

MT. MORRIS SENIOR CENTER

NEWSLETTER

JUNE-JULY
2022



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ALZHEIMER'S SUPPORT

MORE THAN SIX MILLION AMERICANS ARE LIVING WITH ALZHEIMER'S DISEASE. ONE IN THREE SENIORS DIE WITH ALZHEIMER'S OR ANOTHER FORM OF DEMENTIA. IT KILLS MORE PEOPLE THAN BREAST CANCER AND PROSTATE CANCER COMBINED. OVER ELEVEN MILLION AMERICANS PROVIDE UNPAID CARE FOR PEOPLE WITH ALZHEIMER'S AND OTHER DEMENTIAS. IF THIS DISEASE HAS NOT EFFECTED YOU YET, SOMEDAY, IN SOMEWAY, IT WILL. SO, WHAT CAN WE DO? THE FIRST THING WE ARE DOING AT THE MT. MORRIS SENIOR

CENTER IS STARTING AN ALZHEIMER'S CAREGIVERS SUPPORT GROUP. OUR GROUP WILL BE LED BY KATHY HEID AND WILL MEET ON THE FIRST THURSDAY OF EACH MONTH FROM 6:00-7:00 PM BEGINNING ON JULY 7TH. THE SECOND THING WE ARE DOING IS HOSTING A "THE LONGEST DAY" EVENT ON JUNE 21ST. THIS IS AN EVENT AT THE SENIOR CENTER AND A WAY TO RAISE AWARENESS, SUPPORT, AND MONEY FOR THE ALZHEIMER'S ASSOCIATION. FIND MORE INFORMATION ABOUT THIS EVENT SEE PAGE TWO OF THIS NEWSLETTER.

FUN EVENTS FOR EVERYONE!

Page 2 Mt. Morris Senior Center Newsletter

WELCOME!

You are amazing. You are important.
You are special. You are unique. You
are kind. You are precious. You are
loved. Have a great day!



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Herman Hartle
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THE LONGEST DAY

Join us for our “The Longest Day” Event on Tuesday, June 21st, the longest day of the year. We will be hosting card games, board games, crafts, lunch, and snacks at the Mt. Morris Senior Center from 9:00 am-4:00 pm, and all are welcome! Bring your own game or join one of ours. Bring your friends and neighbors for a fun day where you can learn more about Alzheimer’s Disease, donate to the cause, and enjoy some time together. You don’t have to stay for the entire time, just come when you can and for as long as you are able.

If you can’t join us for our event, you can still show your support by donating to the cause. We have a goal of raising \$1000 for the Alzheimer’s Association. You can donate at <http://act.alz.org/goto/mmseniorcenter>

LUNCH BUNCH

On the second and fourth Fridays of each month we will have our lunch bunch. Here is our schedule!

June 10—Angelo’s in Dixon

June 24—Grubsteakers in Rochelle

July 8—Brother’s in Lanark

July 22—Campus Café in Mt. Morris

We will carpool for these outings, and we will leave the Senior Center at 11:00 am. Lunch will be on your own. Please let Melissa know if you plan to meet us there by calling 815-734-6335.

MOVIES AT THE CENTER

On Monday, June 28th at noon you can enjoy the movie *A Royal Night Out* while eating some pizza and enjoying each others company. This is a 2015 film featuring Sarah Gadon as Princess Elizabeth and Bev Powley as Princess Margaret. We will watch another movie together on Tuesday July 26th at noon. This time we will watch the movie *Yesterday* which includes music by The Beatles starring Himesh Patel (who sang all the songs) and Lily James. Make sure you sign up so we have food for you! The cost for these movies is \$5 each.

SIGN UP TODAY BY CALLING 815-734-6335!

THERE ARE WAYS FOR EVERYONE TO SERVE

This summer is bringing many opportunities for service in the Mt. Morris Community and beyond!

- ◆ **Donate a pie for the Kable Concert Band Ice Cream Social on June 15th or volunteer to work**
- ◆ **Participate in our ‘The Longest Day’ event or donate to the Alzheimer’s Association**
- ◆ **Donate to the Let Freedom Ring Festival**
- ◆ **Volunteer to work at the Let Freedom Ring Silent Auction July 1-4, 2022.**
- ◆ **Volunteer to help with the Mt. Morris Community Vacation Bible School July 11-15**
- ◆ **Volunteer to help at our Mt. Morris Jamboree Concert Dinner July 22**



AMAZON SMILE SUPPORTS THE SENIOR CENTER!

Did you know your Amazon purchase can support a local charity at no additional cost to you? Just go to smile.amazon.com and set the Mt Morris Senior Citizens Council as your preferred Charity. For each purchase you make at smile.amazon.com the Senior Center will receive a small percentage. Thank you for your support!

