Did you know Glendale Heights Senior Citizens may purchase their Village vehicle sticker at the Center for Senior Citizens?

2020/2021 Village Vehicle sticker sales begin in May and you may purchase them while visiting the Center for Senior Citizens. Renewal applications will be mailed early May to residents who have purchased their stickers in previous years.

Senior Citizen Rate

Glendale Heights senior citizens, 62 or older may obtain one sticker exempt or at no cost per household. A second sticker sold to a senior citizen, 62 or better, within the same household is discounted to $5. Proof of age in form of IL State ID or IL Driver’s License is required at time of purchase.

Vehicle stickers are sold only to vehicles registered to an address within the Village of Glendale Heights by the Illinois Secretary of State. Proof of residency is required at time of purchase.

Mail-In Renewals (Preferred Method)

Due to the ongoing recommendation of social distancing and urging residents to stay at home when possible, we strongly encourage all residents to mail their vehicle sticker application.

You may conveniently purchase your stickers at the Center for Senior Citizens or mail in your renewal application form along with payment. Should you have any questions, you may contact the Center for Senior Citizens at 630.260.6050 or the Finance Department at 630.260.6000.
DEAR CENTER MEMBERS,

Happy Summer! Happy Good Health!

Enjoy Bright skies and warm weather while continuing to be safe. We hope that very soon we will be together to share bright gatherings and warm smiles inside our Center. I would like to thank our members for staying safe and healthy during this difficult time. Center staff and I have missed your smiles and conversations.

We hope to help you lead healthy and happy lives with those you love. Please read the guide and mark down what you are interested in attending. We have a number of educational programs and some fun social events.

Do not forget, August 1, 2020 marks 10 years that you have been sharing your lives with us. We cannot wait to celebrate with all of you!

As always, the 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. We will always welcome your input and conversation.

Remember, memberships need to be renewed annually in person to be an active member here at the Center for Senior Citizens! We wish you good health and happy gatherings!

Debbie McKenzie
Senior Services Manager

The Center for Senior Citizens will be closed July 3-4 in observance of Independence Day

Schaumburg Boomers Game - CANCELED
Thursday, June 25
Game starts at 12:30 pm • Please arrive at 11:30 am

Let’s play ball! Come on out and see the Schaumburg Boomers play Southern Illinois Miners. A lunch consisting of a hot dog, chips and soda of your choice will be provided. If you’re a proud grandparent, feel free to share the day with your grandchildren! Also, don’t miss the chance to win the opportunity to throw out the first pitch.

Cost: $24 w/ride, $20 w/o ride
Register By: 6/4

Steel Magnolias at Drury Lane - Canceled
Thursday, July 23
Lunch served at 11:30 am
Performance starts at 1:30 pm
Bus leaves at 10:30 am

In a beauty parlor in northwestern Louisiana, life is anything but boring. Steel Magnolias follows six women for a course of three years as they face life’s challenges together to find comfort in one another. Embracing both laughter and tears, this story celebrates the power of female friendship.

Cost: $73 w/ride, $68 w/o ride
Register By: 6/19

Mackinac Island, Michigan Trip
October 12 – 17 • 6 days/5 nights
Open to non-members

Take in the beautiful sights of Mackinac Island with various guided tours and a stop at a local casino. Price includes transportation, lodging, eight meals and much more. Please see the flyer for more information on this breathtaking experience.

Cost: $743 single, $559 double, $519 triple
$75 deposit due upon reservation
Register By: 8/14
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!

Get a new look for the summer season! 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.

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

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 and novelty items 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.

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

**SITTIN’ AND KNITTIN’... 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**

*Dates & times vary based on members’ participation*

Join us for a fun afternoon of poker. All games are played for chips and no money exchanged.

**BINGO**

*Wednesdays, 10:00 am - Noon*

Grab your card and bring your luck! Join us in the Community Room for a good time. Cake will be served afterwards by our police and fire departments the *second Wednesday of every month* to celebrate members’ birthdays of that month.

