NEW MEMBERSHIP RATES STARTING IN 2020
(APPLIES TO ANYONE REGISTERING AFTER JANUARY 1, 2020)

RESIDENT RATES: $5/YEAR
NON-RESIDENT RATES: $30/YEAR

Why the new cost to be a member at the Center for Senior Citizens?
These costs will be used to help offset many programs, entertainment, staffing, snacks and to continue to provide a premiere Center for Senior Citizens to the community! But the cost of friendship is priceless!
To help put it into perspective, here are a few other things that cost $5 or more.

What else costs $5 or more:
• Big Mac meal - $5.99
• Subway's foot long sandwich - $5
• iPhone 11 - $699
• 10 gallons of gas (Average $2.70/gallon) - $27
• A booklet of 20 stamps - $11
• Average cost of a movie ticket - $9.11
• Membership to Costco - $60/year

EXCITING TRIPS IN 2020!

TUNICA, MISSISSIPPI
April 20 – 24 • 5 days / 4 nights
Cost per person: $743 single, $559 double, $519 triple
We will be staying at the Gold Strike Hotel for four nights in Tunica, MS! Make sure to check the flyer for further details and amenities. Open to non-members.
Register By: 2/6

MACKINAC ISLAND, MICHIGAN
October 12 – 17 • 6 days / 5 nights
Cost per person: $743 single, $559 double, $519 triple
Take in the beautiful sights of Mackinac Island with various guided tours and a stop at a local casino. Make sure to check the flyer for further details and amenities. Open to non-members. Register By: 8/14

TEA PARTY LUNCHEON AT CAFÉ K'TIZO
Tuesday, March 31
11:30 am - 3:00 pm (Please arrive to the cafe by 1:00 pm if driving on your own)
Let's get dressed up in our finest hats and gloves, enjoy a “spot of tea” and lunch at Café K'Tizo, a café of cultural arts serving specialty loose leaf tea, premium coffee, healthy light lunch and bakery goods. For our Tea Party luncheon, we will be enjoying bottomless teapots of four different types of loose leaf tea, two scones with clotted cream, five types of finger sandwiches and three desserts. After lunch, we will have time to take a look at a variety of worldwide tea pot collections and distinctive teas. Space is limited. First come, first served
Cost: $36 (w/o ride) $39 (w/ ride)
Register By: 3/17

SENIOR CITIZEN UTILITY TAX REBATE PROGRAM
The Senior Citizen Utility Tax Rebate Program is back! This Village program assists qualifying seniors by rebating Municipal Utility Taxes paid in 2019 for either electric, natural gas, telephone, or cell phone bills. For more information, or an application please call the Finance Department at 630.909.5342 or the Glendale Heights Center for Senior Citizens 630.260.6050. Applications may be submitted at the Glendale Heights Center for Senior Citizens between February 1, 2020 and April 30, 2020.
DEAR CENTER MEMBERS,

A Happy and Healthy 2020! In the upcoming winter and spring seasons, you will not want to miss the wonderful programs and activities we have planned for you. We have some new programs, Lunch & Learns and some different special events. Please use your new calendar planner to keep track of your Center appointments and planned activities.

The Center for Senior Citizens staff and I would like to thank you for being an active member of the Center. We hope that during the cold months ahead of us, you will enjoy some new programs and enjoy our many regular programs. Please do not forget about our regular programs that we always offer at the Center such as Bingo, Coffee & Conversation, or one of our many Arts & Craft classes. Stop in the Center today to discover all the special activities waiting for you!

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.

We hope that 2020 will bring you good health and happy gatherings, and we thank you for 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: January 1 and February 17

EVITA AT DRURY LANE
Thursday, April 30 • Lunch served at 11:30 am, performance starts at 1:30 pm
Based on true events, Evita tells the story of Eva Perón’s rags-to-riches life as she goes from poor provincial child to First Lady of Argentina. A champion of the working-class descamisados, she uses popularity and politics to serve her people – and herself. Featuring some iconic songs including “Don’t Cry for Me, Argentina,” this musical masterpiece won seven Tony Awards, including Best Musical and Best Original Score. (Space is limited)
Cost: $68 (w/o ride) $73 (w/ ride; bus leaves at 10:30 am) Register By: 4/2

Dining In DuPage
Join new friends from 2:00 pm - 4:00 pm.
Cost of meal is on your own
Cost: $3 for transportation
Registration required to reserve your space

Thursday, February 6
Ivy (Wheaton)
Register By: 1/30

Thursday, March 5
Noble House (Glen Ellyn)
Register By: 2/27

Thursday, April 2
Emmets Brewing Company (Wheaton)
Register By: 3/26

Thursday, May 7
Main Street Pub (Glen Ellyn)
Register By: 4/30

Note: No Dining in DuPage in January

FREE TAX HELP!
Start scheduling appointments on January 6, 2020!
Tuesdays and Thursdays, February 6 - April 9 • 9:00 am - Noon
Glendale Heights Center for Senior Citizens is pleased to announce a partnership with AARP to host the AARP Tax-Aide Program. AARP Tax-Aide is the nation’s largest volunteer-run tax assistance and preparation service. This free service can answer most of the tax issues faced by low- and moderate-income taxpayers, with special attention to those age 60 and better. To make your appointment, please call 630.260.6050. WALK-INS WILL NOT BE ASSISTED!
Here is what you need when arriving to the appointment:
• Photo ID and Social Security card for all dependents who will be listed on the return. If it’s a joint return, both spouses should attend the appointment.
• Copy of last year’s income tax return.
• All W-2 forms and 1099 forms which show income received. These forms show wages, interest and/or dividend income, pension income, social security, railroad retirement, IRA distributions.
• All documents relating to the sale of stock, including documentation showing original purchase price of sold assets.
• Information (figures) pertaining to itemized deductions, such as medical expenses, charitable contributions, etc.
• All forms showing federal income tax paid.
• Real estate tax bill.
• If pertinent, unemployment compensation statements and/or 1099-MISC showing any miscellaneous income.
SENIOR CENTER MEMBERSHIPS

If you are a resident of Glendale Heights, 60 years or better, your annual membership to the Center is just $5 for the entire year and non-residents can join for only $30 for the year. Members will receive the quarterly Senior Newsletter mailed directly to your household and will be eligible to participate in an array of activities at the Center every day, including use of 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. One of the greatest benefits of a membership is friendship. Join the Center to reconnect with old friends and to make new friends. Please see Center staff for more information.

