

Girl Scouts bring top-notch service to diners

Scouts help out and socialize with seniors as part of Bronze Award project

The table service at the Golden Diners lunch March 1 at Judson University rivaled that of any four-star restaurant.

“How is everything?”
“Can I get you anything else?”
“Would you like another slice of carrot cake?”

The above were asked many times that day, as local girl scouts made their way from table to table to assist Golden Diners on a special visit.

The girls visited with seniors and helped set tables, serve food and clean as part of earning their bronze award, the highest honor that a Junior in the Girl Scouts can earn.

The award requires the scouts to identify a need in their community and to work to resolve it. Troop co-leader Wendy Corcoran said the girls chose seniors for their project and as they’ve always been interested in cooking, the Golden Diners were a natural fit.

Though the girls did not cook the meal, they served the seniors that day’s menu: a Lent-friendly meal of baked fish, mixed vegetables, sweet potatoes and



Girl scouts serve the Golden Diners during their March 1 lunch at Judson University. The girl’s troop co-leader said she is considering a return visit later in spring.

apples, and carrot cake for dessert.

In addition to serving seniors, the girls were encouraged to be “social butterflies” and have a conversation with at least five seniors. They quickly learned that they had more in common than they might have thought.

One girl scout smiled as she recalled how one of the diners shared her love of Disney. Several of the seniors swapped stories of their time as girl scouts and they compared how their experiences have changed over time.

“They forget that this will

be them one day,” Wendy Corcoran, the troop’s co-leader said. She said she saw “great interaction between the two groups.”

Lunches are typically served by a group of volunteers led by a Site Manager Linda Jeske. She has overseen the program since it came to Judson last October.

“It’s not about meals as much as the camaraderie,” Jeske said of the program.

One scout mentioned how she’d like to learn to play chess. With Corcoran considering another visit in spring and possibly bringing board games, that wish may come true.



Site manager Linda Jeske shows scouts the lunch they will serve.

In this issue:

Ken Nicolai’s reflection/Senior Devotional.....	2	Kane County sites and news.....	5
March Menu.....	3	Resources for McHenry and Kane County.....	6
Golden Diners Cookbook.....	3	Health in focus.....	7
McHenry County sites and news.....	4	Memorials & will bequests.....	8



Reflection from Maj. Nicolai

Finding peace in a troubled world



Major Ken Nicolai
Administrator, Golden Diners

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

An art contest was held to find the perfect picture of peace. The challenge stirred the imagination of artists everywhere, and paintings arrived from far and wide. Finally the great day of revelation arrived, and the field had been narrowed down to two paintings.

As a judge pulled the cover from first one, a hush fell over the crowd. A mirror-smooth lake reflected lacy, green birches under the soft blush of the evening sky. Along the grassy shore, a flock of sheep grazed undisturbed. Surely this was the winner.

When the second painting was uncovered, the crowd gasped in surprise. A tumultuous waterfall cascaded down a rocky precipice; the crowd could almost

feel its cold, penetrating spray. Stormy-gray clouds threatened to explode with lightning, wind, and rain. In the midst of the thundering noises and bitter chill, a spindly tree clung to the rocks at the edge of the falls.

But in that tree, a little bird had built a nest. Content and undisturbed in her stormy surroundings, she rested on her eggs. With her eyes closed and her wings ready to cover her little ones, she manifested peace that transcends all earthly turmoil.

Perhaps today, you've been guilty of searching for the kind of peace in the first picture. But the problem is that it just doesn't exist. But real peace — the kind in the second picture — is one that's ready and available to you when you take shelter in the arms of the Savior!

Prayer Challenge

Pray that despite your circumstances, God would give you peace that surpasses all earthly understanding.



The Power of Prayer

Major Cindy Nicolai
Director, Golden Diners

There is a chorus called "Whisper a Prayer"

*Whisper a Prayer in the morning,
Whisper a Prayer at noon,
Whisper a Prayer in the evening,
To keep your heart in tune.*

I heard this chorus sung over and over so many times as I was growing up. When you sing these words and mediate on His words, you can feel the presence of His Spirit surround you.

