

## **Bridges Senior Center Will Host AARP Smart Driver Program**

AARP Driver Safety Program is a classroom driver refresher course designed especially for drivers age 50 and over. This program aims to help community members retain their driving competency. Learn driving strategies, understand the effects of aging on driving, reduce the chance of having an accident and know when to retire from driving. At completion of this course; participants will receive a certificate that can be presented to their automobile insurance holder that may entitle them to a discount.

There is a \$15 fee for AARP members (with AARP membership card) and \$20 fee for non-members; on the first day of class and payable to AARP for the instruction book and materials. You must attend both days. The next course is scheduled for **May 1 & 2** from 12-4pm at the Open Table United Church of Christ located at 910 Columbus St. Ottawa, IL. Registration Required.

Please call 815-431-8034 to register or for more information.

### **Bridges Senior Center Mother's Day High Tea**

**May 9<sup>th</sup>** at 5:30pm

Hosted at Open Table United Church of Christ - 910 Columbus St. Ottawa, IL.

You are invited to join us for a traditional high tea to celebrate Mother's Day.

The high tea will include tea, finger sandwiches, and dainties for dessert provided by Pleasant View Luther Home.

For your enjoyment, local artist Alicia Sesto will present a topic of artistic interest and paint a picture, which will be given away as a door prize.

Please invite your daughters and granddaughters to join you.

Remember to bring your best tea cup.

Wear your prettiest hat to be entered into the door prize drawing.

Please RSVP by April 29 by calling 815-431-8034

### **HELP WANTED!!!!**

**Your skills could make a big difference to someone in need.**

The Illinois Volunteer Money Management Program provides seniors and dependent adults assistance with their finances for a variety of reasons; physical impairments, vision loss, memory issues, or financial exploitation.

**Typical tasks include:**

- Writing checks and paying bills;
- Reading mail and filing important documents;
- Budgeting and tracking expenses;
- Reconciling the check register.

**Most volunteers in the MMP program devote between 2-3 hours of their time a month to the program.**

As a volunteer you may help a person avoid late fees and overdraft fees, assist with budgeting and help someone break the cycle of short-term high interest payday loans, or by being a regular presence and providing financial oversight, you may help prevent someone becoming a target for scams or financial exploitation.

Program Coordinators provide ongoing training and support. Alternatives provides liability insurance for the protection of both program participants and volunteers. All potential volunteers are subject to a criminal background and credit check. For more information please call David Otten at **309-277-0167**.

## Community Programs

Bridges Senior Center is collaborating with First Midwest Bank to present financial education workshops, products and services in support of the community needs for our older adults. First Midwest Bank will be presenting “Securing Your Identity” workshops at the following three Community Programs.

The workshop will explain Identity Theft, how to guard against it, and what to do if your identity is compromised.

### St. Patrick’s Day Corned Beef Lunch & Party

March 17<sup>th</sup> from 10:30-1pm

Location: Voluntary Action Center, located at 210 N. Lewis Rd. Oglesby.

10:30-11:30-“Securing Your Identity” workshop

11:30-1-Please join us for a wee bit of Irish Fun & Games and Lunch

There is a \$3.50 suggested donation for the Corned Beef & Cabbage lunch. Registration required by calling 815-431-8034 by March 10<sup>th</sup>.

### Monthly Potluck at the Marseilles Satellite Office

March 22<sup>nd</sup> from 11am-2pm

Marseilles American Legion Hall-571 Rutland St. Marseilles

11-12 “Securing Your Identity” Workshop

12-12:45 Potluck-Bring a dish to share, and your own tableware and beverage

12:45-2pm Dollar Bingo-Coverall prize sponsored by *Rivershores HealthCare and Rehabilitation Center*

### Foot Health Presentation & Lunch at the Streator Satellite Office

April 5<sup>th</sup> from 10:45-1:30

Bruce Township Hall-216 N. Sterling St. Streator

10:45-11-Registration

11-12- “Securing Your Identity” workshop

12-12:45 Pizza Lunch-\$5 per person

Please register by March 31<sup>st</sup> by calling 815-431-8034

12:45-1:30 Foot Health presentation by *Heritage Health of Streator*

April is National Foot Health Month

According to the *American Orthopaedic Foot & Ankle Society (AOFAS)*, the average person takes approximately 10,000 steps per day, which add up to more than 3 million steps per year. We carry approximately four to six times our body weight across the ankle joint when climbing up stairs or walking steep inclines. Good foot health is essential for an active life.

## **SATELLITE OFFICES**

Bridges Senior Center offers appointments at a satellite office in a community near you! We will be at these locations, once a month to answer questions and help with paperwork. Please make an appointment for assistance. These offices will be open from 9am—3pm on these dates, unless otherwise specified.

### Streator at Bruce Township Hall-216 N. Sterling St.

✦ **Mar 1:** Call 815-673-2215 for an appointment

✦ **April 5:** Call 815-673-2215 for an appointment.

