



Frisbie Senior Center

For more info on our programs,
please call (847) 768-5944

All programs require advanced registration



**Sponsored by
Harmony Care Home
Services, Inc.**

This month's brunch will feature a slice of bacon and egg quiche served alongside breakfast potatoes with peppers and onions, blueberry pancakes and glazed fruit medley.



**Veterans
Roundtable
Thurs., April 4 @ 11 AM**

Join us monthly for coffee & as well as for discussion around topics related to Veterans.



**Aging in Place
Tues., April 9
@ 11 AM**

Jim Whittingham, from Lifeway Mobility, will be onsite to variety of accessibility solutions, bathroom safety solutions as well as the costs of these projects, any construction notes, possible funding sources, and the role the ADA has in our lives.



**Senior Police
Corps. and Fire
Wed., April 3
10 AM to 12 PM**



**National
Deep Dish Pie Day
Fri., April 5 @ 12 PM
M: \$10 NM: \$12**

In celebration of National Deep Dish Pie Day, we will be ordering Cheese Deep Dish from 3 Mystery Places. You will receive a 1/2 slice of each. Pick your favorite and see if you can guess where each one is from.

Register by April 3



Wed., April 3 @ 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.*



**Intergenerational Prgm.
Lunch and Late Blooms
Mon., April 8 @ 12PM**

Join members of the Des Plaines Youth Commission for lunch & project with the Art Guild.



**Financial Coffee Talk
Wed., April 10 @ 10AM**

Christine Chervenak, from Edward Jones will be leading this monthly "Coffee Talk" to discuss important financial topics.

Des Plaines Library



Wed., April 17 @ 10AM
Remarkably Bright
Creatures
by Shelby Van Pelt

After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago.

Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors—until he forms a remarkable friendship with Tova.

Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late.



The Board of Directors
cordially invites you to the
2024 Annual
Annual Membership
Meeting

Thurs., April 18

Senior Expo:

8:30 AM-9:30 AM

Meeting Begins at 9:30 AM.

Please RSVP by April 17

All Morning Programs are
CANCELLED so members
can attend this event.



Cooking Class

Fri., April 19 @ 10AM

M: \$5 NM: \$7

Register by April 15

During this month's
cooking class,
Chef Steve will teach you
how to prepare Chicken
3 ways...

Picatta, Parmesan and
Orange.



Podiatry Services

Wed., April 17

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.



Hearing Screening

Mon., April 22

10AM-12PM



Monday, April 22

@ 12 PM

Compete in this monthly
challenge and win a
prize.





Memory Screening

**Sponsored by
Arden Courts of
Elk Grove Village**

**Tues., April 23
10AM-2PM**

Appointments Required



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.



Lunch and a Movie

Tues., April 23

@ 12 PM

Tickets: \$10

Oppenheimer

Oppenheimer is a biopic about J. Robert Oppenheimer, the scientist who led the Manhattan Project to develop the atomic bomb. The film follows Oppenheimer's life from his early days as a brilliant physicist to his role in the creation of the most destructive weapon ever made. Oppenheimer is a complex and conflicted figure, and the film explores his inner turmoil as he wrestles with the moral implications of his work. The film also examines the impact of the atomic bomb on the world, and its legacy for generations to come.

**Advanced Registration
Required by April 18**



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**



Thurs., April 25

Doors Open @ 11:30 AM

M: \$12 NM: \$15

Register by April 17

Celebrate Spring with us and feast on Caesar salad as your appetizer, followed by Honey Glazed Ham with roasted asparagus and scalloped potatoes with leeks. Saddle Shoe Sisters will be the entertainment, followed by lemon drizzle cake for dessert.



