



Senior Moments

August 2011

For appointments, please contact the DeKalb Senior Activity Center at 815.758.4718.

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Senior Services
Director
815.758.8616

▼ Did you ▼ ▼ know? ▼

The earliest recorded "folklore" dates back about 32,000 years to prehistoric cave paintings. More than 350 cave paintings were discovered in France and Spain!

Call 815.758.8616 if you wish to receive this newsletter monthly by mail or e-mail or for a change of address or cancellation.

Save The Dates:

August 24 & 30
Kishwaukee Health Van visits Senior Activity Centers!
Check the calendar for dates & times!

Facts and Folklore

Folklore is defined as the artifacts, oral history, culture and rituals of people or society. All societies – Alpine, American, Asian, or European - have rich histories and traditions that shape the future.

The carvings on cave walls, the legends of King Arthur and his gallant knights, the stories of ancient Greece, the dance demonstrations at Cinco de Mayo festivals and the accounts of life in DeKalb County during earlier times are all great examples of folklore.

Today, almost any historical information people want can be found with the click of a "mouse" to a Web site that provides multiple sources and volumes of data. What is missing in this fact-filled society are the more social elements and the wonderful experiences of learning directly from those who have the first-hand experiences and information.

Senior Services new Facts and Folklore program is designed to allow the youth of DeKalb County to learn from the masters – those who ARE the history of the

County. Under the supervision of an adult, two or three students will visit the various Senior Activity Centers and engage in Reminisce sessions. A journal will be furnished to each of the young historians so they can recall the many interesting facts they are bound to learn.

Just as the cave paintings provided a picture of life from prehistoric times, tales about music, farming, transportation and life during the early 20th century in DeKalb County will provide these future community leaders with a glimpse of the past while preparing them for the future.

Participants in the GAPS (Generations Appreciating Positive Socialization) program who are also part of the Facts and Folklore group

will be easily identified by their purple volunteer shirts. Please gather old cameras, small tools, typewriters or any other prehistoric items and plan to attend one (or more) of the meetings. Check the monthly calendar to choose the dates and times most convenient for you.



Kishwaukee Hospital Mobile Health Van



The Kishwaukee Hospital Mobile Health Van will give a special health presentation at each of the Senior Activity Centers. The van will be at the DeKalb and Cortland Centers on September 12, in Genoa on September 13 and in Sycamore on September 14. Malta is invited to the presentation on September 19.

FSA Senior Activity Centers
Daily Schedules

Cortland Senior Center - 70 S. Llanos Street - Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.

Special Guests will be scheduled on the 2nd & 4th Monday of each month.

Monday	Wednesday	Friday
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
10:00 a.m. Games	10:00 a.m. Wii Bowling	10:00 a.m. Variety Cards
12:30 p.m. Kings in Corners	12:30 p.m. Reminisce Group	12:30 p.m. Crafts
12:30 p.m. Mexican Train Dominoes	12:30 p.m. Kings in Corners	12:30 p.m. Mexican Train Dominoes

DeKalb Senior Center - 330 Grove Street - Mon. - Fri. 8:30 a.m. - 5:00 p.m.

Special Guests will be scheduled on the 1st & 3rd Monday of each month.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Chair Exercise	9:00 a.m. Wii Games	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises	9:00 a.m. Wii Games
10:30 a.m. OA Meeting	10:00 a.m. Euchre	10:30 a.m. Games	10:30 a.m. Wii Bowling	10:30 a.m. Beginning Bridge
1:00 p.m. Crafts	1:00 p.m. Pinochle	1:00 p.m. Wii Games	12:30 p.m. Movie	1:00 p.m. Bridge
1:00 p.m. Needleworkers	1:00 p.m. Chess	1:00 p.m. Duplicate Bridge	1:00 p.m. Cribbage	1:00 p.m. Games

Genoa Senior Center - 400 E. Second Street - Mon. - Fri.: 10:00 a.m. - 2:00 p.m.

