OSC Upcoming Events Calendar

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

Nutritious & Delicious Cooking Classes
"Cooking for 1 or 2" Friday, January 8th - Noon - 2pm - See page 5 for info.

FINANCIAL SERIES: RMDs
Tuesday, January 12th - 10-11:30am in the Computer Lab - See page 4 for info.

TED TALKS AND DISCUSSION GROUP
Wed., January 13th: 12:30pm-1:30pm in the Computer Lab - Details page 5.

PAINTING CLASS AT OSC by SHERI SINKOVITS OF SHERI’S SIP & PAINT
Wednesday, January 13th: 2 - 4pm - Details page 10.

CAREGIVER SERIES - CAREGIVING 101
Tuesday, January 19th - 11am-1pm in the Dining Room - Details page 4.

DR NOTES, A HEAD TO TOE REPORT & DISCUSSION, AN AGING BODY EDUCATION SERIES
"Hospitalitis", Wed., January 20th - 11:00am-12:30pm - Info page 4.

THIRD THURSDAY BOOK CLUB
Thursday, January 21st - 1pm-3pm - See page 5 for info.

INTERNATIONAL COOKING
Friday, Jan. 22nd, Noon - 2pm: Exploring the flavors of Africa- Details page 5.

Funds from these events support the programs & classes at the OSC. For more info on programs, classes & activities visit www.oswegoseniorcenter.org.

Volunteers Make It All Happen!

The search has begun for a location to have our annual fundraiser, the gigantic Oswego Senior Center Garage Sale. Space, parking, convenience and flexibility are key factors required in the 2016 location.

We can accept treasures currently, but do reserve the option of saying no to some. This is due to limited storage area. These are collectibles and/or antiques, plus items for Grandma’s Attic. Vehicles for full value IRS tax credit and shoes are accepted year round.

Do you have an hour a week to help prepare shoes for shipping? Please let the OSC receptionist know.

OSC is seeking one or more person to help with e-Tailing sales as an additional source of fundraising income. You will need to handle inventory the items, photograph them, provide details on each and to pre-determine shipping weight as well as to list them on eBay and follow the progress and address any questions from potential buyers. If interested contact Juanita at OSC or call her at 630-554-5602 to offer your service.
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 items 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’s 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.

DVD, 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.

In Memory of our Friends
We wish to extend our heartfelt sympathies to the family and friends of:
Charlene Hirner

Thank you!

OSC’s Supporters...
...the Foundation for Our Success

* Bridgeview Bank
* Senior Solutions
* Hearing Health Center
* Physician’s Immediate Care
* Dr. Sandra Labak
* Hillside/ARCH
* The Tillers
* Amazon Smile
* Panera Bread
* Harbor Chase of Plainfield
* Resilience Home Health
* David Erickson of Edward Jones
* Old Second Bank
* Vital Wellness
* Alden of Waterford
* VNA
* Kapt. Karaoke
* Linda Schweitzer
* Virgil Ostreng
* Bill Sobczak
* Madeline Holstrom
* Keith Bielema
* Barb Weber

FUNDING MADE POSSIBLE BY GRANTS FROM:
The Village of Oswego, Oswego Township, Kendall County, & Agency on Aging - Northeastern Illinois.
Valentine Dinner Dance

Saturday, February 13, 2016

Oswego Senior Center, Door 5 or 6
156 E. Washington St., Oswego, IL

5:00pm Doors Open
5:30pm Social ½ Hour
6:00pm Dinner

Music By: Edizon R. Dayao
Pianist, Keyboardist, DJ & Vocals

Professional Photographer
50 / 50 Raffle

Everyone Welcome
Tickets: $20 Each or $35 Two People
To RSVP by 2/11/16, call Lorraine at 630-554-5602 or sign up at the OSC.
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.

MEN’S CAREGIVER SUPPORT GROUP
January 22nd - 4th Friday of every month, 10-11am, computer room

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.

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.