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

GOLDEN SHEARS SALON

Come see what all the buzz is about!

The chilly months are here and a warmer hair color will keep you looking fresh instead of frosty. Located in the Center for Senior Citizens, appointments are Tuesday through Friday from 8:30 am to 4:00 pm by calling 630.260.6055. We have services for both men and women including haircuts, color, perms and manicures. It’s a great place to get quality services from an experienced stylist with affordable pricing. Consultations are complimentary.

Note: Non-members will incur an additional $5 fee per service.

Tuesday - Friday from 8:30 am - 4:00 pm by appointment only.

SENIOR BUS TRANSPORTATION

All scheduled bus routes are $1.50 per destination, per person. A transportation registration form will need to be completed prior to riding our Senior Bus. Call the Center to schedule your Senior Bus reservation 48-hours in advance of desired trip. Otherwise, we may not be able to accommodate you. Call 630.260.6050 to make your reservation. Due to traffic and unforeseen situations, please allow for a 15-minute window for pick-ups. If you are unable to make your scheduled pick up, please call the Center for Senior Citizens as soon as possible to cancel your ride. You must have an active membership to utilize the Senior Bus.

HIDDEN TREASURES GIFT SHOP

Have you discovered our “Hidden Treasures”? The gift gallery at the Center for Senior Citizens has an eclectic and interesting array of merchandise including stationary, greeting cards, children’s novelty items and sports apparel at extremely reasonable prices. All items are donated to the Center from local businesses and community members, so shop often as inventory is always changing. In addition to resale merchandise, you will find forgotten treasures that have been generously donated by Glendale Heights Center for Senior Citizens members.

“Hidden Treasures” is open the same hours as the Center for Senior Citizens and accepts cash, check and credit card. Stop in and look around. You are sure to find a delightful surprise!

Donations are always welcome. All proceeds help offset the Center's costs.

ROOM RENTAL AT THE CENTER

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

A fully equipped catering kitchen including commercial refrigerators, freezers, a 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, a surround sound speaker system, as well as our beautiful facilities which include a convenient outdoor deck and seating area.

Our friendly staff will work with you to make your party a success. Call 630.260.6050 for more information and to reserve the Community Room for your 2020 and 2021 events. Dates book quickly.

Community Room Rental Hours

---

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

Contact us at 630.260.6050 or seniors@glendaleheights.org
**Regular Activities**

**SITTIN’ AND KNITTING... 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 interest.

**CHESS CLUB**  
**Tuesdays, 10:00 am**  
Get ready to scream “checkmate!”. Challenge others to a game of chess.

**POKER CLUB**  
**Thursdays, 1:00 pm**  
Join us for a fun afternoon of poker. All games are played for chips and no money exchanged.

**COFFEE & CONVERSATION**  
**Thursdays, 8:00 am – 10:00 am**  
Time for a coffee break! Meet some new friends while enjoying a pleasant conversation.  
No pre-registration needed.

**PING PONG**  
**Every day except Tuesdays and weekends, 10:00 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.

**BILLIARDS CLUB**  
**Dates and times vary based on member’s participation**  
Grab a cue, step-up to the pool table and enjoy a game of billiards.

**CHESS CLUB**  
**Tuesdays, 10:00 am**  
Get ready to scream “checkmate!”.

**POKER CLUB**  
**Thursdays, 1:00 pm**  
Join us for a fun afternoon of poker. All games are played for chips and no money exchanged.

**COFFEE & CONVERSATION**  
**Thursdays, 8:00 am – 10:00 am**  
Time for a coffee break! Meet some new friends while enjoying a pleasant conversation.  
No pre-registration needed.

**BILLIARDS CLUB**  
**Dates and times vary based on member’s participation**  
Grab a cue, step-up to the pool table and enjoy a game of billiards.

**COFFEE & CONVERSATION**  
**Thursdays, 8:00 am – 10:00 am**  
Time for a coffee break! Meet some new friends while enjoying a pleasant conversation.  
No pre-registration needed.

**BILLIARDS CLUB**  
**Dates and times vary based on member’s participation**  
Grab a cue, step-up to the pool table and enjoy a game of billiards.

**SITTIN’ AND KNITTING... AND CROCHETING**

**Regular Activities**

**SITTIN’ AND KNITTING... 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 interest.

**CHESS CLUB**  
**Tuesdays, 10:00 am**  
Get ready to scream “checkmate!”. Challenge others to a game of chess.

**POKER CLUB**  
**Thursdays, 1:00 pm**  
Join us for a fun afternoon of poker. All games are played for chips and no money exchanged.

**COFFEE & CONVERSATION**  
**Thursdays, 8:00 am – 10:00 am**  
Time for a coffee break! Meet some new friends while enjoying a pleasant conversation.  
No pre-registration needed.

**PING PONG**  
**Every day except Tuesdays and weekends, 10:00 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.

**BILLIARDS CLUB**  
**Dates and times vary based on member’s participation**  
Grab a cue, step-up to the pool table and enjoy a game of billiards.

