



Come out for food, prizes, and fun all for a great cause!

BINGO FOR BRIDGES

August 25th– Noon

at VFW– 1501 LaSalle St., Ottawa, IL

For tickets, please call 815-431-8034 or stop by

Bridges Senior Center 809 21st St. Peru, IL

Advanced Tickets- \$22.00 or \$25.00 — at door

Advanced Tickets can be purchased at Bridges Senior Center.

CAREGIVER CORNER

Helping your loved one stay active and engaged can be a difficult task. Health problems, mobility issues, and cognitive changes can all be factors that cause people to withdraw from friends, family, and activities that they once enjoyed.

We are here to assist caregivers in obtaining access to the services and resources that are available within our community.

For more information about Family Caregiver Program call 815-431-8034

Caregiver Lending Library

Curl up with a good book!
Stop in and check out our library for yourself!

*809 21st Street
Peru, IL*

We have a variety of great books just waiting to be read.



Like Us On Facebook! <https://www.facebook.com/bridgesseniorcenter>

ACTIVITIES

PERU

Euchre—3rd & 4th Fridays, starting at 12:30pm —at Liberty Village Estates, 1107 31st Street \$2.00 entry fee goes toward prize.

Bingo & Ice Cream—1st Friday of the month, starting at 1:00pm —at Liberty Village Estates, 1101 31st St., prizes will be awarded to winners.

July Potluck & Ice Cream—July 13th, 12:00pm—809 21st St., please bring a dish to pass and your favorite sundae topping. Ice cream will be provided!

OTTAWA

Bingo & Cards—2nd & 3rd Tuesdays, starting at 2:00pm—at Heritage Woods, 801 E. Etna Rd., cards are free up to 2, \$1.00 prize per game, cover all is \$5.00.

Tai Chi—Monday & Thursdays, 9:15am to 10:15am— at LaSalle Housing Authority Meeting Room, 1810 Seneca Dr., \$1.00 per class.

Chair Yoga—Tuesday & Thursdays, 8am to 9am —at LaSalle Housing Authority Meeting Room, 1810 Seneca Dr., \$3.00 per class.

Forever Fit—Tuesday & Thursdays, 9am to 10am— at Walsh Park, 509 Bellevue Ave.

MARSEILLES

Potluck and Bingo—June 27, July 25 & August 22, starting at 12:00pm— at American Legion Hall, 571 Rutland St., \$1.00 per card and entry fee goes toward prize. Bingo is sponsored by Aperion Care.

**Blood Pressure Checks provided by Marseilles Nursing Service

STREATOR

NEW Blood Pressure Checks—June 6th & August 1st, from 9:30am–10:30am and 1:00pm–2:00pm—at Bruce Township Hall, 216 N. Sterling St., no registration needed.

**Provided by Heritage Health and Evergreen Place.



WHAT'S HAPPENING?

Intermediate Computer Class

Tuesdays– 9am-11am–

July 10, 17, 24 & 31.

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

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

Register by July 3rd

Beginner's Computer Class

Tuesdays– 9am-11am–

August 21 & 28, September 4 & 11

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

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

Register by August 14th

NEW PAINTING CLASS

WHEN: Wednesday, July 18th

WHERE: Liberty Village Hawthorne Inn—1101 31st, Peru, IL

TIME: 1:00pm

Class limit of 10. All materials will be supplied.

This activity is sponsored by Liberty Village.

Register by July 13th

NEW TO “MEDICARE” PROGRAM

Hosted by Bridges Senior Center

June 7th at 6:00pm at Heritage Woods 801 E Etna Rd, Ottawa, IL

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 different parts of Medicare, how Medicare works with other insurance, what you need to do before and after you start Medicare, and much more.

Register by June 4th

JULY POTLUCK & ICE CREAM



July 13th at 12:00pm
809 21st Street, Peru

Please bring a dish to pass and your favorite sundae topping.
Ice Cream will be provided!

RSVP by July 9th

CALL BRIDGES SENIOR CENTER TO REGISTER 815-431-8034

Bridges Satellite Offices

By Appointments ONLY

Streator:

Bruce Township Hall, 216 N Sterling St.

1st Wednesday of the Month,

June 6, No July, & August 1

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Ottawa:

Goodwill Meeting Room, 501 W. Stevenson Rd.

2nd & 3rd Wednesday of the Month,

June 13 & 20, July 11 & 18, August 8 & 15

Marseilles:

American Legion Hall, 571 Rutland St.

4th Wednesday of the Month

June 27, July 25, & August 22

**Blood Pressure Checks provided by Marseilles Nursing Service

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