WALKING FOR WELLNESS
with Dr. Plescia

HEALTH EDUCATION ■ STRETCHING ■ 45 MINUTE WALK

Second & Fourth Thursday of Each Month

Free to all community members and open to all fitness levels

From 9:00 - 10:00 am

Meeting Location:
Pinecrest Community Center
500 Evergreen Lane, Mt. Morris

Studies show:
Patients who choose hospice care live on average 29 more days than those without hospice care.

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FUN AND FOOD FOR ALL!

Page 4 Mt. Morris Senior Center Newsletter



Enjoy the fun of the Let Freedom Ring Festival in Mt. Morris July 1st-4th! All of your favorite activities will be back this year including the Queen Coronation and Little Miss & Mister Competitions June 29th before the Kable Band Concert, the Silent Auction held at the Mt. Morris Senior Center, the Fireman's

Breakfast, the Fly-In Drive-In Breakfast at the Airport, Concerts on the Bandshell, a Family Concert by Fred and Friends along with other kid-friendly activities on July 3rd, and the parade and fireworks complete with a concert by the Kable Band on July 4th. Here is the catch...these things can't happen without your help.

It costs about \$25,000 to put on the entire festival. Let Freedom Ring needs donations from the community to help the festival continue for years to come. This is a wonderful hometown festival, so spread the word. You can make donations at Mt. Morris Village Hall or at the Mt. Morris Senior Center. Thank you!!!

Mount Morris Senior Center

Serving Seniors Since 1976

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815-734-6335

BINGO BIRTHDAY AND JAM SESSION!

On Wednesday, June 15th (Chicken Enchiladas) and Wednesday, July 20th (Tuna Salad Sandwiches and Chef Salads) we will celebrate the birthdays in June and July. We hope you can join us for a \$8.00 lunch and some free bingo. Bingo will start at 10:30 am and lunch will be served at 11:30 am. See you then!

If you enjoy music you will love the Jam Sessions at the Mt. Morris Senior Center. Local musicians stop by the 4th

Wednesday of each month to play beautiful music starting at 10:30 am. Join us on June 22nd and July 27th. A \$5 lunch will be served at noon after each Jam Session.

We would love to have you, but we have to plan ahead to make sure we have enough food and space for everyone. If you would like to join us for either of these meals please sign up by the Monday before by calling 815-734-6335 or emailing mmsrcenter@gmail.com Thanks to Nancy from Serenity Hospice for calling Bingo for us and to the musicians for the music!!

BISCUITS AND GRAVY

When: Every Wednesday 8-10 am

Where: Senior Center Dining Room

Who: everyone, until we run out!

Cost: \$2.00 for one biscuit, \$3.50 for two biscuits, and \$0.50 for coffee

We hope you can join us for this delicious meal. Bring



**U.S. NATIONAL
STRAW
SCULPTING
COMPETITION**
MT. MORRIS, IL 61054
SEVENTH ANNUAL • AUGUST 12-28th, 2022
StrawFest Day • Saturday, August 27th, 2022

Campus in Mt. Morris. You can come and vote for your favorite straw sculpture and see winners from year's past. You can also enjoy concerts throughout the competition and StrawFest Day on

The 7th annual US National Straw Sculpting Competition will take place August 12th-28th on the

Saturday, August 27th with a bale rolling competition, music, square/line dancing, food, and much more!

HIKE AT L.O.M.C.

Join Melissa on Thursday, June 23rd and Thursday, July 28th for a hike at Lutheran Outdoor Ministries Center in Oregon at 10:00 am. Dress for the weather and get ready for some fun as we hike, chat, and spend time in God's Creation. Our hike skill level will be determined by who is there. Sign up on our website (www.mmseniorcenter.com), send an email to mmsrcenter@gmail.com or call 815-734-6335 by the day the hike.