**SITTIN’ AND KNITTING... AND CROCHETING**

**Regular Activities**

**SITTIN’ AND KNITTING... 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 interest.

**CHESS CLUB**  
**Tuesdays, 10:00 am**  
Get ready to scream “checkmate!”. Challenge others to a game of chess.

**POKER CLUB**  
**Thursdays, 1:00 pm**  
Join us for a fun afternoon of poker. All games are played for chips and no money exchanged.

**COFFEE & CONVERSATION**  
**Thursdays, 8:00 am – 10:00 am**  
Time for a coffee break! Meet some new friends while enjoying a pleasant conversation.  
No pre-registration needed.

**BILLIARDS CLUB**  
**Dates and times vary based on member’s participation**  
Grab a cue, step-up to the pool table and enjoy a game of billiards.

**SITTIN’ AND KNITTING... AND CROCHETING**

**Regular Activities**

**SITTIN’ AND KNITTING... 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 interest.

**CHESS CLUB**  
**Tuesdays, 10:00 am**  
Get ready to scream “checkmate!”. Challenge others to a game of chess.

**POKER CLUB**  
**Thursdays, 1:00 pm**  
Join us for a fun afternoon of poker. All games are played for chips and no money exchanged.

**COFFEE & CONVERSATION**  
**Thursdays, 8:00 am – 10:00 am**  
Time for a coffee break! Meet some new friends while enjoying a pleasant conversation.  
No pre-registration needed.

**BILLIARDS CLUB**  
**Dates and times vary based on member’s participation**  
Grab a cue, step-up to the pool table and enjoy a game of billiards.

**SITTIN’ AND KNITTING... AND CROCHETING**

**Regular Activities**

**SITTIN’ AND KNITTING... 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 interest.

**CHESS CLUB**  
**Tuesdays, 10:00 am**  
Get ready to scream “checkmate!”. Challenge others to a game of chess.

**POKER CLUB**  
**Thursdays, 1:00 pm**  
Join us for a fun afternoon of poker. All games are played for chips and no money exchanged.

**COFFEE & CONVERSATION**  
**Thursdays, 8:00 am – 10:00 am**  
Time for a coffee break! Meet some new friends while enjoying a pleasant conversation.  
No pre-registration needed.

**BILLIARDS CLUB**  
**Dates and times vary based on member’s participation**  
Grab a cue, step-up to the pool table and enjoy a game of billiards.
CENSUS JOBS FOR SENIORS
Date: Wednesday, January 15
Time: Noon (or following bingo) - 1:30 pm
Earn extra income while helping your community. The U.S. Census Bureau is hiring for a variety of temporary jobs, including census takers, recruiting assistants, office staff, supervisory staff and even jobs you can do from home. Join a U.S. Census Bureau recruiter to learn more about these opportunities and apply today or at your leisure! Register By: 1/8

HEALTHY AGING WITH BR RYALL YMCA
Date: Monday, January 20
Time: 11:30 am Luncheon | 11:45 am Presentation
The Y offers specialized programs for individuals with chronic disease and movement disorders in an environment suitable for healthy aging individuals. The YMCA’s certified wellness team helps participants incorporate appropriate modifications and techniques to reduce the risk of falls, prevent muscle deterioration, improve bone strength and boost quality of life. Register By: 1/13

OFFICE OF THE IL ATTORNEY GENERAL
Date: Friday, February 7
Time: 11:30 am Luncheon | 11:45 am Presentation
Learn how to protect yourself from consumer scams, file consumer complaint forms, and receive information about breaches and health care mediation programs. Register By: 1/31

VETERANS ASSISTANCE COMMISSION (VAC) OF DUPAGE COUNTY
Date: Friday, March 6
Time: 11:30 am Luncheon | 11:45 am Presentation
Join VAC to understand services and programs that may be available to Veterans and their families. Register By: 2/28

ENERGY SAVINGS INFORMATION FROM THE CITIZENS UTILITY BOARD (CUB)
Date: Monday, March 16
Time: 11:30 am Luncheon | 11:45 am Presentation
Learn how to decode your gas and electric bill, spot errors, and avoid scams. We will also discuss free programs designed to save you energy and money and the latest Illinois energy policies and how they will impact your energy choices. Register By: 3/9

AMITA HEALTH ADVENTIST MEDICAL CENTER GLENOAKS
Time: 11:30 am Luncheon | 12:00 pm Presentation Cost: FREE
Friday, January 24 – Breathing When You’re Freezing
Join us to learn techniques to protect your lungs during the cold weather. Register By: 1/17

Friday, February 28 – 411 on Strokes
Join us for updates on why timely treatment for stroke prevention is important. Register By: 2/21

Friday, March 27 – Illinois Poison Prevention Month
Join us to learn about poison prevention methods. We will also talk about some of the more commonly implicated medications, which may cause harm when used inappropriately. Register By: 3/20

Friday, April 24 – Where Have Your Hands Been?
Learn about a short guide on how to keep those germs away. Register By: 4/17

DUPAGE SENIOR CITIZENS COUNCIL
Time: 11:30 am Luncheon | 11:45 am Presentation
Monday, January 6 - Healthy Weight Awareness
Our height, activity level, as well as other factors dictate how many calories we need per day to maintain a healthy weight. Let’s look at how to determine a healthy weight and how to achieve or maintain it for good health. Register By: 12/30

Monday, March 2 - The Luck of the Irish
St. Patrick’s Day can be a lot of fun. Corned beef and cabbage is the classic dish, throw in a few more green foods and you have yourself a healthy meal! Register By: 2/24

Monday, April 6 - Stress Awareness Month
We all have stress in our lives. Although food isn't always the cure, studies have shown that some foods may have calming effects. Let's take a look at foods that help induce a calm mood as well as ways to reduce stress that may revolve around preparing meals at home. Register By: 3/30
Lunch & Learn

Unless otherwise specified, the “lunch” portion of Lunch & Learn programs have a fee of $3.50. The “learn” portion of Lunch & Learn programs are FREE! Registration is required 7 days in advance.