**Cost:** $0.50/card

**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**

*Mondays – Friday, 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!” Challenge others to a game of chess.

**QUILT CLUB**

*Third Friday of each month June 19, July 17 and August 21 9:00 am – 10:00 am*

Come join us for quilting and sewing fun. If you have wanted to learn to quilt or you have been quilting for years, this is the club for you. During club we will be sharing ideas for quilting and tips n’ tricks. Bring your show and tell items.

**Registration Required**

**SPORTS FRIDAY**

*Every Friday*

Wear your favorite football, hockey, basketball and baseball in season apparel on Fridays and receive a participation ticket towards a raffle. Team apparel can range from the major, minor, and high school leagues. You must wear gear the whole length of visit to be considered eligible. Please check front desk for eligible sports.

**BOCCE BALL**

*Fridays, 10:00 am (Located at the Sports Hub)*

Bocce ball, closely related to lawn bowling, is easy to learn and fun to play! Whether you are a beginner or a pro, join us on Fridays at 10:00 am for some bocce ball fun.

**PINOCHEL CLUB**

*Wednesdays, 12:15 pm*

Pinochle is a card game for two or more players using a 48-card deck. Points are scored during the meld and trick-taking phases of the game.

**BUNCO**

*Third Friday of every month, 9:30 am - 11:30 am*

Come join us to play Bunco, a great way to meet others and have a great time!

**Cost:** $5 per month
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.

HOME HELPERS
Date: Friday, August 7
Time: 11:30 am Luncheon | 11:45 am Presentation
Home Helpers will present on how the home care industry has adapted in the time of COVID-19. Maintaining safety for both employees and clients at home is of the utmost importance and home care has been proven to be the safest place to age. Join us for a presentation on knowing your options while Aging in Place during the pandemic. Register By: 7/31

DUPAGE SENIOR CITIZENS COUNCIL
Time: 11:30 am Luncheon | 11:45 am Presentation
Dates To Be Determined

AMITA HEALTH ADVENTIST MEDICAL CENTER GLENOAKS
Time: 11:30 am Luncheon | 12:00 pm Presentation
Cost: FREE
AMITA Health is pleased to continue CREATION Health at our monthly lunch ‘n’ learns! The eight guiding principles of the CREATION Health lifestyle are Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition. We hope you will join us!

Friday, August 28 – Nutrition
Register By: 8/21

HOT TOPICS WITH GLENSIDE AND BLOOMINGDALE FIRE PROTECTION DISTRICTS
The safety of our seniors is a top priority for the Glenside and Bloomingdale Fire Protection Districts. Join them for a lunch and learn presentation. The topic will be on present issues facing seniors today.
What: Glenside Fire Protection District
Time: 11:30 am - 12:30 pm

Friday, August 14 - Summer 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 Summer Fire Safety Jeopardy. Register By: 8/7

GET A CLUE WITH THE BLUE
What: Glendale Heights Police Department (GHPD)
Time: 11:30 am - 12:30 pm

Monday, August 10 - Elderly Scams
Sit down with the GHPD and learn about the current scams in our area and how to avoid becoming the next victim. Register By: 8/3
Lunch & Learn

FAST FACTS WITH THE GLENSIDE PUBLIC LIBRARY DISTRICT

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

Friday, August 21 - Fall Activities in DuPage County
Fall is right around the corner. We’ll provide information on fall activities and festivals in DuPage County to enjoy before the snow begins to fall. Register By: 8/14

Friday, September 18 - Real IDs and Other Matters of the Road
Do you need a Real ID? Real ID goes into effect on October 1, 2021. Learn about Real IDs, what they do and how to get one. We’ll also talk about renewing your license, rules of the roads, and emission testing for your vehicle. Note: Real ID’s cannot be obtained during this session. Register By: 9/11

Book Club

BOOKWORM BOOK CLUB
Starting at 10:30 am
Join librarian Dave Jansen for a fun-filled book discussion. Pick up the latest title at the front desk.

