



Celebrating the Grand Opening of the Glendale Heights Center for Senior Citizens

Center for Senior Citizens **Serving adults 60 years of age and better!**

The new Senior Center features:

- **A Library** filled with great books to read and four computer work stations with wireless internet to open your world to a lifetime learning experience;
- **A Game Room** with a large screen TV, Wii Game System, billiard table, card tables, and your favorite board and card games to enjoy with your friends;
- **An Arts & Crafts Room** with a kiln for ceramics, four Baby Lock sewing machines, and various supplies, plenty of tables, chairs and storage cabinets for your next creative art project;
- **A Fitness Room** equipped with state-of-art Life Fitness Equipment designed to help improve the mental and physical health of older adults;
- **The Golden Shears Hair and Nail Salon** will keep you looking and feeling your best while offering convenience and great prices;
- **The Community Room** is an attractive multi-purpose room for dining and larger events with an attached veranda equipped with patio furniture, lighting, and even heat for chilly evenings. The fully-equipped catering kitchen makes the room ideal to host your next family party.



*260 Civic Center Plaza
Glendale Heights, Illinois 60139*

The Village of Glendale Heights Center for Senior Citizens



**Linda Jackson
Village President**

Dear Senior Residents,

I hope that all of you share in my excitement about the grand opening of the new Glendale Heights Center for Senior Citizens! The new building is beautiful, and provides the Village a place to expand and improve upon our programs, services and resources designed for adults 60 years old and better!

The new building, and all that it offers, was based upon surveys that many of you responded to, but it is only the beginning. As the center goes into its first year of operation, please know that we will continue to listen. I want this to be “your center”, one that meets your needs and expectations; a place that you will enjoy and visit often!

Over the next several weeks, there will be many new clubs and committees forming to give you a voice at the new center. Volunteers will be the life force of the new center to provide the hands and heart of our efforts. I hope that you will get involved and become part of the success of the new center!

I also plan to spend time at the new Senior Center and I look forward to seeing you there. Stop in and see what it’s all about!

*Sincerely,
Linda Jackson*

Activities & Programs

A Senior Newsletter is published quarterly that provides a complete listing of activities, programs and a calendar of events!

BINGO: Every Wednesday from 10:00 a.m. to 12:00 p.m., come join the fun and play BINGO.

Movies: Relax and enjoy a really good movie on the big screen every Friday from 1:00 to 3:30 p.m. Popcorn or ice cream are available.



Games & Clubs: Over 50 board games and a variety of playing cards are available at the center in the game room. Various weekly card clubs offer a great opportunity to make new friends. Wii games and billiard tournaments are scheduled throughout the year.

Fitness: Fitness programs are designed to appeal to the beginner as well as advanced levels of fitness. For a low annual fee adults may utilize the Fitness Room located in the Senior Center that includes a free orientation of how to use the Life Fitness equipment and achieve your fitness goals. Small group fitness classes, and personal trainer opportunities are also offered for an additional fee. The popular Forever Fit Exercise Class and Senior Walking Club are held at the Sports Hub.

NEDSRA: For seniors with mental and physical disabilities, the Village of Glendale Heights has partnered with the Northeast DuPage Special Recreation Association (NEDSRA) that provides programs geared to meet the recreation and leisure needs based on abilities of all age groups, including senior citizens. For more information call NEDSRA at 630.620.4500.

Blood Pressure & Health Screening: This free service is available every Wednesday. Other medical screenings are provided periodically throughout the year by Adventist GlenOaks Hospital.

Activities & Programs

Join the fun at the Senior Center

For more information call 630.260.6050

Arts and Crafts: A wide variety of arts and crafts programs are offered throughout the year by the senior center staff, volunteers and other outside specialists. Class fees vary depending on the class and supplies needed. Classes include such things as sewing projects, quilting, knitting, small wood projects, scrapbooking, flower arrangements, and seasonal workshops.

Learning: Computer classes are offered for beginners to learn the basics of using Microsoft Windows, Microsoft Software, setting up an e-mail account, learning to navigate the Internet, download photos from a digital camera, and basic photo editing. Advanced computer learning is also offered. For the joy of lifelong learning, a variety of video learning DVD discussions are scheduled throughout the year in the Library.

Discussion Groups: Monthly discussions on a variety of topics are presented by staff of the Glendale Heights Police Department, Glenside Fire Protection District, and Adventist GlenOaks Hospital.

Trips: Day trips and weekend trips to nearby attractions, such as casinos, movie theaters, stage shows, concerts, and festivals are planned throughout the year. Transportation is included in the price for all trips. Cost will vary depending on the destination.

Holiday Luncheon: Each year the Village of Glendale Heights hosts the popular Holiday Luncheon at the Glendale Lakes Golf Club. The luncheon includes live musical entertainment, dancing, raffles, and a lot of fun. This luncheon is free to Glendale Heights Seniors. Seniors from other nearby towns are welcome to attend, but must pay a fee.



Services & Resources

The Senior Center staff and our partner agencies offer comprehensive services and resources!

Meals On Wheels: The DuPage Senior Citizens Council (DSCC) operates their Meals on Wheels program from the Senior Center five days a week, delivering fresh nutritious meals to qualified homebound seniors in Glendale Heights and the surrounding area.

Community Dining Program: On Monday, Wednesday, and Friday DSCC serves lunch at the Senior Center to persons aged 60 and above. Check out the menu each month and reserve a spot at the table! Lunch is served at approximately 11:30 a.m. There is no fee for the lunch, but a donation is suggested.