GET A CLUE WITH THE BLUE

**Time:** 11:30 am - 12:30 pm

**Monday, January 13 – ALICE-Active Shooter Response Training**
With the assistance of GHPD, learn how to proactively handle the threat of an aggressive intruder or active shooter. **Register By:** 1/6

**Monday, February 10 – Home Safety**
Sit down with GHPD and learn tips and tools of the trade to better protect your home and valuables from intruders. **Register By:** 2/3

**Monday, March 9 – Reduce the Risk**
Join Glendale Heights Police Department staff during poison prevention month to hear how to reduce the risks for you and your family. **Register By:** 3/2

**Monday, April 13 – Streetwise: Staying Safe in your Neighborhood**
Learn some basic crime prevention tips which can help you and your friends from becoming the victims of crime. **Register By:** 4/6

HOT TOPICS WITH GLENSIDE FIRE PROTECTION DISTRICT

**Time:** 11:30 am - 12:30 pm

**Friday, January 10 – Meet the Chief**
Bring your questions and concerns and talk to Chief Jeff Janus from the Bloomingdale Fire Protection District. **Register By:** 1/3

**Friday, February 14 – Winter Fire Safety Jeopardy**
Stop by and join in the fun as the Glenside Fire Protection District tests your fire safety knowledge in a friendly team game of Winter Fire Safety Jeopardy. **Register By:** 2/7

**Friday, April 10 – Meet the Deputy Chief**
Bring your questions and concerns and talk to Deputy Chief Rich Kurka from the Bloomingdale Fire Protection District. **Register By:** 4/3

FAST FACTS WITH THE GLENSIDE PUBLIC LIBRARY DISTRICT

**What:** Learn the latest on books, reading and technology **Time:** 11:30 am Lunch | 11:45 am Presentation

**Friday, January 17 – Year in Review**
We will be going over all the biggest stories, movies, books, sports moments and more from 2019. **Register by:** 1/10

**Friday, February 21 - Creativebug**
Learn about the newest database available to you from the Glenside Public Library District. Creativebug offers online video arts and crafts workshops and techniques. Learn how to paint, knit, crochet, sew, screen print, and more. **Register By:** 2/14

**Friday, March 20 - Inside the Art Institute of Chicago**
Do you know the names of the two lions on Michigan Avenue that sit outside of the Art Institute of Chicago? We'll share some stories of the museum, its most celebrated pieces of art, and some other great heist and art stories available at the Glenside Public Library District. **Register By:** 3/13

**Friday, April 17 - Requesting Items and Finding what You're after in the Library**
Do you have a new fangled interest that you want to further explore? Maybe you want to know more about the production of the Morgan Dollar and the Pittman Act that authorized the U.S. to melt up to 350 million silver dollars, or maybe you are interested in starting your own true-crime podcast and want to highlight the murder of Leigh. Learn how to identify resources that are most relevant to your search and how to request items from other libraries for your research. **Register By:** 4/10
Tuesday, January 7 – The Lager Queen of Minnesota by J. Ryan Stradal
Edith Magnusson's rhubarb pies are famous in the Twin Cities—they were named the third-best in the state of Minnesota and St. Anthony-Waterside Nursing Home has quickly become the hottest dinner ticket in town. Still, she lays awake wondering how her life might have been different if her father hadn't left their family farm to her sister Helen, a decision that split their family in two. The Lager Queen of Minnesota serves up a cast of lovable, quintessentially Midwestern characters eager to make their mark in a world that's often stacked against them. Register By: 12/31

Tuesday, February 4 – This Tender Land by William Kent Krueger
1932, Minnesota—the Lincoln School is a pitiless place where hundreds of Native American children, forcibly separated from their parents, are sent to be educated. It is also home to an orphan named Odie O'Banion, a lively boy whose exploits earn him the superintendent’s wrath. Forced to flee, he and his brother Albert, their best friend Mose, and a brokenhearted little girl named Emmy steal away in a canoe, heading for the mighty Mississippi and a place to call their own. Register By: 1/28

Tuesday, March 3 – Furious Hours by Casey Cep
Reverend Willie Maxwell was a rural preacher accused of murdering five of his family members for insurance money in the 1970’s. Sitting in the audience during the vigilante’s trial was Harper Lee, who had traveled from New York City to her native Alabama with the idea of writing her own In Cold Blood. Lee spent a year in town reporting, and many more working on her own version of the case. Register By: 2/25

Tuesday, April 7 – The Starless Sea by Erin Morgenstern
Zachary Ezra Rawlins is a graduate student in Vermont when he discovers a mysterious book hidden in the stacks. As he turns the pages, entranced by tales of lovelorn prisoners, key collectors, and nameless acolytes, he reads something strange: a story from his own childhood. Bewildered by this inexplicable book and desperate to make sense of how his own life came to be recorded, Zachary uncovers a series of clues—a bee, a key, and a sword—that lead him to a masquerade party in New York, to a secret club, and through a doorway to an ancient library hidden far below the surface of the earth. Register By: 3/31
**Water Meter Replacement Program**

Throughout the next year, the Village of Glendale Heights has contracted with Water Resources, Inc. to replace approximately 8,900 water meters and water meter reading devices throughout Glendale Heights residential and business properties.