Tuesday, July 7 - The Wright Brothers by David McCullough
Biography of the brothers who invented the first functioning flying machine. While the book touches on the personal life of the brothers and their family, the focus is on the ten-year pursuit by the Wright Brothers of developing the airplane. NY Times best-seller. Register By: 6/30

Tuesday, August 4 - Beneath a Scarlet Sky by Mark Sullivan
Pino Lella wants nothing to do with the war or the Nazis. He’s a normal Italian teenager—obsessed with music, food, and girls—but his days of innocence are numbered. When his family home in Milan is destroyed by Allied bombs, Pino joins an underground railroad helping Jews escape over the Alps, and falls for Anna, a beautiful widow six years his senior. Register By: 7/28

Tuesday, September 1 - We are called to Rise by Laura McBride
An immigrant youth struggling to assimilate, a middle-aged housewife with a troubled marriage, a Vegas social worker, and a wounded soldier connect with each other and rescue themselves in the wake of an unthinkable incident. Register By: 8/25
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**PHOTO USE**

Occasionally an employee will stop in to photograph or video tape participants in our programs and our facilities. We do not use any identification in our brochures and leaflets. If you do not want your picture taken, please let the photographer know.

*June Calendar: Glendale Heights Center for Senior Citizens*

Visit us online at www.glendaleheights.org/seniors
# July 2020 Calendar

## July Calendar: Glendale Heights Center for Senior Citizens

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<td>Senior Center CLOSED</td>
<td>Chess Club</td>
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<td>Bingo</td>
<td>Sittin’ &amp; Knittin’ and Crocheting</td>
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Contact us at 630.260.6050 or seniors@glendaleheights.org
# August 2020 Calendar

## National Night Out

**August 4
6:00 - 8:00 pm
Civic Center Campus**

### August Calendar: Glendale Heights Center for Senior Citizens

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>2</td>
<td>Senior Center CLOSED</td>
<td>Community Room Rentals 8:00 am–Midnight</td>
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<td>Workouts w/ Eric p. 13</td>
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<td>Arts and Crafts p. 11</td>
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### Cancellation Policy

- **Classes** - No refund will be given once the class has already begun
- **Trips** - Will vary depending on travel agent guidelines
- **Events** - No refund given after final registration day

**1 Year Anniversary of the Center for Senior Citizens p. 1**

**Visit us online at www.glendaleheights.org/seniors**
Special Events

DSCC CULTURAL CELEBRATION
The DuPage Senior Citizen’s Council’s (DSCC) Community Dining Program will be celebrating various cultures on a given Monday of the month throughout 2020. Please join us for good times and an authentic meal of different cultures. Register at the front desk the Monday prior to the event.
Cost: $3.50 suggested donation
Dates To Be Determined

TASTE OF ITALY - CANCELED
Thursday, July 7 • 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: 6/30

DINING IN DUPAGE
2:00 pm - 4:00 pm
Cost of meal is on your own.
Cost: $3 for transportation
Note: Registration required to reserve space

Thursday, August 6
Ki’s Steak and Seafood
Glendale Heights
Register By: 7/30

Arts & Crafts

BEGINNER ZIPPER BAG- CANCELED
Friday, June 26
9:00 am to Noon
Looking to learn how to put in a zipper? We will be making a small zipper bag, that is easy and great for beginners.
Cost: $10 Register By: 6/19

TOTE BAG
Thursday, July 16
9:00 am to Noon
Learn to make your own tote or shopping bag. Beginners welcome.
Cost: $10 Register By: 7/9

BABY BIBS
Thursday, August 13
9:00 am to Noon
Have grandkids? Need bibs? We have a simple template to cut out your baby bib pattern in no time at all.
Cost: $10 Register By: 8/6

Contact us at 630.260.6050 or seniors@glendaleheights.org
Supply lists for specific project classes are available upon registration.
Sign up early as class sizes are limited to 7 participants.

