

Senior Sun



PUBLISHED BY YORK TOWNSHIP SENIOR CENTER FOR ITS MEMBERS - FEBRUARY 2023

Meadowlark Quilters Donate to York Township Seniors



Quilter Leona Shoemaker, Senior Center Manager Heather Boe-Casey and Quilter Marie Bracki

On Friday December 9th, members from the Lombard Park District's Meadowlark Quilters delivered 60 festive placemats for the York Township Senior Center. The placemats were distributed at the Senior Nutrition Center's Christmas party later in December.

Meadowlark Quilters meet at sunset knolls from 9am-12pm on Friday mornings. They work with all donated fabric and give away everything they make, with the exception of Lilac time in Lombard, where they raise money for thread, batting and other quilting necessities.

York Township Supervisor John W. Valle said, "I want to thank all the members of the Meadowlark Quilters in Lombard for their generous donation of beautiful handcrafted placemats. They will certainly bring a smile to our seniors' faces."

Happy 92nd Birthday Marilyn Fredericks!

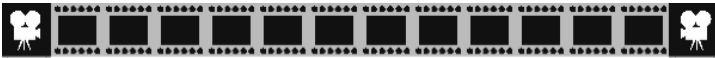


A surprised Marilyn Fredericks celebrated her 92nd birthday on Monday December 12th at the Senior Nutrition Center. Supervisor Valle surprised her with a cake and led the lunch crowd in a rousing chorus of "Happy Birthday". Per Marilyn's request, the cake was cut and shared with everyone as dessert after lunch.

Valle said, "We wanted to show Marilyn how much we care and wish her another year of love, health and happiness."



The *SENIOR SUN* is published ten times a year by the York Township Senior Center for its members. The annual subscription is \$5.00.



Come and enjoy some popcorn and join us for movies both old and new. Movies will be shown in the auditorium at 12:30 p.m. Please remember movies are always subject to change without notice.

If you have any suggestions or critiques remember you can always drop a note in our suggestion box located in the Senior Center office or email Amy at amyk@yorktwp.com.

- Feb 7** **Elvis (2022)** PG-13
2h 39m Biography, Drama, Music
Starring Tom Hanks, Austin Butler
and Olivia DeJonge

- Feb 14** **Notting Hill (1999)** PG-13
2h 4m Comedy, Drama, Romance
Starring Hugh Grant, Julia Roberts
and Richard McCabe

- Feb 21** **What Women Want (2000)** PG-13
2h 7m Comedy, Fantasy, Romance
Starring Mel Gibson, Helen
Hunt and Marisa Tomei

- Feb 28** **The Thin Man (1934)** PG
1h 31m Comedy, Crime, Mystery
Starring William Powell, Myrna
Loy and Maureen O'Sullivan



Free Blood Pressure Testing

Thursdays February 2 & 16

10:00 a.m. to 11:00 a.m.

SENIOR DINING ROOM

SUDOKU PUZZLES

ANSWER KEY ON PAGE 13

PUZZLE # 1

MED LEVEL

1			3		4	6		
4		6					3	
	3			6		8		
6					3	1	5	
2			5		8			9
	5	4	1					3
		9		1			7	
	7					3		6
		2	4		7			5

PUZZLE # 2

HARD LEVEL

				2	9	8		
7		8	3					9
	6						4	
1		9	2			4		
				5				
		3			7	1		8
	3						8	
5					2	9		6
		4	8	3				



VALLE'S VIEWS

Dear Readers:

York Township is blessed to have so many partners in the fight against hunger and so much support for our efforts to improve the quality of life for our residents.

I have seen firsthand how our York Township Holiday Programs have helped so many of the challenged families and senior citizens who reside in this community and how many of them enjoyed their Christmas so much more, thanks to the support of the organizations, companies and individuals mentioned below.