**What are we doing?**
- Required replacement of residential and business water meters and reading devices
- The Village has contracted out with Water Resources, Inc. to replace approximately 8,900 water meters and reading devices
- Project expected to take up to 1-year
- Total project cost is approximately $3.25M

**Why?**
- Original water meters and reading devices are from the late 1990’s
- Improve efficiency in reading the meters
- Improve overall water accountability
- Provide more information

**What YOU need to do**
- You will not get your letter to schedule your appointment right away as they are dependent on your route
- A map located at www.glendaleheights.org/watermeter is available indicating when your route will be approximately done
- Upon receiving the letter, schedule an appointment by calling the number on the letter, Monday through Friday 8:00 am to 5:00 pm, or Saturday, 8:00 am to noon or visit www.watermeterexchange.com (but only once you receive your letter in the mail)
- The installation is at NO cost to you!

**Preparing for the Installation**
- A person over the age of 18 years old must be present
- Know the location of the water meter and reading device
- Make sure there is a four foot radius around the water meter so the installer has room to work
- Please secure your pets

**The Install**
- The installer will need to shut off the water at the main shut off valve
- The installer will replace the old meter with the new one
- A new communication wire will be installed
- The water will be turned back on and the water meter will be tested for any leaks
- A new reading device will be installed on the outside of your home
- A test reading will be done to confirm a read can be obtained

**Main Shut Off Valve Replacement (Optional)**
- If the valve inside your property does not work/operate, the installer still needs to temporarily shut off your water at the outside valve (typically located near the curb)
- You can replace the inoperable valve inside your property at a fixed cost negotiated by the Village and Water Resources, Inc.
- This cost is the responsibility of the property owner and payment is due to Water Resources, Inc. at the time of the installation

**Cost is dependent on the size of the valve**
- 3/4" Valve $180.00 each (Typical residential size)
- 1" Valve $190.00 each
- 1 1/4" Valve $350.00 each

For more information, FAQ and video of the install, please visit: www.glendaleheights.org/watermeter or call Public Works at 630.260.6040
# January 2020 Calendar

## Program, Event and Trip Registration Note

All activities have limited capacity and may be filled before registration deadline.

We apologize for the inconvenience!

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
<td>Chess Club</td>
<td>Bingo!</td>
<td>Coffee &amp; Conversation</td>
<td>Sports Friday</td>
<td>Senior Center OPEN</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Color Me Calm</td>
<td>Pinochle Club</td>
<td>Sittin’ &amp; Knittin’</td>
<td>Bocce Ball</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ping Pong</td>
<td>Poker Club</td>
<td>Pinochle Club</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
<td>Chess Club</td>
<td>Bingo!</td>
<td>Coffee &amp; Conversation</td>
<td>Sports Friday</td>
<td>Senior Center OPEN</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Color Me Calm</td>
<td>Pinochle Club</td>
<td>Sittin’ &amp; Knittin’</td>
<td>Bocce Ball</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ping Pong</td>
<td>Poker Club</td>
<td>Pinochle Club</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
<td>Chess Club</td>
<td>Bingo!</td>
<td>Coffee &amp; Conversation</td>
<td>Sports Friday</td>
<td>Senior Center OPEN</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Color Me Calm</td>
<td>Pinochle Club</td>
<td>Sittin’ &amp; Knittin’</td>
<td>Bocce Ball</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ping Pong</td>
<td>Poker Club</td>
<td>Pinochle Club</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
<td>Chess Club</td>
<td>Bingo!</td>
<td>Coffee &amp; Conversation</td>
<td>Sports Friday</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Color Me Calm</td>
<td>Pinochle Club</td>
<td>Sittin’ &amp; Knittin’</td>
<td>Bocce Ball</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ping Pong</td>
<td>Poker Club</td>
<td>Pinochle Club</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Winter Scene Painting p. 14</td>
</tr>
</tbody>
</table>

Contact us at 630.260.6050 or seniors@glendaleheights.org
# February 2020 Calendar

