OSC Upcoming Events Calendar

You are welcome to join us for the following events at the Oswego Senior Center.

Nutritious & Delicious Cooking Classes
"Gluten Free Cooking" Friday, April 8th - Noon - 2pm - See page 7 for info.

FINANCIAL SERIES: WAYS TO REDUCE YOUR TAXABLE INCOME
Tues., April 12th - 10-11:30am in the Computer Lab - See page 6 for info.

BMI (BODY MASS INDEX) SCREENING BY ATI
Thursday, April 14th - 10am-Noon at OSC - Full Details Available at OSC.

CAREGIVER SERIES - HELP? HOW DO WE PAY FOR IT?
Tuesday, April 19th - 11am-1pm in the Dining Room - Details page 6.

DR NOTES, A HEAD TO TOE REPORT & DISCUSSION, AN AGING BODY EDUCATION SERIES
"Back Pain" by Dr. Kelly Lally, Wed., April 20th - 11:00am-12:30pm - Info page 6.

THIRD WEDNESDAY BOOK CLUB - NEW DAY & TIME
Wednesday, April 20th - 1pm-2pm - See page 7 for info.

FREE DENTAL EXAM
Thursday, April 21st, 9:30am-11:30am - Must Register In Advance - Details page 5.

INTERNATIONAL COOKING CLASS
Friday, April 22nd, Noon - 2pm: Italian Cuisine - Details page 7.

LADIES LUNCHEON TO CELEBRATE MOTHER'S DAY
Tuesday, May 3rd at Noon, for ladies of all ages. - See page 3 for details.

ION DIABETES EDUCATIONAL SESSIONS
May 5th, 12th, 19th, & 26th - 1:30 - 3 pm. - See page 7 for details.

OSC Fun Fair to Celebrate Older Americans Month

Old Fashioned Hoedown
Dinner & Dancing: Friday, June 3rd - 5pm-10 pm. - $20 per person. - Watch for Info.

We Can't Do It Without YOU!

At the time of submitting this article we have three possible locations pending for the Garage Sale. Hopefully, one will help us. One is smaller and will require two separate locations in the small area. We are working with the Village of Oswego and three realtors.

Smaller ready to go items are being accepted starting in the gift shop.

The shoe and vehicle programs continue for your donations. Consider volunteering for 2 or more hours. Be a part of supporting your senior center.

Chuck Maass
Services for Seniors

Notary Service Available at OSC
A notary public available at the Center. Bring proper ID for any documents that need notarization. See Pat Feeley.

SHIP/Senior Health Insurance Program
Free Medicare counseling to help you identify plans and deal with issues regarding Medicare and all its Parts. Appointment Highly Advised: Mon, 9–11am (Dick Mettel); Thurs, 10am–12pm (Penny VanCleave); or By Appointment ONLY (Sandra Pastore) or call (630) 554-5602 for appointment or info.

Senior Services Associates
For case management services, contact Senior Services in Yorkville at 630-553-5777 to set up an appointment.

Veterans Assistance Commission
Veterans Assistance Commission representative, Steve Barrett, is available to assist you. Call Steve at 630-553-8355 to make an appointment or for more info.

Kendall County Home Delivered Meals
Volunteer Drivers needed! Call 630-553-2316 to apply.

Voter Registration Available at OSC!
See Pat Feeley, deputy registrar for Kendall County, & bring 2 forms of ID, one of which must have your current address.

Medical Equipment Closet
Medical equipment is to be checked out as needed and returned, please, for the next person. See Lorraine to borrow or return equipment: 630-554-5602.

Want to Volunteer?
OSC offers many opportunities! To volunteer please stop in to see us or call us at 630-554-5602.

Recycle Old Batteries
Bring your used household batteries & place in the box provided at OSC for recycling.

Prairie State Legal Services
Call 630-232-9416 to see if you are eligible for No Charge legal services for seniors with low income or limited assets.

OSD, CD & VHS Library
Check out our DVD, CD & VHS library today and see the great selection we have to offer!

Lending Library
Curl up with a good book! Check out our lending library. We have a variety of great books just waiting to be read.

Volunteers of the Month
St. Anne’s Youth Group was a magnificent help in our Spring Craft Fair on March 12th, helping sellers set up early in the morning, delivering lunches to sellers and then helping crafters tear down displays and load their cars. Also thanks to their parents who helped by contributing to our Bake Sale. They are truly an asset to our community.

Thank you!

OSC’s Supporters...
...the Foundation for Our Success
- Bridgeview Bank
- Bright Oaks
- Hillside/ARCH
- Symphony @ The Tillers
- Meijer
- VCP
- U of I Ext.
- VNA
- Castle Orthopedics
- Valentine Home Care
- Christopher Crank Pharm
- Rush-Copley HealthPlex
- Harbor Chase
- Amazon Smile
- Panera Bread
- David Erickson of Edward Jones
- Brian LeClercq Insurance Services
- Vital Wellness
- Alzheimer’s Association
- Linda Schweitzer
- Virgil Ostreng
- Madeline Holstrom
- Keith Bielema: Kendall County Health Department
- Sunnymere Retirement Community

FUNDING MADE POSSIBLE BY GRANTS FROM:
The Village of Oswego, Oswego Township, Kendall County, & Agency on Aging - Northeastern Illinois.
Daughters, Mothers, Grandmothers, Sisters, Aunts and lady friends are invited to attend our Annual Oswego Senior Center Ladies Luncheon

Tuesday, May 3rd at Noon

In Honor of Mother's Day
$12.00 per Person, featuring:
- Musical Entertainment
- Luncheon
- Games & Purse Exchange
- Prizes & Raffle
- Vendors

See Lorraine at OSC or call 630-554-5602 to make your reservations.
Oswego Senior Center ✿ 156 E. Washington St ✿ Oswego, IL ✿ www.oswegoseniorcenter.org ✿ All net proceeds support the Oswego Senior Center.
OSC Craft Fair

Saturday, March 12th was the perfect day for our first Spring Craft Fair. Mother Nature cooperated and it was a great success.