On behalf of everyone who benefits from our York Township Food Pantry and General Assistance Holiday Programs, I would like to express my utmost gratitude to the following for their cooperation, support and generous contributions throughout the 2022 holiday season: Julie Ames; Ascension of Our Lord Parish; Brook Forest Elementary; Burns and McDonnell; City of Oakbrook Terrace; Dan Gibbons Turkey Trot; Dashiell Corporation; DuPage County Marine Corps League "Toys for Tots"; DuPage County Sheriff "Shop With Law Enforcement"; Jessica Huslig; Interplan LLC; Noreen Kelly; Lombard Christian Reformed Church; Lombard Junior Women's Club; Montini High School; Oak Brook Police Department; Paul Mitchell the School Lombard; Andrea Messing-Mathie; Tanya Messing; Sandra Morris; Anna Morris; Paul Powers; Peace Lutheran Church; Saint Alexander Church; Saint Pius X Church; Seventh Day Adventist Church; Storino, Ramello and Durkin, Attorneys at Law; Rejuvenate Med Spa; Restore Hyper Wellness; Anna Skelton; Total Quality Logistics; TranzAct Technologies; Trinity Lutheran Church-The Dorcas Guild; V.F.W. Lombard Lilac Post #5815; Village of Oak Brook; Villa Park Lions Club; Westin Hotel; Willowbrook High School Warrior Project; York Township Republican Committeemen's Organization; and many more individuals who wish to remain anonymous. I am happy to report that 194 families with 101 children were given toys, clothing and personal

items through the York Township General Assistance "Adopt A Family For Christmas 2022" Program.

Holiday Programs have helped so many of the challenged families and senior citizens who reside in this community and how many of them enjoyed their Christmas so much more, thanks to the support of the corporations, organizations and individuals mentioned.

For those of you who are looking for a way to help your fellow citizens who are less fortunate, all you have to do is drop off any donations at York Township Hall, 1502 South Meyers Road in Lombard or call our office for more information at 630-620-2400.

Finally, I would like to thank the Lombard Park District's Meadowlark Quilters Club for the beautiful placemat and soup bowl warmers they generously donated to our Senior Center. They were the talk of the Senior Nutrition Center's Christmas Party!

That's the view from here.

God Bless! See you next time!

John W. Valle
Supervisor



Senior Center Valentine Party

Friday – February 17

12:45 to 3:30 p.m.

Auditorium – Tickets \$10

Straight From the Heart...

Please join us for delicious food, great music, and lots of great company.

Luncheon – served at 1:00 p.m.

Our Valentine menu will be *chicken artichoke, rice pilaf, broccoli* and *cheesecake* for dessert.

Music – Frank K and Company band will liven up the festivities for toe-tapping and dancing.

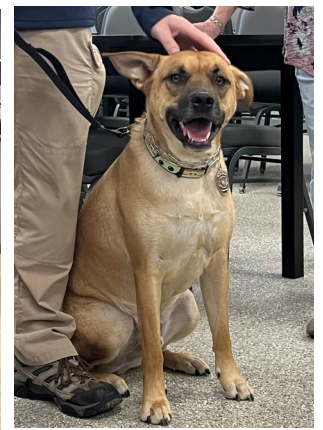
When purchasing tickets payments by check or cash. No credit cards accepted. Thank you.



Tickets go on sale Wednesday, February 1st












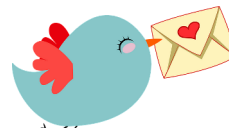
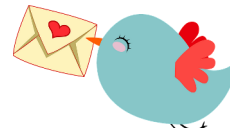
Pickles the Comfort Dog Returns to York Township

On Thursday, December 8th Deputy Chief David Clark from the Oakbrook Terrace Police Department brought back special guest, Pickles, to visit with seniors before lunch at the York Township Senior Nutrition Center. Pickles completed his comfort dog training back in August and was officially sworn in on October 11. He put huge smiles across many faces during his return visit and was welcomed by seniors and staff alike.





EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Tai Chi 10:00 am Beginner Line Dance: 11:15 am & 1:00 pm	Zumba Gold 9 am Painting Class 9:30 am	Intermediate Line Dance: 10:00 am Knitting Club: 1-3 pm Hairdresser (by appt)	Zumba Gold 9 am Quilter's Club 9 am Neo Tai Chi 10:30 am Chair Yoga 3pm Hairdresser (by appt)	SHIP (by appt)

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 GROUNDHOG DAY	1	2	3	
6	7		9	10
	FREE MOVIE 12:30 "Elvis"	8		
13	14	15	16	17
	FREE MOVIE 12:30 "Notting Hill"		Blood Pressure 10:00 am	Valentine Party 12:45 - 3:30 pm
20	21	22	23	24
CLOSED PRESIDENTS DAY	FREE MOVIE 12:30 "What Women Want"			
27	28		Happy VALENTINE'S DAY	

YORK TOWNSHIP SENIOR NUTRITION PROGRAM (DINING ROOM ONLY)
 →→→ For lunch reservations, call 630-620-2421 ←←←
 Monday-Friday before noon 48 hours in advance

Coverall Bingo 5 Days a Week at 11:30 am!		1	2	3
6	7	8	9	10
SWEET AND SOUR CHICKEN	ROAST PORK	STUFFED PEPPERS	CHICKEN VESUVIO	COD FISH ITALIANO
13	14	15	16	17
SLOPPY JOE	PORK CHOPS	FRIED CHICKEN	MEATLOAF	MAHI MAHI
20	21	22	23	24
CLOSED PRESIDENTS DAY	BRATWURST	SPAGHETTI WITH MEATBALLS	CHICKEN FAJITAS	BAKED BARMUNDI
27	28			
BBQ RIBETTES	MEATLOAF			



Senior Nutrition Center Christmas Party







A huge thank you to all of our generous donors!



York Township Republican Committeeman's Organization



Paul Mitchell the School Lombard



Oak Brook Police Department, Village of Oakbrook, Brook Forest Elementary, And Rejuvenate Med Spa



Interplan LLC



V.F.W. Lilac Post #5815 November



Burns & McDonnell



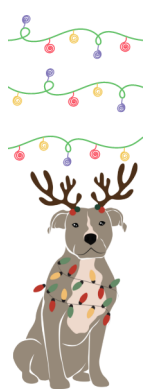
Total Quality Logistics November



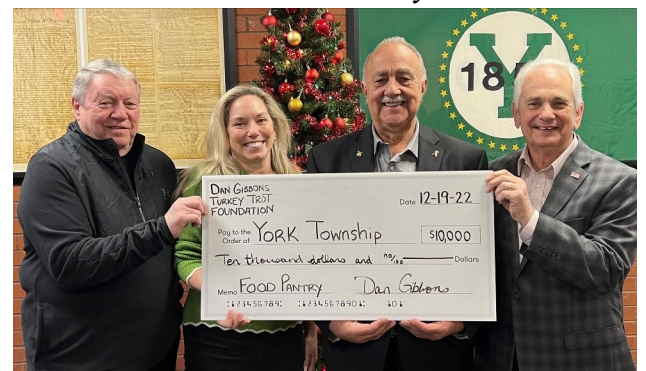
Trinity Lutheran Dorcas Guild



Noreen Kelly



Willowbrook High School Warrior Project



Dan Gibbons Turkey Trot Foundation



Villa Park Lions Club



Dashiell Corporation



V.F.W. Lilac Post #5815



Paul Powers



Montini Catholic High School



TranzAct Technologies, Inc.



Total Quality Logistics December



Restore Hyper Wellness



Together you have all brightened the season for so many York Township residents in need.



"THERE IS NO EXERCISE BETTER FOR THE HEART THAN REACHING DOWN AND LIFTING PEOPLE UP IN WHATEVER WAY YOU CAN."



York Township Distributes Holiday Meals in November and December for Pantry Clients in Need

On Wednesday November 16th & Wednesday December 14th, the York Township food pantry distributed over 400 meals to clients in need for the holiday season. In November registered clients received a box with all the fixings, a turkey, a bag of onions and a bag of potatoes. In December, registered clients received a ham, a box with all the fixings and a bag of sweet potatoes to complete their holiday feast. This is the third year the food pantry has distributed hams for the Christmas holiday in addition to the Thanksgiving meals they annually supply. Deputy Sheriff Sean Siddiqui volunteered to help Township staff with the distribution. Township Supervisor John W. Valle said, “We want to make sure that we help out in any way we can, especially during the holidays. Thanksgiving and Christmas are such a special time for families and we hope the meals helped it feel a little brighter for our residents this year.”

