poker Club Ping Pong Senior Craft Fair p. 1	18 Pinochle Club Glenside Library District p. 5	19 Senior Center OPEN 7:00 am - Noon Community Room Rentals 8:00 am-Midnight	
20 Senior Center CLOSED Community Room Rentals 8:00 am-Midnight	21 Games Galore Forever Fit Create with Carolyn p. 13	22 Chess Club Color me Calm Walk a Mile	23 Bingo Games Galore Pinochle Club Forever Fit	24 Senior Center CLOSED (Thanksgiving)	25 Senior Center CLOSED (Thanksgiving)	26 Senior Center OPEN 7:00 am - Noon Community Room Rentals 8:00 am-Midnight	
27 Senior Center CLOSED Community Room Rentals 8:00 am-Midnight	28 Games Galore Forever Fit Create with Carolyn p. 13	29 Chess Club Color me Calm Walk a Mile Sewing with Alicia p. 13	30 Bingo Games Galore Pinochle Club Forever Fit	<p align="center">CANCELLATION POLICY</p> Cancellation policy will vary based on class, trip or event. No refunds will be given once a class has already begun. Trips will vary depending on travel agent guidelines. There will be no event refunds given after the final registration day			

November Calendar: Glendale Heights Center for Senior Citizens

DECEMBER 2016 CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GOLD CARD OFFER



Glenbard District 87 offers a Gold Card to retired residents who are 60 and older. The Gold Card provides free admission to most athletic events, concerts and theatrical productions at Glenbard's four high schools. Sign up for a free Gold Card by calling 630.942.7727. Learn more by visiting www.glenbard87.org.

1

Sittin & Knittin and Crocheting
Coffee & Conversation
Poker Club
Ping Pong

Crazy for You
p. 2

2

Pinochle Club

3

Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

4

Senior Center
CLOSED

Community
Room Rentals
8:00 am-Midnight

5

Games Galore
Forever Fit

Line Dancing

DSCC
p. 5

Create with
Carolyn p. 13

Jewelry
Workshop p. 13

6

Chess Club

Color me Calm

Walk a Mile

Sewing with
Alicia p. 13

7

Bingo
Games Galore
Pinochle Club
Forever Fit

Nurse is in
p. 12

Bookworm Club
p. 6

8

Sittin & Knittin and Crocheting

Coffee & Conversation
Poker Club
Ping Pong

Holiday Luncheon
p. 1

9

Pinochle Club

10

Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

11

Senior Center
CLOSED

Community
Room Rentals
8:00 am-Midnight

12

Games Galore
Forever Fit

Get a Clue with
Blue p. 5

Create with
Carolyn p. 13

Jewelry
Workshop p. 13

13

Chess Club

Color me Calm

Walk a Mile

Flowers with
Marie p. 12

14

Bingo

Games Galore

Pinochle Club

Forever Fit

15

Sittin & Knittin and Crocheting

Coffee & Conversation
Poker Club
Ping Pong

16

Pinochle Club
Glenside Library
District p. 5

17

Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

18

Senior Center
CLOSED

Community
Room Rentals
8:00 am-Midnight

19

Games Galore
Forever Fit

Line Dancing

Create with
Carolyn p. 13

Jewelry
Workshop p. 13

20

Chess Club

Color me Calm

Walk a Mile

21

Bingo

Pinochle Club

Forever Fit

22

Sittin & Knittin and Crocheting

Coffee & Conversation
Poker Club
Ping Pong

23

Senior Center
CLOSED

(In observance of
Christmas Eve)

24

Senior Center
CLOSED

(In observance of
Christmas Eve)

25

Senior Center
CLOSED

(In observance of
Christmas)

26

Senior Center
CLOSED

(In observance of
Christmas)

27

Chess Club

Color me Calm

Walk a Mile

28

Bingo

Games Galore

Pinochle Club

Forever Fit

29

Sittin & Knittin and Crocheting

Coffee & Conversation
Poker Club
Ping Pong

30

Pinochle Club

31

Senior Center
OPEN
7:00 am - Noon

Community
Room Rentals
8:00 am-Midnight

December Calendar: Glendale Heights Center for Senior Citizens

SPECIAL EVENTS

DSCC CULTURAL CELEBRATION

The DuPage Senior Citizen's Council's (DSCC) Community Dining Program will be celebrating various cultures on the fourth Monday of the month throughout 2016. Please join us for good times and an authentic meal of the Mexican and Polish cultures. Register at the front desk the Monday prior to the event.

