Hello Members!
We witnessed such a great turnout for our Outdoor August Events that we are going to continue our outdoor events throughout September. We will resume our walking groups, exercise classes, and birthday visits AND we have added on a few new events!
September is our usual month to honor our 90+ members. We are not able to do that at this time, therefore, we are dedicating this newsletter to them. Though we can't be together, know that we are celebrating and thinking of all of you and are HONORED to add you to our 90+ wall!
Something to look forward to...we plan to transition our events to indoors for October.
Miss you all! Erin

## EXERCISE OPPORTUNITIES

## Parking Lot Exercise

September $1^{\text {st }}$ - September $30^{\text {th }}$ 9:00am-9:45am
Monday, Tuesday and Thursday
Let's keep moving! Join us to exercise outdoors while keeping six feet apart. Members will stand in designated spots for class. Bring your own water.

Monday: Seated Yoga with Catherine Tuesday: Tai Chi with Sherry Thursday: Fit for Life with Penny


Tuesday Line Dancing with Jim at 10:00am

Thursday Pace Fit with Penny 10:00am-10:30am

Bring your own weights.

## Outdoor Walking Groups <br> 9:00am

- Bring your own water
- Restrooms are not available

Tue.: Carol Stream, Bierman Park
Wed.: Bartlett, Beaver Pond
Thurs.: West Chicago, Cornerstone Lakes

## Exercise Video Links www.youtube.com

## - YouTube

W

Type in Wayne Township Senior Center, scroll down and click the large purple "W".

Enjoy Seated Yoga, Tai Chi or Total Body Fitness with your favorite instructors from the comfort of your own home.

New videos for September!

Eat Right, Be Healthy
Outdoor Meetings
10:30am
Thursday, September $10^{\text {th }}$

- How Covid-19 triggers unhealthy eating and five ways to protect yourself

Thursday, September $24^{\text {th }}$

- Boosting your immunity from Covid-19


## Drive-Thru Flu Shot At Wayne Township <br> Tuesday, September $29^{\text {th }}$ <br> 11:30am-1:00pm

Stay in your car, wear short sleeves, masks are mandatory and have your Medicare number available.

## OR

Call Family Pharmacy in Carol Stream anytime after September $15^{\text {th }}$ to make an appointment at their facility to get your flu shot.

The CDC recommends the high dose vaccine for everyone $65+$. There will be a few low dose vaccines available for those younger than 65.

## DuPage County Senior Services Help

"Hello, my name is Amy and I am a Case Manager with DuPage County Senior Services located at 421 N County Farm Road in Wheaton. If you or someone you know is an older adult (60+) living in DuPage County and could use some assistance, I'm here to help.
Perhaps you need respite for a non-paid family care giver, home delivered meals, a medical assistive device, or help with a bill that hasn't been paid. Call my direct number below and I will follow up with you as soon as possible. I look forward to assisting you".

Regards,
Amy Gaydos
Case Manager, DuPage County Senior Services
630-407-6480
amy.gaydos@dupageco.org