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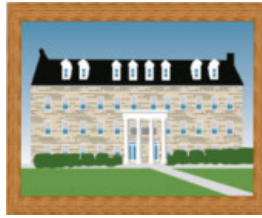
JUNE 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 29		30	31	1	2	3	4
	9:00 am Fitness 12:30 pm Hand & Foot Card Game			8-10 am Biscuits & Gravy 9:00 am Fitness 1:00 pm Bridge	National Rocky Road Day!	9:00 am Fitness	National Cheese Day!
5	6	7	8	8	9	10	11
Let Freedom Ring Sign Painting!	9:00 am Fitness 11:00 am Book Club 12:30 pm H&F	12:00 pm Potluck 1:00 pm Golf 2:00 pm Pool	8-10 am Biscuits & Gravy 9:00 am Fitness 1:00 pm Bridge	National Strawberry Rhubarb Pie Day!	9:00 am Fitness 11:00 am Lunch Bunch at Angelo's in Dixon	Porch Fest! FFA Alumni Pork Chop Dinner at the Fairgrounds!	
12	13	14	15	16	17	18	
National Peanut Butter Cookie Day!	9:00 am Fitness 12:30 pm H&F	11:30 am Flag Day Ceremony and Lunch 1:00 pm Cribbage 2:00 pm Pool	8-10 am B&G 9:00 am Fitness 10:30 am Bingo & Lunch 1:00 pm Bridge Campus Pie & Ice Cream	8:30 am Board 6:00 pm Trivia & Tacos	9:00 am Fitness 11:00 am Kraft with Kerri	National Go Fishing Day!	
19	20	21	22	23	24	25	
Juneteenth	9:00 am Fitness 12:30 pm Hand and Foot	9:00 am-4:00 pm The Longest Day Alzheimer's Association Awareness Fundraiser Game Day	8-10 am B&G 9:00 am Fitness 10:30 am Music & Lunch 1:00 pm Bridge	10:00 am Hike at LOMC	9:00 am Fitness 11:00 am Lunch Bunch at Grubsteakers		
26	27	28	29	30	30	JULY 1	2
Let Freedom Ring Golf Outing	9:00 am Fitness 12:30 pm H&F	12:00 pm Movie and Pizza 1:00 pm Cribbage 2:00 pm Pool	8-10 am B&G 9:00 am Fitness 1:00 pm Bridge 6:00 pm Queen Coronation	National Handshake Day!	9:00 am Fitness		

JULY 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 26	27	28	29	30	JULY 1	2	
	9:00 am Fitness 12:30 pm Hand and Foot		8-10 am B&G 9:00 am Fitness 1:00 pm Bridge 6:00 pm Queen Coronation	8-10 am B&G 9:00 am Fitness 1:00 pm Bridge	9:00 am Fitness 11:00 am Book Club 1:00 pm Golf	9:00 am Fitness 12:30 pm Hand and Foot	Let Freedom Ring! Noon-8:00 pm Silent Auction and Bake Sale
3	4	5	6	7	8	9	
Noon-8:00 pm Silent Auction and Bake Sale	10:00 am-2:00 pm Silent Auction and Bake Sale	11:00 am Book Club 1:00 pm Golf	8-10 am B&G and Pancakes with the Mayor! 9:00 am Fitness 1:00 pm Bridge	6:00 pm Alzheimers Caregivers Support Group	9:00 am Fitness 11:00 am Lunch Bunch at Brother's in Lanark	National Sugar Cookie Day!	
10	11	12	13	14	15	16	
Vacation Bible School Week -----> Talk to Melissa to volunteer!	9:00 am Fitness 12:30 pm Hand and Foot	12:00 pm Potluck 1:00 pm Cribbage	8-10 am B&G 9:00 am Fitness 1:00 pm Bridge	National Mac & Cheese Day!	9:00 am Fitness 11:00 am Kraft with Kerri	National Toss away the "could haves" and "should haves" Day!	
17	18	19	20	21	22	23	
National Ice Cream Day!	9:00 am Fitness 12:30 pm Hand & Foot	1:00 pm Golf	8-10 am B&G 9:00 am Fitness 10:30 am Bingo & Lunch 1:00 pm Bridge	8:30 am Board Meeting 6:00 pm Trivia and Tacos	9:00 am Fitness 11:00 am Lunch Bunch at Campus Café Jamboree Dinner!	Gorgeous Grandma Day!	
24	25	26	27	28	29	30	
National Drive-Thru Day!	9:00 am Fitness 12:30 pm Hand and Foot	12:00 pm Movie & Pizza 1:00 pm Cribbage	8-10 am B&G 9:00 am Fitness 10:30 am Music & Lunch 1:00 pm Bridge	10:00 am Hike at LOMC	9:00 am Fitness	National Cheesecake Day!	

SOMETHING FOR EVERYONE THIS SUMMER!



Old Sandstone Art Gallery

Encore! Mt. Morris is a fantastic thing in our community. They put on art shows throughout each summer as well as other cultural events throughout the year. Encore will be

hosting four different Fine Art Shows in the Old Sandstone Art Gallery this summer. The Student Show will be held June 10-29th. The Regional Artists Showcase will be July 1st-27th. Interlude: Erwin

Woelf will be July 29th-31st. A show called Small Town Livin' will be held August 3rd-28th. To enjoy a show simply stop by the gallery on a Wednesday (7:00-8:45 pm) or Friday (6:30-9:00 pm) or during special events.