CAREGIVER SERIES - ON NEW DAY
Tuesday, January 19, 2015
11:00am-1:00pm (Note Time) Meets in the Dining Room

Caregiving 101:
An Introduction to Caregiving

As disease progresses and cognition and physical ability declines, going out gets harder and caregiver roles increase. Learn about common challenges caregivers face, community resources for help with caregiving responsibilities, how to take care of yourself while caring for a loved one, how to advocate for your loved one with healthcare professionals and more! Presenter: Keith Bielema, Kendall County Health Department, Transitions Program. Sponsor: Heritage Woods of Yorkville

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

DOCTOR NOTES: A HEAD TO TOE REPORT & DISCUSSION,
AN AGING BODY EDUCATION SERIES
Hospitalitis
Wed., January 20th - 11am-12:30pm

Learn about Hospitalitis - What it is and what you can do to avoid it during your hospital stay.

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

FINANCIAL EDUCATION SERIES: RMDs
Tuesday, January 12th, 10:00am-11:30am in the Computer Room

Join us to learn about RMDs.

To register or for additional information, contact the Oswego Senior Center at 630-554-5602.
TED TALKS & DISCUSSION GROUP

January 13th - 12:30-1:30pm
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.

INTERNATIONAL COOKING

Friday, January 22nd - 1pm-2pm
Exploring the flavors of Africa:
Jollof Rice Made the Ghanaian Way.

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.

NUTRITIOUS & DELICIOUS COOKING CLASSES

Friday, January 8th - 12-2pm
Cooking for One or Two

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.

THIRD THURSDAY BOOK CLUB

Thursday, January 21st
1pm-3pm

Meets once a month on the 3rd Thursday of each month, after lunch, 1-3pm. For January, we will discuss, The Glass Castle by Jeanette Walls.
Need the book? Check your local library.

CREATIVE CLASSES & CRAFTS

TECHNOLOGY: COMPUTER CLASSES & MOBILE DEVICE HELP

Computer Classes: All classes are 1pm-2:30pm on designated date.

- Jan 5th: No Computers at all
- Jan 7th & 14th: Computer Assistance by Appointment
- Jan 12th: Learn about Family Tree Maker no longer being supported by Ancestry.com
- Jan 19th, 21st, 26th & 28th: Beginning Computer Class/4 Sessions - Must register to attend and be able to attend all 4 sessions to benefit from class

Mobile Device Lab: January 8th, 15th, 22nd and 29th - 2pm-4pm by appointment.

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

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 wood shop users are going to arrive after 1, please call ahead to make sure a woodshop volunteer will be available.

For more information, please contact Rick or Wayne at 630-554-5602.
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.

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 Thursdays lunch. $5 suggested donation, ages 60 and better.

Be Our Guest & Your First Lunch is On Us!
The Oswego Senior Center is always welcoming new guests! If you’re a new guest at the Oswego Senior Center, your first lunch is on us. Lunch is a full meal catered by Upper Crust Catering. Lunch is served every Monday or Thursday at 12:00pm. Be sure to call to reserve a place at our table.

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.

NEW DAY beginning 2016:
Wednesday, January 6th:
Famous Dave’s BBQ
2440 Route 34 - Oswego, IL 60543
http://www.famousdaves.com

Wednesday, February 3rd:
Select Restaurant
29 Boulder Hill Pass - Montgomery, IL
https://www.facebook.com/SelectRestaurant

Breakfast Club
Why mess up your kitchen and eat alone, come down for breakfast and fellowship. Cost is only $4. You absolutely can’t beat the price! All Seniors are invited to attend!

Special Veteran’s Breakfast,
1st Tuesday of each Month, Meets:
Tuesday, January 5th at 9:00am

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

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

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!

BEAN BAG BASEBALL:

SPECIAL DAY:
Friday 12/4 from 2pm - 3pm:
OSC & Beecher @ Cedar Lake

Wednesdays at 2pm - 3pm

1/6 - Plum Landing @ OSC
1/13 - OSC @ Beecher
1/20 - OSC & Beecher @ Cedar Lake
1/27 - OSC @ Diamond Apts.

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.

TUESDAY GAMES

Tuesdays at 12:30pm in the Game Room

SCRABBLE
- 3rd Tuesday each month.

MAHJONG
- Weekly, every Tuesday.

Want another game?
See Sandy or Lorraine at OSC.

NEW FEES SCHEDULE:

GENTLE YOGA & TAI CHI

Due to cuts to the grant that historically supported Yoga and Tai Chi (which allowed for a suggested donation for participation instead of required payment), OSC is moving towards required payment for Yoga and Tai Chi classes in order to support these programs. We are sensitive to expense, so we are keeping it a nominal fee. Please see Sandy or Pat if you have any questions or concerns about ability to pay.