## 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 about Glenbard District 87 by visiting www.glenbard87.org.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Senior Center OPEN</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>2</td>
<td>Senior Center CLOSED</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>3</td>
<td>Chess Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Color Me Calm</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>4</td>
<td>Bingo!</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Pinocle Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Ping Pong</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>5</td>
<td>Coffee &amp; Conversation</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Sittin’ &amp; Knittin’</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Poker Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>6</td>
<td>Dining in DuPage</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>The Nurse is in</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Valentines for Vets Due</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Forever Fit</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>7</td>
<td>Sports Friday</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Bocce Ball</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Pinocle Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Ping Pong</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>8</td>
<td>Senior Center CLOSED</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>9</td>
<td>Senior Center CLOSED</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>10</td>
<td>Chess Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Color Me Calm</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>11</td>
<td>Bingo!</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Pinocle Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Ping Pong</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>12</td>
<td>Coffee &amp; Conversation</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Sittin’ &amp; Knittin’</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Poker Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>13</td>
<td>Dining in DuPage</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Free Tax Help Starts</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Forever Fit</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>14</td>
<td>Sports Friday</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Bocce Ball</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Pinocle Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Ping Pong</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>15</td>
<td>Senior Center CLOSED</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>16</td>
<td>Senior Center CLOSED</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>17</td>
<td>Chess Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Color Me Calm</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>18</td>
<td>Bingo!</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Pinocle Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Ping Pong</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>19</td>
<td>Coffee &amp; Conversation</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Sittin’ &amp; Knittin’</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Poker Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>20</td>
<td>Dining in DuPage</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Senior Advisory Brunch</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Glenside Fire</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>21</td>
<td>Sports Friday</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Bocce Ball</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Pinocle Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Ping Pong</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>22</td>
<td>Senior Center CLOSED</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>23</td>
<td>Senior Center CLOSED</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>24</td>
<td>Chess Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Color Me Calm</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>25</td>
<td>Bingo!</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Pinocle Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Ping Pong</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>26</td>
<td>Coffee &amp; Conversation</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Sittin’ &amp; Knittin’</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Poker Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>27</td>
<td>Dining in DuPage</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Forever Fit</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>AMITA</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>28</td>
<td>Sports Friday</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Bocce Ball</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Pinocle Club</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Ping Pong</td>
<td>9:00 am–5:00 pm</td>
</tr>
<tr>
<td>29</td>
<td>Senior Center CLOSED</td>
<td>7:00 am - Noon</td>
</tr>
<tr>
<td></td>
<td>Community Room Rentals</td>
<td>8:00 am–Midnight</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>MONDAY</td>
<td>TUESDAY</td>
</tr>
<tr>
<td>-----------------</td>
<td>-------------</td>
<td>---------------</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Chess Club</td>
<td>Bingo!</td>
</tr>
<tr>
<td>CLOSED</td>
<td>Color Me Calm</td>
<td>Pinocchio Club</td>
</tr>
<tr>
<td>Community Room</td>
<td></td>
<td>Sittin’ &amp; Knittin’</td>
</tr>
<tr>
<td>Rentals</td>
<td></td>
<td>Ping Pong</td>
</tr>
<tr>
<td>8:00 am–Midnight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CLOSED</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rentals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 am–Midnight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Chess Club</td>
<td>Bingo!</td>
</tr>
<tr>
<td>CLOSED</td>
<td>Color Me Calm</td>
<td>Pinocchio Club</td>
</tr>
<tr>
<td>Community Room</td>
<td></td>
<td>Sittin’ &amp; Knittin’</td>
</tr>
<tr>
<td>Rentals</td>
<td></td>
<td>Ping Pong</td>
</tr>
<tr>
<td>8:00 am–Midnight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Chess Club</td>
<td>Bingo!</td>
</tr>
<tr>
<td>CLOSED</td>
<td>Color Me Calm</td>
<td>Pinocchio Club</td>
</tr>
<tr>
<td>Community Room</td>
<td></td>
<td>Sittin’ &amp; Knittin’</td>
</tr>
<tr>
<td>Rentals</td>
<td></td>
<td>Ping Pong</td>
</tr>
<tr>
<td>8:00 am–Midnight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Chess Club</td>
<td>Bingo!</td>
</tr>
<tr>
<td>CLOSED</td>
<td>Color Me Calm</td>
<td>Pinocchio Club</td>
</tr>
<tr>
<td>Community Room</td>
<td></td>
<td>Sittin’ &amp; Knittin’</td>
</tr>
<tr>
<td>Rentals</td>
<td></td>
<td>Ping Pong</td>
</tr>
<tr>
<td>8:00 am–Midnight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Chess Club</td>
<td></td>
</tr>
<tr>
<td>CLOSED</td>
<td>Color Me Calm</td>
<td></td>
</tr>
<tr>
<td>Community Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rentals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 am–Midnight</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WHAT INFORMATION WILL BE REQUESTED?**
The decennial census will collect basic information about the people living in your household. When completing the census, you should count everyone who is living in your household on April 1, 2020.

March Calendar: Glendale Heights Center for Senior Citizens

Contact us at 630.260.6050 or seniors@glendaleheights.org
# April 2020 Calendar

**TUNICA, MISSISSIPPI**  
April 20 – 24 • 5 days / 4 nights  
We will be staying at the Gold Strike Hotel for four nights in Tunica, MS! Make sure to check the flyer for further details and amenities. Open to non-members. **Register By:** 2/6

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
<td>6</td>
<td>Jewelry Workshop</td>
<td>7</td>
<td>Chess Club Color Me Calm</td>
</tr>
<tr>
<td>12</td>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
<td>13</td>
<td>Jewelry Workshop</td>
<td>14</td>
<td>Bingo! Pinochle Club Ping Pong</td>
</tr>
<tr>
<td>19</td>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
<td>20</td>
<td>Jewelry Workshop</td>
<td>21</td>
<td>Chess Club Color Me Calm</td>
</tr>
<tr>
<td>26</td>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
<td>27</td>
<td>Jewelry Workshop</td>
<td>28</td>
<td>Bingo! Pinochle Club Ping Pong</td>
</tr>
</tbody>
</table>

### Cancellation Policy

Cancellation policy may vary based on class, trip or event.  
Class - No refund will be given once the class has already begun.  
Trip - Will vary depending on travel agent guidelines.  
Events - No refund given after final registration day.
DSCC CELEBRATIONS
Please join us for good times and an authentic meal as we learn about different historical topics. Register at the front desk the Monday prior to the event.
Cost: $3.50 suggested donation.

NEW YEAR, NEW BEGINNINGS
Monday, January 27 • 11:30 am - 1:00 pm
Burt Bacharach: What the World Needs Now is Love!

LOVE IS IN THE AIR
Monday, February 24 • 11:30 am - 1:00 pm
Love is Here to Stay: George Gershwin

THE BIG BAND ERA
Monday, March 23 • 11:30 am - 1:00 pm
Big bands and more!

SPRING HAS SPRUNG
Monday, April 27 • 11:30 am - 1:00 pm
Dorothy Fields: On the Sunny Side of the Street!

You’re invited to
Join Us
BRUNCH!
JOIN THE SENIOR ADVISORY COUNCIL FOR A DELICIOUS MEAL HOSTED BY THEM
Thursday, February 13 • 10:30 am – 12:30 pm
Warm your hearts and tummy’s with friends at our first Center for Senior Citizens Brunch. All your breakfast favorites including egg casseroles, hash browns, bacon, sausage, carving station with ham, fresh pastries and fruit stations are just a few of the items you can enjoy at our buffet. A Champagne and Mimosa cash bar will be available.
Cost: $10 | Register By: 2/6

Glendale Heights Center for Senior Citizens teams up with the Glenside Public Library District!