FIFTH ANNUAL **ENCORE! MT. MORRIS** JUNE 11, 2022

PORCHFEST

MT. MORRIS, IL 61054

MT. MORRIS FRIDAY NIGHT JAMBOREE CONCERTS
FRIDAY EVENINGS AT 7:00 PM, JUNE 10TH-AUGUST 3RD
SATURDAY EVENINGS DURING STRAWFEST AT 7:00 PM,

LOOKING FORWARD TO THE KABLE CONCERT BAND THIS SUMMER!

The Kable Concert Band will have performances throughout the summer on The Warren Reckmeyer Memorial Band Shell. These concerts will take place on Wednesday evenings at 7:30 pm, June 15th-August 3rd. The Senior Center will be providing a pie and ice cream social on June 15th. Let Melissa know if you would like to donate a pie or help that evening by calling 815-734-6335.

DON'T LET TRANSPORTATION STOP YOU FROM PARTICIPATING IN AN EVENT...USE ROCK RIVER CENTER OR L.O.T.S. TRANSPORTATION

At the Rock River Center there is Transportation for anyone 60 years of age or older. Buses go to Rockford, Dixon, Sterling and all local locations including Polo. All they need is a couple of days notice so that they can get you on the route. Even people living in assisted living facilities can use this transportation. So if you need

to go to the grocery store, post office, hair dresser or a medical appointment the Rock River Center can get you there and back.

Service Area

Rock River Center Transportation service is available in the following areas:

Monday, Wednesday, Friday to Rockford.

Monday – Friday all local areas in Ogle County.

Tuesday to Freeport.

Thursday to DeKalb and Sycamore.

For trips to Dixon & Sterling call for availability.

Suggested donation is \$4.00 for local service and \$15.00 for roundtrip transports out of county.

WE CAN HELP!

The Mt. Morris Senior Center is happy to provide several services. We can help you apply for a license plate discount, check on your Medicare part D plan and supplement through the Senior Health Insurance Program, deliver your groceries from Sullivans, help you make new friends through our programs, send a fax, make some copies, answer some questions about the community, or even help you with most technology issues. Just give us a call at 815-734-6335!

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SUMMER FUN!

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Name: _____ Date: _____

Independence Day

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 E Y S E P I R T S Z E E R O O E A E
 S C T P H I L A D E L P H I A V R T
 H I N R C O H S K T E Y R R T A B I
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Word List:

- | | | | |
|-------------------|--------------|-------------|------------------|
| AMERICA | BARBECUES | BLUE | BRITAIN |
| CELEBRATE | COLONIES | DECLARATION | FIREWORKS |
| FLAG | FOURTH | FREEDOM | HOLIDAY |
| HOME OF THE BRAVE | INDEPENDENCE | JULY | LAND OF THE FREE |
| LIBERTY | OLD GLORY | PARADE | PATRIOTIC |
| PHILADELPHIA | PICNICS | RED | REVOLUTION |
| SPARKLERS | STARS | STRIPES | SUMMER |
| UNCLESAM | UNITED | USA | WHITE |

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Mount Morris Senior Citizens Council, Mount Morris, IL

D 4C 01-2111

RENEW YOUR MEMBERSHIP TODAY

Annual Level of Giving

Membership per individual

Supporting- -----\$25

Contributing- ----- \$35

Sustaining- ----- \$50

Sponsor per individual or Organization- --\$100

Life membership levels

Silver-----\$500

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Would you like to receive the Newsletter. Yes___ No___

_____ I would like to receive the newsletter by mail.

_____ I would like to receive the newsletter through email.

Email Address _____

The above levels of giving are suggestions, any support given is very welcome and appreciated. All gifts are tax deductible to the limit the law allows. Date of application: Date entered in system:

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of Rock River Valley

We don't
stop playing
because we
grow old.
We grow old
because we
stop playing.

—GEORGE BERNARD SHAW

SENIORS ON THE MOVE, SHARING, CARING, AND SERVING!

If you know someone who would like to receive our newsletter just let us know. The more the merrier at the Mt. Morris Senior Center!

SUPPORT THE MT. MORRIS SENIOR CENTER!

We would like to encourage everyone to renew your memberships for 2021 or become a member and support the Mt. Morris Senior Center, so that we can continue our work for the Seniors of the Mt. Morris area for many years to come. Thank you for all of your support and contributions to the Mt. Morris Senior Center!



You are invited!

Join us for a Flag Day Ceremony and Lunch on June 14th. The ceremony will begin at 11:30 am, and lunch will follow. There is no cost for this event, donations welcome.