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

**SIT AND CREATE**

**FLOWER ARRANGING**

- **Tea Cup Centerpiece**
  - Tuesday, July 21
  - 10:00 am - Noon
  - Cost: $5 Register By: 7/14

- **Countertop Arrangement**
  - Tuesday, August 18
  - 10:00 am - Noon
  - Cost: $5 Register By: 8/11

Cost: $5 per class Register By: 8/12

**ARTS AND CRAFTS**

Join Joan in a creative little canvas painting project, you will be sure to enjoy and learn a few painting tips.

- All supplies will be provided.
- **Pinecone Flowers**
  - Thursday, July 30
  - 1:00 pm - 3:00 pm
  - Learn to make beautiful painted vases
  - Cost: $8 Register By: 7/23

- **Napkins & Photo Box**
  - Thursday, August 27
  - 1:00 pm - 3:00 pm
  - Make napkin holders and photo boxes
  - Cost: $5 Register By: 8/12

Cost: $7 per class Register By: One week before the start of each class

**CRAFTY CARDS**

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.

- **June Card Class**
  - Thursday, June 10
  - 1:00 pm - 3:00 pm
  - Cost: $7 per class
  - Register By: 6/3

- **July Card Class**
  - Thursday, July 8
  - 1:00 pm - 3:00 pm
  - Cost: $7 per class
  - Register By: 7/1

- **August Card Class**
  - Thursday, August 12
  - 1:00 pm - 3:00 pm
  - Cost: $7 per class
  - Register By: 8/5

**JEWELRY/GLASS WORKSHOP**

This work session gives your artistic side time to learn at your own pace with guidance. Projects include jewelry made with hammered wire, alcohol ink painting and glass fusing. Tools and basic supplies will be provided.

- **Mondays, August 3, 10 and 17**
  - 12:30 pm - 3:00 pm
  - Cost: $22.50

**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. Instructors are 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 purposes of machine repair.

Cost: $10

Craft projects may not be exactly the same as the photos or display due to variance in products available.
Volunteer Today

The Senior Health Insurance Program (SHIP) at the Center for Senior Citizens is looking for SHIP volunteers. SHIP is a volunteer driven program that provides free counseling services for Medicare beneficiaries and their caregivers sponsored by the Illinois Department on Aging.

SHIP Volunteer Counselors:
• Provide one-on-one counseling to Medicare beneficiaries
• Help beneficiaries and caregivers navigate the Medicare system
• Help at community health events

If you are interested in becoming a SHIP volunteer, please contact the Glendale Heights Center for Senior Citizens at 630.260.6050 or the Illinois Department on Aging at 1.800.548.9034 or email Aging.SHIP@illinois.gov

Fitness

Let’s Walk!

By popular demand, Walk-a-Mile is being updated!
After seven years, Walk-a-Mile has outgrown its class size maximum and taken on a waiting list to join.

Good News! We have added classes to our Tuesday and Thursday schedule.
We will be adding an 8:30 am – 9:15 am class along with the usual 9:30 am – 10:15 am class time on both Tuesday and Thursday!

What’s changed?
You will need to choose an 8:30 am or 9:30 am class time.
Once selected that is your class. You may not interchange times.

What is the same?
A great workout at your own speed with great music!
FREE to Center Members
Classes held in the Center for Senior Citizens Community Room

Note: Walk-a-Mile may occasionally be cancelled due to events and activities needing the Community Room space.
Registration is required!
**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.

**Membership Rates:**
- 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.

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**FOREVER FIT (AGES 60 & UP)**

**Mondays • 10:00 am - 11:00 am or Wednesdays • 11:30 am - 12:30 pm**

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 annually.