KISS ME, I’M IRISH
Thursday, March 12 • 11:30 am – 1:00 pm
Join us for good food and entertainment. Heather Braoudakis will be entertaining with classic Celtic tunes for the Irish in all of us. Heather Braoudakis and Irish food will make a whale of a time for our St. Patrick's Day party!
Cost: $10 Register By: 3/5

TASTE OF ITALY
Thursday, April 16 • 11:00 am - 2:00 pm
Mangia at the Glendale Heights Center for Senior Citizens Italian feast! Entertainment will be provided by Jack Miuccio.
Cost: $12 | Register By: 4/9

SUPER SENIOR MOBILE UNIT
Tuesday, April 7 | 10:00 am - 2:00 pm
Rules of the Road Class: 10:00 am – 11:30 am | Mobile Driving Service: 10:00 am – 2:00 pm
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.

Class Cost: FREE Class Registration Deadline: 4/1
Driving Services Cost: FREE
No Registration Required for Driving Service

Note: The Real ID is NOT available at this location

Contact us at 630.260.6050 or seniors@glendaleheights.org
Arts & Crafts classes

FLOWER ARRANGING
Supply list can be found at the front desk

Valentines Wreath
Tuesday, January 14
10:00 am - Noon
Cost: $5 Register By: 1/7

Clothespin Wreath
Friday, February 21
10:00 am - Noon
Cost: $5 Register By: 2/14

Deco Mesh Wreath
Wednesday, March 11
10:00 am - Noon
Cost: $5 Register By: 3/4

Easter Bunny Wreath
Friday, April 3
10:00 am - Noon
Cost: $5 Register By: 3/27

CRAFTY CARDS
Wednesdays: January 15, February 5, March 4, April 8
1:00 pm - 3:00 pm
Come learn paper-crafting techniques and explore creative ways to design cards of your very own. The instructor prepares kits you will use as she walks you through assembling each card. You will leave each class with 2 fabulous cards of your own making. All supplies will be provided. Class sizes are limited.
Cost: $7 per class Register By: One week before the start of each class

ARTS AND CRAFTS
Craft projects may not be exactly the same as the photos or display, due to variance in products available.

Winter Scene Painting
Friday, January 31
1:00 pm – 3:00 pm
Join Joan in a creative little canvas painting project, you will be sure to enjoy and learn a few painting tips.
Cost: $9 Register By: 1/24

Easter Bunny Sitting on Flower Pot
Friday, March 6
1:00 pm – 3:00 pm
Join Kathy to make an adorable chenille bunny arrangement.
Cost: $20 Register By: 2/28

Popsicle Sticks Bowl
Friday, April 17
1:00 pm – 3:00 pm
Join us to learn how to make a great versatile bowl.
Cost: $8 Register By: 4/10

Visit us online at www.glendaleheights.org/seniors
Arts & Crafts Classes

Supply lists for specific project classes are available upon registration.
Sign up early as class sizes are limited.

*Open Center for Senior Citizens sewing time will be available when Arts and Crafts room is unscheduled.

**SIT AND CREATE**

8:30 am - 11:00 am ($7.50 per class)
Mondays: March 9, 16, 23, 30
Mondays: April 6, 13, 20, 27

12:30 pm - 3:00 pm ($7.50 per class)
Mondays: March 9, 16, 23, 30

These sessions give you individual time to learn the sewing machine, learn specific techniques or work on an existing sewing 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 the materials needed for your projects.

Cost: $7.50 per class 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 purpose of machine repair.
Cost: $10

**JEWELRY WORKSHOP**

April: Mondays 6, 13, 20, 27
12:30 pm - 3:00 pm

This work session gives your artistic side time to learn at your own pace with guidance. Projects include beaded and wire earrings, wrapped stone/glass pendants, and fabricated metal jewelry. Tools and basic supplies will be provided.
Cost: $30 Register By: 7 days before each class

**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, meant to reduce anxiety and stress levels. Materials will be provided.

Contact us at 630.260.6050 or seniors@glendaleheights.org
**Health & Safety**

**AMITA HEALTH - THE NURSE IS IN**
1st Wednesday of Every Month
8:30 am - 10:15 am
The “Nurse is In” is a monthly visit from the AMITA Health Registered 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.

**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.

**PUZZLED BY MEDICARE?**
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 Center for Senior Citizens 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.

**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, wheelchairs, 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. **Note: We currently have a cane shortage! If you have an extra cane to donate, please let us know!**

**NOW OFFERING NOTARY SERVICES**

---

**Senior Health Insurance Program (SHIP)**
The Senior Health Insurance Program (SHIP) is a FREE statewide health insurance counseling service for Medicare beneficiaries and their caregivers. SHIP is sponsored by the Illinois Department of Aging and offers free counseling service for people with Medicare and those planning to sign up for Medicare. SHIP is not affiliated with any insurance company and the counselors do not sell, solicit information for or represent any insurance companies, products or services.

SHIP counselors are trained to:
- Educate consumers and answer questions about Medicare, Medicare Supplement, long term care insurance, Medicare HMOs, private fee-for-service and other health insurance
- Organize and assist in filling Medicare and Medicare Supplement claims.
- Analyze Medicare Supplement and long term care policies.

---

Visit us online at www.glendaleheights.org/seniors
Valentines for Veterans

Join the Village of Glendale Heights in celebrating National Salute to Hospitalized Veterans Month by participating in the Valentines for Veterans collection efforts. Annually, the Village delivers beautifully written and decorated valentines collected from the community to Illinois veterans homes and veteran hospitals.

Please do not decorate cards with glitter or add personal information like social media. Also, please do not include envelopes with the cards!

Drop off your valentine(s) to Village Hall, c/o Nicole Lewis, 300 Civic Center Plaza by Wednesday, February 5 to ensure a timely delivery for Valentine’s Day. If you are interested in volunteering to help sort cards on February 6 or if you have any questions, please call Nicole at 630.909.5327.

