

# Senior News of Forest Park



## WHAT IS THE SILVER BEAT?

Far too often, scam artists perceive senior citizens as vulnerable and relatively wealthy due to their ability to access retirement accounts and pensions. As a result, seniors are the targets of a wide range of scams, exploitation and fraud.

The Silver Beat is an educational training program created by Illinois Attorney General Lisa Madigan to ensure that seniors have the knowledge and tools they need to better protect themselves from con artists and deceptive business practices. In partnership with AgeOptions, the Attorney General's Office trains a corps of older adults to recognize and avoid scams and, once armed with this knowledge, to educate other seniors.

Active participants in the Silver Beat program assist their communities by disseminating information and educating their peers on how to protect themselves from fraud. Here's a sampling of what seniors can expect to learn about at a Silver Beat training:

- Financial exploitation & scams, including information about debt settlement traps and how to avoid fake check cashing scams;
- "Reverse Mortgages" and if they are really right for you;
- The Senior Medicare Patrol (SMP) Project & health care fraud;
- Your rights under the new credit card rules; and
- How you can protect yourself, your friends and family from scam artists and fraudulent businesses.

If you are interested in learning more about this program, or attending or hosting a Silver Beat training, please contact Ella York at 618-529-6489 or e-mail at [eyork@atg.state.il.us](mailto:eyork@atg.state.il.us).

Dear Friends:

Spring is just around the corner and we're looking forward to good weather and sunshine. We have many new & interesting adventures in the next two months.

March begins with a test of fate & fortune as we cross the Indiana Border to **Horseshoe Casino**. The following week Come and **celebrate St. Patrick's' Day right here at the Center**. We'll have a traditional Corned Beef meal with other Irish delights. We keep the Gold flowing as we set out to **Theater at The Center** in Muenster, Indiana for **On Golden Pond**. We close out March at **Mercury Theater** in North Chicago to enjoy **The Addams Family Musical**. **Bingo in March** will be a week early **on the 19<sup>th</sup>**.

April comes in like a lion with our **Mystery Trip** sure to leave you guessing. We follow up that excitement with a favorite revisited as we travel through **Joliet's Murals, Art & Lockport** and a long awaited stop at **TRUTH** for Lunch. With Tax day on the 15th, what better way to spend the day then seeing where the money goes with a trip to **The Federal Reserve** and lunch at **The Walnut Room** in downtown Chicago. April doesn't stop there, we'll see **Carousel** with **The Lyric Opera** and close out the month with a trip to **LaSalle** for lunch and then travel back in time to 1848 on a special guided Canal **Boat Ride**.

There are also many festivities to be had on Madison Street and throughout The Village. Join the greatest group of people in the world, The Forest Park Senior Club & sign up for our trips!

Happy St. Pat's Day & a Very Happy Easter Everyone,

Love,

*Karen*

HOWARD MOHR COMMUNITY CENTER  
7640 JACKSON BOULEVARD  
FOREST PARK, IL 60130  
708-771-7737

*ANTHONY CALDERONE, MAYOR*  
*Karen Dylewski, Director*  
*Denise Murray, Trip Coordinator*

# HAPPY BIRTHDAY!

Beatrice Schejbal	Dorothy Connors 3/9	Minnie Gibson 3/20		Evelyn Parazin 4/22
Geraldine Kowalski 3/1	Frieda Firinauskas 3/9	Carol Chipala 3/22	Earline Spight	Gil Prince 4/22
Barbara Marousek 3/2	Heidi Gannon 3/9	Ann DeVitt 3/23	Dorothy Vesley 4/1	Marlene Jansky 4/23
Jane Drake 3/3	Conni Irwin 3/9	Terry Uidl 3/23	Zenna Sims 4/4	Rose Marie Savino 4/23
Julia Malone 3/3	Emma Jean Butler 3/10	Donna Cwenar 3/25	Alice Rose 4/5	Hugo Ley 4/24
Cecelia Fox 3/5	Bernice Schawel 3/11	Georgia Thompson 3/25	Pat Riske 4/6	Amelia Rak 4/25
GiGi Garbe 3/5	Ed Jansky 3/12	Jeanette Sprovier 3/26	Chere Stuermer 4/17	Mary Ann Rehm 4/28
Donna Blackaller 3/7	Elaine Pile 3/14	Dora Bridges 3/28	Jo Ann De Paolis 4/21	Ann Gongol 4/30
Jan McGrath 3/8	Marilyn Harrington 3/16	Arlene Noworul 3/28	Corrine Jembrycki 4/21	
Elsie Norberg 3/8	Roland Schawel 3/18	Peggy Bork 3/29	Joette Ojeda 4/21	
Ken Chudik 3/9	Mary Ann Sladek 3/18	Rick Wojcik 3/30		

