



2020

THE LAKES/SUPERIOR AT WATERFORD

Forward March and Welcome Spring, when bunnies bounce, and birds all sing. When March winds blow the Winter away, they get the world ready for April and May! Helen Moore

March 2,9,16,23,30... “Ladies of the Lakes/Superior Mtg

Meet at Gardens at 9:00 am

March 6, 13, 20, 27... “Gentlemen of the Lakes/Superior Mtg.

Meet at Gardens at 8:30 am



March 4 Wednesday... “First Person Portrayal of Queen Elizabeth II and Lunch”

Pick up at your door at 11:00am and then we are off to the Jacob Henry Mansion in Joliet for a captivating historical portrayal by historian Leslie Goddard exploring the life of

Britain's longest ruling and intriguing monarch! A delicious lunch (salad, rolls, entrée, veggie dessert and beverage) in the mansion at 12:00 noon and then the presentation at 1:00 pm Self tour of the mansion after the talk optional. Cost per person for the lunch and presentation is \$48.00. RSVP and monies to Ruth 630-585-8047



March 13 & 27 Fridays... "Wellness Clinic"

Meet at the Horizon building from 12:00 noon to 2 pm If interested in a FREE YEARLY PREVENTATIVE SCREENING CALL Sue Baker RN our campus wellness nurse for an appointment. 815-9313832



March 10 Tuesday... "Dye the Ponds Green"

Meet at Horizon at 1:00pm Well, we really won't dye the ponds green, but we will drink some "Green River" and celebrate St Pat's Day wearing green and even eating something green! And yes... we'll be chomping down on corn beef sandwiches, coleslaw, potato salad and beverages. So, come out for a delicious lunch and let's hunt for the gold!

\$5.00 per person... Please RSVP and bring monies to Ruth 630-585-8047

**let's do
lunch** **March 12 Friday... "Great Agers Lunch"**

You are invited to lunch at Bethany Fox Valley Methodist Church on Ridge Road. Arrive at 11:30 for a Noon lunch. The Church will be providing delicious corn beef. You are asked to bring a side dish to share. Your side dish can be anything from cabbage to boiled potatoes to whatever you feel like making. Also bring your own table setting set ups. After lunch Sean Cleland and accomplished fiddle player from the Irish Music School of Chicago will perform. Call the church office to RSVP if you are coming. 630-851-8010 A \$1.00 donation is appreciated.



March 19 Thursday... "Healthy Lifestyle Seminar"

Hosted at Gardens at 6:00pm and presented by Carrie Long, Master Personal Trainer at the Rush Copley Healthplex. See the attached flyer for more information



March 30 Monday... “Let’s Play Mind Games”

Meet at Gardens for our Ladies of the Lakes meeting at 9:00 and exercise your brain! Our brains are responsible for keeping us happy and as we get older mental health plays a major role in us being able to live independently. Some of the best, tried and tested brain training games and activities that are especially suited for older people are sure to be fun and effective. Join us as we try them out!



March 30 Monday... “Birthday Bash”

Meet at Horizon building as we celebrate our Lakes/Superior babies born in Month of March! Happy Birthday Dick T., and Louise C.... Coffee and conversation served up. RSVP 630-585-8047

***** Dryer Vent Cleaning will begin April 6th at 8:00 am.**

Please see the attached Vent Cleaning Schedule! ***

IMPORTANT NOTICE

When you accidentally pull or bump the emergency pull cords in your bathrooms or the pendant on your neck...the emergency service makes a phone call to your home to see if it is an emergency or an accidental call.

I have heard from several residents that if they do not recognize the phone number, they DO NOT ANSWER the call.

That in turn will send the ambulance out to your home and if you accidentally pulled the cord... the ambulance will come if you don't answer the call.

So, I asked if they could give us the phone number that appears on your phones when they call you to see if you are ok. So now you will know it is them calling.

847-879-8500

Please post this number by your phones and answer... if it is not an emergency... Thank you!