This was due in large part by our event coordinator, Juanita Artrip, who round up all the volunteers to help. OBSA/Oswego Baseball and Softball Assn., St. Anne’s, Panther Soccer Club, GOAL School and Oswego Juniorettes were all very helpful in setting up and tear down, running errands during the day and assisting crafters in bringing in their wares. It is a pleasure to see the youth of our community so involved. They and their parents were also responsible for the many baked goods we had for sale. Our hard core bakers Karen Pleskovich, Linda Schweitzer, Judy Moen, Judy Marsh, Mae Bozarth, Pat Robbins, Julie Freza and Maxine Brinker, also contributed to our goodies.

Lorraine Schleitwiller and Linda Christensen did a wonderful job of finding and booking crafters to participate. We had many compliments from shoppers on the quality of crafters that took part and their variety of products at affordable prices. My Sister’s Lil Donut Shop donated sweets for our crafters.

Our kitchen crew, under the direction of Billie Mateer, did their usual superb job of preparing and serving lunches. Many thanks to Barb & Art Mounts, Linda Zimmerman, Annie Swoope, Judy Marsh, Dick & Penny Van Cleve, Amanda Gonzales, Tre Soto and of course, our chef, Jim Heafer.

We cannot be more thankful for our stupendous volunteers who assist at our events in various capacities: Lorraine Kwik, Mae Bozarth, Barb Weber, Pam Stitt, Chuck Maass, Linda Christensen, Mike Noland, Mary Conover, Linda Radecki, Destiny Taylor, Cindy Glontea, Fran Helgeson and Rita Pope.

KCSP Senior Lunch & Senior Fair

Join us on Friday May 6th - 12:30pm - 1:45pm for a free lunch and senior provider fair. Learn about resources while enjoying lunch, get entered to win door prizes!

A Special Thanks

Thank you to Girl Scout Troop #4809 for the donation of Girl Scout Cookies.

Music Maestro Please!

Bill Sobczak plays the old songs we like to hear on Thursday, April 7th & 28th at 10 am.

Kapt. Karaoke: Monday, April 18th.

Flower Arranging Assistance

Want to make a special arrangement of flowers! Got a favorite container and some flowers (or choose from our stock) and Rita, our crafty flower lady, will help you design it and turn it into a thing of beauty. If interested, please sign up to have Rita contact you for an appointment. Small fee will apply.
Free Income Tax Preparation

For its 6th year, the Oswego Senior Center will be preparing (FREE) income tax returns. Volunteers will be available every Monday starting February 8th from 1 pm to 5 pm until April 11th. Appointments still available on Saturday, April 2nd from 9 until Noon and take place at the senior center at 156 E. Washington St. in Oswego.

Appointments are required. Please call 630-554-5602 to schedule and/or for more information.

People with incomes of $55,000 or less are eligible for free preparation and filing of federal and state returns. All volunteers are trained through VITA (Volunteer Income Tax Assistance) in collaboration with the IRS.

Information you need to bring includes proof of identification for you and your spouse if filing jointly (both must be present to sign return); social security cards for all persons on tax return; birthdates, W2’s, and/or 1099’s; property tax bill, if homeowner; information on other types of income (interest, etc.); a copy of last year’s tax return and bank routing and account numbers for direct deposit in case of a refund.

FREE Dental Exam

for area seniors at the
Oswego Senior Center

Thursday, April 21st, 2016
9:30am-11:30am

by our friends from

Oswego Commons
Family Dental

You must register in advance for an appointment!
Call 630-554-5602 to register.

FOR SALE

Our Vehicles for Wrinkles program has the following vehicles for sale:

2000 GMC Jimmy 4 Wheel Drive

4-Door, Navy Exterior, 170,000 miles, Automatic V6/6 Cylinder; Body in good shape; New battery; one owner car; Blue Book Value $2400; Will consider reasonable offer.

Contact Chuck or Juanita at 630-554-5602 for more information. Proceeds of sale of car go towards the operation of the Oswego Senior Center.
EDUCATIONAL PROGRAMS

LAUGHTER YOGA
3rd Wednesday of every month, 2-3pm in OSC Game Room

Laughter really is the best medicine! Join Madeline Holstrom, certified advanced laughter leader, at the Oswego Senior Center for an hour of laughter. Research shows that laughter: Strengthens the immune system; improves breathing, arterial blood flow, digestion & sleep; adjusts blood pressure & blood sugar; relaxes muscles; burns calories; and reduces pain. Call to RSVP, 630-554-5602.

BRAIN GAMES
2nd Thursday of the month 11:00am-11:30am

This monthly series provided by Harbor Chase of Plainfield, will engage you with brain games and mental challenges to help keep your brain in good shape through cognitive exercise. Brain games stimulate thinking and improve cognition, which helps stave off memory loss and keep your mind sharp. Call to RSVP, 630-554-5602.