The New Fee Schedule will start in October 2015 - One-day class and monthly passes can 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

ARMCHAIR TRAVELS

Thursday, January 21st, 10:00am
Join Bob LeClercq as he takes us on a trip to Switzerland and Austria.

Hope you can come with us!

BAGS!

Call it Bags or Cornhole, come play with us on Mondays & Thursdays, 11am until Noon, 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
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 - January 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.

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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 8-92 volunteered over
13,000 hours of service, bringing together 9 decades of community
members to work together in community service.

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**Volunteers of the Month**

This month we are honoring all the youth groups that helped with
our annual Christmas Bazaar in November for all their help in
setting up, working during the show and
tear down. It made the job of the staff and
other volunteers so much easier: Thank you
to Destiny Taylor, Mady McKelvey, The
Happy Helpers, Oswego Juniorettes,
Oswego Baseball and Softball Association,
Oswego Panthers, Goal School Students,
Joey & Nicole Kirkwood, Korie Johnson,
Jenny Jermolowicz, and Dayne Mallard.

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**Music Maestro Please!**

**Virgil Ostreng:** Monday, January 4th - 10 am.

**Bill Sobczak** plays the old songs we like to
hear on Thursday, January 14th & 28th at
10 am.

**No Kapt. Karaoke for January.**
Painting Class at OSC

Join your friends for 2 hours of fun, R&R, and creativity!

January 13th
2:00-4:00pm
Bridge Painting
on 11x14 canvas
$25, payable at class cash or check, all materials provided

RSVP by 1/11/16, 630-554-5602
Oswego Senior Center
156 E Washington, Oswego

Instructed by Sheri Sinkovits
of Sheri’s Sip & Paint

Italian Soda, Coffee & Tea will be available

OSC Gift Shop

Monday & Thursday
10am-Noon
& During OSC Events

Diane Hageman,

Winter and Christmas items are out. Drop by to see all the new items on display. Gift Shop located past the books on the left side. Open Monday and Thursday 10-12 or anytime the lights are on!

Volunteers Needed
Would you like to see the gift shop opened every day? Need volunteers to sort, price, display and cashier. Any amount of time or day is needed. See Diane in Gift Shop or Lorraine.

****DONATIONS ACCEPTED****
Accepting new and gently used items. Looking for jewelry, purses, beanie babies, décor, kitchen, and holiday items. PLEASE DROP OFF AT THE FRONT DESK. PICK UP A TAX FORM FOR YOUR DONATION. For large items please see Diane Hageman.
Join OSC for a Lunch & Show at

**Circa 21 Dinner Playhouse**
Rock Island, IL
Wed., April 6th, 2016
$75 for Dinner/Show & Motorcoach
Depart OSC: 9:00am - Return
Approx.: 5:30-6pm
Doors Open: 11:45am - Lunch: Noon - Bootleggers Show (by the Circa 21 Staffers): 1pm-1:30pm - Shear Madness Begins: 1:30pm - Depart Approx.: 3:00pm

Circa '21 is housed in the historic Fort Armstrong Theatre. Opened in 1921, the theatre was originally a vaudeville and silent movie house, among one of the most popular and unique of its day.

**Shear Madness**
Rating: PG
Quad City Premiere!

America's favorite comedy whodunit delights audiences with its unique blend of madcap improvisation and spine-tingling mystery. Shear Madness takes place in a hairstyling salon and is chock full of up-to-the-minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery. The outcome is never the same, which is why many audience members return again and again to the scene of the mayhem. This is the longest running comedy in history! It has played for over consecutive 30 years in Boston and 26 years at The Kennedy Center in Washington DC.

Absolute Deadline for reservations:
March 1, 2016
Must make payment when signing up - Must have minimum of 40 people to go.
To reserve your seats contact:
Lorraine at 630-554-5602
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.
Final Payment Due: 03/05/2016

For Information & Reservations Contact: Lorraine Schleitwiler at 630-554-5602

Oswego Senior Center Presents:
Montréal, Ottawa & Québec City
July 10-16, 2016
Per Person/Dbll 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 Beaupre 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
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.