Monday, September 26 – Mexican Celebration

Monday, October 24 – Polish Celebration

SENIOR DAYS ICE CREAM SOCIAL

Thursday, September 15

1:00 pm



I scream, you scream...We all scream for ice cream! Join us for our annual Ice Cream Social with special guest entertainment from Matthew Gruel! **Registration is required.**

Cost: Free | Register By: 9/8

Sponsored by
Lexington Healthcare

FREE AUTO INSPECTIONS

Saturday, October 8

9:00 am - 11:00 am

Sunrise Chevrolet at 414 North Ave in Glendale Heights*

***This program is NOT held at the Center for Senior Citizens**

The Glendale Heights Center for Senior Citizens is proud to be in conjunction with Sunrise Chevrolet to offer this free car clinic. Each automobile inspection will include belt checks, a bulb check, topping off of fluids, tire evaluation and an alignment check. Coffee and donuts will be provided! If interested, please pick-up a verification voucher from the front desk at the Center for Senior Citizens

Cost: Free | Register By: 10/3

HALLOWEEN PARTY

Thursday, October 27

5:00 pm - 7:00 pm

Center for Senior Citizens

We're having a party - you're in for a scare. It's a Halloween bash, so come if you dare! Make sure you wear your Halloween costume, as we will be having a costume contest. Live entertainment will make this party a ghoulishly good time! A cash bar will be available.

Cost: \$10 | Register By: 10/20

BREAKFAST & BUBBLY

Tuesday, January 3

8:30 am - 10:30 am

Breakfast will be served at 9:00 am

Center for Senior Citizens

Start 2017 with the most important meal of the day, our champagne breakfast buffet. This breakfast will be coordinated with Glendale Lakes Golf Club. Join your Center family and friends, and enjoy fresh fruit, chilled juice, french toast, bacon & sausage, breakfast potatoes, an Omelet Station and of course a glass of mimosa. Each reservation may receive one complimentary glass of mimosa. An additional glass can be purchased for \$3.

Cost: \$8 | Register By: 12/27

COMPUTERS

INDIVIDUAL COMPUTER INSTRUCTION

September - December, Mondays or Wednesdays

11:00 am - Noon

One hour sessions by appointment only

If you require assistance using the computer, this individual session is perfect for you. Throughout this one-hour session, you will be able to ask questions that will improve your knowledge of the computer.

Learn how to use the Windows Operating System, Word, Excel, PowerPoint, Internet, Email or Facebook. For assistance, schedule your appointment at the Senior Center.

Cost: \$5/hour

SUPER SENIOR MOBILE UNIT

Thursday, October 20 | 10:00 am - 2:00 pm

The Super Senior Mobile Unit is a convenient program for driver's license renewal, which includes Rules of the Road classroom instruction, and a vision-screening exam.

An identification card can be obtained for \$20; however, if you are age 65 and older you may obtain a free, non-expiring State of Illinois photo ID card. Drivers age 75 and older are required to take a driving test to renew their driver's licenses; therefore they must visit a Secretary of State Driver Services facility. Rules of the Road classroom session is from 10:00 am to 2:00 pm. The class is free, but registration is required on or before October 13th.

Mobile Driving Service is from 10:00 am to 2:00 pm. No registration is required and is open to all residents.

HEALTH & SAFETY

ADVENTIST GLENOAKS HOSPITAL - THE NURSE IS IN

1st Wednesday of Every Month

9:30 am - 11:00 am

The "Nurse is In" is a monthly visit from the ICU/CCU Nurses that offer blood pressure/pulse checks and information on healthy lifestyles and community health resources. No appointment necessary! **Cost: Free**

SENIOR CARE CALLING LIST

The Glendale Heights Police Department is working to update the Senior Care Calling List. The list is a phone call system designed to check the well-being of senior citizens when weather or other conditions reach health-threatening levels. To be included on the Senior Calling List you must contact us and ASK TO BE ADDED to the list or the Senior Care Calling form can be picked up at the Glendale Heights Center for Senior Citizens. If you have any questions or if you would like to be added to the list, would like to change the information that we already have, or would like to be removed from the list, please call the Glendale Heights Center for Senior Citizens at 630.260.6050.