MEN’S CAREGIVER SUPPORT GROUP
Friday, April 21st at 10am

Many times men find themselves in caregiver roles. Finding support among male peers is a great opportunity to find resources and camaraderie in what can be a difficult life experience. The group will be facilitated by Keith Bielema of Kendall County Health Department.

CAREGIVER SERIES
Tuesday, April 19, 2016
11 am-1 pm - Meets in the Dining Room - Lite Lunch Provided

Help! How Do We Pay for It?
Learn the mechanisms available to help pay for care, whether it is in your home or at a senior living residence. Topics will include Medicare, Medicaid, LTC Insurance, FMLA, Caregiver Contracts, Private Pay Services, and subsidized services.
Presenter: Dawn Weekly, Legacy Law Firm; Lite lunch provided by Heritage Woods.

FINANCIAL EDUCATION SERIES:
TAXABLE INCOME
Tuesday, April 12th, 10:00am-11:30am in the Computer Room

Ways to reduce your taxable income presented by David Erickson, Edward Jones and Brian LeClercq, LeClercq Insurance Services.

To register or for additional information, contact the Oswego Senior Center at 630-554-5602.

DOCTOR NOTES: A HEAD TO TOE REPORT & DISCUSSION,
AN AGING BODY EDUCATION SERIES

Back Pain
Wed., April 20th 11am-12:30pm

Why does it happen? How can the chiropractor help? Presented by Dr. Kelly Lally of TCP/The Chiropractic Place - Lite lunch provided by Hillside Rehab and Care.

To register or for additional information, contact the Oswego Senior Center at 630-554-5602.
INTERNATIONAL COOKING
Friday, April 22nd - 12-2pm
Italian Cuisine:
Gnocchi, Marinara sauce and fresh Mozzarella - All from scratch!
We will explore various cooking techniques and recipes from countries around the world - exploring the world through our palate.
Will be held the OSC kitchen - $5/person, please RSVP as space is limited to 10 people per program.

TED TALKS & DISCUSSION GROUP
April 13th - 1:30pm-3pm
2nd Wednesday of Month - Computer Lab
Join Yvonne every 2nd Wednesday of the month in the computer lab, we will watch a TED talk or two, then discuss our thoughts on the matter!
TED talks mission is to Spread Ideas and the talks cover a variety of topics, so this is a great way to learn new things and develop new understandings.

THIRD WEDNESDAY BOOK CLUB
New Day & Time: Wednesday, April 20th
1pm-2pm
Meets once a month on the 3rd Thursday of each month, after lunch, 1-3pm. Book for April is 'The Dinner' by Herman Koch.
Need the book? Check your local library.

NUTRITIOUS & DELICIOUS COOKING CLASSES
Friday, April 8th - 12-2pm
Gluten Free Cooking
Join us in the OSC kitchen for a monthly cooking series with a variety of topics. $5 per Class - 10 People Max - Registration Required. Contact 630-554-5602 for more info or to register.

I ON DIABETES EDUCATIONAL SESSIONS
Thursdays - May 5, 12, 19 & 26 2016
1:30pm-3:00pm at OSC
Four educational sessions with easy-to-use recipes, prepared to taste in class, for people trying to prevent or manage diabetes.
Learn about:
- Diabetes and it’s complications
- Planning and managing meals
- Reading food labels
- Spacing meals and snacks through the day
- Sugar substitutes
- Ways to decrease the risk for other health problems
- How to plan doctor’s visits
- Eating Out
Contact Oswego Senior Center at 630-554-5602 to register by April 28th, 2016.
**Technology: Computer Classes & Mobile Device Help**

Computer Classes: All classes are 1pm-2:30pm on designated date.
- 4/12 - Facebook for Beginners
- 4/14 - Google Earth & Maps
- 4/19 - Update Genealogy Software

Computer Assistance: April 3rd, 7th, 21st, 26th & 28th. - Must make an appointment.

Mobile Device Lab: Friday - April 1st, 8th, 15th, 22nd & 29th - 2pm-4pm by appointment.

To sign up for classes or register for individual help, call Sharon at 630-554-5602.

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**Meals & Dining Out**

**Monday and Thursday Lunch**

Join us for a delicious and nutritious lunch every Monday and Thursday at 12:00pm. Lunch is catered by Upper Crust Catering. Please call by Friday at 10am to RSVP for Monday's lunch and by 10am on Wednesday to RSVP for Thursday's lunch. $5 suggested donation, ages 60 and better.

Due to rising costs, OSC will be charging a fee for bus pick up on meal days for all locations. Effective Monday May 2nd, the cost will be $2.00 round trip. When signing up for lunch, please let us know if you wish to be picked up by putting a 'B' by your name on sign up sheet or informing the receptionist or your building coordinator.

**Breakfast Club**

--- **Please Note Price Change** ---

Why mess up your kitchen and eat alone, come down for breakfast and fellowship. Cost is only $5. You absolutely can't beat the price! All Seniors are invited to attend!

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Special Veteran's Breakfast:
*Open to Everyone*

1st Tuesday of each Month, Meets:
Tuesday, April 5th at 9:00am

Breakfast Club Meets:
Tuesday, April 12th at 9:00am
Tuesday, April 26th at 9:00am

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Please call Receptionist at 630-554-5602 or see her at OSC to register to attend!