Join Oswego Senior Center to celebrate

Oktoberfest 2016
Wed., Oct. 5th, 2016
Luncheon and Show at the beautiful
Jacob Henry Mansion
20 South Eastern Ave. - Joliet, IL
9:15am Depart OSC - 3:30pm Return to OSC
Reservations, paid in advance, $74 per person.

10:30am TOUR THE MANSION: Begin with a self-guided tour this award winning mansion, known for its original beauty and old world charm, built in 1873 and boasting over 40 rooms.

11:30am GERMAN-STYLE LUNCHEON & SHOW: Enjoy magnificent German-style cuisine followed by singing and laughing to the Johnny Wagner Band.

2:00pm TOUR THE OLD CENTRAL CHURCH: Located on the estate, the beautifully decorated exterior and interior is a classic example of grand churches in the late 1800’s.

**M **E **N **U

- Slow Cooker German-Style Pork Roast w/Sauerkraut & Potatoes
- Pretzel Rolls w/Coarse Brown Mustard
- Warm Apple Strudel
- All Luncheons Include: Fresh Tossed Garden Salad w/ Warmed Rolls & Whipped Butter, Entrée, Dessert, Coffee or Tea.
- Cash Bar Available

For Reservations see Lorraine at OSC or call: 630-554-5602 today!
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

Make the best choice for our community.

www.electpurcell.org
www.facebook.com/electpurcell
ElectPurcell@gmail.com
Paid for by Citizens to Elect Jacquie Purcell

TIME for MASSAGE

DID YOU KNOW?...
MASSAGE reduces stress by lowering cortisol, the stress hormone.
MASSAGE promotes relaxation and relieves pain by releasing endorphins, the body’s natural pain-killer.

MASSAGE rejuvenates our immune system by increasing circulation and removing toxins from the body.

So, what are you waiting for? Take Time for Massage and CALL Today!

Linda Schweitzer
(630) 554-8768
Licensed Massage Therapist
Reiki Practitioner I & II
Seniors Special Rate
60 minute massage $45
30 minute massage $25
Prices are complete, No gratuities, please.
Proven Accountability
Compassionate Leadership

About Carl
- Retired Lieutenant with the Illinois State Police — 28 years experience
- Supervising Special Agent; FBI — Illinois State Police Joint Terrorism Task Force
- 13-year military veteran — Illinois National Guard
- Current Deputy Coroner with the Kendall County Coroner’s Office

Carl’s Leadership Plan
- Enhance education by conducting quarterly trainings and reviews of sworn deputies
- Create an outreach program for our seniors and public organizations to provide better community awareness
- Establish a volunteer mass disaster program to enact a standby first responders team.

*PAID FOR BY CARL FOR CORONER

CARL GUTIERREZ
KENDALL COUNTY CORONER
CARL@CARL4CORONER.COM  WWW.CARL4CORONER.COM
Sudoku Puzzle
January 2016
(Solution on page 19)

Small Bites: Culinary Expo at the Oswego Senior Center
Stop in Hungry • Delight Your Palate and Mind • Leave Full
Tuesday, March 29th, 11:00am—1:00pm

Small Bites is the Oswego Senior Center’s inaugural culinary expo and was created as an outlet to introduce older adults to local gourmet foods and services, provide culinary education and educational demos, and create excitement about food and cooking. Small Bites brings together in one location local gourmet culinary vendors and chefs from senior living residences. Expo highlights include: free admission, free food samples, free recipes, free educational demos, and convenient shopping.

Visit www.oswegoseniorcenter.org for event updates and a complete listing of culinary vendors and chefs from senior living residences.

Complete Plumbing Service
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Visit Our Showroom
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585A Route 31 Oswego, Illinois 60543 www.rjkuhn.com
630.554.3338 630.859.3336 fax 630.892.7509

Upper Crust catering company
Yorkville, IL • (630) 553-9533 • Fax:(630) 553-1822
www.uppercrust-catering.net

Upper Crust is a high-quality catering company providing delicious breakfast, lunch and dinners catered to your specifications.

For weddings, graduations, anniversaries, private parties, holiday dinners and other special occasions, Chef Mitch Morrell brings more than 35 year’s culinary experience to make your event memorable.

