



# August

## Frisbie Senior Center Newsletter



**Veterans Roundtable**  
**Thurs., August 1 @ 11 AM**  
Join us monthly for coffee & as well as for discussion around topics related to Veterans.



**Senior Police Corps. and Fire**  
**Wed., August 7**  
**10 AM to 12 PM**



**Wed., August 7 @ 12 PM**  
Join us for this monthly series which will feature a health and wellness topic. *Please note: You MUST be present for the entire presentation to receive a lunch.*



**Lunch and a Movie**  
**Thurs., Aug. 8**  
**@ 12 PM**

**The Boys in the Boat**  
The triumphant underdog story of the University of Washington men's rowing team, who stunned the world by competing at the 1936 Berlin Olympics.  
**Register by Aug. 5th**



**Health & Life Coaching**  
**Tues., Aug. 13 @ 9:30 AM**  
Do you feel that there is more to life, but don't know where or how to begin? Join Lorena Lucas, Certified Health and Life Coach, to discuss this journey.



**Brunch & Brew**  
**Tues., Aug. 13 @ 11 AM**  
**M: \$10 NM: \$12**  
Baked spinach, egg and cheese casserole served with maple bacon sweet potato hash and fresh fruit.  
**Register by August 6th**



**Monday, August 19th**  
**@ 12 PM**  
Compete in this monthly challenge and win a prize.



**Home Cheese Making**  
**Tues., Aug. 20 @ 1 PM**  
**M: \$10 NM: \$12**

Mark Lyons, Garden Coach, will be teaching you how to make your own cheese at home.  
**Register by Aug. 14**



**Wine and Cheese Sampling**  
**Tues., Aug. 20 @ 2PM**

Enjoy a sample of wine paired with cheese and crackers. \*Must attend home cheese making presentation to participate.  
**Register by Aug. 14**

**For more info on our programs, please call (847) 768-5944**  
**All programs require advanced registration**

## Des Plaines Library



Wed., Aug. 21  
@ 10AM  
*Four Winds*  
by *Kristin Hannah*

Texas, 1934. Millions are out of work and a drought has broken the Great Plains. Farmers are fighting to keep their land and their livelihoods as the crops are failing, the water is drying up, and dust threatens to bury them all. One of the darkest periods of the Great Depression, the Dust Bowl era, has arrived with a vengeance.

In this uncertain and dangerous time, Elsa Martinelli—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or go west, to California, in search of a better life. The *Four Winds* is an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.



**Bunco and Pizza**  
Thurs., August 22nd  
@ 12 PM

M:\$12 NM: \$15

Join us monthly for this friendly game of bunco. Enjoy pizza, from a local establishment, followed by 2 games of bunco. Prizes awarded each round to highest scorer. Highest overall scorer will be awarded grand prize at the end.

**Register by August 19th**



Thurs., Aug. 29th  
@ 12 PM  
M/NM: \$15  
Register by  
August 21

As the hustle and bustle of summer comes to an end, join us for one last BBQ. Enjoy a side salad, Italian sausage sandwich served with peppers and spinach and ricotta stuffed shells. Enjoy blueberry cobbler for dessert.

**The Jammers** are back as the entertainment to help us boogie our way into fall.



**Podiatrist**  
Wed., Aug. 21st  
12:30-3:30  
(Appts. Required)

Dr. Truncale, from Podiatry of Arlington Heights, specializes in Diabetic Foot Care, Wound Care, Surgery of the Foot, Orthotics, Toenail fungus, Warts, Flatfeet, Bunions, Hammertoes, Gout, Heel Pain, Neuromas, Sprains, Fractures, Geriatric Foot Care and Ingrown Toenails.

**Please bring your completed form, ID, insurance card and a list of your meds to your appt.**



Thurs., Aug. 29th  
11AM-1PM

Boguslaw Kwasny, from The Illinois State Treasurers office will be onsite to help you locate any missing cash.



**Memory Screening**  
Tues., Aug. 27  
10AM-2PM  
Appts. required



Thursday  
Sept. 19  
9AM to 12PM

Join us for our Annual Health, Housing and Resource Fair that will feature a host of valuable information and resources for your overall health and wellness. Screenings, non profit resources and much more will be available. **This event is FREE and open to the public.**