

Frisbie Senior Center

For more info on our programs,
please call (847) 768-5944
All programs require advanced registration



**Senior Police
Corps. and Fire
Wed., May 1
10 AM to 12 PM**



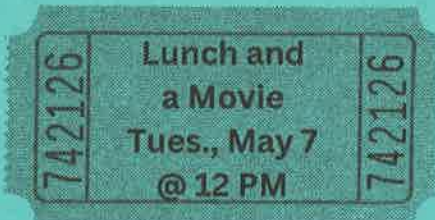
Wed., May 1 @ 12 PM
Join us for this monthly series which will feature a health and wellness topic. *Please note: You MUST be present for the entire presentation to receive a lunch.*



**Veterans
Roundtable
Thurs., May 2 @ 11 AM**
Join us monthly for coffee & as well as for discussion around topics related to Veterans.



**Friday, May 3
M: \$10 NM: \$12
Pick up is @ 12 PM
Register by April 26**
Celebrate Cinco de Mayo with lunch to go that will feature shredded chicken over tortilla chips with melted cheese, diced tomatoes, olives, sour cream, guacamole, and a Jarrito for your beverage.



Poor Things
Brought back to life by an unorthodox scientist, a young woman runs off with a debauched lawyer on a whirlwind adventure across the continents. Free from the prejudices of her times, she grows steadfast in her purpose to stand for equality and liberation.
Starring Emma Stone, Mark Ruffalo, Willem DaFoe.
Registration Due May 3



**Financial
Coffee Talk
Wed., April 10
@ 10AM**
Christine Chervenak, from Edward Jones will be leading this monthly "Coffee Talk" to discuss important financial topics.



**Intergenerational
Prgm.
Painting Party
Thurs., May 9 @ 4 PM**
Join members of the Des Plaines Youth Commission for lunch & project with the Art Guild.



**Monday, May 13
10AM to 12PM**
Spread the Word!! The Senior Advisory Council will be hosting an Open House. Invite your neighbors, friends, and family who you think would be able to benefit from the programs we offer here.



Chinese

Tea Demonstration

Tues., May 14th

Doors Open at 11:30 AM

M/NM: \$15

Join us for tea sandwiches followed by a Traditional Chinese Tea Demonstration given by Yvonne Wolf. Gain a brief background on the origin of tea and its role in East Asian social interactions along with its many benefits. Engage in the ritual of tea handling, tea ware function and identification, and proper tea steeping.



Podiatry Services

Wed., May 15

12:30- 3:30

(appts. required)

Dr. Truncale, from Podiatry of Arlington Heights, specializes in Diabetic Foot Care, Wound Care, Surgery of the Foot, Orthotics, Toenail fungus, Warts, Flatfeet, Bunions, Hammertoes, Gout, Heel Pain, Neuromas, Sprains, Fractures, Geriatric Foot Care and Ingrown Toenails.

Please bring your completed form, ID, Insurance card and a list of your medications to your appt.



Thurs., May 16

Doors Open at 10:30 AM

M/NM: \$15

This months Brunch and Brew will be a Country Breakfast Bowl filled with tater tots, sausage gravy and scrambled eggs topped with shredded cheddar cheese served alongside a cup of fruit. Get your boogie on after breakfast as we welcome back Tom Cash (Noon Years Eve) Registration due by May 9



Monday, May 20

@ 12 PM

Compete in this monthly challenge and win a prize.



Sponsored by

Generations at Oakton

Thurs., May 23rd @ 12 PM

M: \$12 NM: \$15

Register by May 17

Join us to kick off the unofficial start of summer with our annual bbq. We will be grilling up burgers with all the fixings, served alongside roasted garlic butter parmesan potatoes and corn fritters. The Jammers will be our afternoon entertainment followed by banana pudding for dessert.



The Frisbie Center will be closed on Mon., May 27 in Observation of Memorial Day



Bunco and Pizza

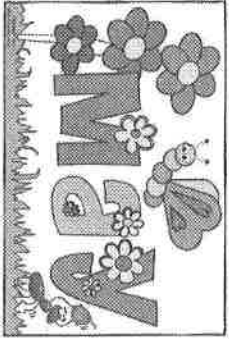
Wed., May 29

@ 12 PM

Join us monthly for this friendly game of bunco. Enjoy pizza, from a local establishment, followed by 2 games of bunco. Prizes awarded each round to highest scorer. Highest overall scorer will be awarded grand prize at the end.