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

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4th</strong></td>
<td><strong>7th</strong></td>
</tr>
<tr>
<td>BBQ BEEF SANDWICH ON A BUN</td>
<td>PORK CUTLET W/CINNAMON APPLES</td>
</tr>
<tr>
<td>Caesar Salad</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>Macaroni Salad</td>
<td>Poppy Seed Bowtie Pasta over Romaine</td>
</tr>
<tr>
<td>Brownies</td>
<td>Whole Wheat Rolls</td>
</tr>
<tr>
<td></td>
<td>Cream Puffs</td>
</tr>
<tr>
<td><strong>11th</strong></td>
<td><strong>14th</strong></td>
</tr>
<tr>
<td>BAKED STUFFED FLOURDER W/FRESH HERB SAUCE</td>
<td>CHICKEN &amp; DUMPLINGS</td>
</tr>
<tr>
<td>Spinach Salad</td>
<td>Chopped Salad w/Hard Boiled Eggs</td>
</tr>
<tr>
<td>Rice Pilaf</td>
<td>Peas &amp; Carrots</td>
</tr>
<tr>
<td>Vegetable Medley</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>Fruit Crisp</td>
<td>Cake</td>
</tr>
<tr>
<td><strong>18th</strong></td>
<td><strong>21st</strong></td>
</tr>
<tr>
<td>MEATBALL STROGANOFF W/NOODLES</td>
<td>MACARONI &amp; CHEESE CASSEROLE</td>
</tr>
<tr>
<td>Cauliflower Au Gratin</td>
<td>Garlic Bread</td>
</tr>
<tr>
<td>Strawberry Jello w/Fruit</td>
<td>Sliced Carrots</td>
</tr>
<tr>
<td></td>
<td>Cole Slaw</td>
</tr>
<tr>
<td><strong>Birthday Cake: Symphony</strong></td>
<td><strong>PIE THURSDAY</strong></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>25th</strong></td>
<td><strong>28th</strong></td>
</tr>
<tr>
<td>STUFFED GREEN PEPPERS</td>
<td>CHICKEN PARMESAN</td>
</tr>
<tr>
<td>Tossed Salad w/Bean Side</td>
<td>Linguine &amp; Marinara Sauce</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Corn O'Brien</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>Fruit Salad</td>
</tr>
<tr>
<td>Lemon Bars</td>
<td>Whole Wheat Rolls</td>
</tr>
<tr>
<td></td>
<td>Cheesecake</td>
</tr>
</tbody>
</table>

