THE RICH YEARS

NEWS OF RICH TOWNSHIP SENIOR CENTER

July/August 2020

Special Points of Interest:

ALL ACTIVITIES AND PROGRAMS ON HOLD UNTIL FURTHER NOTICE.

Monthly Movies
Senior Activity Calendars
AARP Update
Health Stops
Benefit Access Program
Senior Café Menus

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Questions? Contact our center at
708-748-5454
Lunch: 708-228-5046

WEAR YOUR MASK!!!

DO TO THE RECENT OUTBREAK OF COVID-19, OUR RICH TOWNSHIP SENIOR CENTER WILL BE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE.

OUR UPCOMING ACTIVITIES AND EVENTS WILL BE ON HOLD UNTIL IT IS SAFE TO OPEN.

DRIVER'S EDUCATION UPDATE

Rules of the Road Class:
DATE TO BE ANNOUNCED

Secretary of State, Jesse White's office, will come to our senior center to give you information to pass the written driver's exam.

AARP SAFE DRIVING CLASS:
DATE TO BE ANNOUNCED

This 2 day course is instructed by a certified AARP Safe Driving Volunteer, and will cover driver safety information.

The fee for this 2 day class: $15 AARP members and $20 for non-members You must attend both days in order to receive a discount on your auto insurance.

Diabetes Health Information

With so much to think about in terms of doses of medication, restocking supplies, tracking calories, etc., it is easy to overlook the most basic of best practices when it comes to managing our diabetes. Sometimes the simple things are the most effective when it comes to diabetes management.

Here are my top 6 dos and don’ts when it comes to diabetes care:

1. **DO** be diligent about testing your blood sugar. Staying on top of it will allow for better blood sugars which means a healthier you and a healthier future!

   DON’T become lackadaisical about monitoring your blood sugar. Starting to get lazy is a slippery slope and bad habits are hard to break.

2. **DO** make sure you are on top of making routine visits to your healthcare team. Making sure you get checked out regularly is key to long-term health.

   DON’T assume that you are fine and don’t need to have check-ups. Aside from prescribing our medication and insulin, doctors run thorough necessary blood work and exams that can flag issues that can be avoided or treated.

3. **DO** be mindful of what you are eating. Not only will this help your blood sugar levels, but it will also help avoid weight gain. Healthy eating will also ensure you are doing what you can to control your overall health.

   DON’T eat whatever you want and not care about the impact on your blood sugar. High blood sugar can lead to complications so the more time in range, the better off we will be. And if you do plan on splurging, make sure you are prepared with a plan in place to minimize the spike and get those numbers down.

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Did you know our bodies are about 60% water? Here are some foods with water percentages.

CUCUMBERS 95%
APPLESAUCE 88%
CARROTS 90%
COTTAGE CHEESE 80%
CELERY 95%
JICAMA 90%
POPSICLES 90%
WATERMELON 92%
ICEBURG LETTUCE 96%
GRAPES 80%
YOGURT 88%
BROCCOLI 91%
JELL-O 90%
TOMATOES & TOMATO SAUCE 95%
ORANGES 100%
SOUP 92%
CANTALOUPE 90%
STAWBERRIES/ANY BERRIES 91%
BELL PEPPERS 92%
KIWI 85%

STAY HYDRATED

FRUITY PEANUT BUTTER PITAS RECIPE

NUTRITION FACTS:

1 PITA HALF: 324 CALORIES
17g FAT, 0 CHOLESTEROL, 320g SODIUM,
36g CARBS (6g fiber, 13g sugar)
12g PROTEIN

INGREDIENTS:

1/4 CUP PEANUT BUTTER
1/8 TSP. CINNAMON OR NUTMEG
2 WHOLE WHEAT PITA POCKET HALVES
1/2 MEDIUM APPLE, THINLY SLICED
1/2 MEDIUM FIRM BANANA, SLICED

DIRECTIONS:

In a small bowl, blend the peanut butter, and allspice/cinnamon.
Spread inside pita bread halves, fill with apple and banana slices.

AARP Chapter #4576

Monday, *DATE TO BE ANNOUNCED*

Guest Speaker:

Monday, *DATE TO BE ANNOUNCED*

Guest Speaker:

Benefit Access Program

The 2 yr program offers a Ride Free Transit and $77 off Illinois Plate Sticker.