**SENIOR
TRANSPORTATION**

630-620-2413



Available Monday through Friday
from 8:15 a.m. until 3:00 p.m.
(Except Holidays)

Advance Reservations Required

*All rides must be within York
Township boundaries

Burrow

Cloudy

Cold

Day

Den

Emerge

February

Forecast

Groundhog

Hibernate

Hole

Holiday

Nature

Omen



GROUNDHOG DAY WORD SEARCH

O	W	Y	A	D	I	L	O	H	T	P	C	O	L	D	Y
Y	S	I	W	E	E	K	S	S	R	E	W	E	A	U	S
R	P	U	N	O	L	D	A	C	T	H	E	R	I	N	I
A	R	H	W	T	D	C	Y	A	D	Y	B	U	N	D	X
U	E	M	E	G	E	A	N	S	R	E	H	T	A	E	W
R	D	E	H	R	M	R	H	T	F	N	O	A	V	R	E
B	I	N	O	G	E	O	I	S	O	G	R	N	L	G	E
E	C	F	O	B	R	M	L	W	X	I	S	X	Y	R	K
F	T	H	I	C	G	E	N	I	H	S	N	U	S	O	S
L	I	H	P	Y	E	N	W	A	T	U	S	X	N	U	P
E	O	O	A	P	G	S	P	I	E	R	T	A	N	N	R
E	N	L	W	N	Y	D	U	O	L	C	A	N	E	D	I
L	P	T	R	A	D	I	T	I	O	N	Y	D	P	A	N
S	B	U	R	R	O	W	G	O	H	D	N	U	O	R	G

Pennsylvania

Prediction

Punxsutawney Phil

Second

Shadow

Sign

Six Weeks



Sleep

Spring

Sunshine

Tradition

Underground

Weather



Winter



Winter Word Search



ANORAK

BELOW ZERO

BLACK ICE

BLANKET

BLIZZARD

BOOTS

CHILL

COLD

DECEMBER

EARMUFFS

FEBRUARY

FIREWOOD

FLANNEL

FLEECE

FROZEN

GLOVES

HEATER

HIBERNATE

ICICLE

JACK FROST

JANUARY

LONGJOHNS

MITTENS

NIPPY

PARKA

QUILT

SCARF

SLIPPERY

SNOW

TURTLENECK

WINDY

WINTER

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

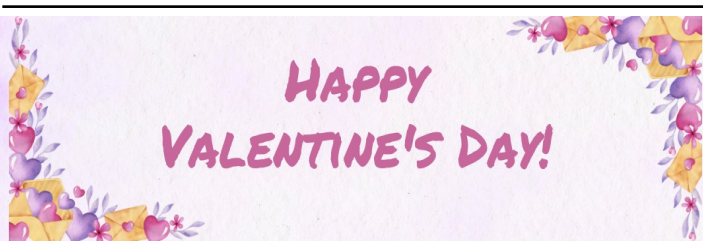
Lombard Christian Reformed Church Supports York Township Food Pantry



(L-R) Bill Herlien, Deacon Jan Herlien and York Township Supervisor John W. Valle

Lombard Christian Reformed Church, located at 2020 South Meyers Road, did a reverse advent food collection drive during the month of December to help replenish York Township food pantry shelves for the new year. For 24 days, they had a different item listed on a calendar for parishioners to give for donation. The collected items were delivered to Township Hall on Monday, January 9th by Deacon Jan Herlien and her husband Bill.

Township Supervisor John W. Valle said, “I want to thank Lombard Christian Reformed Church and its members for their ongoing public-spirited food drives year after year. We are proud to partner with them to help move the needle on hunger in York Township.”