You can come to Him today with all your burdens and pray for His will. Prayer became very real to me at an early age.

I had a little dog, her name was Sandy. One day we were playing outside, and my dog Sandy decided to run into the road, she

got run over by a car.

My mother and I took her to the vet who looked at my mother with sad eyes, and said "I am afraid that the dog will not live; but put her in a box and keep her warm."

My mother and I took that little dog home and placed her in a cardboard box with a few old blankets to keep her warm. I prayed morning, noon and night for my little companion, for three solid days. I gave her attention, gave her food and water for those three days and loved her.

On the third day I ran to the box and could not find her, she was running around the house and full of energy she once had.

Witnessing the answer to my prayers, I jumped for joy and began playing with my little companion once again. My mother and I took her back to the vet

to make sure that she was okay. The vet could not believe his eyes and was very amazed and puzzled. The vet at this point said that God saved my little dog, no human hands could have saved her. That day I knew their was power in prayer.

I would like to share another chorus with you. This chorus is to the song called "Lord hear us while we pray," written by John Lawley.

*"Lord, hear us while we pray!
Lord, hear us while we pray!
Now thy Spirit give, let the dying live, And bless us here today.*

The Lord does hear us while we pray. Sometimes we don't think He answers but He does. Sometimes He says: Yes, No, and wait a while.

We need to realize that God knows what we need even before we ask. God knows the intent of

our hearts even before we open our mouths. Think back over the times that God has heard and answered your prayers. He is great and wonderful and He wants to answers your prayers today by fulfilling your needs.

Philippians 4:6 says "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

He tells us to ask and go to Him in Prayer. What are your requests today? Let God know them and wait for His answers today.

The second verse to the first chorus that I quoted goes like this:

*Prayer changes things in the morning,
Prayer changes things at noon,
Prayer changes things in the evening
And keeps your heart in tune.*

Roast Chicken with Lemon and Herb Marinade

Salvation Army Cookbook

A simple herb-lemon marinade turns this roast chicken into a tasty family dinner.

This can be a healthy meat choice, depending on portion size. For those following heart-healthy and diabetes-friendly diets, salt substitute like Mrs. Dash can be used, and the skin removed before consuming.

Because most of the marinade is discarded, the nutrient information below will not reflect this – so consider the numbers listed to be higher than they actually will be.

Prep time: 30 minutes

Cook time: 1.25 hours

Servings: 6

Ingredients:

- 1/3 cup lemon juice
- 1/4 cup dry white wine or chicken broth
- 1/4 cup olive oil
- 2 teaspoons chopped fresh rosemary (or 1/2 teaspoon dried)
- 2 teaspoons chopped fresh thyme leaves (or 1/2 teaspoon dried)
- 1/2 teaspoons salt (or salt substitute such as Mrs. Dash)
- 1/4 teaspoon black pepper
- 1 garlic clove minced
- 1 chicken (3 to 4 pounds)*

Directions:

1. Whisk lemon juice, wine

or chicken broth, olive oil, rosemary, thyme, salt, pepper and garlic together in large bowl. Measure out 1/3 cup of the marinade and store in a covered container in refrigerator. Wash, clean and pat dry chicken; place it in bowl with marinade, turning to coat all sides. Cover and refrigerate 1 to 2 hours, turning chicken 2-3 times.

2. Preheat oven to 350 degrees. Transfer chicken breast side up, to a rack in roasting pan. Tuck wing tips under and behind bird, and tie drumsticks together with string. (Untie string about 3/4 of the way into roasting time.) Dis-

card any marinade in bowl.

3. Brush bird thoroughly with reserved chilled marinade. Roast chicken basting occasionally, about 1 to 1 1/4 hours* or until thermometer inserted into a thick meaty part (not touching bone) reads 180 degrees and the juices run clear.

4. Remove from oven and allow to stand 10 minutes before carving.

NOTE: A 3 1/2 to 4 pound chicken may take up to 1 3/4 hours roasting time; a 4 1/2 to 5 pound chicken may take up to 2 1/2 hours.)