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**Lunch Bunch**

**Join us for lunch at a local eatery!** We go out to eat the 1st Wednesday of every month. At the restaurant we get separate checks to keep it easy. Sign up at the front desk so we can call ahead for a reservation if needed.

**Note NEW DAY - 1st Wednesday of the Month:**

Wednesday, April 6th
Riverview Diner
1420 SE River Rd - Montgomery, IL

Wednesday, May 4th
Harner’s Bakery & Restaurant
10 W State St, North Aurora, IL

Wednesday, June 8th
East China Inn
3450 Montgomery Rd - Aurora, IL

Meet at the restaurant at noon or call Lorraine in advance if need a ride: 630-554-5602.
**ACTIVITIES & RECREATION**

**SENIOR SINGERS**

Every Friday at Noon

*Note New Time*

The group is also seeking new members. So, if you enjoy singing, this is your opportunity to join, have fun, and also entertain in Senior Residences and Nursing Homes. This is an opportunity to give back to your community. For more information, please come on to see what we are all about.

**TUESDAY GAMES**

Tuesdays at 12:30pm in the Game Room

**MAHJONG**

- Weekly, every Tuesday.
  Join us every Tuesday for Mahjong at 12:30; don't know how to play. We will teach you; need more players; bring a friend!

**SCRABBLE**

- 3rd Tuesday each month.

**PINOCHLE**

- Weekly, every Tuesday.
  Pinochle games at 1 pm; need more players, join us and bring a friend.

If you would like to play any other games, let us know. We will try to form a new group or bring your own. See Sandy or Lorraine at OSC.

**BAGS! NEED MORE PLAYERS!!!**

Call it Bags or Cornhole, join us, men and women, on Mondays & Thursdays, 11am until Noon - Seeking more players; easy to play, great fun and good exercise - call for more information, 630-554-5602.

**BRIDGE**

- Men's Bridge: Every Monday, 9am-Noon
- Ladies Bridge: Every Monday, 1-3pm
- All Players Bridge: Every Thursday, 9am-Noon

**ON-GOING WEEKLY EXERCISE TIMES:**

**Chair Exercises:**
- Monday 9am
- Thursday 9am

**Line Dancing with Mary Love:**
- Fridays, 10 -11am
  $1 Instructors Fee
Whether you are a novice or a pro, Mary will have you dancing and smiling!

**FEE SCHEDULE for Gentle Yoga & Tai Chi as follows - One-day class & monthly passes can also be purchased at reception:**

- $3 class
- $15/month pass for Yoga
- $15/month pass for Tai Chi
- $25/month for both classes

**Gentle Yoga:**
- Tuesdays: 11:00-12:00
- Fridays: 11:30-12:30

**Tai Chi, Kristi Niedzwiecki, Instructor:**
- Wednesdays: 12:30-1:15
- Fridays: 1:00-1:45

**BEAN BAG BASEBALL:**

**Wednesdays:**

- 4/6 - OSC @ Plum Landing - 1:30 pm
- 4/13 Beecher @ OSC 2 pm
- 4/20 OSC @ Cedar Lake - 2 pm
- 4/27 - OSC @ Diamond - 2 pm

Get in on the action! Join our team, “Oswego Senior Center’s Old Bags, New Tricks” or make your own team and join our league!

See or call Sharon 630-554-5602 for information.
**The Needle Bee**
Wed.: 9:30am-11:30am

Come join us for needlecrafting fun and education.
We are all working on different projects and sharing patterns.
Kandy

**Oswego Area Karvers**
Every Monday, 1-4pm

The Oswego Area Karvers meet at the Oswego Senior Center. Experienced & novice carvers are welcome as well interested beginners.
Call the Oswego Senior Center at 630-554-5602 or Mike Noland at 630-730-3490 for more information.

**Ceramics**
Tues. & Thurs.: 9-2:30

All are welcome to join our class. We have many pieces to work on, a large selection of greenware and our own kiln.
Suggested class donation: $1 plus cost of piece. For information call 630-554-5602.

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**Woodwork Shop - Open To All!**

Tuesday, Wednesday, and Friday, 11:00am

The Oswego Senior Center woodshop is a do-it-yourself workshop and any adult can join our community to access a variety of woodworking tools and equipment. Whether you're new to woodworking, don't have the space or equipment at home, or would like to create or finish a home project, our patient and talented volunteers are here to help you with your project. The woodshop is open every Tuesday, Wednesday, and Friday from 11:00am-3:00pm, but if woodshop users are going to arrive after 1, please call ahead to make sure a woodshop volunteer will be available.

For more information, please contact 630-554-5602.

**Attention Woodworkers:**

OSC needs a Volunteer that is knowledgeable in all aspects of wood shop work. Must know how to operate all machinery and willing to teach or show others how to begin or complete their wood working projects. Hours are your choice when center is open. If you would like to teach a class in woodshop or just help others please see Lorraine, Pat or Sandy to volunteer or for more info.

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**Crafting Fun**

Presented by Symphony at The Tilers

at Oswego Senior Center

Get your creative juices flowing! Join Alison Bikus from Symphony at The Tilers as she leads a monthly craft.

FREE - All supplies are provided. Please RSVP by the day prior, call 630-554-5602.

