

# The Visitor



YMCA of McDonough County Senior Center  
400 E. Calhoun St., Macomb, IL 61455

May, 2015  
Published Monthly—Issue 5

## SENIOR CENTER OFFICE

By Charlene  
**BENEFIT ACCESS PROGRAM**  
**(FORMERLY CIRCUIT BREAKER)**

### Telephone Fraud Resources

**TTC Do not Call List:** The National Do Not Call Registry prevents most telemarketers from contacting you without your permission, once you have been listed in the registry for 31 days. To put your phone number on the Do Not Call List, you can call 1-888-382-1222. You **MUST** call from the phone number that you want to put on the list! You can also register online at:

<http://donotcall.gov>

To report a violation of the Do Not Call List, contact the phone number above or use the complaint form at the Do Not Call website.

## SENIOR FISHING DERBY



**The SENIOR FISHING DERBY** is a very fun filled event. The YMCA Senior Center and The Macomb Park District will be your hosts on **June 5, 2015 from 9:00 to 11:00** at Spring Lake. The fishing license is waived for this event so no need to worry about a license, just come out and have fun fishing. There is a sign up at The Macomb Park District, and a fee of \$2.00. Awards will be given. For more information call the YMCA Senior Center at 837-5733 or The Macomb Park District at 833-4562.

### Guest Speaker In the YMCA Senior Center

Cara Allen from the University Extension Office will be speaking to us on the topic of "Being Mindful in a Busy World". She will be in the Senior Center on May 4<sup>th</sup> at 12:00.

We all lead such busy lives that our mental, emotional and physical health suffer from the disconnection that can happen between ourselves and life. The practice of mindfulness, or paying purposeful attention to the present moment, offers us a way to slow down, enjoy our lives more and reduce stress.

**"Being Mindful in a Bushy World"** will help participants explore the benefits of mindfulness meditation and teach them techniques that reduce stress and increase life satisfaction.



*Hello*



# MAY'S BIRTHDAY

Bob Andrews	1
Colleen Douglas	2
Fran Hamilton	2
Cavitt Hollis	2
Alyce Hall	3
Mary Hoke	3
Agnes Nelson	3
Elaine Seaman	3
Evert Dooley	4
Bobbie Dorn	4
Mary Ford	4
Jean Meline	4
Mary Miller	5
Jean Meline	4
Mary Miller	4
Dorothy Copeland	5
Rova Garrett	5
Marcia Hall	5
Ed Hunt	6
Helen Koester	6
Pam McLean	6
Betty Rexroat	6
Sheila Shearer	6
Margaret Bruzek	7
Doris Weber	7
Mary Virginia Woodrum	7
Barbara Cunningham	8
Evelyn Fowler	8
Eloise Lowderman	8
George Russell	8
Sheila Provine	9
Mary Roberts	9
Myrtle McCall	10
Marilyn Settles	10
Charles Whitmore	10
Vicky Crouse	11
Pat Elam	11
Joan Ford	11
Linda Elsea	12
Dora Young	12
Leonard Jarrett	14
Betty Marlow	14
Ruby Thurman	14
Kathy Livingston	15
Jack Self	15
Virgil Foster	16
Eugene Hammond	16
Stephen Lewis	16
Jane Powell	16
Katherine Driskell	17
Nargis Sheikh	17
Vivian Beck	18
Dot Forman	18



Marilyn Moore	18
Twyla Havens	18
Theresa Kipling	19
Sally Sallee	19
Carol Beck	20
Ann Collins	20
Peggy Foulk	20
Carrie Davis	20
Mike Pledge	20
Charles Hayes, Jr.	21
Yale Sedman	21
Dana Derry	23
Betty Dobins	23
Jane Lohr	23
Bertha Morrow	23
Anna Mae Watson	23
Lucille Billeter	24
Kathy Garlick	24
Patsy Hartweger	24
Vicky Jewell	24
Marilyn Stone	24
William Arnold	26
Helen Parsons	26
Janet Shaw	26
Nedra Taylor	26
Howard Carrier	27
Lee Hare	27
Juanita Mathena	27
George McNeff	27
Lorene Sidwell	27
Doris Cheek	28
Darlene Roth	28
Phyllis Rule	28
Goldie Depoy	29
Olive Thomson	29
Geraldine Hayes	30
Phyllis Martin	30
Virginia Fentem	30
Vicki Remy	31

## MAY'S ANNIVERSARIES

Lloyd & Dorothy Thompson 10



**YMCA CLOSED**  
**MEMORIAL DAY**  
**May 25, 2015**  
**No Meals**  
**Happy Memorial Day!**



**LIONS CLUB EYEGLASSES DONATION**  
**CHANGE SOMEONE'S LIFE!**

In about any drawer in your house you will find a pair or two of glasses that you no longer use. Please consider bringing them to the YMCA of McDonough County and dropping them off in the Lion's Club box in the Senior Center.

That pair of glasses can change someone's life! Lions Club volunteers clean, sort by prescription and distribute those recycled glasses to people in need. Many of the glasses go to developing countries where they will have the greatest impact.

Change someone's life and help a community grow and thrive today!!!



**SPECIAL CRAFT TIME**  
**PLANNED**

We are very excited to have Peggy Williams from The Scrapbook Nook in Colchester, IL to do a special craft project making cards and envelopes. She will be in the YMCA Senior Center on May 18<sup>th</sup> from 9:30 to 10:45 am. There is a \$2.00 project fee for this class. Be sure to make reservation for lunch that day, craft then lunch would be fun!

**BEGINNING**  
**KNITTING/CROCHET CLASS**  
**CONTINUES**

Beginning Knitting Class with Kathy Chipman in the YMCA Senior Center on Monday's at 3:00 to 4:30pm will once again be offered. This class will start May 4<sup>th</sup> and continues for 6 weeks with the last class on June 15. We will have no class on Memorial Day, May 25.

Pre-registration is required and space is still available. Sign up in the YMCA Senior Center Office. Fee for this class is Members \$15.00 and non-members \$20.00.

For more information please call the YMCA Senior Center office at 309-837-5733.

**GRANDFAMILIES SUPPORT MEETING**

The next meeting for Grandfamilies Raising Children will be May 8th, and will be meeting at the First Presbyterian Church (please note the new location) at 10:00 am to 11:30 am. There will be two speakers talking about summer activities for kids, and a time for sharing. For more information please call Susan Johnson at Alternatives for the Older Adult, at 309-837-1001.