## DON'T FORGET.....



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 1	<u>March 2</u> AARP TAX PREP 9-3 Appt. required	<u>March 3</u> AARP TAX PREP 9-3 Appt. required Senior Citizen Club 11:00AM Senior Exercise 1PM	March 4 Senior Casino Trip	March 5 Library Discussion group 1 pm at Center	March 6	March 7 Forest Park St. Pat's Day Parade 1 PM 
March 8  DAYLIGHT SAVINGS Set your clock ahead 1 Hour	<u>March 9</u> AARP TAX PREP 9-3 Appt. required	<u>March 10</u> AARP TAX PREP 9-3 Appt. required Senior Citizen Club 11:00AM Senior Exercise 1PM	March 11 Senior St. Pat's PARTY! 	March 12 Senior Movie  <u>The Grand Budapest Hotel</u> 1 PM	March 13	March 14
March 15	<u>March 16</u> AARP TAX PREP 9-3 Appt. required	<u>March 17</u> St. Pat's Day AARP TAX PREP 9-3 Appt. required Senior Citizen Club 11:00AM Senior Exercise 1PM 	March 18 Senior GOLDEN POND Trip	March 19 Senior Bingo 	March 20	March 21 BOY SCOUT Pancake Breakfast 7 am -Noon FPCC 
March 22	<u>March 23</u> AARP TAX PREP 9-3 Appt. required	<u>March 24</u> AARP TAX PREP 9-3 Appt. required Senior Citizen Club 11:00AM Senior Exercise 1PM	March 25 ----->	March 26 Senior ADDAMS FAMILY Trip	March 27	March 28 Easter Youth EGGstravaganza Community Center 
March 29 	<u>March 30</u> AARP TAX PREP 9-3 Appt. required	<u>March 31</u> AARP TAX PREP 9-3 Appt. required Senior Citizen Club 11:00AM Senior Exercise 1PM FOREST PARK VEHICLE STICKERS EXPIRE	April 1 April Fools' Day  Senior MYSTERY Trip	April 2 Library Discussion group 1 pm at Center	April 3 Good Friday 	April 4
April 5 Easter Sunday 	<u>April 6</u> AARP TAX PREP 9-3 Appt. required	April 7 NEWSLETTER for May/June NO AARP tax ELECTION DAY Senior Citizen Club 11:00AM Senior Exercise CXL	April 8 Senior Lunch & Movie Trip	April 9 Senior Movie <u>The Giver</u> 1 PM 	April 10	April 11
April 12	April 13	April 14 Senior Citizen Club 11:00AM Senior Exercise 1PM	April 15 Senior FEDERAL RESERVE Trip	April 16 	April 17	April 18
April 19 	April 20 IL Sec. of State Rules of the Road 10 am	April 21 Senior Citizen Club 11:00AM SENIOR EXERCISE 1:00PM.	April 22 Earth Day  Senior CAROUSEL Trip	April 23 Senior Bingo 	April 24 Youth Boys' Night Community Center	April 25 FP Chamber Wine, Walk & Shop
April 26	April 27	April 28 SR Cit Club 11AM SR EXERCISE 1PM.	April 29 Senior LaSalle Boat Trip	April 30		

# FOREST PARK SENIOR TRIPS MARCH – APRIL 2015

**MARCH 4**



Join us for 5 hours of premier gaming as we travel to **Hammond, Indiana**. The legendary **Horseshoe Casino** is Chicagoland's number one destination for 21 and over gambling, dining, and casino entertainment. **You will have a \$10.00 Slot Credit and complimentary Buffet Lunch overlooking beautiful Lake Michigan. Plus round trip deluxe transportation. YOU MUST HAVE A VALID STATE ID OR DRIVER'S LICENSE AND FURNISH YOUR FULL NAME, ADDRESS, EMAIL ADDRESS ( we can help you set one up) along with DATE OF BIRTH FOR PASSENGER MANIFEST**

<b>Food: The Village Square Buffet</b>	<b>Cost:</b>	
<b>Lauded in reviews and widely recognized as a best bet for buffets, Village Square is truly a legendary dining experience,</b>	<b>Resident:</b>	<b>\$40.00</b>
	<b>Non Resident:</b>	<b>\$44.00</b>