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

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**FREE FITNESS ORIENTATION**

**Tuesday, July 28 • 11:00 am**

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

**Cost:** free  **Register by:** 7 days before class

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**PERSONAL TRAINING WITH ERIC**

**One - on - One**

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

**Appointment Required**
- 45 minute sessions

**Cost:** $35 per session

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**WALKING TRACK AT THE SPORTS HUB**

**Weekday Hours Only**

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

**Cost:** Free to Center for Senior Citizens members
Contact us at 630.260.6050 or seniors@glendaleheights.org

Health & Safety

Republic Services
Refuse Collection

If you are 65 years old or better and the property owner with the Republic Services bill 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, Republic Services account number and proof of your age including a copy of your most recent property tax bill to: Republic Services Customer Service, 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 the Center staff would be happy to assist you.

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, wheel chairs, canes, quad canes, crutches, commodes, other bathroom equipment and more, that may be borrowed FREE of charge to residents and members of the Glendale Heights Center for Senior Citizens. 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.

SMART 911
By Appointment Only

Glendale Heights Center for Senior Citizens in conjunction with the Glendale Heights Police Department encourages seniors to take advantage of the Smart 911 program. If a person is signed-up for Smart 911, their information will appear on the 911 dispatcher’s screen to aid in a quick and proper response. Contact the Glendale Heights Police Department at 630.260.6070.

FRAUD ALERT

Keep yourself informed with Fraud Alert. Fraud Alert is a weekly publication from Illinois SMP and Age Options that contains information about current scams taking place in Illinois. The latest issues can be found on our website at www.glendaleheights.org/seniors. Other alerts can be found in the resource area in the Center’s library.

9-1-1 CELL PHONE PROGRAM

The Village of Glendale Heights’ cell phone program is dedicated to providing the highest quality service to the elderly and disabled in our community with recycled cell phones for 9-1-1 calls. Our team is dedicated to working with the elderly/disabled person in an effort to provide greater security, dignity and independence. Interested senior citizens and/or disabled persons must call to schedule an appointment at 630.260.6050 as phones will be given out by appointment only.

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 on Aging. SHIP 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 or solicite information for or represent any insurance companies, products or services. Call the Center to schedule an appointment.

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.

BENEFIT ACCESS APPLICATION

If you are approved, you could receive a discount on license plate fees 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.
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.

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-house 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!
**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

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**Important Phone Numbers**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Police/Fire/Ambulance Emergency</td>
<td>911</td>
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<tr>
<td>AARP</td>
<td>800.444.6544</td>
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<tr>
<td>AMITA Health Adventist</td>
<td>630.545.8000</td>
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<tr>
<td>Medical Center GlenOaks</td>
<td>630.529.7794</td>
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<tr>
<td>Bloomingdale Township Senior Center</td>
<td>312.913.3237</td>
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<tr>
<td>RTA Paratransit</td>
<td>630.682.7400</td>
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<tr>
<td>DuPage County</td>
<td>800.942.9412</td>
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<tr>
<td>DuPage Senior Citizen Council (DSCC)</td>
<td>630.620.0804</td>
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<tr>
<td>Glendale Heights Sports Hub</td>
<td>630.260.6060</td>
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<tr>
<td>Glenside Public Library District</td>
<td>630.260.1550</td>
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<tr>
<td>Illinois Department of Aging Hotline</td>
<td>800.252.8966</td>
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<td>Medicare</td>
<td>800.633.4227</td>
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<td>Metropolitan Family Senior Services</td>
<td>630.784.4801</td>
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<tr>
<td>Milton Township Senior Services</td>
<td>630.668.1616</td>
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<tr>
<td>PACE Transportation</td>
<td>847.364.7223</td>
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<td>Poison Control Center</td>
<td>800.222.1222</td>
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<tr>
<td>Police Department (non-emergency)</td>
<td>630.260.6070</td>
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<tr>
<td>Prairie State Legal Services</td>
<td>630.690.2130</td>
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<td>Republic Services</td>
<td>847.981.0091</td>
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<td>Social Security Administration</td>
<td>800.772.1213</td>
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<tr>
<td>Office of Illinois Attorney General</td>
<td>800.243.5377</td>
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<tr>
<td>Village of Glendale Heights</td>
<td>630.260.6000</td>
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**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