Aging In Place Friday – March 31 10:00 – 11:00 a.m. Auditorium



Living at home offers seniors the ability to stay independent, but living there alone can pose certain risks, from falls and missed medications to accidents. Join Lori Gibson from *Home for Life Advantage* and Terri Geppner from *Comfort Keepers* to learn how to stay healthy and safe at home. Discover the top 10 home modifications, different technology solutions and aging at home options to help give the confidence and independence to stay in your own home for life. Don't miss out on this valuable and informative seminar!



CAN'T AFFORD THOSE COSTLY GAS/ELECTRIC BILLS?

The Low Income Home Energy Assistance Program (LIHEAP) assists eligible households with paying for winter heating services!

Applications are currently being accepted by DuPage County for the 2023 LIHEAP Program.

Eligibility is determined by household size, income, geographical location and type of fuel used. No need to own your own home. To qualify, the maximum monthly gross income is \$2,265 for singles and \$3,052 for two-person households.

If you would like to apply or have any questions Please call 630-620-2400 and ask to speak with Angela.

Applications will be accepted until May 31, 2023 and are by appointment only.



J & D LAWN CARE

Residential and Commercial



- Snow Removal
- Fertilization and Weed Control
 - Weekly Maintenance
 - Core Aeration
 - Mulch
- Bush and Hedge Trimming

Senior Discount

Call for a **FREE** Estimate!
Guaranteed Lowest Price!

Call Jim at 630-461-2280

Tai Chi Class

10:00 am Monday Mornings



Sudoku Answer Key:

1.

1	9	8	3	5	4	6	2	7
4	2	6	7	8	9	5	3	1
7	3	5	2	6	1	8	9	4
6	8	7	9	4	3	1	5	2
2	1	3	5	7	8	4	6	9
9	5	4	1	2	6	7	8	3
3	4	9	6	1	5	2	7	8
5	7	1	8	9	2	3	4	6
8	6	2	4	3	7	9	1	5

2.

3	4	5	6	2	9	8	7	1
7	1	8	3	4	5	6	2	9
9	6	2	7	1	8	5	4	3
1	5	9	2	8	3	4	6	7
8	7	6	1	5	4	3	9	2
4	2	3	9	6	7	1	5	8
6	3	7	5	9	1	2	8	4
5	8	1	4	7	2	9	3	6
2	9	4	8	3	6	7	1	5



YORK TOWNSHIP SENIOR CENTER
 1502 South Meyers Road
 Lombard IL 60148
 Phone: 630-620-2424
 WWW.YORKTWSP.COM

NON PROFIT ORG
 U.S. POSTAGE
PAID
 Permit 261
 Lombard, IL 60148

DATED MAIL - DO NOT DELAY



February 2023



Giggle Corner



- Q: What do you call a pig in the dirt?**
 A: A groundhog!
- Q: Why did the pilot paint his jet?**
 A: He thought it was too plane!
- Q: Why was the mustard embarrassed?**
 A: It saw the salad dressing!
- Q: How did the phone propose?**
 A: With a ring!

FEBRUARY 17 VALENTINE PARTY
 TIME: 12:45 P.M. TICKETS \$10.00
 Name _____
 Phone No. _____
 Emergency No. _____



Important Township Telephone Numbers



Senior Center	630-620-2424
Transportation	630-620-2413
Administration	630-620-2400
Dining Center (before noon) .	630-620-2421
Assessor's Office.	630-627-3354
Highway Dept.	630-627-2200

YORK TOWNSHIP SENIOR SUN

SUPERVISOR	John W. Valle
BOARD OF TRUSTEES	Rae Rupp Srch
	Jeffrey Mussatto
	Anthony J. Pacilli
	Erica A. Militello
TOWN CLERK	Anthony Cuzzone
ASSESSOR	Deanna Wilkins
HIGHWAY COMMISSIONER	Dick L. Schroeder
SENIOR CENTER MANAGER	Heather Boe-Casey
SENIOR SUN EDITORS	Amy Kofink
	Nadia M. Hajduk

