



## Senior Moments

### February 2012

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

**Mary Overbey,**  
Senior Services  
Director  
815.758.8616

### ▼ Did you ▼ ▼ know? ▼

The average adult heart beats 72 times per minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times in a lifetime! Although weighing 11 ounces, a healthy adult pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.

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 Date:

Check the March calendar for dates and times when the Kish Health Van will be at each Senior Activity Center!

### Tribute To Love



February is commonly known as heart month. It is easy to find many heart-related activities for young and old alike. The American Heart Association highlights a "red dress" day to remind us about

heart disease and women, schools have special programs and the favorites of the day seem to be flowers, candy and cupid. The color red are everywhere!

One very special event in our community is the Schnucks Tribute To Love Valentine Celebration for all DeKalb County couples married 50 years or longer. Ammar Mahmood, manager at the DeKalb store located at 975 S. Annie Glidden, has every detail planned. Admission is free but reservations are needed to make sure there is enough seating and all can enjoy the breakfast. Complimentary photographs of each couple will be taken by Kyler Photography and many other surprises await the guests.

The celebration will be held on Tues., February 14 at 9:00 a.m. Please call 815.758.8616 for reservations and information regarding transportation and parking.

Another activity beginning in February is the annual AARP Tax Preparation Assistance Program. AARP volunteers will be at the DeKalb Senior Activity Center on Tuesdays from 1:00 p.m. to 3:30 p.m. starting February 7 and will continue through April 10. All filings are done electronically. Appointments are required and can be made by calling the DeKalb site at 815.758.4718.

I am happy to announce yet another February happening. Diana King, now the Senior Activity Centers Coordinator, will be taking my place. I have announced my retirement and will join the ranks of those who attend the Centers for fun beginning February 16. Thank you so much for helping me make the FSA Senior Activity Centers so very successful. I have been truly blessed to know each and every one of you and, soon, I will understand how much fun it is to be retired!

– God Bless you, Mary Overbey

### Know Your Numbers

Knowing and understanding your numbers is vital to good health. Heart disease and other health issues can be predicted using this information. Join us at the Senior Activity Centers to learn your numbers and learn how to decrease your personal risk for disease. Free screenings include a blood sample for cholesterol and blood sugar levels, blood pressure, body mass index (BMI) and waist measurement. Participants should not eat or drink anything (except water) 12 hours prior to blood test. Same day results with group presentations will follow the screenings to help you interpret your numbers.

Registration is required. Call 815.748.8962 or register online at [www.kishhospital.org/programs](http://www.kishhospital.org/programs).

#### Malta Senior Center

March 5, 9:00 a.m. – 12:00 p.m.

#### Genoa Senior Center

March 6, 9:00 a.m. – 12:00 p.m.

#### Sycamore Senior Center

March 7, 9:00 a.m. – 12:00 p.m.

#### DeKalb Senior Center

March 8, 9:00 a.m. – 12:00 p.m.

#### Cortland Senior Center

March 9, 9:00 a.m. – 12:00 p.m.

FSA Senior Activity Centers  
**Daily Schedules**

**Cortland - 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.

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

**DeKalb - 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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:00a Chair Exercise	9:00a Wii Games	9:00a NIU Student Nurses	9:00a Chair Exercises	9:00a Wii Games
10:30a OA Meeting	9:00a Euchre	10:00a Crafts	10:00a Mahjong Games	9:00a Beginning Bridge
1:00p Crafts	1:00p Pinochle	10:00a Wii League Games	12:30p Movie	1:00p Advanced Bridge
1:00p Needleworkers	1:00p Chess	1:00p Duplicate Bridge	1:00p Cribbage	1:00p Variety Games

**Genoa - 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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
10:00a Reminisce	10:00a Chair Exercises	10:00a Student Nurses	10:00a Chair Exercises	10:00a Paper Crafting
10:30a Wii Games	10:30a Wii Games	10:30a Wii League Games	10:30a Kings in Corner	10:30a Wii Games
12:30p Yahtzee	12:30p Kings in Corner	12:30p Crafts	12:30p Yahtzee	12:30p Variety Games

**Malta - 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.

<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
9:00a Chair Exercises	9:00a NIU Student Nurses	9:00a Chair Exercises
10:00a Genealogy Search	10:00a Wii Bowling League Games	10:00a Variety Cards
12:30p Crafts	12:30p Reminisce Group	12:30p Paper Crafting
12:30p Bingo	12:30p Kings in Corners	12:30p Movie

**Sycamore - 940 East State Street - Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.**

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

<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
9:00a Chair Exercises	9:00a NIU Student Nurses	9:00a Chair Exercises
9:00a Cribbage	10:00a Wii Bowling League Games	9:00a Cribbage
12:30p Dominoes	12:30p Reminisce Group	12:30p Pinochle
12:30p Wii Games	12:30p Dominoes	12:30p 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
		<b>1</b> Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details.	<b>2</b>	<b>3</b> 10a (S) Elder Care Services Presentation 12p (M) "My Plate" Nutrition Presentation by Kish Hospital 1p (D) Rules Of The Road Driving Review
<b>6</b> 11a (D) Elder Care Services Presentation	<b>7</b> 10:30a (D) VCP Health Screening/Presentation 1p (D) AARP Tax Prep (by appt. only)	<b>8</b> Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details.	<b>9</b> 10:30a (G) VCP Health Screening/Presentation	<b>10</b> 11a (C) Elder Care Services Presentation
<b>13</b> 11a (G) Elder Care Services Presentation 12:30p (C) Fun & Games by Home Bound Health	<b>14</b> 9a Schnucks A Tribute To Love Valentines Celebration 1p (D) AARP Tax Prep (by appt. only)	<b>15</b> Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details.	<b>16</b>	<b>17</b> 11a (M) Elder Care Services Presentation 12p (C) "My Plate" Nutrition Presentation by Kish Hospital
<b>20</b> Sycamore Senior Activity Center Closed All are invited to visit other sites! 12:30p (D) Fun & Games by Home Bound Health	<b>21</b> 1p (D) AARP Tax Prep (by appt. only)	<b>22</b> Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details.	<b>23</b>	<b>24</b>
<b>27</b> 10a (S) Fun & Games by Home Bound Health 11a (C) Mayor Bob Seyller Visit 12:30p (M) Bingo by Heritage Woods	<b>28</b> 1p (D) AARP Tax Prep (by appt. only)	<b>29</b> Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details.		

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

**Thanks to January Donors:** Thanks to everyone who remembered Senior Services with monetary donations including: Don J., Don O. and The Country Store Thrift Shop.

**Items we can use:** Artificial sweetener, coffee - decaf, regular & light, coffee creamer, gift and monetary donations to support Senior Services programs, paper plates - any size, plastic forks, plastic knives and plastic spoons.

*Senior Moments*

Senior Services  
14 Health Services Drive  
DeKalb, IL 60115

Return Service Requested

Non-Profit Org.  
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! 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. All proceeds from The Country Store are given to Family Service Agency's Senior Services.