



Senior Moments

June 2011

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

Mary Overbey,
Senior Services
Director
815.758.8616

▼ Did you ▼ ▼ know? ▼

There are at least 6,530 Internet acronyms in use today and even several online slang dictionaries - move over Daniel Webster!

If you prefer to receive this newsletter by e-mail or no longer wish to receive it, contact Mary at 815.758.8616.

Save The Date:

July 20
Annual Senior
Expo at the
Farm Bureau

Coming in July,
NEW Malta Site
will open!

Social Networking



(left) Anne Matalonis, author of "The Fox Behind The Chatterbox" (right) Mary Overbey reading the book to 2nd graders



Years ago, our idea of "social networking" was passing a note to a friend during class, writing a letter or talking on the old rotary dial phone. Today, however, children and teens have Facebook, YouTube, texting and Internet chat rooms. These technologies are wonderful and part of society, but can also be dangerous for unsuspecting youngsters and uninformed parents or grandparents.

Local author, Anne Matalonis, helps to raise awareness about the need for Internet safety through her new book "The Fox Behind the Chatterbox." She recently gave a presentation at each FSA Senior Activity Center and presented a book to a group of 2nd graders from Brooks Elementary School while they

visited the DeKalb Center. By using the analogy of a sneaky fox who tries to lure a shy chicken from the safety of the chicken coop (chatterbox,) she helps all to understand the need for adult supervision when youngsters – and, yes, even teens – have Internet conversations with strangers.

Terms such as ASL, POS and MIRL might seem harmless but can supply predators with a vast amount of information. ASL means "age, sex, location," POS indicates that "parents on premises" and MIRL invites the youngster to "meet in real life."

Thank you, Anne, for helping us keep up with this new "language!"

...And Soon, There Will Be FIVE!



The newest Senior Activity Center will be located at 115 S. Third St. in Malta. Plans for its' opening are in the final stages of organization.

This site will be open from 9:00 a.m. to 3:00 p.m. every Monday, Wednesday and Friday near the end of July. Once open, an activity schedule will be developed according to the interest of attendees. Voluntary

Action Center will make available nutritious lunches, NIU Nursing Students and Kishwaukee Hospital will present health programs and other area services have a lot of activities planned for those who attend!

BIG THANKS to Bob Canova and the Village of Malta for inviting us into the Village. Be sure to join us for an opening celebration and when the Center opens for regular hours!

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



Cortland Senior Center
Lions Club Shelter House
70 South Llanos Street
Cortland, IL 60112

Special Guests will be scheduled on the 2nd & 4th Monday for bingo, games & presentations.

Monday	Wednesday	Friday
10:00 a.m. Wii Games	10:00 a.m. NIU Student Nurses	10:00 a.m. Variety Cards
10:30 a.m. Chair Exercises	10:00 a.m. King's Corner	10:30 a.m. Chair Exercises
11:00 a.m. Mexican Train Dominoes	10:30 a.m. Chair Exercises	12:30 p.m. Book Club Discussion
12:30 p.m. Bingo	12:30 p.m. Reminisce Group	12:30 p.m. Mexican Train Dominoes

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



DeKalb Senior Center
Community Center
330 Grove Street
DeKalb, IL 60115

Special Guests will be scheduled on the 1st & 3rd Monday for bingo, games & presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Variety Cards	10:00 a.m. Euchre	10:00 a.m. NIU Student Nurses	10:00 a.m. Bridge Lessons	10:00 a.m. Beginning Bridge
10:30 a.m. Chair Exercise	10:30 a.m. Wii Games	10:00 a.m. Board Games	12:30 p.m. Movie	10:00 a.m. Spelling Practice
10:30 a.m. OA Meeting	1:00 p.m. Pinochle	10:30 a.m. Chair Exercises	1:00 p.m. Pinochle Lessons	10:30 a.m. Chair Exercise
1:00 p.m. Needleworkers	All Day Puzzles	1:00 p.m. Duplicate Bridge	1:00 p.m. Cribbage	1:00 p.m. Advanced Bridge

Genoa Senior Center: Mon. - Fri.: 10:00 a.m. - 2:00 p.m.



Genoa Senior Center
Township Park District
400 East 2nd Street
Genoa, IL 60135

Special Guests will be scheduled on the 1st & 3rd Wednesday for bingo, games & presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Wii Games	10:00 a.m. Wii Games	10:00 a.m. NIU Student Nurses	10:00 a.m. Wii Games	10:00 a.m. Wii Games
10:45 a.m. Chair Exercise	10:45 a.m. Yahtzee	10:45 a.m. Chair Exercise	10:45 a.m. Dominoes	10:45 a.m. Chair Exercise
12:30 p.m. Card Games	12:30 p.m. Bingo	12:30 p.m. Reminisce Group	12:30 p.m. Crafts	12:30 p.m. Movie

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



Sycamore Senior Center
Golf Course Clubhouse
940 East State Street
Sycamore, IL 60178

Special Guests will be scheduled on the 2nd & 4th Wednesday for bingo, games & presentations.

Monday	Wednesday	Friday
9:00 a.m. Cribbage	9:00 a.m. Cribbage	9:00 a.m. Cribbage
10:00 a.m. Variety Cards	10:00 a.m. Bridge Lessons/Pinochle	10:00 a.m. Variety Cards
10:30 a.m. Chair Exercise	10:30 a.m. Chair Exercise	10:30 a.m. Chair Exercise
12:30 p.m. Wii Games	12:30 p.m. Mexican Train Dominoes	12:30 p.m. Mexican Train Dominoes

Monday	Tuesday	Wednesday	Thursday	Friday
	Donate gently used items to The Country Store Thrift Shop! Proceeds benefit Senior Services!	1 10a (S) Sycamore Traveling Bowling Team to Heritage Woods	2	3 1p (D) Rules of the Road Driving Review
6	7	8 9a (D) Vets. Admin. 10a (D) Genoa Bowling Team to Heritage Woods 12:30p (S) Strohschein Law Group to talk about ethical wills	9 (D) Social Security (call for appt.)	10 Sycamore Senior Activity Center Closed All are invited to visit other sites!
13 12:30p (C) Strohschein Law Group to talk about ethical wills	14	15 12:30p (G) Strohschein Law Group to talk about ethical wills	16	17
20 10:45a (D) Strohschein Law Group to talk about ethical wills	21	22 9a Vets. Admin. 11:30a (ALL) Monthly Birthday Celebrations (ALL) Bowling League Play	23	24 Sycamore Senior Activity Center Closed All are invited to visit other sites!
27	28	29 (ALL) Bowling League Play	30	

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

Thanks to April Donors: DeKalb County Community Foundation - YEP Grant; Fitworkz & Kishwaukee Family YMCA - use of gyms for Senior Fitness Day; Kishwaukee Hospital - numerous furnishings, water & snacks for Senior Fitness Day.

Items we can use: Opening a new Center causes many items to appear on the "wish" list including: AV cart, board games, coffee, coffee pots, creamer, decks of cards, DVD player, first aid kit, flashlight, large screen TV, logo items for sharing table, monetary donations, napkins, paper plates, radio, sugar, and Wii video game system.

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: Anne Matalonis