| S U N | MON | TUE | W E D | T H U | F R | SAT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 1 <br> 9:00 Tai Chi <br> 9:00 Walking/Carol Strm <br> 10:00 Line Dancing | 2 <br> 9:00 Walking/Bartlett <br> 10:00 Brunch/Ihop <br> 12:30 Bread Pickup <br> Mandala Plate Pick Up | 3 <br> 9:00 Fit For Life <br> 9:00 Walking/W. Chicago <br> 10:00 Pace FIt <br> Mandala Plate Pick Up | 4 <br> Mandala Plate Pick Up | 5 |
| 6 | 7 <br> Closed in Honor of LABOR DAY <br> NO SEATED YOGA | 8 <br> 9:00 Tai Chi <br> 9:00 Walking/Carol Strm <br> 10:00 Line Dancing | 9 <br> 9:00 Walking/Bartlett <br> 10:00 Brunch/Dino's Café <br> 11:00 Zoom Scattergories <br> 12:30 Bread Pickup | 10 <br> 9:00 Fit For Life <br> 9:00 Walking/W. Chicago <br> 10:00 Pace FIt <br> 10:30 Eat Right, Be Healthy | $\begin{aligned} & \hline 11 \\ & \text { 10:00 Farkle } \end{aligned}$ | 12 |
| 13 | $\begin{array}{\|lll} \hline \text { 14 } & \\ \text { 9:00 Seated Yoga } \\ \text { 10:30 } & \text { Bookies } \end{array}$ | 15 <br> 9:00 Tai Chi 9:00 Walking/Carol Strm 10:00 Line Dancing | 16 <br> 9:00 Walking/Bartlett <br> 10:00 Brunch/Carol's Grdn <br> 12:30 Bread Pickup | 17 <br> 9:00 Fit For Life 9:00 Walking/W. Chicago 10:00 Pace FIt | 18 <br> 11:00 Outdoor Lunch \& Mentalist | 19 |
| 20 | $\begin{array}{\|l\|} \hline 21 \\ 9: 00 \text { Seated Yoga } \end{array}$ | 22 <br> 9:00 Tai Chi <br> 9:00 Walking/Carol Strm <br> 10:00 Line Dancing | 23 <br> 9:00 Walking/Bartlett <br> 10:00 Brunch/Verdict <br> 11:00 Zoom Yahtzee <br> 12:30 Bread Pickup | 24 <br> 9:00 Fit For Life <br> 9:00 Walking/W. Chicago <br> 10:00 Pace FIt <br> 10:30 Eat Right, Be Healthy <br> Witch Legs Kit Pick Up | 25 <br> 11:00 "Lunch in the Lot" | 26 |
| 27 | $\begin{array}{ll} 28 & \\ \text { 9:00 Seated Yoga } \\ \text { 10:30 } & \text { Drive-In Bingo } \end{array}$ | 29 <br> 9:00 Tai Chi <br> 9:00 Walking/Carol Strm <br> 10:00 Line Dancing <br> 11:30 Drive Thru Flu Shots | 30 9:00 Walking/Bartlett 12:30 Bread Pickup | Order and Pay for Witch L | ss Kit September 01 - September 15 |  |

Zoom with Erin, Karen, Gayle and Sue 11:00am-12:00pm
Wednesday, September $9^{\text {th }}$

- Scattergories (four games)
- Need a sheet of paper and pen
- Personal Meeting ID 8519800785
- Passcode: 1spS4s

Wednesday, September $23^{\text {rd }}$

- Yahtzee
- Need five dice to play (Dollar Tree)
- Staff will keep score
- Personal Meeting ID 8519800785
- Passcode: 1spS4s

> "Farkle" in the Parking Lot Friday, September $11^{\text {th }}$ 10:00am-11:00am

Come join Erin, Karen, Sue and Gayle for two games of Farkle in the back parking lot. We will provide the dice and separated tables. Please call to reserve a spot.


Bookies Outdoor Meeting
Monday, September $14^{\text {th }}$ 10:30am-12:00pm

## "A Moveable Feast" by Ernest Hemingway

Good news... Bookies are meeting once again! If you decide to join, please be sure to read the book and be ready to discuss! Please wear a mask!

## Outdoor Lunch and Mentalist Friday, September $18^{\text {th }}$ 11:00am-12:30pm

Join us for lunch from Hawthorne's and entertainment by Mentalist Jym Elders. Jym puts on a mesmerizing, entertaining show that leaves everyone wanting more.

Lunch includes BBQ pulled pork sandwich, mac $n$ cheese, potato salad, Caesar salad, chocolate chip cookie and ${ }^{\circ}$ bottled water.

Lunch: 11:00am - 11:30am
 Entertainment: 11:30am-12:30pm

Cost: \$10 per person (members only)

"Lunch in the Lot"
Friday, September 25 ${ }^{\text {th }}$
11:00am
Back by popular demand... Join us for lunch and mingling in the parking lot! Lunch consists of stuffed shells, meatball, Caesar salad and a brownie from Moretti's and will be pre-packaged individually. Bottled water will be provided.
Please call the center to pre-register and specify a table set up for $2-4$ people.

## Cost: \$10.00 per person

Lunch is at 11:30am.
Please call the center to pre-register and specify a table set up for $2-4$ people. You can mail in or drop off your payment. If paying with cash, exact change only.


Drive-In Bingo" Rain or Shine

## Monday, September 28 $8^{\text {th }}$ 10:30am

Join us for bingo in the back parking lot! Stay in your car or bring chairs and sit outside. Cars will be parked every other space. You must bring your own snack, drink, chair, and marker. We will play 10 games allowing two cards per person. We recommend 2-4 people per car.
Prizes: $\$ 20$ per game 1-9 \& $\$ 40$ for game 10

## Maximum of 50 people.

## Cost: $\$ 5$ per person

Call the center to reserve your spot and pay. You can mail in or drop off your payment. If paying with cash, exact change only.