You may qualify! Illinois residents must be 65 yrs. old or older, as well as, residents that are 16 yrs to 64 yrs of age and determined permanently disabled. Applicants must use 2018 income.

A representative from South Suburban Senior Services Catholic Charities, will come to our senior center to help you apply.

FUTURE DATES BE ANNOUNCED. NO APPOINTMENTS TAKEN AT THIS TIME

Spaces available on all times: 10am-2:30pm.

YOU MUST come to Senior Center to pick up the list of documents needed for your appointment.

StateFarm

Mike J Jordan
Agent
708.748.8848
Living & working in Rich Township since 1986
308 Forest Blvd., Park Forest, IL 60466
mike.jordan.alni@statefarm.com

Patsy Sears to place an ad today!
psears@lpiseniors.com or (800) 950-9952 x5901

RICH TOWNSHIP SENIOR CAFÉ

COST OF MEAL: $3.50 served at 12 noon

RESERVE 2 DAYS IN ADVANCE: CALL 228-5046

LEAVE A MESSAGE, GIVE YOUR NAME, LUNCH DATE, MEAL CHOICE AND PHONE NUMBER.

Please arrive by 11:50.

IF YOU NEED TO CANCEL call DIANE BY 11:00 the day of.

Optional Garden Salad available every Monday, Wednesday and Friday

CAFÉ MENU		2020		
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
		1	2	3
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

CAFÉ MENU		2020		
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Please call Diane Klein at 708-228-5046 2 days in advance or come into our senior center for a menu to make your lunch reservations.

12 NOON

Cards Any Day
Any time
BINGO 10am Wednesdays
Benefit Access
Subject to change
BUNCO players meet
Every Tuesday 1 pm
FREE Jewelry Class

Rich Township Senior Center
297 Liberty Drive
Park Forest, IL 60466
708-748-5454
www.richtownship.org

CENTER (ON HOLD)			ACTIVITIES	
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	1 Haircuts 9 am Needlework 1 pm Bunco 1 pm	2 Flexercise 10am Bingo 10am Podiatrist 1pm	3 Blood Pressure 10 am Line Dancing 1 pm	4 Flexercise 10 am Yoga Class 1 pm $4 per class
7 Senior Center Closed for Labor Day	8 Coloring 10 am Needlework 1 pm Jewelry Class 1pm (FREE) Bunco 1 pm	9 Flexericise 10 Bingo 10 am Movie 1pm Cards 1 pm Podiatrist 1 pm	10 Blood Pressure 10 am Line Dancing 1 pm	11 Flexercise 10 am Yoga Class 1 pm $4 per class
14 Flexercise 10am	15 Haircuts 9 am Needlework 1 pm Bunco 1 pm	16 Flexercise 10 am Bingo 10 am Cards 1 pm Podiatrist 1 pm	17 Blood Pressure 10 am Line Dancing 1 pm	18 Flexercise 10 am Yoga Class 1 pm (FREE)
21 Flexercise 10 am AARP Mtg. 1 pm	22 Coloring 10 am Jewelry Class 1pm (FREE) Needlework 1 pm Bunco 1 pm	23 Flexercise 10 am Bingo 10 am Cards 1 pm Podiatrist 1 pm	24 Blood Pressure 10 am Line Dancing 1 pm	25 Flexercise 10 am Yoga Class 1 pm $4 per class
28 Flexercise 10am	29 Needlework 1 pm Bunco 1 pm	30 Flexercise 10 am Bingo 10 am Cards 1 pm Podiatrist 1 pm		

HEALTH STOPS

Park Forest Community Health Dept.

From 10 am to 12 Noon

DATES TO BE ANNOUNCED

" IF MY BODY WERE A CAR "

This is the time I would be thinking about trading it in for a new model. I've got bumps & dents and scratches. My finish is getting dull.

My headlights are out of focus. My traction is not as graceful. My whitewalls are stained with veins. It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst part of it - ALMOST EVERY TIME I SNEEZE, COUGH OR SPUTTER...EITHER MY RADIATOR LEAKS OR MY EXHAUST BACKFIRES !!