Register by May 24

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:45 Ping Pong</p> <p>9:00 Woodcarvers</p> <p>9:00 Zumba Gold</p> <p>10:30 Adv. Ping Pong</p> <p>10:30 Line Dancing</p> <p>11:30 Beginners Line Dance</p> <p>12:00 People's Poker</p> <p>12:30 Pickleball</p> <p>12:30 Pinochle</p>	<p>8:45 Ping Pong</p> <p>9:00 Arts and Crafts</p> <p>11:00 Line Dancing</p> <p>12:00 Lunch and a Movie</p> <p>12:30 Pinochle</p> <p>1:00 Chair Yoga</p> <p>1:00 Rummikub</p>	<p>8:45 Ping Pong</p> <p>10:00 Police Corps.</p> <p>10:30 Chair Beachball Volleyball</p> <p>11:45 Better Balance</p> <p>12:00 Lunch and Learn</p> <p>12:30 Canasta</p> <p>1:00 Chair Yoga</p> <p>1:00 Quilting Group</p>	<p>8:30 Billiards</p> <p>8:45 Tai Chi</p> <p>10:00 MP Quilting Grp.</p> <p>10:45 Adv. Ping Pong</p> <p>11:00 Veterans Roundtable</p> <p>12:30 Pinochle</p> <p>1:00 Mexican Train Dominoes</p>	<p>8:30 Billiards</p> <p>9:00 Zumba Gold</p> <p>10:00 Mexican Train Dominoes</p> <p>10:15 Adv. Ping Pong</p> <p>12:00 Fiesta Pick Up</p> <p>12:30 Line Dancing</p> <p>1:00 Cash Bingo</p>
<p>8:45 Ping Pong</p> <p>9:00 Woodcarvers</p> <p>9:00 Zumba Gold</p> <p>10:30 Adv. Ping Pong</p> <p>10:30 Line Dancing</p> <p>11:30 Beginners Line Dance</p> <p>12:00 Art Guild</p> <p>12:00 People's Poker</p> <p>12:30 Pickleball</p> <p>12:30 Pinochle</p>	<p>8:45 Ping Pong</p> <p>9:00 Arts and Crafts</p> <p>11:00 Line Dancing</p> <p>12:00 Chinese Tea Demo</p> <p>12:30 Pinochle</p> <p>1:00 Chair Yoga</p> <p>1:00 Rummikub</p>	<p>8:45 Ping Pong</p> <p>10:30 Chair Beachball Volleyball</p> <p>11:45 Better Balance</p> <p>12:30 Canasta</p> <p>12:30 Podiatrist (appts. required)</p> <p>1:00 Chair Yoga</p> <p>1:00 Quilting Group</p>	<p>8:30 Billiards</p> <p>8:45 Tai Chi</p> <p>10:00 MP Quilting Grp.</p> <p>10:45 Adv. Ping Pong</p> <p>11:00 Boot Scootin Boogie Brunch and Brew</p> <p>12:30 Pinochle</p> <p>1:00 Mexican Train Dominoes</p>	<p>8:30 Billiards</p> <p>9:00 Zumba Gold</p> <p>10:00 Mexican Train Dominoes</p> <p>10:15 Adv. Ping Pong</p> <p>12:30 Line Dancing</p> <p>1:00 Cash Bingo</p>
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<p>Closed in Observation of Memorial Day</p>	<p>8:45 Ping Pong</p> <p>9:00 Arts and Crafts</p> <p>11:00 Line Dancing</p> <p>12:30 Pinochle</p> <p>1:00 Chair Yoga</p> <p>1:00 Rummikub</p>	<p>8:45 Ping Pong</p> <p>10:30 Chair Beachball Volleyball</p> <p>11:45 Better Balance</p> <p>12:00 Bunc & Pizza</p> <p>12:30 Canasta</p> <p>1:00 Chair Yoga</p> <p>1:00 Quilting Group</p>	<p>8:30 Billiards</p> <p>8:45 Tai Chi</p> <p>10:00 MP Quilting Grp.</p> <p>10:45 Adv. Ping Pong</p> <p>12:30 Pinochle</p> <p>1:00 Mexican Train Dominoes</p>	<p>8:30 Billiards</p> <p>9:00 Zumba Gold</p> <p>10:00 Mexican Train Dominoes</p> <p>10:15 Adv. Ping Pong</p> <p>12:30 Line Dancing</p> <p>1:00 Cash Bingo</p>



Garden Club Plant Sale tomorrow: 8-12 or while supplies last

Membership

	<p>Join at anytime of the year. Annual Membership runs 1 year from the date you joined.</p>	
Single	1 Yr \$75	2 yrs. \$130
Couple*	\$120	\$220
	<p>*Must live in the same household. Proof of address required</p>	

Outreach

<p>Russell Meredith VFW Representative 1st Monday of each month 9 AM to 3 PM</p>
<p>Lisa Mendez Hines V.A. Outreach Coordinator 3rd Tuesday of each month 10 AM to 2 PM</p>

Services

<p>Benefit Access Program The Benefits Access Program offers two benefits to seniors and persons with disabilities: license plate discount and free rides on fixed-route transit systems. To be determined eligible you must submit a benefits access application on the internet. Paper applications are not available. Eligibility is based on age, disability, residency, and income.</p>		<p>Medicaid Application Medicaid is a joint federal and state program that provides health coverage (eligibility based on modified adjusted gross income). Other available programs include SNAP benefits and Medicare Savings Program.</p>
<p>Handicap Placards We offer temporary handicap placards (3 months). Your doctor will need to fill out a form in order to obtain placard.</p>		<p>Medical Closet Open Monday thru Friday 9AM to 3:30 PM Rent or purchase gently used medical equipment at a discounted rate.</p>
<p>Meals on Wheels Delivery takes place Monday thru Friday to homebound Des Plaines residents only. Call (847) 894-3482 for more info.</p>		<p>SHIPs Counseling A free and unbiased statewide health insurance counseling service for Medicare beneficiaries, their families and caregivers.</p>

Thank you to all those who have renewed their Membership and have become New Members*.