FLU SHOT CLINIC PROVIDED BY

JEWEL-OSCO PHARMACY

Wednesday, September 28 | Noon - 2:00 pm

Wednesday, October 12 | Noon - 2:00 pm

The Flu Shot Clinic is available for individuals who are covered by Medicare Part B. Register at the Center for Senior Citizens! Note: A Medicare card is required.

PUZZLED BY MEDICARE?

Open Enrollment October 15 - December 7

The Glendale Heights Center for Senior Citizens is pleased to be a Senior Health Insurance Program (SHIP) sponsored site. Our trained volunteer counselors can provide one-on-one assistance to Medicare beneficiaries and their caregivers. SHIP volunteers can provide you with the information you need to make educated decisions about your insurance. This FREE statewide health insurance counseling service is sponsored by the Illinois Department on Aging. Stop by the Senior Center to pick up your prevention program information. Please call the Glendale Heights Center for Senior Citizens at 630.260.6050 to schedule an appointment for assistance with your health insurance questions.

BENEFIT ACCESS APPLICATION HELP!

If you are approved, you could receive a discount on the license plate fee and a free transit ride card. Benefits are good for two years. You may file again up to 90 days before your benefits expire. Please call the Center to schedule an appointment for assistance. Applications are ONLINE ONLY, no mail-in applications allowed.

MEDICAL EQUIPMENT PROGRAM

Are you in need of medical equipment? Thanks to the generous contributions of new or gently used medical equipment, the Village's Medical Equipment Pantry has walkers, wheel chairs, canes, quad canes, crutches, commodes, other bathroom equipment and more, that may be borrowed FREE of charge to residents. For further information or if you are interested in making a donation, please call the Glendale Heights Center for Senior Citizens at 630.260.6050.

ARTS & CRAFTS CLASSES

FLOWERS WITH MARIE

TEACUP ARRANGEMENT

Tuesday, September 20 | 10:00 am - Noon

Whether you are making this for yourself or a loved one, you are sure to be dazzled. With just a few supplies, a timeless creation can be made to brighten up your life for years to come. This arrangement can be modified by using a coffee mug instead of a teacup.

Cost: \$5 Register By: 9/13

SCARY HALLOWEEN WREATH

Tuesday, October 11 | 10:00 am - Noon

Gremlins and goblins and witches on brooms...let's see what your creativity blooms! Join in on the spooktacular fun as we create a wreath dedicated to Halloween.

Cost: \$5 Register By: 10/4

FALL CENTERPIECE

Tuesday, November 8 | 10:00 am - Noon

Warm up to the changing season with this creative creation. You are sure to fall in love.

Cost: \$5 Register By: 11/1

CHRISTMAS SURPRISE

Tuesday, December 13 | 10:00 am - Noon

For this session, the project is completely your choice. Feel free to think outside the box - experiment with different containers and styles to see what suits your taste.

Cost: \$5 Register By: 12/6

ARTS & CRAFTS CLASSES

Supply lists for specific project classes are available upon registration.

Sign up early since class sizes are limited.

Open sewing time will be available when Arts and Crafts room is unscheduled.

SIT AND CREATE WITH CAROLYN

8:30-11:00 AM

September am: Mondays: 12, 19, 26 (\$15)

October am: Mondays: 3, 10, 17, 24, 31 (\$25)

November am: Mondays: 7, 14, 21, 28 (\$20)

December am: Mondays: 5, 12, 19 (\$15)

12:30-3:00 PM

September pm: Mondays: 12, 19, 26 (\$15)

October pm: Mondays: 3, 10, 17, 24, 31 (\$25)

November pm: Mondays: 7, 14, 21, 28 (\$20)

These sessions give you individual time to learn the sewing machine, learn specific techniques, or work on an existing sewing or jewelry project. We will be happy to give suggestions about selecting a project prior to the beginning of the session and will have directions and supply lists for many projects. You will be responsible for purchasing materials needed for your project.