**Pick up 8:30am LEAVE 9:00am Approximate Return 4:30-5 pm**  
**PAYMENT DUE TUESDAY FEBRUARY 17 for HORSESHOE CASINO**



**MARCH 11**



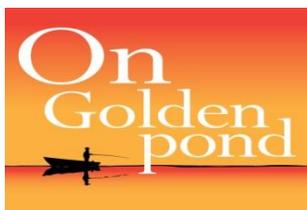
Come and **celebrate St. Patrick's' Day right here at the Center**. We'll have a traditional Corned Beef meal with other Irish delights. We'll lift a glass of Green Beer, then sing and dance the afternoon away with The Stingrays Band. Lucky leprechauns will be here with a Split the Pot raffle & other prize drawings too!

<b>Pre Set Menu</b>	<b>Cost:</b>	
<b>Corned beef, cabbage, carrot coins, Potatoes, rye bread, dessert &amp; more</b>	<b>Resident:</b>	<b>\$38.00</b>
	<b>Non Resident:</b>	<b>\$42.00</b>

**Pick up 10:15am Start 11:00am Approximate End 3:00 pm**  
**PAYMENT DUE MONDAY FEBRUARY 23 for THE ST. PAT'S DAY PARTY**



**MARCH 18**



Let's keep the Gold flowing as we set out to **Theater at The Center** in Muenster, Indiana for **On Golden Pond**. The beloved comic play of an elderly couple enjoying their latest summer in a cottage on a Maine lake as they come to terms with the husband's advancing age and his estrangement from his newly engaged daughter. Meal includes Cream of Tomato Soup, vegetable of broccoli florets, Spaetzle noodle dumplings, Coffee, Tea & Water, and Vanilla Pudding. There will be a cash bar available.

<b>Food Selections:</b>	<b>Cost</b>
<input type="checkbox"/> <b>Baked Cod with Dill Butter</b>	<b>Resident: \$72.00</b>
<input type="checkbox"/> <b>Beef Stroganoff</b>	<b>Non Resident: \$76.00</b>

**Pick up 10:15am LEAVE 10:45am Approximate Return 5:30pm**  
**PAYMENT DUE MONDAY MARCH 2 for ON GOLDEN POND**



**MARCH 26 THURSDAY**



**ON THURSDAY** we'll see Wednesday, Morticia, Gomez, Pugsley & the Addams Family. We venture to **Mercury Theater** in North Chicago to enjoy **The Addams Family Musical**, and it's every father's nightmare. Wednesday has grown up and fallen in love with a sweet, smart young man from a respectable family. Everything will change for the whole family on the fateful night they host a dinner for her 'normal' boyfriend and his parents. Lunch will be enjoyed prior to the show next door at **Deleece**, a Casual neighborhood restaurant. Lunch includes soup & dessert of the day, coffee, tea & soda, cash bar available.

<b>Food Selections:</b>	<b>Cost</b>
<input type="checkbox"/> <b>Cheddar Burger on brioche with hand cut fries</b>	<b>Resident: \$ 70.00</b>
<input type="checkbox"/> <b>Chicken with Mozzarella on brioche with hand cut fries</b>	<b>Non Resident: \$74.00</b>
<input type="checkbox"/> <b>Szechwan Salad with Shrimp</b>	

**Pick up 10:45am LEAVE 11:15am Approximate Return 6:30pm**  
**PAYMENT DUE MONDAY MARCH 9 for THE ADDAMS FAMILY**



“May your pockets be heavy and your heart be light, May good Luck pursue you each morning and night”

– Irish Blessing Enjoy! , Denise



# FOREST PARK SENIOR TRIPS MARCH – APRIL 2015

## APRIL 1 MYSTERY TRIP



This is NO Joke! You'd be foolish not to join us for this trip ~ come on, you knew this would be the day for a mystery trip! Please dress for the weather as we'll be indoors and out. Wear comfortable walking shoes

**Pre Set Menu:** **Cost:**

**Lunch includes coffee, tea, soft drinks, Dessert, salad and a buffet of entrees** Resident: \$ 65.00  
Non Resident: \$ 69.00

**Pick up 8:45 am LEAVE 9:15 am Approximate Return 5:30 pm**

**PAYMENT DUE MONDAY MARCH 16 for THE APRIL MYSTERY TRIP**

Level of walking:



## APRIL 8



Rediscover a world of yesterday as we Travel through Joliet, the area known as the cross roads of land and water. We'll explore the legacy of those who settled Joliet and explore the rich culture, ethnic diversity and have a step on guide share the Murals & outside Art of Joliet with us. We will also dine mid day at a long awaited stop, TRUTH for lunch!