This recipe found on cookeatshare.com

What's for Lunch?

MENU SUBJECT TO CHANGE
Substitutions may be necessary.

APRIL 2013

Milk Served Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheesy Chicken Broccoli Whole Grain Rice Pilaf Mixed Veggies Whole Grain Bread Peaches	2 Meatball Sub Red Potatoes Italian Green Beans Roll Fruit Cocktail	3 Pork Roast Mashed Potatoes Corn Whole Grain Bread Fruited Yogurt	4 Veal Marsala Potato Wedges Broccoli Whole Grain Bread Banana	5 Denver Breakfast Bake Hashbrowns Mini Muffin Bread Sliced Apples 
8 Chicago Style Hot Dog Oven Fries Mexicali Corn Bun Fresh Orange	9 Oven Baked Chicken Rice Pilaf Mixed Veggies Whole Grain Bread Peaches	10 Meatloaf Garlic Mashed Potatoes Lima Beans Whole Grain Bread Pineapple Tidbits	11 Pork Riblet Baked Beans Blend Veggies Bun Fruit 	12 Breaded Cod Baked Sweet Potatoes Carrot Raisin Salad Whole Grain Bread Cherry Crisp
15 Hamburger German Potato Salad Mixed Veggies Bun Fruited Jello 	16 Chicken Gumbo White Rice Tossed Salad Whole Grain Bread Peach Cobbler	17 Spaghetti & Meatballs Marinara Sauce Mixed Veggies French Bread Slice Apples	18 BBQ Pork Sandwich Roasted Red Potatoes Peas & Carrots Bun Pears	19 Chicken Salad Baby Carrots Mandarin Oranges Whole Grain Bread Caesar Salad
22 Italian Sausage Sandwich Oven Fries Butter Beans Roll Fresh Orange	23 Oven Baked Chicken Scalloped Potatoes Fiesta Mixed Veggies Whole Grain Bread Fruited Yogurt	24 Mexicali Casserole Corn & Black Beans Corn Muffin Tropical Fruit 	25 Turkey Pasta Salad Diced Beets Peaches Whole Grain Bread Cookie	26 Beef Stroganoff Mashed Potatoes Mixed Veggies Whole Grain Bread Pineapple Tidbits
29 Pork Riblet Potatoes O'Brien Veggies Bun Fruit Bar	30 Baked Rotini w Sausage Mixed Veggies Bread Pudding French Bread Salad Greens 		<p>Please call by 9AM two days in advance to cancel or hold your meal delivery.</p> <p>Geneva Admin. Office 630-232-6676 - Marengo</p>	
				 Golden Diners Senior Nutrition Program  

What's Going on in McHenry County?

Free programs for seniors in Cary

Bingo - Select Fridays from 11:30 a.m. - 1 p.m. Call the Senior Center at 847-639-8118 for dates.

Blood Pressure Screening
Free blood pressure checks are provided on the first Friday of each month from 9 - 11 a.m. No appointment necessary.

Book Club - Join the Book Club on the second Thursday of each month from 10 - 11 a.m. Call the
Bridge Club - Meets on the first, second, and fourth Thursday of each month from 6 - 9 p.m.

Canasta Club - Meets on the second and fourth Thursday of each month from 10 a.m. - 1 p.m.

Computer Programs - Offered free to seniors, learn computer basics taught by a knowledgeable group of volunteers. Computers can be used for personal use during open lab times.

Call the Senior Center at 847-639-8118 for details on all programs.

Crystal Lake's Indoor Garage Sale

Date: March 28

Time: 8 a.m. - 3 p.m.

Where: Park Place, 406 W. Woodstock St., Crystal Lake

Do you want to have a garage sale but don't have enough space to have one? Come rent a space at Park Place (one table, two chairs included in fee).

Set up time is noon - 6 p.m.

No admission fee for the public.

Registration Deadline: March 18

Program Fee: \$45

Resident Discount Fee: \$30

Call: 815-459-0680

Fibromyalgia: A Holistic Approach

Date: April 9

Time: 6:30 p.m. - 7:30 p.m.