Oswego Senior Center
156 E Washington
Oswego, IL 60543
630-554-5602

April 6th
May 4th
11:00am
OSC is Making 'Waves'

OSC has started podcasting with help from GOAL School students, podcasts are internet radio shows that can be listened to anytime.

OSC's Conversations podcasts travel two avenues: one is a legacy project with conversations about an individuals life history, while the other format is conversations with professionals about aging topics and both are available at [www.soundcloud.com/oswegoseniorcenter](http://www.soundcloud.com/oswegoseniorcenter) 24/7.

Go to Facebook at: [https://www.facebook.com/oswegoseniorcenter/](https://www.facebook.com/oswegoseniorcenter/) to listen to current and past podcasts. Just scroll down to see what you’ve been missing!

Want to be a part of our podcast? See Sandy at OSC.

The Oswego Senior Center is kicking off 2016 with its **STEP-UP** Campaign. This year long donation drive will help OSC continue to provide the needed and wanted services for the senior community.

**Help us reach our goal of $25,000 for 2016!**

2016 marks our 9th year of providing nutrition, education, recreation, exercise, activities, trips and health screen services to the seniors of Kendall County. All for free or at a low cost. This has been possible because of monies received through fundraising activities, donations and grants from several agencies.

Unfortunately, due to circumstances beyond our control, our grants have been dramatically cut while our costs continue to increase. So we are once again looking to those who use our facility to contribute a donation to help us meet our goal of $25,000.

Any donation is greatly appreciated, while we don’t have a membership fee, a $5-$25 donation a month would go a long way. This will help ensure that we can continue to provide the programs and services that help keep our senior community strong, healthy and engaged.

Cash and checks are not the only way to donate to OSC. An unwanted car or boat regardless of operating status, land or a home regardless of condition, estate jewelry and non-digital watches are just some of the ways we can take unwanted items and turn them into a deduction for you and funds for OSC.

Last year, we served over 1,160 seniors ages 55-94, spanning four decades of individuals and generations of family, friends and community. Over 120 individuals ages 89-92 volunteered over 13,000 hours of service, bringing together 9 decades of community members to work together in community service.

Please contact Lorraine Schleitwiler for additional information on how to set up a monthly commitment, an annual one-time contribution or to make a non-cash donation.

Thanks again for all your HELP in keeping our Senior Center successful. OSC is here for you.

Oswego Senior Center is a 501(c)3 nonprofit organization, donations are tax deductible.
We Want Your SHOES!
Your gently worn shoes, that is.
If you’re like most people, your closet’s probably home to multiple pairs of shoes you no longer wear. Here’s your chance to dust them off and put them to good use. When you drop off your gently worn shoes, you’ll be helping

Oswego Senior Center
156 E Washington St. - Oswego, IL 60543
630-554-5602

raise needed funds as well as people less fortunate throughout the world. World Wear Project makes your shoes available to people living in developing countries such as Cameroon, Mozambique, Tanzania, Guatemala, Chile, Honduras and others.

Please band shoes together in mates or tie laces together.

OSC Bus Schedule - April 2016

It is our pleasure to provide bus service for the following Senior Living Apartment Units to major shopping venues in our area of operations. The senior independent living locations include: Diamond Senior Apartments, Rose Terrace, Wedgewood Manor, and Anderson Farms.

Cost associated with these round trips is only to help defray operating funds for gasoline, wear and tear and insurance for the bus.

Below, please find the schedule of pick-up and drop off times and is subject to change monthly to accommodate rider-ship. Initially, trips are planned for the 1st, 2nd, and 4th Wednesdays of the month, weather permitting during winter months. Please sign your name and phone on the appropriate sheet provided by your location coordinator by noon the day before the trip you wish to go on. All riders must be registered with the Oswego Senior Center prior to signing-up. Fares will be collected by the driver at start-up boarding time.

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Oswego Senior Center Presents:

New York City &
The Statue of Liberty

May 12th-18th, 2016
7 Days - 6 Nights

$779 * Per Person, Double Occupancy
- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the NYC area
- 10 meals: 6 breakfasts and 4 dinners
- Two Guided Tours of New York City. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial and much more!
- Visit Ellis Island and Liberty Island - Home of the Statue of Liberty!
- Visit the NEW National 9/11 Museum!!!
- For more pictures, videos & information visit: www.GroupTrips.com/Oswego

Departure: Oswego, IL @ 8 am
$75 Due Upon Signing. *Price per person, based on double occupancy. Add $269 for single occupancy.

Make Your Reservations NOW!
For Information & Reservations Contact: Lorraine Schleitwiler at 630-554-5602

Oswego Senior Center Presents:
Montréal, Ottawa & Québec City

July 10-16, 2016

Per Person/Db1 Occupancy: $839
(You must bring a Valid U.S. Passport or U.S. Passport Card for this Trip.)
- Motorcoach transportation
- Guided Tours of Montréal, Ottawa & historic Québec City
- Visit to Montmorency Falls
- Tours of the St. Anne De Beaupré Shrine & the Notre Dame Basilica
- Olympic Park in Montréal: Experience Montréal’s “Biodome” & the Montréal Tower
- Additional Guided Tour of Montréal
- Visit to the Underground City in Montréal

Find more information at OSC and: www.oswegoseniorcenter.org

For Information & Reservations Contact: Lorraine Schleitwiler at 630-554-5602
Ride the OSC bus thru Lombard's

The Morton Arboretum

Bus Departs OSC: 9:00am
Return Approx.: 3:30pm
Seating limited to 12

Cost: $28 per person*
*Includes Transportation & Tour Lunch is on you at:

Omega Restaurant
Pancake House & Bakery

Oswego Senior Center Presents:

ALBUQUERQUE & SANTA FE
SEP 24 - OCT 2, 2016
9 DAYS - 8 NIGHTS

$826 * Per Person, Double Occupancy
- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in the Albuquerque area
- 14 meals: 8 breakfasts and 6 dinners
- GUIDED TOUR OF SANTA FE
- Visit to the NEW MEXICO VETERAN’S MEMORIAL
- GUIDED TOUR OF ACOMA PUEBLO also known as SKY CITY
- Ride on the SANDIA PEAK TRAMWAY
- Visit to OLD TOWN ALBUQUERQUE
- For more pictures, videos & information visit: www.GroupTrips.com/Oswego

Departure: Oswego, IL @ 8 am
$75 Due Upon Signing. *Price per person, based on double occupancy. Add $240 for single occupancy.

Final Payment Due: 07/17/2016

For Information & Reservations Contact:
Lorraine Schleitwiler at 630-554-5602
Motor coach driver and Step on guides gratuities included in flyer price.
Fun Fair
May 25, 2016
9am-1pm

Come Celebrate
Older American’s
Month at the Oswego
Senior Center!

★ FREE ADMISSION ★
New & Favorite Games ★
Prizes ★ Games by Kaptain
Karaoke ★ Lunch ★

Keep Watching for More Details
★ RSVP by Signing Up at OSC ★

OSC Gift Shop
OPEN FOR BUSINESS
Monday & Thursday
10am-Noon
& During OSC Events

KCFP
Kendall County Food Pantry

Kendall County Food Pantry provides food, clothing,
personal items, pet food for families who meet certain
income and other guidelines.
Located at:
208 Beaver St, Yorkville
Call 630-553-0473 for more info
http://www.kendallcountyfoodpantry.org/

Distribution:
THURSDAYS
12:00 pm to 2:00 pm – Servicing – Seniors,
People with Disabilities & Veterans
2:00 pm to 6:00 pm – Servicing – Kendall County
General Population

OSC is an official Drop Off location for KCFP Donations

Nurturing the gift of Hope
Leave the cooking, cleaning and maintenance behind and find out how you can enjoy carefree days full of fun activities and great friends. **Now with a Guaranteed Rate for Life!**

Come visit our riverfront community & enjoy a FREE Lunch and Tour!

**Plum Landing Retirement Community**
495 N. Lake Street Aurora, IL 60506
www.plumlanding.org • 630-896-5031

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**Sudoku Puzzle**
April 2016
(Solution on page 23)

```
  1 5 2 3
  2 3 2 8
  6 1 2 9
  4 5 7 3
  9 6 7 3
  8 5 7 3
  9 4 6 6
```
**April**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th  SALISBURY STEAK/GRAVY</td>
<td>7th  HERB ROASTED CHICKEN BREASTS</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Poppyseed Bowtie Salad w/Chopped Romaine</td>
</tr>
<tr>
<td>Kidney Bean Salad</td>
<td>Thyme Roasted Potatoes</td>
</tr>
<tr>
<td>Broccoli-Cauliflower Mixture</td>
<td>Creamed Peas</td>
</tr>
<tr>
<td>Biscuits</td>
<td>Whole Wheat Rolls</td>
</tr>
<tr>
<td>Strawberry Shortcake</td>
<td>Brownies</td>
</tr>
<tr>
<td>11th  BEEF STEW w/ Potatoes, Carrots &amp; Peas</td>
<td>14th  STUFFED GREEN PEPPER SOUP</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Tossed Salad w/Tomatoes &amp; Shredded Carrots</td>
</tr>
<tr>
<td>Biscuits</td>
<td>Home Fries</td>
</tr>
<tr>
<td>Fruit Cocktail</td>
<td>Home Made Bread</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td></td>
<td>Cream Puffs</td>
</tr>
</tbody>
</table>

**Birthday Cake: Symphony @ The Tillers**

| 18th  PORK LO MEIN             | 21st  SPAGHETTI & MEATBALLS            |
| Soft Chinese Noodles          | Marinara Sauce                         |
| Oriental Vegetables           | Caesar Salad                           |
| Pineapple Ring w/Grapes, & Cottage Cheese | Vegetable Medley             |
| on a Lettuce Bed              | Garlic Bread                           |
| Homemade Whole Wheat Bread    |                                        |

| 25th  CABBAGE ROLLS            | 28th  ITALIAN BEEF SANDWICH ON FRENCH ROLL |
| Mashed Potatoes               | Au Jus Gravy on the Side                |
| Green Beans                   | Potato Salad                            |
| Whole Wheat Rolls             | Kidney Bean Salad                       |
| Peaches                       | Fresh Fruit                             |
| Chocolate Chip Cookies        | Cheesecake                              |

| 2nd  LASAGNA                   |                                        |
| Tossed Salad w/Tomatoes & Chopped Egg Side |                                      |
| Sliced Carrots                 |                                        |
| Blueberry Cobbler              |                                        |

**PIE THURSDAY**

---

**KENDALL COUNTY SENIOR CONGREGATE MEAL PROGRAM**

OSWEGO SENIOR CENTER – 166 E. WASHINGTON - OSWEGO, IL

Lunch is served Monday & Thursday at Noon

Call 630-554-5602 for reservations by 10 am Friday for Monday Lunch by 10 am Wednesday for Thursday Lunch.