KENDALL COUNTY SENIOR CONGREGATE MEAL PROGRAM
OSWEGO SENIOR CENTER – 156 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
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 28                                         | 29 **NO Ceramics**  
9 Chair Exercise  
9-11 SHIP Rep  
9 Men’s Bridge  
10-12 Gift Shop Closed  
10-BP: Harbor Chase  
10 Bunco & Euchre  
11 Bean Bag Toss  
12 Lunch  
1 Bingo  
1 - Ladies Bridge  
1-4 OAK Carvers  
2:30 Reminiscing @ Bickford  
2-3:30 Fit & Strong | 30  
9:30 Knitting & Crocheting  
11 Wood Shop  
12:30 Tai Chi  
2- Bean Bag Baseball - Diamond Apts @ OSC  
2-3:30 – Fit & Strong | 31  
9 Chair Exercise  
9 Bridge  
**NO Ceramics**  
10-12 Gift Shop Closed  
10-12 SHIP Rep  
10 Bunco  
11 Bean Bag Toss  
12 – NEW YEAR’S LUNCH & TOAST W/ENTERTAINMENT | **JANUARY 1ST**  
**CENTER CLOSED** |**Happy New Year!**|
| 4                                          | 5 Vet Breakfast - $4  
9 Chair Exercise  
9 - 11 SHIP Rep  
9 Men’s Bridge  
10 Music by Virgil  
10 -12 Gift Shop Open  
10 BP by Alden of Waterford  
10 Bunco & Euchre  
11 Bean Bag Toss  
12 Lunch  
1 Bingo  
1 - Ladies Bridge  
1-4 Oswego Area Wood Karvers  
2-3:30 Fit & Strong  
2:30 Reminiscing @ Bickford | 6  
9:30 Knitting & Crocheting  
11 Wood Shop  
12 Lunch Bunch- Famous Dave’s - Note new day  
12:30 Tai Chi Class  
2 Bean Bag Baseball - Plum @ OSC | 7  
9 Chair Exercise  
9 – Bridge  
9-2:30 Ceramics  
10-12 SHIP Rep  
10 Bunco  
10-12 Gift Shop Open  
10 BP by Resilience Home Care  
11 Bean Bag Toss  
12 – Lunch  
1 Bingo  
1-2:30 – Computer Assistance by Appt. only |**10 Line Dancing $1**  
11 Wood Shop  
11:30 Gentle Yoga  
12-2 Cooking for One or Two  
1 Tai Chi  
2-4 Mobile Device Lab by Appt.  
**NO Senior Singers til March** |
| 11                                         | 12  
9 Breakfast - $4  
9-2:30 Ceramics  
10 – Financial Series  
-RMD’s  
11 Gentle Yoga  
11 Wood Shop  
12:30 Game Day/ Mah Jong  
1-2:30 Computer Class – Family Tree Maker no longer supported by Ancestry.com  
1:30 Dr. Saviano Foot Doctor $35.00 | 13  
9:30 Knitting & Crocheting  
11 Wood Shop  
12:30 Tai Chi  
12:30 – TED Talks & Discussion Group  
2-4 Paint Class  
2 Bean Bag Baseball – OSC @ Beecher | 14  
9 Chair Exercise  
9-2:30 Ceramics  
9 Bridge  
10 Music by Bill  
10-12 Gift Shop Open  
10 BP by VNA  
10-12 SHIP Rep.  
10 Bunco  
11 Brain Games by Harbor Chase  
11 Bean Bag Toss  
12 Lunch  
1 Bingo  
1-2:30 Computer Assistance by Appt. |**10 Line Dancing - $1**  
11 Wood Shop  
11:30 Gentle Yoga  
1 Tai Chi  
2-4 Mobile Device Lab by Appt. |
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Chair Exercise</td>
<td>19 9 Advisory Council</td>
<td>20 9:30 Knitting &amp; Crocheting</td>
<td>21 9 Chair Exercise</td>
<td>22 10 Line Dancing - $1</td>
</tr>
<tr>
<td>9 – 11 SHIP Rep</td>
<td>9:2:30 Ceramics</td>
<td>11 Wood Shop</td>
<td>9 Bridge</td>
<td>10 Men’s Caregiver Group</td>
</tr>
<tr>
<td>9 Men’s Bridge</td>
<td>11 Gentle Yoga</td>
<td>11-12:30 Drs. Notes – Hospitalitis by Hillside Rehab/ARCH</td>
<td>10-12 Gift Shop Open</td>
<td>11 Wood Shop</td>
</tr>
<tr>
<td>10 Bunco &amp; Euchre</td>
<td>11 Wood Shop</td>
<td>12:30 Tai Chi</td>
<td>10-12 SHIP Rep.</td>
<td>11:30 Gentle Yoga</td>
</tr>
<tr>
<td>10-12 Gift Shop Open</td>
<td>11 –1 Caregiver Series – Intro to Caregiving</td>
<td>2- Bean Bag Baseball - OSC &amp; Beecher @ Cedar Lake</td>
<td>10 Bunco</td>
<td>12-2 International Cooking Class</td>
</tr>
<tr>
<td>10 BP &amp; Diabetes Check by VCP</td>
<td>12:30 Mah Jong – Game Day</td>
<td>2-3 Laughter Yoga</td>
<td>10 BP: Vital Wellness</td>
<td>1 Tai Chi</td>
</tr>
<tr>
<td>11 Bean bag Toss</td>
<td>1-2:30 Beginning Computer Class</td>
<td></td>
<td>10 Arm Chair Travels Switzerland &amp; Austria</td>
<td>2-4 Mobile Device Lab by Appt.</td>
</tr>
<tr>
<td>12 Lunch</td>