Ray & Maria Bahamon*
Alice Barnhart
Mary Barrett*
Emilis Bertulis
Evelyn Coombs
Corliss Copeland*
Carol Heneghan
Ronald Hogdahl
Karen Kozenczak & Carl Pletzke

Mary Pat Madden
Donald & Annette Martinelli*
Tim McEvoy & Lynne Jeffers*
Joan Morgan
Mary Olson
Diane Ostermann
Paula Shoemaker
Daniel Tan
Christine Yum*

**Membership Expiration Dates are listed in parenthesis on your newsletter envelope address label .
Please make sure to pay your membership dues on time.**

Senior Advisory Council

Meet the 2nd Tuesday of each month @ 9:30 AM

Shout out to: Steve Stanke

We are very fortunate to have Steve, our all around maintenance man and chef! He's a man of many talents. Not only does he maintain the building, but handles medical closet, cooks, steps in and calls bingo and brings smiles to our faces.

We are very lucky to have this talented man.

"10 for 10 for 10" Program 2024

The "10 for 10 for 10 Program" is an affordable way for you to make a charitable gift to your Senior Center. Simply donate \$10 for 10 months, or the entire \$100, to be eligible for 10 prizes awarded for the months of **February - November**.

Not only will you support the Senior Center, you will also be automatically entered into a raffle (every month) for fantastic prizes.

Please note, all \$10 donations are due by the end of each month to be eligible for that months prize. To be eligible for November's prize, you must donate for all 10 months.



Nancy Brandt
Darlene Budakovic
Joan Bugay
Judy Ciezadlo
Ann Fastert
Rita Howley
Gloria Kazimer
Ann Kuta
Arylis Lisner
Gloria Ludwig
Holly Lynch

Sharon Madison
Joanne Masri
Sherry McKee
David Meegan
Thomas Molina
Kathy Montalbano
Rose Pinnock
Elaine Plummer
Joyce Raygor
Ann Ritti
Irma Rodriguez

Diane Schmidt
Debbie Skrzypek
Mary Jo Thelander
Pat Tomasiewicz
Mona Vady
Linda Villarreal
Angela Volpe
Karen Wierer
Barb Winfield
Denise Yonkers

March Winner~ Joan Bugay (\$50 Gift Card to Katie's Kitchen)

Our Corporate Partners

Diamond Partners



Platinum Partners

Gold Partners

Oak Street Health

Silver Partners

Ascension Holy Family Journal & Topics Greg MacDonald, Attorney at Law
Ptasinski & Smith

Bronze Partners

@properties, Sharon Lynch Alden of Des Plaines Arden Courts of Elk Grove Village Baird & Warner, Andrea John

Edward Jones, Dan Chervenak and
Christina Chervenak

Generations at Oakton Place

Health Insurance
Exchange of the Midwest

One Trust Home Loans

Right at Home

FRISBIE SENIOR CENTER

52. E Northwest Hwy Des Plaines 847-768-5944

Ongoing Exciting Day Trips Planned for 2024

Day Trips

Register now

Call 847-768-5944 M-F 8:30-

Join us we're having fun!



New Buffalo
Wednesday,
JUNE 26TH

8:00am-5:30pm

\$37mem \$47 non mem

\$15 Slot play \$10 Food

DLB points / Buffet Open



Carol King Musical
Paramount Theatre

Hot Buffet Lunch

Wednesday, May 22nd

10:45am - 5:30pm

\$79 Mem \$89 Non Mem



Historic
Auto Museum

Where History Meets Entertainment

Thursday, July 18th

8:30am-3:30pm

\$68 mem \$78 non mem



Potawatomi
Casino

Tuesday, May 28th

8:00am - 5:30pm

\$39 Mem - \$49 Non Mem

Slot play \$10 Food credit \$10



Illinois Railway
Museum

Includes a 45 Minute Train ride
Several museums & stores

Lunch at Checker's II Restaurant

Tuesday, June 18th

9am- 3:30pm

Mem \$63 \$73 Non Mem

Join us for....
Travel Talk with
Mayflower Cruises & Tours
Friday, April 5th
10:30 am

2024 Mystery Trip
December 4th-8th

That's the fun of it. You don't
know!!! There's a
surprise around every corner.

2025

Alaska Cruising aboard
The Nieuw Amsterdam

No reservation Necessary

Questions

Call Sally: 847-207-9438