Special Guests will be scheduled on the 1st & 3rd Wednesday of each month.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Reminisce	10:00 a.m. Chair Exercises	10:00 a.m. Student Nurses	10:00 a.m. Chair Exercises	10:00 a.m. Wii Games
10:30 a.m. Wii Games	10:30 a.m. Wii Games	10:30 a.m. Games	10:30 a.m. Kings in Corner	10:30 a.m. Wii Games
12:30 p.m. Yahtzee	12:30 p.m. Kings in Corner	12:30 p.m. Crafts	12:30 p.m. Yahtzee	12:30 p.m. Games

Malta Senior Center - 115 S. 3rd Street - Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.

Special Guests will be scheduled on the 1st & 3rd Friday of each month.

Monday	Wednesday	Friday
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
10:00 a.m. Wii Games	10:00 a.m. Wii Bowling	10:00 a.m. Variety Cards
12:30 p.m. Crafts	12:30 p.m. Reminisce Group	12:30 p.m. Yahtzee
12:30 p.m. Bingo	12:30 p.m. Kings in Corners	12:30 p.m. Movie

Sycamore Senior Center: Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.

Special Guests will be scheduled on the 2nd & 4th Wednesday of each month.

Monday	Wednesday	Friday
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
9:00 a.m. Cribbage	9:30 a.m. Bridge & Pinochle	9:00 a.m. Cribbage
12:30 p.m. Dominoes	12:30 p.m. Reminisce Group	12:30 p.m. Pinochle
12:30 p.m. Wii Games	12:30 p.m. Dominoes	12:30 p.m. Wii Games

**Puzzles, variety card games and discussion groups are available during all open hours at all Centers.
 Check the monthly calendar for special events and presentations!**

Monday	Tuesday	Wednesday	Thursday	Friday
1 12:30p (C) VCP Wellness Program	2	3 10a (ALL) Wii Bowling League	4	5 12:30p (M) VCP Wellness Program 1p (D) Rules of the Road Driving Review
8 	9	10 9a (D) Veterans Administration 10a (ALL) Wii Bowling League Sycamore & Cortland Centers closed. All are invited to Malta!	11 (D) Social Security (call for appt.)	12 Sycamore & Cortland Senior Activity Centers closed. All are invited to Malta site!
15	16	17 10a (ALL) Wii Bowling League	18	19 Sycamore Senior Activity Center Closed All are invited to visit other sites!
22 12p (D) VCP Bingo	23	24 9a (D) Veterans Administration Kish Mobile Health Van C: 10:30-11a G: 1-2p M: 11:30a-12:30p S: 9-10a	25	26 12:30p (S) VCP Presentation
29	30 11:45a (D) Kish Mobile Health Van	31 12:30p (G) VCP Presentation		

C: Event in Cortland **D:** Event in DeKalb **G:** Event in Genoa **M:** Event in Malta **S:** Event in Sycamore

Thanks to July Donors: Al - snacks; Tony Berg & LIHEAP - monetary donations;
Don - paper products & coffee; Lori - puzzles; Schnucks - bread & treats; Walgreen's - first aid kit for Malta.
Items we can use: Coffee, craft supplies, decks of cards, DVD player, flashlights, napkins,
paper plates (large & small,) plastic cutlery, weather radio, yarn and monetary donations to help
furnish the new Malta Senior Activity Center.

Senior Moments

Senior Services
14 Health Services Drive
DeKalb, IL 60115

Return Service Requested

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U.S. Postage Paid
DeKalb, IL 60115
Permit No. 117

This Month's Sponsor: The Country Store Thrift Shop



The Country Store Thrift shop is operated by volunteers of the Family Service Agency Guild. The Country Store is located at 659 E. Lincoln Highway in DeKalb. A variety of items are for sale including articles for the home, gifts, decorations, clothing and MUCH more all at a reasonable price. Don't forget to drop off your gently used items for resale, too! All proceeds from The Country Store are given to Family Service Agency's Senior Services. The Country Store is open Monday, Wednesday, Thursday and Friday from 10:30 a.m. to 4:30 p.m., Tuesday evenings from 4:30 p.m. to 7:30 p.m. and Saturdays during the holiday season. You can reach The Country Store at 815.756.2378.