**May 3: Call 815-673-2215 for an appointment.**

### LaSalle at Illinois Valley Center For Independent Living 18 Gunia Dr.

**Mar15 :** Call 815-431-8034 for appointment

**April 19:** Call 815-431-8034 for appointment

**May 17: Call 815-431-8034 for appointment**

### Marseilles at American Legion-571 Rutland St.

**Mar 22:** Call 815-431-8034 for appointment

**12pm Potluck-12-12:30 Free Blood Pressure Ck\*-1pm Bingo\*\***

**April 26:** Call 815-431-8034 for appointment

**12pm Potluck-12-12:30 Free Blood Pressure Ck\*-1pm Bingo\*\***

**May 24: Call 815-431-8034 for appointment**

**12pm Potluck-12-12:30 Free Blood Pressure Ck\*-1pm Bingo\*\***

**Call Bridges Senior Center for more information-815-431-8034**

*\*Blood Pressure Checks provided by Marseilles Nursing Service \*\*Bingo is sponsored by Rivershores HealthCare and Rehabilitation Center*

## **NEW TO MEDICARE” PROGRAM**

Bridges Senior Center will host a “New to Medicare” program on Thursday April 27<sup>th</sup> at 6:00PM at the Peru Library located at 1409 11<sup>th</sup> St. Peru. This program is designed for those who will be “New to Medicare” or anyone else who would like to learn more about Medicare. It will help you understand what Medicare is and what it covers. We will discuss the different parts of Medicare, how Medicare works with other insurance, what you need to do before and after you start Medicare, and much more. Please call Bridges at 815-431-8034 to reserve a spot for this program by April 24<sup>th</sup>, 2017. The program is free.

## **Tai Chi & Forever Fit Exercise Class**

Forever Fit Exercise offers low impact exercise and strength training that increases endurance and flexibility and strengthens muscles.

Tai Chi is a series of movements performed in a slow, focused manner. It increases flexibility and balance. It helps reduce stress and anxiety.

**Open Table United Church of Christ-910 Columbus St. Ottawa, Il.**

**Tai Chi- Mondays and Thursdays-9:15-10:15**

**Forever Fit-Tuesdays & Thursdays-11:15-12**

Both classes are FREE of charge and donations are greatly appreciated.

## **Bingo & Open Cards**

Dollar Bingo is \$1 per card for regular games and a Gift Card is awarded to the winner of the cover-all.. Blitz and other card games follow Bingo. Dollar Blitz and other card games follow Bingo.

**Open Table United Church of Christ-910 Columbus St. Ottawa, Il. The Second & Third Tuesday of each month-1-3:30**

## **Intermediate Computer Class**

Tuesdays-9:00 am-11:00am-March 28, April 4, 11 & 18 Register by March 24<sup>th</sup>

Class will be held at Open Table United Church of Christ- 910 Columbus St. Ottawa, Il

Call 815-431-8034 or 866-33-8034 to register.

This four week hands-on workshop will reinforce basic computer skills and expand on the many reasons for using a computer. Skills will include emailing, word processing, instant messaging, file management and internet searching skills. A special emphasis will be on comparing Windows 7, 8.1 & 10 operating systems and their usage.

Participants are encouraged to use their own laptop and those who don't

have access to a laptop may request the use of a Senior Center Computer

Suggested Donation of \$45. No one will be denied entrance to the class for inability to donate.

Enrollment-Min:4 /Max:8

## **Beginner's Computer Class**

Tuesdays-9 am-11am- May 9, 16, 23 & 30 Register by May 5th

Class will be held at Open Table United Church of Christ- 910 Columbus St. Ottawa, Il

Call Bridges Senior Center at 815-431-8034 or 866-331-8034 to register.

This four week course will introduce new computer users to basic computer terminology by visual presentation and hands-on workshop experience. Topics covered will be: powering a computer on and off, proper mouse operation, keyboard keys and their functions. Also, desktop and window management, internet usage and the comparison of Windows 7, 8.1 and 10 operating systems within the four week course.

Participants are encouraged to use their own laptop and those who don't

have access to a laptop may request the use of a Senior Center computer.

Suggested Donation of \$45. No one will be denied entrance to the class for inability to donate.

Enrollment-Min:4 /Max:8

**REMINDER TO FILE SENIOR HOMESTEAD EXEMPTION**

LaSalle County Township Assessors mailed out the forms for the General, Senior, Disabled Person, Disabled Veterans and Returning Veterans Homestead Exemption and the Senior Citizen's Assessment Freeze at the end of January 2017.

These forms need to be renewed every year.

If you turned 65, became disabled or are a disabled veteran or a returning veteran during the tax year of 2016, contact the LaSalle County Assessor's office at 815-434-8233 to check if you meet the eligibility criteria and request the needed forms to file for the exemption.

If you need assistance to file your application, Bridges Senior Center staff is available by appointment to assist you.

Call 815-431-8034 to set up an appointment.

## ***Aging and Disability Resource Center***

Bridges Senior Center is part of an Aging and Disability Resource Center Network, through Western Illinois Area on Aging serving as a single point of entry into long-term supports and service system for older adults and people with disabilities.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the [Administration on Aging \(AoA\)](#) and the [Centers for Medicare & Medicaid Services \(CMS\)](#). ADRCs are sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.

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