Suggested donation for 60+: $5.00 - Cost under 60: $7.00

Catering by Upper Crust Catering Co. - Yorkville, IL
# April 2016 Activities Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 9 Chair Exercise 9 Men’s Bridge 9-11 SHIP Rep 10 BP: Harbor Chase 10 Bunco &amp; Euchre 10-12 Gift Shop Open 11 Bean Bag Toss 12 Lunch</td>
<td>29 NO Breakfast 9:30 Knitting &amp; Crocheting 11-3 Wood Shop 12:30 Tai Chi</td>
<td>30 9:30 Knitting &amp; Crocheting 11-3 Wood Shop 12:30 Tai Chi</td>
<td>31 9 Chair Exercise 9 Bridge 9-2:30 Ceramics 10 Music by Bill</td>
<td>1 10 Line Dancing $1 11 Wood Shop 11:30 Gentle Yoga 12 Senior Singers 1 Tai Chi 2-4 Mobile Device Lab by Appt. 2-3 Healthy Habits</td>
</tr>
<tr>
<td></td>
<td>11-1 Culinary Expo 11 Gentle Yoga 11 Wood Shop 12:30 Games/Mah Jong/Pinochle 1-2:30 Computer TBA</td>
<td>12 Lunch 1 Bingo</td>
<td>12 Lunch 1 Bingo</td>
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<tr>
<td></td>
<td>1 Bingo by Symphony 1 Ladies Bridge 1-4 Oswego Area Karvers</td>
<td>2-3:30 Healthy Habits</td>
<td>1-2:30 Computer - TBA</td>
<td>2-3 Healthy Habits</td>
</tr>
<tr>
<td>2-3:30 Reminiscing @ Bickford</td>
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<tr>
<td></td>
<td>5 9 Vet Breakfast $5 9-2:30 Ceramics 11 Gentle Yoga 11 Wood Shop 12:30 Games/Mah Jong/Pinochle</td>
<td>6 9:30 Knitting &amp; Crocheting 11 Wood Shop 11 Crafts Symphony</td>
<td>7 9 Chair Exercise 9 Bridge 9-2:30 Ceramics 10 Music by Bill</td>
<td>8 10 Line Dancing $1 11 Wood Shop 11:30 Gentle Yoga 12 Senior Singers</td>
</tr>
<tr>
<td></td>
<td>10 Bunco &amp; Euchre 10-12 Gift Shop Open</td>
<td>12 Lunch Bunch @ Riverview Diner 12:30 Tai Chi</td>
<td>10-12 SHIP Representative</td>
<td>1 Tai Chi 12- Senior Singers</td>
</tr>
<tr>
<td></td>
<td>10 BP by Alden of Waterford 11 Bean Bag Toss 12 Lunch</td>
<td>1:30 Bean Bag Baseball - OSC @ Plum Landing 2-3:30 Healthy Habits</td>
<td>10-12 Gift Shop Open</td>
<td>12-2 Gluten Free Cooking Class $5 2-4 Mobile Device Lab by Appt.</td>
</tr>
<tr>
<td></td>
<td>1 Income Tax Preparation by Appt. 1 Bingo 1 Ladies Bridge 1-4 Oswego Area Wood Karvers</td>
<td></td>
<td>10-12 SHIP Representative</td>
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<td></td>
<td>10-12 Gift Shop Open</td>
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<td></td>
<td>10 Bunco</td>
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<td></td>
<td></td>
<td>11 Bean Bag Toss</td>
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<td>3:00 Reminiscing @ Bickford</td>
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<td></td>
<td>12 Lunch 1 Bingo by The Grove</td>
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<td></td>
<td>1-2:30 Computer Assistance by Appt.</td>
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<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>11 Chair Exercise 9 Men’s Bridge 9-11 SHIP Rep 10 BP by Valentine Home Care 10 Bunco &amp; Euchre 10-12 Gift Shop Open 11 Bean Bag Toss 12 Lunch</td>
<td>12 Breakfast $5 9-2:30 Ceramics 11 Gentle Yoga 11 Wood Shop 12:30 Tai Chi</td>
<td>13 9:30 Knitting &amp; Crocheting 11 Wood Shop 12:30 Tai Chi</td>
<td>14 9 Chair Exercise 9 Bridge 9-2:30 Ceramics 10 Music by Bill 10-12 BMI Screen: AT</td>
<td>15 10 Line Dancing $1 11 Wood Shop 11:30 Gentle Yoga 12 Senior Singers</td>
</tr>
<tr>
<td>112:30 Games/Mah Jong/Pinochle/Scrabble</td>
<td>1:30 – 3 TED Talks</td>
<td>10-12 Gift Shop Open 10-12 SHIP Representative</td>
<td>10-12 Gift Shop Open 10-12 SHIP Representative</td>
<td>1 Tai Chi 2-4 Mobile Device Lab by Appt.</td>
</tr>
<tr>
<td>1-2:30 Computer: Facebook for Beginners</td>
<td>2 Bean Bag Baseball – Beecher @OSC 2-3:30 Healthy Habits</td>
<td>10 Bunco</td>
<td>2-3 Healthy Habits</td>
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</tr>
<tr>
<td>11 Brain Games by Harbor Chase 11 Bean Bag Toss 12 Lunch 1 Bingo: Bridgeview Bank</td>
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<td></td>
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<td></td>
<td>1-2:30 Computer: Google Earth &amp; Maps</td>
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<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
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<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>9 Chair Exercise</td>
<td>9 Advisory Council</td>
<td>9:30 Knitting &amp; Crocheting</td>
<td>9 Chair Exercise</td>
<td>10 Line Dancing $1</td>
</tr>
<tr>
<td>9 Men’s Bridge</td>
<td>9-2:30 Ceramic</td>
<td>11 Wood Shop</td>
<td>9 Bridge</td>
<td>11 Wood Shop</td>
</tr>
<tr>
<td>9-11 SHIP Rep</td>
<td>11 Gentle Yoga</td>
<td>11 Wood Shop</td>
<td>9-2:30 Ceramics</td>
<td>11:30 Gentle Yoga</td>
</tr>
<tr>
<td>10 Kapt. Karaoke</td>
<td>11 Caregiver Series – How do we pay for it?</td>
<td>9:30-11:30 Free Dental</td>
<td>12 Senior Singers</td>
<td>12 Senior Singers</td>
</tr>
<tr>
<td>10 Bunco &amp; Euchre</td>
<td>12:30 Games/Mah</td>
<td>Screen: Oswego</td>
<td>12 International</td>
<td>12 International</td>
</tr>
<tr>
<td>10-12 Gift Shop Open</td>
<td>1 Book Club</td>
<td>Commons Family Dental – sign up</td>
<td>Cooking Class $5</td>
<td>Cooking Class $5</td>
</tr>
<tr>
<td>10 BP: Harbor Chase</td>
<td>(NEW DAY)</td>
<td>10-12 Gift Shop Open</td>
<td>1 Book Club</td>
<td>1 Book Club</td>
</tr>
<tr>
<td>11 Bean Bag Toss</td>
<td>2 Bean Bag Baseball – OSC @ Cedar Lake</td>
<td>10 BP by Valentine</td>
<td>1 Book Club</td>
<td>10 BP by Valentine</td>
</tr>
<tr>
<td>12 Lunch</td>
<td>2-3:30 Healthy Habits</td>
<td>Home Care</td>
<td>10 BP by Valentine</td>
<td>Home Care</td>
</tr>
<tr>
<td>1 Bingo</td>
<td></td>
<td>10-12 SHIP Rep</td>
<td>10 Bunco</td>
<td>10 Bunco</td>
</tr>
<tr>
<td>1 Ladies Bridge</td>
<td></td>
<td>12 Lunch</td>
<td>12 Lunch</td>
<td>12 Lunch</td>
</tr>
<tr>
<td>1-4 Oswego Area Karvers</td>
<td></td>
<td>1 Bingo</td>
<td></td>
<td>1 Bingo</td>
</tr>
<tr>
<td>2:30 Reminiscing @ Bickford</td>
<td></td>
<td>1-2:30 Computer Assistance by Appt.</td>
<td></td>
<td>1-2:30 Computer Assistance by Appt.</td>
</tr>
<tr>
<td>Birthdays by Symphony @ the Tillers</td>
<td></td>
<td>1-2:30 Computer Assistance by Appt.</td>
<td></td>
<td>1-2:30 Computer Assistance by Appt.</td>
</tr>
</tbody>
</table>