Registration Deadline: 7 days before the 1st class of the session. (Sign up for 1 session at a time)

JEWELRY WORKSHOP

December pm: Mondays: 5, 12, 19

12:30 pm - 3:00 pm

This work session gives your artistic side time to learn at your own pace with guidance. Possibilities include fused glass pendants, wire wrapping, Kumihimo braiding, baked clay and/or beaded jewelry. Beginners will learn how to work with wire and basic jewelry findings to build confidence. You will be responsible for purchasing individual materials. Tools and basic supplies will be provided.

Cost: \$25 **Register By:** 7 days before each class

MACHINE OBEDIENCE TRAINING

1-Hour Session By Appointment Only

If you've forgotten how to use your portable home sewing machine, help is on the way. Carolyn is available to schedule a one hour session to teach you the features of your own machine. You will need to bring your machine, attachments, and instruction book with you to the session. This session is NOT for the purposes of machine repair.

Cost: \$10



SEWING WITH ALICIA

All materials will be provided

All classes are \$8 and run 9:00 am - 11:30 am

Flannel Pillow Cases	Pajama Pants
Tuesday, September 13	Tuesday, November 1
Register By: September 6	Register By: October 25

Reusable Lunch Sack	Carry-All Tote Bag
Tuesday, September 27	Tuesday, November 15
Register By: September 20	Register By: November 8

Eye Glasses Case	Fabric Wallet
Tuesday, October 4	Tuesday, November 29
Register By: September 27	Register By: November 22

Place Mats	Perfect Pillow Mate
Tuesday, October 18	Tuesday, December 6
Register By: October 11	Register By: November 29



CRAFTY CARDS

Come learn paper crafting techniques and explore creative ways to design cards of your very own. Pre-made kits will be used as the instructor walks you through assembling each card. You will leave each class with 2 fabulous cards of your own making. All supplies will be provided.

Tuesday, September 13 | 1:00 pm - 2:20 pm

Put your own spin on each design.

Cost: \$7

Register By: 9/6

Tuesday, October 4 | 1:00 pm - 2:20 pm

Learn new techniques, color and design combinations.

Cost: \$7

Register By: 9/27

Tuesday, November 1 | 1:00 pm - 2:20 pm

You will use a variety of stamps and learn new ways to use paper crafting tools.

Cost: \$7

Register By: 10/25

FITNESS

SENIOR FITNESS CENTER

The Center for Senior Citizens has memberships available to its Senior Fitness Center.

Memberships:

Monthly Individual: \$12

Annual Individual: \$125

Annual Couple: \$200

Annual Individual Combination Membership for

Senior Fitness Center and Sports Hub*: \$170

***Note:** The combination membership must be purchased at the Sports Hub and you must have an active general membership at the Center for Senior Citizens.

Physician's permission is recommended for all fitness programs.

FOREVER FIT (AGES 60 & UP)

Mondays & Wednesdays | 10:00 am - 11:00 am

Join us at the Sports Hub for an hour workout with our certified fitness instructor. Must wear gym shoes and comfortable clothes. No class on Monday, September 5.

Cost: FREE

Note: Forever Fit available to *Center for Senior Citizens members only*. If you have not registered for this class at any point in 2015, you must do so at the Center for Senior Citizens.

WALKING TRACK AT THE HUB

Weekday Hours Only

Get your legs moving and visit the newly renovated Sports Hub and walk around the indoor track.

Cost: Free to Center for Senior Citizens members during weekdays

WALK A MILE IN THE MORNING

Every Tuesday and most Thursdays | 9:30 am - 10:30 am

Join us inside the Center for Senior Citizens Community Room for a great workout at your own speed and with great music! Registration is required.

Cost: FREE to Center members

PERSONAL TRAINING WITH ERIC

One - on - One

Appointment Required

45 minute sessions

Cost: \$25 per session

Glendale Lakes Golf Club

1550 President St.

Glendale Heights, IL

630.260.0018

www.glendalelakes.com

**Special senior rates!
Inquire today!**



IS YOUR HOME FIRE SAFE?