Location: Park Place, 406 W.

Woodstock St., Crystal Lake

Registration required. Free

Contact: Jenni Silka

Phone: 815-459-0680

Email: jsilka@crystallakeparks.org

The Basics: Memory Loss, Dementia, and Alzheimer's

Date: May 9

Time: 1 - 2:30 p.m.

Location: Hearthstone Communities, 840 N. Seminary Ave, Woodstock.

R.S.V.P.: 815-338-1749

This program provides the facts on

treatment, causes, risk factors, and more of Alzheimer's and dementia.

Books for Soldiers

When: April 15 from 10:30 a.m. to 12:30 p.m.

Where: McHenry Township, 3519 N Richmond Road, McHenry
Stop by the Senior Center to help package donated books, CDs, and DVDs to be sent overseas to our troops. What a great way to recycle your used paperback books, CDs and DVDs!

Crossroads Care Center will provide pastries for the volunteers who participate.

Donations begin on April. (Note: paperback books only)

More info: Call 815-344-3555

Mother's Day Tea

When: Friday, May 10 at 10:30 a.m.

Where: McHenry Township, 3519 N Richmond Road, McHenry
Enjoy tea and light refreshments as we celebrate Mothers. Bring a friend or family member. Even if you are not a mom, you are invited to participate in this celebration honoring mothers. Sponsored by Crossroads Care Center.

Call: 815-344-3555

McHenry County Dining Sites

Cary Senior Center

847-639-7224

847-639-8118

441 W. Main St.

Cary, IL 60013

Dorothy Fagerson

Open Mon. - Fri.

The Salvation Army

815-459-4261

290 W. Crystal Lake Ave.

Crystal Lake, IL 60014

Marsha Green

Open Tues., Wed., & Thurs.

Harvard Senior Center

815-943-6844

6817 Harvard Hills Rd.

Harvard, IL 60033

Chris Zalewski

Open Mon., Tues., & Thurs.

Marengo Park District

815-568-5126

825 Indian Oaks Trail

Marengo, IL 60152

Judy Faitz

Open Mon. - Fri.

McHenry Senior Center

815-385-8260

3519 N. Richmond Rd.

McHenry, IL 60050

Mary Ann Beck

Open Mon. - Fri.

Walden Oaks Apts.

815-338-7772

1155 Walden Oaks Dr.

Woodstock, IL 60098

Shirley Harper

Open Mon. - Fri.



Getting fit while in the comfort of your own home

As Newton's second law states, an object in motion tends to stay in motion while an object at rest tends to stay at rest unless an outward force acts upon it.

While Newton was using his law to illustrate inertia, the same can be said for exercise. When someone is at rest on a cushy sofa or chair, getting on a tread-

mill or elliptical machine can be a frightening thought. Keep that thinking up, and starting an exercise routine becomes an ever more impossible dream.

On the other hand, those who exercise regularly will build a routine and often find themselves feeling remiss if they miss out on a trip to the gym. This is because they've built

momentum, just as Newton had envisioned.

Seniors can have a harder time than most building a fitness routine. As we age, health concerns become a greater factor in our lives and various surgeries, illnesses, aches and pains make exercise tricky.

For those able to make the trip, Judson University in Elgin

offers a unique fitness program for Golden Diners participants that caters to seniors and their fitness needs. Read more on this free program in the story above. Those outside of the Elgin area can consult a local gym or park district and ask about senior rates, which are offered by many gyms.

Continued on page 5

Kane County Dining Sites

Aurora Senior Services

630-897-4035
900 N. Lake St..
Aurora, IL 60506
Cindy Zachary
Open Tues., Wed., & Thurs.

Geneva Township Senior Center

630-232-3602
400 Wheeler Dr.
Geneva, IL 60134
Eileen Stocking
Open Tues., Wed., & Thurs.

The Salvation Army

630-377-2769 ext.213
1710 S. 7th Ave.
St. Charles, IL 60174
Kim Williams
Open Mon. – Fri.