**Menu:** **Cost:**

**Lunch includes coffee, tea or soda, house salad, chicken picatta & vanilla bean ice-cream for dessert** Resident: \$56.00  
Non Resident: \$60.00

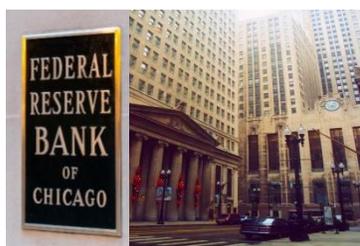
**Pick up 9 am LEAVE 9:30am Approximate Return 5:30 pm**

**PAYMENT DUE MONDAY MARCH 23 for Joliet Kicks on 66**

Level of walking:



## APRIL 15



Money Money Money. What better day to see how it all comes and goes! We head to down town Chicago to tour The Federal Reserve, Board of Trade and have Lunch in The Historic Walnut Room...and take a piece of the Mint home with us~ Frango Mint that is! **ALL ADULT VISITORS MUST SHOW A GOVERNMENT-ISSUED PHOTO ID BEFORE ENTERING THE MONEY MUSEUM.** Lunch includes coffee, tea or soda, house salad & a slice of Frango Mint Ice Cream Pie for dessert.

**Food Selections:** **Cost:**

Herb Crusted Tilapia Resident: \$64.00  
 Mrs. Hering's Famous Chicken Pot Pie Non Resident: \$68.00

**Pick up 8:45am LEAVE 9:15am Approximate Return 5-5:30pm**

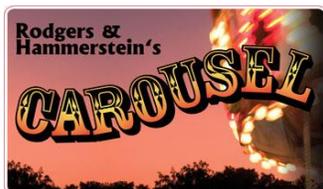
**PAYMENT DUE MONDAY MARCH 30 for MONEY MONEY MONEY**

Level of walking:



## THE WALNUT ROOM

## APRIL 22



Carousel with The Lyric Opera Company at the Chicago Opera house. *Carousel* is one of Rodgers and Hammerstein's most famous musicals, and was reportedly the composer's favorite score. Stephen Sondheim, a close personal friend of Hammerstein agreed with this and said of the show "whilst Oklahoma! is about a picnic, Carousel is about life". We'll have lunch prior at **Lloyd's** to include Maxwell Market salad, entrees served w/ Chef's choice of vegetable and starch, Assorted Cookies & Bars for dessert, Coffee, Tea & Soda.

**Food Selections:** **Cost**

Braised Beef Short Ribs W/ Mushrooms & Caramelized Onions Resident: \$73.00  
 Japanese Bread Crumb Crusted Chicken W/ Lemon Caper Butters Non Resi  
 Corn meal crusted Tilapia, shiitake mushrooms, green onions with Red pepper cream sauce

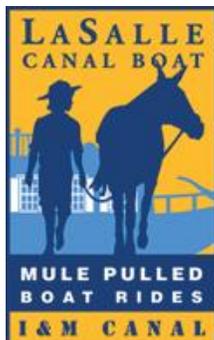
**Pick up 9:45 am LEAVE 10:15 am Approximate Return 5:00 pm**

**PAYMENT DUE MONDAY MARCH 30 for CAROUSEL**

Level of walking:



## APRIL 29



Explore the outdoor history of the **Starved Rock Area** with this fantastic day tour. Step back to 1848 to take a ride on the Illinois and Michigan Canal on the mule-pulled LaSalle Canal Boat. Enjoy a Captain's Lunch at the **Lock 16 Café** & shopping in LaSalle. Lunch includes Tossed Salad, soup, Grandma's Cherry Cake, Iced Tea, Water & Coffee

**Food Selections:** **Cost**

Lock Baked Chicken & Au Gratin Potato Resident: \$65.00  
 Seasoned Meatloaf & Au Gratin Potato Non Resident: \$69.00

**Pick up 8:45 am LEAVE 9:15 am Approximate Return 6:00 pm**

**PAYMENT DUE MONDAY APRIL 6 for LaSalle Canal**

Level of walking:



- **PAYMENT FOR TRIPS IS DUE ON OR BEFORE DATE NOTED.**
- **NO REFUNDS OF TRIPS UNLESS WE ARE ABLE TO FIND SOMEONE TO TAKE YOUR PLACE.**