29
| 10 Line Dancing $1 | 11 Wood Shop         | 10-12 SHIP Rep         | 10 BP: Hillside Rehab | 10 Senior Singers |
| 10-12 Gift Shop Open | 10 Music by Bill | 10-12 Gift Shop Open | 10-12 Ship Representative | Note time change |
| 11-13 Wood Shop | 10 BP: Hillside Rehab | 10-12 Gift Shop Open | 10-12 Ship Representative | 1 Tai Chi         |
| 12:30 Tai Chi | 2 Bean Bag Toss       | 10-12 Ship Representative | 2-4 Mobile Device Lab | 2-4 Mobile Device Lab |
| 2 Bean Bag Toss | 2-3:30 Fit & Strong | 2 Bean Bag Toss       | 2-3:30 Fit & Strong | 2-3:30 Fit & Strong |

Sudoku Puzzle Solution

```
4 8 9 1 6 3 5 2 7
1 5 6 7 8 2 3 9 4
7 2 3 4 9 5 8 6 1
6 3 7 8 1 9 4 5 2
8 4 5 2 3 7 6 1 9
9 1 2 6 5 4 7 8 3
2 6 4 5 7 1 9 3 8
3 7 8 9 2 6 1 4 5
5 9 1 3 4 8 2 7 6
```

OSWEGO SENIOR CENTER’s 2nd EDITION of “FAVORITES FROM OUR TABLE”

Collection of fantastic tried and true recipes submitted by our OSC members & volunteers.

2nd Edition available at OSC: $12

OSC’s 2015 Annual Report now available online at: www.oswegoseniorcenter.org

![OSC's 2015 Annual Report](image)
April showers bring May flowers.

April showers caterpillar garden lilac raincoat shower sunshine
caterpillar chick nest pussywillow soil

baseball chick nest pussywillow soil
caterpillar chick nest pussywillow soil
garden hatchlings planting sprout

birds fluffy clouds insect roots

blooms daffodil fly a kite puddle

butterfly fog leaf

fly a kite puddle seedlings

rainbow shovel storm

baby bunnies storm wind

crocus warm breeze crocus