Judson University Fitness Center/ Alumni Room

847-628-2500
1151 N. State St.
Elgin, IL 60123
Linda Jeske
Open Mon. – Fri.

Elgin Senior Services

847-741-0404
101 S. Grove St.
Elgin, IL 60120
Laurie Tefft
Open Wed. & Fri.

What's Going on in Kane County?

AARP Driver Safety Program

Refine your driving skills with a representative from AARP. Develop safe, defensive driving techniques. Attendees must attend both classes to complete the course AARP member's \$12 and you must bring your AARP card for verification. For non-AARP members the fee is \$14 Only checks will be accepted and must be made out to AARP and brought in the day of the first class.

Restrictions: Attendees must attend both classes to complete the course.

Locations/more info: Call 847-783-8700.

Senior Education St. Patrick's Day Pool Tournament and Brunch

Wear your "green" and shamrocks and celebrate St. Patrick's Day at the Geneva Township Center with an 8-Ball Pool Tournament and Brunch on Friday, March 22! A delicious Egg Harbor brunch will be served to tournament players starting at 9:45 a.m. The pool tournament will begin at 11. You'll play with a partner as a team. Teams will be determined after the

signup ends on Tuesday, March 19 with a random drawing. You must register by the 19th to play in the tournament. Prizes will be awarded! Sign up no later than Tuesday, March 19 by calling the Center at 630-232-3602.



Improv Saturdays with Green Room

100% clean. 99.27% hilarious. For over 10 years GreenRoom has been performing their unique improv show for thousands of people both old and young alike. Now they are bringing that show for an extended stay to the Hemmens' lower level 200-seat Cabaret Theater in the Round! **When:** First Saturday of each month through Dec. 2012 (no show July or August) **Where:** Hemmens Cultural Center, 45 Symphony Way, Elgin, Illinois **Tickets:** \$10 for seniors **More info:** hemmens.org

Low-Cost Pet Wellness Clinic

The popular monthly, low-cost pet wellness clinics return for 2013. Just Animals, a local non-profit, no kill animal shelter, is providing vaccinations to dogs and cats, heartworm tests, discounted heartworm prevention medicine, Feline Immunodeficiency Virus (FIV) tests and micro-chipping for Aurora area pet owners.

The services are available by appointment only and can be arranged by calling Just Animals at 815-830-6568 and leaving a message.

When: between 9 a.m. to 4 p.m. on the second Saturday of each month **Where:** Aurora Animal Control, 600 S. River St.

Is Your Legal House in Order?

Presentation by Dan Parsons, elder law attorney.

Learn about power of attorney, living wills, long-term care, advance directives, and more!

When: April 10 at 1 p.m.

Where: Carriage Oaks, 1500 S. 14th St., St. Charles, IL

R.S.V.P.: Call 630-584-0029 by April 8

More info: <http://www.carriageoakssoftcharles.com>

Getting fit... continued from page 4

For those unable to get active at a nearby gym, there are plenty of ways to stay fit at home. Before trying any of these tips out, please consult your doctor as to your capacity to exercise. Doing so will keep you safe and make your workouts even more effective!

Staying flexible is important to seniors and anyone with a moderate amount of room in the house can do so. By taking a few minutes each day to stretch out knees, arms and other joints,

seniors can ward off pains and stiffness.

Exercises like leg and arm raises are easy to do at home and require no equipment. Similarly, you can try low-impact routines like yoga and tai chi. There is plenty of information available on these online or in your local library.

Fitness is better in groups. It's the reason why classes and personal trainers have become such a big business. But it really only takes two to make exercise

more enjoyable. If you have a neighbor who's looking to get active, try inviting them to pair up with you. It will help keep both of you motivated and having fun.

As the weather gets warmer, considering taking up gardening. This activity provides benefits in three ways: it takes some light work to do, it gets you outside, and the fresh vegetables you grow can be part of a healthy diet.

Always remember if you start

to experience pain during or after exercise, stop. Consult your doctor about the issue and ask what they think you should do.