Tips from Public Works

How to Prevent Freezing Pipes

With the winter months upon us, it becomes important to remember to protect water and sewer systems that service the inside of your business or residence. Freezing water or drain pipes in a building or home are not just inconvenient, but frozen pipes can burst risking serious water damage and even toxic mold growth. The most extreme water and mold damage to buildings occurs when the pipes burst in unoccupied structures whose conditions are not being monitored, such as a house for sale, vacancy or weekend home. Other cold weather damage in addition to frozen pipes includes cracked plaster in older homes or cracked and dislocated wood flooring.

In the case of home piping, mechanical systems, or other components that are subject to freezing, it is important to identify areas of cold air infiltration. Identify drafts and cold spots and seal these areas using insulation or adding a heat source to prevent freezing.

If you experience frozen or burst plumbing within your home or business, please call the Utilities Division as soon as possible at 630.260.6040.

To learn more about the U.S. Census 2020, please visit www.census.gov
**SENIOR FITNESS CENTER**

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

**Note:** Physician's permission is recommended for all fitness programs and activities.

**Memberships:**
- Monthly Individual: $12
- Annual Individual: $125
- Annual Couples: $200

Annual Individual Combination Membership for the Center for Senior Citizens 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

**WALKING TRACK AT THE SPORTS HUB**

**Weekday Hours Only**

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

**Cost:** Free to Center for Senior Citizens members

---

**WALK A MILE IN THE MORNING**

Every Tuesday and most Thursdays | 9:30 am - 10:00 am

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

**Cost:** FREE to Center members. Members must re-register for this program after May 1.

---

**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.

**Cost:** FREE to Members. Members must re-register for this program after May 1.

**Note:** Forever Fit is available to Center for Senior Citizens members only. You must register for this class at the Center for Senior Citizens.

---

**PERSONAL TRAINING WITH ERIC**

One - on - One

Receive one-on-one personal training with trainer Eric! Call today to schedule your appointment and start looking and feeling great!

**Appointment Required | 45 minute sessions**

**Cost:** $25 per session

---

**FREE FITNESS ORIENTATION**

Tuesday, January 14 and Tuesday, February 11 | 11:00 am

Learn to utilize the state-of-the-art Life Fitness equipment for success. If you attend one of the orientations, you will receive one free month fitness membership.

**Cost:** Free  
**Register By:** 7 days before class

---

**STRENGTH WORKOUT**

Tuesday January 21 and Tuesday, February 18 | 11:00 am - 11:45 am

Join in to learn a simple yet effective whole body workout to strengthen your lower and upper body. In doing this workout, you will improve your balance, strength, and flexibility.

**Cost:** $10 per class  
**Register By:** 7 days before class

---

**REPUBLIC SERVICES REFUSE COLLECTION**

If you are 65 years or better and the property owner with the Republic Services billing in your name, you are eligible for a 35% monthly discount for your Refuse Collection Services. You may also request a smaller garbage tote.

To obtain your discount, please send a letter with your name, address, account number and proof of your age including a copy of your most recent property tax bill to: Republic Services Customer Services, 5050 W. Lake Street, Melrose Park, IL 60160 or fax to: 708.498.5383. Please call Republic Services at 847.981.0091 with any questions. You can also bring the documents listed above to the Center for Senior Citizens and Center staff would be happy to assist you.

---

Visit us online at www.glendaleheights.org/seniors
Experienced Home Care
YOU CAN TRUST

Live life your way! You & your family deserve the best home care. From a few hours a week to 24/7 care, we’ll tailor a personalized home care plan to fit your lifestyle.

- Quality Companionship
- Personal Care Assistance
- Laundry/Light Cleaning
- Recovery Care from Rehab
- Transportation/Errands
- Award-Winning Office
- Certified Dementia Staff
- Ask For References

630-515-1185
HomeHelpersHomeCare.com/dupagesuburbs

West Suburban Nursing & Rehabilitation Center

Delivers Quality Care in Your Neighborhood

Turn to our expert clinical staff for the medical support you need with outstanding results. Located in a park-like setting in the heart of a beautiful Bloomingdale neighborhood, you’ll get back on track fast!

- In-hose Dialysis
- PT - OT - Speech Therapy
- Long-term Skilled Care
- Secure Alzheimer's/Dementia Unit
- IV Therapy - Pain Management - Wound Care
- Respite Care

SHORT-TERM OR LONG-TERM, YOU’LL SEE LIFELONG RESULTS
311 Edgewater Drive | Bloomingdale, IL | P 630.894.7400

Call for a TOUR TODAY!

Newsletter Sponsors

Built for Tomorrow to Treat You Today

A fresh look. New technology. Compassionate care and convenience for every need. AMITA Health Adventist Medical Center GlenOaks provides high-quality treatment within a facility that has been renovated for your comfort. Discover how we can do more for your family in sickness and in health.

Full Spectrum of Modern Medical Care
- Pediatrics, heart and vascular, cancer care, weight-loss surgery, orthopedics, neurology and much more
- Dedicated Hepatitis C Clinic
- Fast, easy screenings ensure personalized treatment and the best chance of being cured
- State-of-the-Art Imaging
  - Computerized tomography (CT), mammography, magnetic resonance imaging (MRI), nuclear medicine and ultrasound
- Therapeutic Day School
- Help kids with behavioral challenges flourish academically and emotionally with a variety of therapy options

AMITA Health Adventist Medical Center GlenOaks
201 Winthrop Ave.
Glendale Heights, IL 60139

To find a doctor, visit www.amitahealth.org
855.MyAMITA (855.692.6482)
Center for Senior Citizens

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

Important Phone Numbers

Police/Fire/Ambulance Emergency - 911
AARP - 800.444.6544
AMITA Health Adventist Medical Center, GlenOaks - 630.545.8000
Bloomingdale 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 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

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