**Sponsored by Generations at
Oakton**

Thursday, 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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beginners Line Dance 12:00 Art Guild 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle	2 8:45 Ping Pong 9:00 AARP Tax-Aide (appts. req.) 9:00 Arts and Crafts 10:00 Arthritis Exercise 11:00 Line Dancing 11:00 Brunch and Brew 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	3 8:45 Ping Pong 9:00 AARP Tax-Aide (appts. req.) 10:00 Police Corps. 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:00 Lunch and Learn 12:30 Canasta 1:00 Chair Yoga	4 8:30 Billiards 8:45 Tai Chi 10:00 MP Quilting Grp. 10:45 Adv. Ping Pong 11:00 Veterans Roundtable 12:30 Pinochle 1:00 Mexican Train Dominoes	5 8:30 Billiards 9:00 Zumba Gold 10:00 Mexican Train Dominoes 10:15 Adv. Ping Pong 12:00 National Deep Dish Pie Day 12:30 Line Dancing 1:00 Cash Bingo
8 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beginners Line Dance 12:00 Intergenerational Prgm. 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle	9 8:45 Ping Pong 9:00 Arts and Crafts 11:00 Aging in Place 11:00 Line Dancing 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	10 8:45 Ping Pong 10:00 Financial Coffee Talk 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 1:00 Chair Yoga	11 8:30 Billiards 8:45 Tai Chi 10:00 MP Quilting Grp. 10:45 Adv. Ping Pong 12:30 Pinochle 1:00 Mexican Train Dominoes	12 8:30 Billiards 9:00 Legal Counsel (Appt. Req) 9:00 Zumba Gold 10:00 Mexican Train Dominoes 10:15 Adv. Ping Pong 12:30 Line Dancing 1:00 Cash Bingo
15 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beginners Line Dance 12:00 Art Guild 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle	16 8:45 Ping Pong 9:00 Arts and Crafts 11:00 Line Dancing 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	17 8:45 Ping Pong 10:00 D.P. Library Book Club 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 12:30 Podiatrist (appts. required) 1:00 Chair Yoga 1:00 Quilting Group	18 Annual Membership Mtg. All Morning Prgms Cancelled 8:30-9:30 Senior Expo 9:30 Meeting Begins 12:30 Pinochle 1:00 Mexican Train Dominoes	19 8:30 Billiards 9:00 Zumba Gold 10:00 Cooking Class 10:00 Mexican Train Dominoes 10:15 Adv. Ping Pong 12:30 Line Dancing 1:00 Cash Bingo
22 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 10:00 Healing Screening 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beginners Line Dance 12:00 Art Guild 12:00 People's Poker 12:00 Trivia 12:30 Pickleball 12:30 Pinochle	23 8:45 Ping Pong 9:00 Arts and Crafts 10:00 Memory Screening 11:00 Line Dancing 12:00 Lunch and a Movie 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub	24 8:45 Ping Pong 10:30 Chair Beachball Volleyball 11:45 Better Balance 12:30 Canasta 12:30 Podiatrist (appts. required) 1:00 Chair Yoga 1:00 Quilting Group	25 8:30 Billiards 8:45 Tai Chi 10:00 MP Quilting Grp. 10:45 Adv. Ping Pong 12:00 Spring Luncheon 12:30 Pinochle 1:00 Mexican Train Dominoes	26 8:30 Billiards 9:00 Legal Counsel (Appt. Req) 9:00 Zumba Gold 10:00 Mexican Train Dominoes 10:15 Adv. Ping Pong 12:30 Line Dancing 1:00 Cash Bingo
29 8:45 Ping Pong 9:00 Woodcarvers 9:00 Zumba Gold 10:30 Adv. Ping Pong 10:30 Line Dancing 11:30 Beginners Line Dance 12:00 Art Guild 12:00 People's Poker 12:30 Pickleball 12:30 Pinochle	30 8:45 Ping Pong 9:00 Arts and Crafts 11:00 Line Dancing 12:30 Pinochle 1:00 Chair Yoga 1:00 Rummikub			



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

Ruby Bailey*
Beth Barcal*
Joyce Blasi*
Maria Carrasquillo*
Dominic & Norma DiSilvio*
June Eldridge
Lillian Gerlach &
Rodney Ely
Patricia Hacker
Marilyn Healy*

Laurie Knodel
Sally Kofl*
Ann Kuta
Saad & Mona Laban*
MaryPat Lamberty
Marilyn Long
Rich & Gloria Ludwig
Raymond Markham
Jackie Miller

Tess Miller*
Nancy Murray*
Stuart & Rose Pinnock
Carol Powers
Peg Rank*
Carol Samartino
Dorothy Simon
Lera Stahl
Mary Jo Thelander
Patricia Tomasiewicz

**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

Our Volunteers...where would we be without them?!?!?!?