Resources for McHenry County Seniors

McHenry Township

Computer Education Program

Computer courses, offered in the Computer Lab at McHenry Township Senior Center, 3519 N. Richmond Road, consist of three 2-hour or two 3-hour sessions.

A \$5 registration fee for each session is payable at the first class. Call Cindi Stoffel, Senior Center Activities Director at 815-344-3555 to register.

Courses include: Basic Computer, Basic Windows, Introduction to Word Processing, Introduction to Microsoft Word, Intermediate Word, Spreadsheet Basics, Internet, and many more!

McHenry Township Senior Express

McHenry Township's Transportation

Program, Senior Express provides convenient door-to-door transportation service with fully accessible buses at a reasonable price! Senior Express operates between 8 a.m. and 3 p.m. Monday through Friday.

New riders must register for Senior Express service with the Township office by calling 815-385-5605.

Algonquin Township

Computer Classes

Free Senior Computer classes are offered every other Tuesday. Call the Supervisors office to sign up today. (847) 639-2700 ext.7

Senior Bus

Make reservations by calling the Highway Department at (847) 639-2700 ext.6

Dorr Township

Transportation Services

Dorr Township has entered into an agreement with McHenry County to provide transportation services for its senior and disabled residents in unincorporated areas. All riders must be registered. The service area is the area within McHenry County defined by: the borders of the Dorr Township and McHenry Township and the borders of City of Crystal Lake, the City of McHenry and the City of Woodstock.

A curb-to-curb, dial-a-ride service operating Monday through Friday between 6 a.m. and 7 p.m. and on Saturday between 9 a.m. and 5 p.m. A previous day reservation is required. The fare is currently \$3 per one-way trip. To register call 815-334-4985 or

go to www.mchenrycountydot.org. To schedule a trip call 800-451-4599.

Grafton Township

Senior/Disabled Transportation Service

Seniors can use Grafton transportation for shopping, appointments, and more. Please call 1-847-669-3328 for registration so we can sign you up.

Seniors/Disabled Ride CTA, Metra, and Pace Free

Applications are available at the Grafton Township Supervisor Moore's Office for the "smart card." Stop in if you are over 65 years This program may soon be available only to seniors who qualify for Circuit Breaker through Senior Services (815-356-7457).

Resources for Kane County Seniors

Elgin Township

Cellular assistance for seniors of Elgin

The Elgin PD has emergency 911 cell phones available for Elgin seniors. These phones are free of charge, with no monthly fee. The phones only call 911. To be eligible for this service, you must be at least 60 years of age and reside in Elgin. Cell phone donations are also accepted for this program.

Senior education

The department offers an array of presentations for seniors. If you would like to schedule a presentation, contact Cherie Aschenbrenner at (847) 289-2626.

St. Charles Township

Ride in Kane

St. Charles Township is a sponsor

for Ride in Kane. Rides are available to residents of unincorporated St. Charles Township who are seniors (age 65 and older) and/or disabled. Rides may be obtained for medical purposes or a job.

There is a limit of two round trip rides per week for a nominal fee to the rider. To register for rides, call the Township Supervisor's office at (630) 584-9342.

Geneva Township

Tax preparation appointments available

Don't miss making an appointment for tax preparation at the Center this year. Volunteer AARP preparers are once again at the Center on Tuesday and Thursday each week to help members complete and file their 2012 federal and state tax returns.

Don't wait until the last minute! AARP volunteers can complete most tax forms including 1040EZ, 1040A, and 1040 with schedules. For a specific list of tax forms that can be completed by the AARP preparers, please contact the Center. There is no cost for this service. Appointments are required. Call 630-232-3602 to make an appointment.

Aurora Township

Senior and disabled residents with standard yard size may qualify for our lawn-mowing program from mid April to mid October.

A handyman service is available for small screwdriver/pliers-type repairs. If a job is more complex, the handyman will recommend a reputable contractor.

There is no charge for the lawn

mower and summer chore service to qualified residents.

To register for lawn mowing, call the Aurora Township Supervisor's Office at (630) 897-8777, during the month of April.