Don't let Your World Go Up in Smoke!

Here are some helpful points on home fire safety for older adults:

- Have a working smoke detector on every level of the home and inside each sleeping room
- Smoke detectors should be tested each month
- If your smoke detector is older than 10 years, get a new one
- Change the batteries in your smoke detector when the time changes
- Never smoke in bed
- If you use oxygen, change your shirt/blouse every day
- Never smoke when you are on oxygen
- Have a flash light, good slippers and your phone next to your bed
- Have a fire escape plan and practice it several times a year
- Have an alternate means of escape if the primary is ever blocked
- If you have special needs or health conditions, notify your fire department and they may be able to put this information in their vehicle computer system

Can you hear the smoke detector? If not, you may want to consider one with a light or one that shakes the bed. Learn more at www.glensidefire.org or www.usfa.fema.gov. Provided by the Glenside Fire Protection District and FEMA.



FEMA

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Bloomington Township
Assessors Office

6N050 Rosedale Rd
Bloomington, IL 60108

John T. Dabrowski
Township Assessor

Certified Illinois Assessing Official (630) 529-6927

www.bloomingtondaletownshipassessor.com

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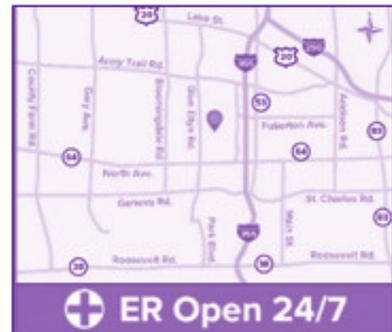


Your Medical Emergencies are Our Priority

AMITA Health Adventist Medical Center
GlenOaks is here for you, always,
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AMITA Health GlenOaks
701 Winthrop Ave.
Glendale Heights, IL 60139
630.545.8000



Center for Senior Citizens

260 Civic Center Plaza
Glendale Heights, IL 60139
630.260.6050
www.glendaleheights.org

PRST STD
U.S. POSTAGE
PAID
Carol Stream, IL
PERMIT NO. 103

CENTER FOR SENIOR CITIZENS HOURS

Monday, Wednesday, Friday ~ 7:00 am to 7:00 pm
Tuesday & Thursday ~ 7:00 am to 5:00 pm
Saturday ~ 7:00 am to Noon

IMPORTANT PHONE NUMBERS

Police/Fire/Ambulance Emergency - 911
AARP - 800.444.6544
AMITA Health Adventist
Medical Center, GlenOaks - 630.545.8000
Bloomington Township Senior Center - 630.529.7794
RTA Paratransit - 312.913.3237
DuPage County Health Dpt. - 630.682.7400
DuPage County - 800.942.9412
DuPage Senior Citizen Council
(DSCC) - 630.620.0804
Glendale Heights Sports Hub - 630.260.6060
Glenside Public Library District - 630.260.1550
Illinois Department of Aging Hotline
(Elder Abuse) - 800.252.8966
Medicare - 800.633.4227
Metropolitan Family Senior Services - 630.784.4801
Milton Township Senior Services - 630.668.1616
PACE Transportation - 847.364.7223
Poison Control Center - 800.222.1222
Police Department (non-emergency) - 630.260.6070
Prairie State Legal Services - 630.690.2130
Republic Services - 847.981.0091
Social Security Administration - 800.772.1213
Office of Illinois Attorney General - 800.243.5377
Village of Glendale Heights - 630.260.6000

**THANK YOU TO OUR
VILLAGE BOARD FOR THEIR
CONTINUED SUPPORT OF THE
GLENDALE HEIGHTS
CENTER FOR SENIOR CITIZENS!**

Glendale Heights Village Board



Linda Jackson, Mayor
Marie Schmidt, Village Clerk
Bill Schmidt, District 1 Trustee
Sharon Fonte-Sullivan, District 2 Trustee &
Deputy Mayor
Michael Light, District 3 Trustee
Pat Maritato, District 4 Trustee
Chester Pojack, District 5 Trustee
Mary Schroeder, District 6 Trustee