Roses to: Diane Nolan, who tends to our plants; inside and outside. Helps Chef Steve in the kitchen and donates her time to the Veterans Roundtable. Always willing to help whenever needed.

Shout out to the drivers for our Meals on Wheels Program. The participants really do appreciate it!

Volunteers are always needed in our

Resale Store, at the front desk, helping with bingo or collating our newsletter

Open House Scheduled for Monday, May 13th: 10AM to 12PM

"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
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

February Winner~ Holly Lynch (\$50 Gift Card to Jewel Osco)

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 Day Trips

Where Seniors are Independent, Engaged, & Connected

Some Exciting Day trips Planned for 2024

**Day Trips
Reservations
Call 847-768-5944 M-F 8:30-4
Join us we're having fun!**

Beautiful
The Carole King Musical

**A Carol King Musical
Paramount Theatre**

Hot Buffet Lunch

Wednesday, May 22nd

10:45 - 5:30

\$79 Mem \$89 Non Mem



**Potawatomi
Casino**

Tues. 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

9:00 am - 3:30 pm

\$63 Mem \$73 Non Mem



**New Buffalo
Wednesday,
October 25 th
8:00am-5:30pm**

**\$37mem \$47 non mem
Slot play \$15 Food
DLB points / Buffet Open**

Historic Auto Museum

Where History Meets Entertainment

Thursday, July 18th

8:30am-3:30pm

\$68 Mem \$78 non mem

**Travel Talk with
Mayflower Cruises
& Tours**

April 5th 10:30

Mystery Trip 2024

December 4th -8th

Where are we going???

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



Save the Dates (Dates subject to Change) **2024 Day Trip Snippets**

Let's create some GREAT Memories Together!!

March 20th	Paramount Theatre Billy Elliot Buffet lunch included
April 10th	Four Winds Casino Buffet open Senior
May 22th	Paramount Tribute to Carol King with Lunch Buffet
May 28th	Potawatomi Casino Senior Day
June 18th	Illinois Railway Museum, Includes Train ride Checkers Restaurant
June 26th	Four Winds Casino Senior Day
July 18th	Historic Auto Museum w/Lunch
July 30th	Potawatomi Casino Senior day
Aug 9th	Lambs Farm with lunch <u>Cookies, Cocktails & Cannoli</u>
Aug 23rd	All in the Italiano Family Wine tasting Mambo Italiano for lunch
Aug 28th	Four Winds Casio Senior Day
Sept 12th	Royal Oak Farm Apple Pick Apples, Famous Pot pie f
Sept.17h	Potawatomi Casino Senior day
Sept 18th	Paramount Theatre and Buffet lunch PLAY TO BE ANNOUNCED
Oct 9th	Four Winds Casino Senior Day
Oct. 10th	Jillian Gabrielle as "Lucille Ball " w/ Lunch Frisbie Senior Center
Oct. 30th	Cannabis ,Titanic, Lindy's for Lunch
Nov. 12th	Potawatomi Casino Senior Day
Nov, 27th	Paramount Theatre/ Lunch PLAY TO BE ANNOUNCED
Dec. 11th	Four Winds Casino Senior Day Buffet Open

PLEASE NOTE: additional trips will be added

**Frisbie Senior Center
52 E Northwest Highway
Des Plaines, Il. 60016 Call: 847-768-5944
There's a whole world out there waiting to meet YOU!!!**