<td>1 of 4 sessions Sign up</td>
<td></td>
<td>11 Bean Bag Toss</td>
<td></td>
</tr>
<tr>
<td>1 Ladies Bridge</td>
<td></td>
<td></td>
<td>12 Lunch: Pie Thursday</td>
<td></td>
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<tr>
<td>1 Bingo</td>
<td></td>
<td></td>
<td>1 Bingo</td>
<td></td>
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<tr>
<td>1-4 Oswego Area Wood Karvers</td>
<td></td>
<td></td>
<td>1-3 3rd Thursday Book Club</td>
<td></td>
</tr>
<tr>
<td>2:30 Reminiscing @ Bickford</td>
<td></td>
<td></td>
<td>1-2:30 Beginning Computer Class Session 2 of 4</td>
<td></td>
</tr>
<tr>
<td><strong>Birthdays by Symphony</strong></td>
<td><strong>Birthday by Symphony</strong></td>
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</tr>
<tr>
<td>25 Chair Exercise</td>
<td>26 9 Breakfast $4</td>
<td>27 9:30 Knitting &amp; Crocheting</td>
<td>28 9 Chair Exercise</td>
<td>29 10 Line Dancing - $1</td>
</tr>
<tr>
<td>9 – 11 SHIP Rep</td>
<td>9:2:30 Ceramics</td>
<td>11 Wood Shop</td>
<td>9 Bridge</td>
<td>11 Wood Shop</td>
</tr>
<tr>
<td>9 Men’s Bridge</td>
<td>11 Gentle Yoga</td>
<td>11-12:30 Tai Chi</td>
<td>9-2:30 Ceramics</td>
<td>11:30 Gentle Yoga</td>
</tr>
<tr>
<td>10-12 Gift Shop Open</td>
<td>11 Wood Shop</td>
<td>2- Bean Bag Baseball - OSC @ Diamond Apts.</td>
<td>10 Music by Bill</td>
<td>1 Tai Chi</td>
</tr>
<tr>
<td>10 BP &amp; Diabetes Check by Harbor Chase</td>
<td>12:30 Mah Jong – Game Day</td>
<td></td>
<td>10-12 Gift Shop Open</td>
<td>2-4 Mobile Device Lab by Appt.</td>
</tr>
<tr>
<td>10 Bunco &amp; Euchre</td>
<td>1-2:30 Beginning Computer Class Session 3 of 4</td>
<td></td>
<td>10 BP by Hillside Rehab/ARCH</td>
<td></td>
</tr>
<tr>
<td>10-12 Gift Shop Open</td>
<td></td>
<td></td>
<td>10-12 SHIP Rep.</td>
<td></td>
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<tr>
<td>10 BP &amp; Diabetes Check by Harbor Chase</td>
<td></td>
<td></td>
<td>10 Bunco</td>
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<tr>
<td>11 Bean Bag Toss</td>
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<td>11 Bean Bag Toss</td>
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<tr>
<td>12 Lunch</td>
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<td></td>
<td>12 Lunch</td>
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<tr>
<td>1 Bingo</td>
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<td></td>
<td>1 Bingo</td>
<td></td>
</tr>
<tr>
<td>1-4 Oswego Area Wood Karvers</td>
<td></td>
<td></td>
<td>1-2:30 Beginning Computer Class Session 4 of 4</td>
<td></td>
</tr>
<tr>
<td>2:30 Reminiscing @ Bickford</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Sudoko Puzzle Solution**                  | **Sudoko Puzzle Solution**                   |                                               |                                             | **OSC’s 2015 Annual Report now available online at:**
| to January 2016 Puzzle                      | to January 2016 Puzzle                       |                                               |                                             | www.oswegoseniorcenter.org                 |

**OSWEGO SENIOR CENTER is planning to publish our 2nd EDITION of “FAVORITES FROM OUR TABLE”**

*We need your fantastic tried and true recipes for you to make this possible. When you have decided which one of your fantastic recipes you would like to have in this Edition, please submit it to OSC.*

**Be sure to put your name on it!!!**
Thoughts of Winter

Cold  Cozy  Earmuffs  Fireplace
Firewood  Freezing  Frozen Ponds  Heavy Coats
Gloves  Hot Chocolate  Icicles  Jackets
Logs  Scarves  Shovel  Skates
Snowball Fights  Snow Blower  Snowman  Temperature
Wind Chill  Forecasts  Blizzard  Skiing
Slippery Streets  Skidding  School Closing  Sleds
Toboggan  Snowmobiling  Sleigh Rides  Marshmallows
Boots  Snowsuits  Flannel Underwear