Law Offices of
Thomas E. Brabec
Litigation • Real Estate
Wills, Trusts & Estates
18154 Harwood Ave., Suite 204 Homewood, IL 60430-2154
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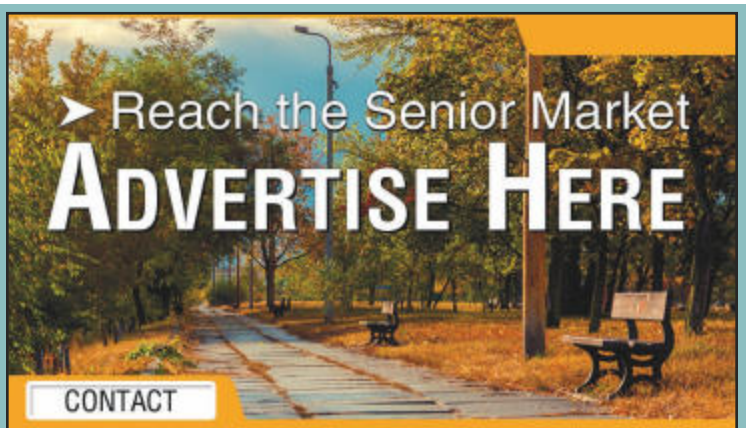

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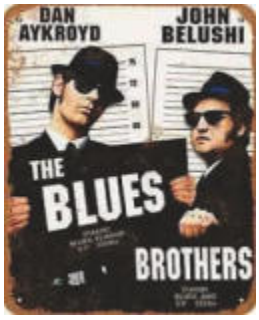
		ACTIVITIES (ON HOLD)		
Monday	Tuesday	Wednesday	Thursday	Friday
	On movie day 	1 Flexercise 10 am Bingo 10 am Cards 1 pm Podiatrist 1 pm	2 Blood Pressure 10 am Line Dancing 1 pm	3 Flexercise 10 am Yoga Class 1 pm $4 per class
6 Flexercise 10 am	7 Haircuts 9 am Needlework 1 pm Bunco 1 pm	8 Flexercise 10 am Bingo 10 am Movie 1 pm Cards 1 pm Podiatrist 1 pm	9 Blood Pressure 10 am Line Dancing 1 pm	10 Senior Center Closed for Good Friday
13 Flexercise 10 am	14 Coloring 10 am Bunco 1 pm Needlework 1 pm Jewelry 1 pm (FREE)	15 Flexercise 10 am Bingo 10 am Cards 1 pm Podiatrist 1 pm	16 Blood Pressure 10 am Line Dancing 1 pm	17 Flexercise 10 am Yoga Class 1 pm FREE class
20 Flexercise 10 am AARP Mtg. 1:00	21 Haircuts 9 am Needlework 1 pm Bunco 1 pm	22 Flexercise 10 am Bingo 10 am Cards 1 pm Podiatrist 1 pm	23 Blood Pressure 10 am Health Stop 10-12 Line Dancing 1 pm	24 Flexercise 10 am Yoga Class 1 pm $4 per class
27 Flexercise 10 am	28 Coloring 10 am Bunco 1 pm Jewelry 1 pm (FREE) Needlework 1 pm	29 Flexercise 10am Bingo 10am Cards 1 pm Podiatrist 1 pm	30 Blood Pressure 10am Line Dancing 1pm	

Movie of the Month



ON HOLD UNTIL FURTHER NOTICE *

RATED PG, 2hr.20 min., Musical, Comedy

Not only is the film full of soul, blues and rock and roll classics, but it also featured cameo appearances and performances by Aretha Franklin, Ray Charles, Cab Calloway and James Brown.

ON HOLD UNTIL FURTHER NOTICE

RATED PG 1hr.50 min., Comedy Drama

This heartfelt tale narrated by a witty dog named Enzo (voice Kevin Costner). Through his bond with his owner, Denny Swift (Milo Ventimiglia) an aspiring Formula One race car driver, Enzo has gained insight into the human condition and understands what is needed on the racetrack to successfully navigate the journey of life.

Rich Township Senior Ctr
297 Liberty Drive
Park Forest, IL 60466

July/August 2020 Issue
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Shiree Bush-Giblin, Receptionist

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Therese H. Goodrich, Trustee
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