

The Visitor

YMCA of McDonough County Senior Center
400 East Calhoun Street, Macomb, IL 61455
309-837-5733



**November 2018
Issue 11**

From the Director's Desk

Greetings,

Making connections the old-fashioned way! Sometimes trying to get together with family and friends is a lot of work. Maybe you must drive a distance, do a bunch of packing, figure out schedules and get everyone on the same page with activities. Sometimes you wonder if it is worth it!

To keep connected folks might call, use Facebook or email. Some might actually, believe it or not, write a letter. It is fun to get a real letter!

Recently I have been to two get-togethers that seemed to require a LOT of effort and a bit of stress. My nephew got married in Iowa City but the day before that my sister and her husband visited. My time was crunched and my packing for the weekend was just throwing a lot of black clothing into a big suitcase! Needless to say, the weekend was really fun and it was great to visit with family.

I also went to southern Missouri on a hiking trip. We did some backpacking and some lodge nights. It was just crazy to get work done, pack and drive. I wondered if it was worth it. But, a large group of us was there for the 30th anniversary of the hiking group and connecting with old friends was rewarding and worth it.

I remind myself that keeping personal connections with others has so many benefits it is well worth the effort. I think it is great for our spirits and can bring joy to our lives. Please consider keeping your connections at the YMCA Senior Center, or even making new connections with us! Check out the activities or stop by for lunch! Happy Thanksgiving!

Cindy Cavett



Caregivers Support Group

Monday, November 12
2:00pm

Whatever caregiving
role you play please

join this supportive group led by Linda Hess.
Something special is planned this month.

November is National Family Caregivers Month!



Card Construction Workshop

**Friday, November 9 at
9:30am**

Join Jan for a morning of creating Christmas cards. These cards are beautiful and will be great to send out to that special someone! Consider making a lunch reservation-soup and salad on the menu! Make your reservation by calling 837-5733 by 1pm the day before. Space is limited so sign up today. Fee: Free

Don't Miss Open Enrollment

**October 15 – December 7, 2018
For 2019**

This is a good time to evaluate your Prescription Drug Plan and change it for 2019. Sometimes your drug coverage changes with your current plan, sometimes your pharmacy changes cost, and sometimes you add or drop certain drugs that can change your costs. It is a good time to reevaluate and perhaps save some money! We are hosting an Open Enrollment Event on **Friday, November 16 from 9-3pm**. This is first-come, first served. Make sure you have your medication list, Medicare Card and current Plan D information when you stop by.

Rescheduled- A Matter of Balance to Nov. 14

**November
Birthday Bash!**

**Monday
November 19, 2018**

**Celebrate November
Birthdays and
Anniversaries!**

Enjoy lunch and a special dessert! Whether it is your birthday or not all seniors are invited to celebrate!

Special treat-BINGO-provided by
Wesley Village
Cost: \$1

Free Bingo for people with
November birthdays!

Make your reservation by 1pm,
Friday, November 16, 309-837-5733

Lifelong Learning Conference



A Fun Filled Day for
Lifelong Learners!

Friday, November 2, 2018

Your \$20 tuition includes:

- Morning refreshments
- FREE health screenings
- Community Resource Fair
- Three Educational Sessions
- Luncheon and Prizes
- You get to see Marlise and Cindy!

Registration, FREE screenings and Resource Fair begins at 8:00am. Keynote speaker at 9:00am. Register by calling 309-833-6031. Location: Spoon River College Community Outreach Center, Macomb. Come by the Senior Center office if you would like to see the session topics.

Meet our New Site Manager in Colchester... Janet Billeter!

Janet lives in Macomb and participates in many of the Senior Center activities. She retired from the Business Services Department at WIU and has three sons, three daughters-in-law and five grandchildren!

In her free time she plays cards and likes to paint and sew. Janet and her friends taught many Craft Nights for the Macomb Senior Center and introduced many new faces to the center.

Janet hopes to implement some new programs/games to the Colchester site seniors. Come out and join Janet for Tote Bag Craft (info below).

Special Craft Day at the Colchester Senior Center

Thursday, November 29 at 9am.

Make a Tote Bag!

Choose your front panel and bag material available to create a useful and fun tote. Some sewing knowledge helpful, but proficiency not necessary. Bring scissors and register by calling 309-837-5733. Fee: \$2 Space limited. Call by 1pm November 28 to make lunch reservation.



Author in the House!

Dr. David F. Hess
WIU Geology Professor
Emeritus

The Ripley (Brown County) Illinois Potteries: A 19th Century Jugtown Community on the Prairie, is available at New Copperfield's Book Services on the Square. Hess has been researching the Ripley potteries for more than 30 years and had his book 75-80% done when he suffered a stroke over six years ago. Two years ago, he decided he wanted to get it finished and published. With hard work and help from others he completed the effort. A great accomplishment!

If you purchase a copy and would like it signed please contact the Senior Center.

**Rules of the Road
Friday, November 2
1:30-3:30pm**

This free course helps you pass
your driver's test. Call to
reserve your spot,
309-837-5733.