SHIP: The Glendale Heights Senior Center has partnered with the Senior Health Insurance Program (SHIP) to bring **FREE** health insurance counseling service for Medicare beneficiaries and their caregivers. Our counselors are trained by the Illinois Department of Insurance to educate and answer your questions about Medicare, Medicare Supplements, Medicare HMO's, short term & long term care insurance and other health insurance questions. Our SHIP counselors can also assist in filing Medicare and Medicare Supplement claims. Personal counseling appointments can be scheduled by calling the Senior Center at 630.260.6050.

Bus Transportation: The Village of Glendale Heights provides transportation aboard the Senior Bus (Glendale Heights Residents Only). On select days and times, the bus travels to the Senior Center, Sports Hub, doctor appointments, and area shopping. The fee is \$1 per destination and residents must call 48 hours in advance to schedule the bus.

For a schedule of destinations or any other questions about the Senior Bus, call 630.260.6060.



**The Senior Citizen Bus
ADA Accessible**

Services & Resources

Make an appointment with the center staff for personalized assistance!

Senior Friendly Businesses: The Village of Glendale Heights has teamed up with local businesses to offer our community seniors an additional discounts on merchandise and services. A list of participating businesses can be found on the Senior Connection webpage at www.glendaleheights.org. To take advantage of these “special discounts” just show your Senior Identification Card. Cards are available at the Senior Center.

Medical Equipment: Are you in need of medical equipment? Thanks to the generous contributions of new and/or gently used medical equipment, the Village’s Medical Equipment Pantry has walkers, wheel chairs, canes, quad canes, crutches, commodes and other bathroom equipment, and more. These items are available for loan to our residents – **FREE** of charge! For additional information, or if you are interested in making a donation, please call 630.909.5459.

Senior Utility Tax Rebate: The Village offers a program to qualifying Glendale Heights senior citizens a \$100 rebate of Municipal Utility Taxes. Proof of residency, age, income, and payment of utilities is required. Applications are accepted each year between January 1st and April 30th. To request further information regarding the program, please call the Finance Department’s senior citizen utility tax rebate information line at 630.251.9065, and leave a message. All messages left at that number will be returned the next business day.

Refuse Removal: The Village’s solid waste removal vendor, Republic Services, offers smaller garbage carts and recycling to senior citizens. Senior Citizens are also eligible to receive a 35% discount on residential rates. For more information call Republic Services at 847.981.0091.

Vehicle Sticker: Glendale Heights senior citizens are allowed one free vehicle sticker per household each year. Per Village ordinance, overnight parking on Village streets is restricted to those vehicles having a valid vehicle sticker.

Services & Resources

Let our staff help you get the services you need!

Emergency Cell Phones: Recycled cell phones to dial 9-1-1 in an emergency, a phone charger, and instructions on how to use the phone are available at the Senior Center. Interested seniors must call 630.260.6050 to schedule an appointment to pick up a cell phone.

Well-Being Check: The Village maintains a Code Red emergency calling system that includes a check on the well-being of senior citizens when the weather or other conditions reach health-threatening levels. If you would like your name to be added to this list, have a family member added to this list, or have your existing information changes, please call 630.909.5459.

Warming/Cooling Center: If you lose your power in the dead of the winter or heat of the summer, call the Glendale Heights Police Department's non-emergency number 630.260.6070 for assistance.

RxBOX/Medication Disposal Program: "Reduce the Risk" of making an error when taking medications. Seniors can dispose of expired or unused medications by dropping them off in a permanent drop box at the Glendale Heights Police Department. Look for the large white metal drop box labeled RxBOX in the lower level Police Department Lobby. The permanent RxBOX drop box is available to the public 24 hours a day, 7 days a week.

Community Room Rental

The beautiful new Community Room is available for rent and would be the perfect place for a bridal shower, baby shower, wedding reception, family reunion, or other special occasion. The room can accommodate up to 140 people, has a large kitchen to handle event catering, and lovely attached veranda for your guests to enjoy. For more information on additional amenities and rental fees, please call the Senior Center at 630.260.6050.

Mission Statement

The Village of Glendale Heights is dedicated to provide the senior population greater dignity, security and independence.

The Glendale Heights Center for Senior Citizens promotes “Fuller, Stronger, Longer Lives”

Senior Center Hours of Operation

Monday , Wednesday, Friday

7:00 a.m. to 7:00 p.m.

Tuesday & Thursday

7:00 a.m.—5:00 p.m.

Saturday

7:00 a.m. to Noon

Important Telephone Numbers

Center for Senior Citizens	630.260.6050
Nicole Lewis, Senior Center Manager	630.909.5351
Debbie McKenzie, Outreach Specialist	630.909.5459
The Golden Shears Hair & Nail Salon	630.260.6055
Sports Hub	630.260.6060
Senior Bus Service	630.260.6060
Mayor Linda Jackson	630.909.5302
Marie Schmidt, Village Clerk	630.909.5333
Ed Pope, Trustee District 1	630.909.5307
Sharon Fonte, Trustee District 2	630.909.5306
Scott Kibort, Trustee District 3	630.909.5308
Pat Maritato, Trustee District 4	630.909.5309
Chester Pojack, Trustee District 5	630.909.5310
Mary Schroeder, Trustee District 6	630.909.5311
Donna Becerra, Village Administrator	630.909.5331