The handyman service is free, if it is a job that the handyman is able to do, and that can be done in less than 1-1/2 hours, but there is a charge for parts costing over \$1. Any additional contractors must be hired and paid for by the resident.

Dan Taylor leads group aerobics from 5:30-6:30 p.m. on Mondays, Tuesdays, and Thursdays and Saturday mornings from 8:00-9:00 a.m. Fee is \$2 per visit.

Recreation and enrichment programs at the Township Community Center include drop in program/luncheons, holiday parties, and computer classes. For information on these, please call 630-859-7501.

Senior Circuit keeps members on the right fitness track

Once limbered up, the fitness fanatics were ready to start their workout. After a couple of laps around the Judson University gym, they rotated station to station, lifting weights here, swiftly stepping through ladder rungs there, each one presenting a new challenge.

These gym rats were working out for their fifth day in a row - pretty good for a group ranging from 60-to-80-year-olds.

The seniors are part of a program called Senior Circuit. Spearheaded by Cathy Headley, Judson University's Exercise and Sports Science Department chair, Senior Circuit began in 2008 as part of Activate Elgin. In its early days, the program was held twice a week.

With time, demand grew and the program started operating five days per week. Senior Circuit would again grow as it later partnered with the Salvation Army's Golden Diners. Today, seniors meet at Judson's fitness room and exercise for an hour, then head downstairs for their meals.

Fitness sessions focus on sev-



Judson students lead seniors through their pre-exercise stretches during the March 1 Senior Circuit workout.

eral areas to keep seniors well-rounded. The March 1 session was a variety day with stretching, aerobics, and weights.

Though the program was started by Headley, it is run daily by Judson students like Brianna Di Gioia, who lead the seniors through their station activities.

"A lot of them have injuries or surgeries and some of them can't even lift their arm or they have hip or knee replacements so you really have to accommodate them and think of another exercise that they can do so they're not just standing around," she

said.

An exercise and sports science major, Di Gioia said the program is excellent training for her planned career as a physical therapist. Yet, when asked about the most valuable part of the job, she had something else in mind.

"I have a lot of relationships with these people; I've become really close to them and it's really rewarding knowing that I'm helping them and making a difference in their lives," she said.

Senior Circuit also fosters relationships between the seniors

themselves. Many were paired together and laughs flowed freely as the exercise became a fun activity.

All fun aside, the benefits of exercising for these seniors is serious business. One man who had underwent knee surgery said the regular exercise helped him to recover faster and get back to normal. Another woman made a similar claim about recovering from her surgical operation.

Regardless of medical history, Headley said anyone can benefit from staying active and can achieve a state of fitness they did not think possible.

"That's what we want people to do is to challenge themselves," Headley said.

Headley said the goal is to help seniors "maintain and improve" their quality of life. With fitness classes offered Monday through Friday followed by a nutritious meal afterwards, Senior Circuit looks pretty fit to achieve its goals.

Those interested in being a part of Senior Circuit can call 847-628-1085.

CRUISIN' AND GROOVING FOR CHARITY

SAVE THE
DATE!!!



Tell Your
Family &
Friends

on June 9, 2013 • 10am to 3pm
at the Alden of Waterford Campus

2021 Randi Drive, Aurora IL

Proceeds to Salvation Army Golden Diners Senior Nutrition Program



The Salvation Army Golden Diners
1031 E. State St.
Geneva IL, 60134-2483
630-232-6676

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**When writing or re-doing your Will, please remember
The Salvation Army Golden Diners Program.
Questions regarding the correct wording
to be certain your request is honored, should be
directed to our Administrative office at
630-232-6676.**

If listing our program to receive donations in lieu of
flowers in an obituary, please use our complete name and address:
Golden Diners Web Site Can be accessed at:
www.salarmychicago.org/services/goldenDiners.htm

***THE SALVATION ARMY GOLDEN DINERS SITES WILL BE CLOSED
SEPTEMBER 6th- LABOR DAY
NOVERMBER 25th- THANKSGIVING DAY
NOVEMBER 26th- DAY
AFTER THANKSGIVING***