## Diamond Dotz at Home

Diamond Dotz kits are here! Make this craft as a gift or keep it for yourself. Call the center to schedule a pick up; one per person and free for members. Sizes are $12 \times 12$ and larger. Please send us a picture of you and your finished piece so we can submit it to our grantor!



## Caps and Lids Collection

Thank you to those who participated in our caps and lids collection. This is the "Buddy Bench" at Creekside Elementary in Elgin. Cindy Laine's $6^{\text {th }}$ grade granddaughter Emily thanks you all!

Please continue to collect and drop off caps and lids. They will either be donated to Creekside Elementary, if they continue this project, OR we may build our own "Buddy Bench" at the WTSC.


## Soldier Donations

A big shout out to all our members who donated items to our soldiers' drive. We donated a total of 296 POUNDS to their Comfort and Care Program! You make us proud!!

## Senior Bread Pickup <br> Same Day... Same Time!

Bread pick-up for seniors will continue on Wednesdays, 12:30pm - 1:30pm. This is first come, first serve. Please line up in front of the building and stay in your car, getting out only when it is your turn. You must bring your own bag.

## Donations and GA Information

General Assistance: Drop off Tuesdays, 10:00am 12:00pm, by the garage door OR drop off during classes/events at the township. In need of: soup, jelly, pasta sauce, and toilet paper. Monetary donations can be mailed in to the food pantry.
Senior Center: Accepting newspapers, puzzles, books and yarn ONLY. No cans, pill bottles, magazines, household items or clothes!

The clothes closet remains closed until further notice; no donations please. LIHEAP applications start September $1^{\text {st }}$ by appointment only; walk-ins will not be allowed. Please call 630-231-7173 to set up an appointment.

## Puzzle Contests

Looking to pass the time? We have more puzzle fun for you! Complete one or both puzzles in this newsletter and mail in or drop off entries at the WTSC before 09/21. All CORRECT entries will be entered into a random draw. The first five names drawn will win a prize! Good Luck!


## Puzzle Answers and Winners

July Word Search Answers: Bingo, Bunco, Casino, Celebrations, Crafters, Dominos, Erin, Euchre, Family, Fitness, Friends, Gayle, Karen, Knitting, Linedancing, Mahjongg, Members, Movieday, Pingpong, Pinochle, Pokadice, Poker, Rummikub, Soldiers, Sue, Taichi, Township, Veterans, Volunteers, Wayne, Yoga Winners: Maria Fennewald, Peggy Benton, Mary Beth Shepardson, Joanne Watson, Ellen Sietmann, Mary Kavanagh, Maryanne Caspar, Alice Tinnes, Sylvia Mosier

August "Good Eats" Word Search Answers: Ber ghoff, Bohemian Crystal, Café Babareeba, Connies Pizza, Dell Rheas, Exchequer Pub, Fogo de Chao, Greek Islands, Hard Rock Café, Harry Carays, House of Blues, Jamesons, Lawrys, Lloyds, Manhattans, Meson Sabika, Morettis, Santorini, Schnitzel Platz, Tiki Terrace, Tokyo Steakhouse, Topo Gigio, Village Tavern, White Fence Farm, Wildfire
Winners: Joanne Watson
August "The Playbill" Answers: An American in Par is, Sound of Music, Hamilton, White Christmas, Beauty and the Beast, Grease, Beautiful, Footloose, West Side Story, South Pacific, Dear Evan Hansen, Elf the Musical
Winners: Cindy Perkins, Kim Lee, Joanne Watson

## TV Shows



B R J R P R R K M V J R R B J B $\quad$ R Z L J Z
 Q S A H Y D R A N G E A L A I N O G E B Y



 U M Q D R T L E NV O Y M G T I O F W P N HRR J K O A M D W I D V R D S P C A O P T B V P W S S L L S V N R J E Y H Y I D X N J Y E T R U E Y I U Z K K A R P T L Q K A A R T K R Z L D S L S T S Y I A E L Y H I S L U P Q E A O V S Y A S U N L L O T Y D M I N L D I W N I D U A N R C N H N N A Q I L I S N I Z OM D N M A Q X S I A E Y R N A A N E K H T L T A C D L K C I L D R
 V J Z Z D V P U E R J E M G Y D Z B X I Y

 D Y W P L M P J J J N T Z Y C Y M Y W Q Z

