

★ FOUNDED 1979 ★

DECLARE YOUR INDEPENDENCE

**American
House** 
SENIOR LIVING COMMUNITIES

The Patriot

American House Cedarlake

14800 S Van Dyke Road | Plainfield | Illinois | 60544
(815) 254-3564 | americanhouse.com

February 2016



Sara Friel, Executive Director

Lisa Choinski, Assistant Executive Director

Patti Eulitz, Life Enrichment Director

Sam Bugarsky, Culinary Director

Jesus Ortiz, Maintenance Director

Carol Malinoski, AL Wellness Director

February Birthdays to Celebrate!

Feb. 2	John Hlade
Feb. 10	Russ Schultz
Feb. 13	Joan Kerwin
Feb. 15	Louise Strohmeier
Feb. 16	George Theis
Feb. 20	Don Petrecca



Love Is Ageless

Love is ageless! On the evening of February 12, we will listen to the songs of Chuck Drager, a new entertainer for us here at Cedarlake. Beginning at 6:30 p.m., this special evening of music and a semi-formal dance will help us celebrate love of all ages. The party starts in the Community Room. Be prepared to cut a rug! We will serve desserts and drinks in the Cedar Room to celebrate love of all ages.

Happy Valentine's Day to everyone!

*Happy
Valentine's
Day*





Frances at the firehouse



Charming Chimers 2015



Happy New Year!

Say 'Wow' With Your Winter Wardrobe

Freezing temperatures and blustery winds make many of us want to hibernate in heavy winter clothing for the season. However, there are plenty of ways to have fun with your wardrobe while staying cozy and comfortable.

Show off a hint of spring. It's common to dress in dark neutrals, such as black and gray, to match a dreary forecast. But sleeveless tops and sundresses can still shine in winter—just add a cardigan, warm tights and stylish boots for a sophisticated yet sensible style.

Give layers some love. Fighting the winter chill with layered clothing is a no-brainer, but you don't have to look or feel bulky. Find ways to seamlessly incorporate layers into your outfit, such as a collared shirt peeking out under a pullover sweater. Still cold? Sheer hosiery and thin, fitted camisoles provide extra warmth but won't show beneath your clothing.

Jazz it up with jewelry and more. In the summer heat, the last thing we want is something extra around our neck. But winter is the perfect time to try out a new scarf or statement necklace. Use them to dress up seasonal sweaters and dresses already in your closet. A colorful handbag or eye-catching belt will also do the trick.

Get on board with winter gear. If the weather is consistently cold enough for gloves, scarves and hats, why not make them some of your favorite accessories? Pick pieces in trendy colors or designs, or choose classic, neutral tones for a chic look.

Schwan's Food Information

Schwan's Food can be ordered for your convenience three different ways. Online ordering, of course, is always fast and easy. If you do not have access to a computer, you may order by calling

1-888-724-9267. The other ordering method is through our representative/driver, Josh, on February 1 at 3:00 p.m.

Josh will meet all interested residents in the Library near the Renwick entrance. He will bring new catalogs when he comes on the 1st. There are two different prices in delivery fees depending on the way you order. Schwan's does not offer the tasting programs at this time. Moving forward, our driver will visit here every other Monday at 3:00 p.m. We can adjust this frequency as needed. Please check your calendar for the next Schwan's days.



Dr. Christopher R. Smith, D.C.

Dr. Smith will return to Cedarlake to present "Diet and Nutrition" on Thursday, February 25, at 2:00 p.m. in the Community Room. Dr. Smith, with Plainfield Chiropractic, is also a certified acupuncturist. Even if it isn't a New Year's resolution of yours, you may benefit from hearing how important good nutrition can be in your overall health, happiness and well-being.



Resident Town Hall Meeting

We are holding two Town Hall meetings on Wednesday, February 10, at 10:30 a.m. and 3:00 p.m.

in the Community Room.

We encourage everyone to attend one of the meetings and learn about all the new things going on in our community.

Garfield Park Conservatory Outing

Sign-up is in the library for our outing to Garfield Park

Conservatory in Chicago on Tuesday, February 16. We will stop for lunch. (To be announced.)

On a cold day, the Fern room and the Desert room in the conservatory will transport you to kinder climates.

This grand old West Side conservatory is one of Chicago's great gifts to the public.

Shopping Destinations

1st Thursday of each month: Kohl's, departing @ 11:30 a.m.

2nd Thursday of each month: Plainfield Library, departing @ 10:30 a.m.

3rd Thursday of each month, Caputo's, departing @ 11:30 a.m.
4th Thursday of each month, Louis Joliet Mall, departing @ 11:30 a.m.

Thursday Market Stops

Departing Cedarlake at the Renwick door at 8:30 a.m. and 9:00 a.m. (New times)

Market stops include each week: Walmart, Target, Meijer, Walgreens and Jewel/Osco.



Phone Numbers

Front Desk

(815) 254-3564

Cedarlake Cell Phone

(815) 733-0078

Lunch Reservations

Taken

8 a.m.–8 p.m.

(815) 733-0078

Cedarlake Bus

Tom's Number:

815-353-2874

Wellness Center

(815) 267-3790

Comcast

1-(800) 266-2278

AT&T

1-(800) 244-4444

Hair Salon

Colleen

Thursdays 1–5 p.m.
(815) 405-2717

Vicki

Fridays 8 a.m.–4 p.m.
(815) 955-6991

Plainfield Library

(815) 436-6639

Plainfield Shuttle

(815) 436-1112

PACE Bus

1 (800) 244-4410

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room Key AC - Arts and Crafts Room (3rd Floor in Wheatland Building) CD - Cedar Room CR - Community Room L - Loft LI - Library W - Wellness Center RL - Renwick Lounge (2nd Floor)	1 10:30 Silver Sneakers Presentation (CR) 1:30 Harris Bank (Conference Room) 2:00 Catholic Communion Service (CR) 3:00 Schwan's Foods (LI) 3:00 Left-Center-Right Game (RL) 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 4:00 Wii Bowling (L) 6:30 Bingo (CR)	2 Groundhog Day 11:00 Ooh La La Shopping (CR) 1:00 Handbell Practice (AC) 2:00 Community Life Meeting (RL) 4:00 Bingo (CR) 6:00 Men's Poker (CR)	3 10:30 Men's Club Meeting (CR) 1:30 Pinochle (AC) 2:00 Wii Bowling (L) 2:00 Movie Committee Meeting (AC) 3:00 Scrabble (AC) 6:00 Canasta (AC) 6:30 Bingo (CR)	4 8:30 Bus Transportation 9:00 Bus Transportation 10:30 Beanbag Baseball In-House Game (CR) 11:30 Kohl's Bus Trip 1:00 Beauty Salon (Colleen) 2:00 Indoor Croquet (CR) 4:00 Bingo (CR) 6:00 Men's Poker (CR) 7:00 Wii Bowling (L)	5 8:00 Beauty Salon (Vicki) 10:30 Presentation by "Ellie Presents - The Rich and Romantic History of Valentines" (CR) 2:00 Movie: Groundhog Day (CR) 3:00 Scrabble (AC) 4:00 Dominoes (AC) 6:00 Poker (AC)	6 10:30 Drumming for Fun (CR) 12:30 Mexican Train Dominoes (AC) 1:00 Wii Bowling (L) 2:00 Movie: Lincoln Gettysburg (CR)
7 1:00 Bunco (AC) 1:00 Nondenominational Service (CR) 2:00 Movie: Driving Miss Daisy (CR)	8 10:30 Valentine Craft (AC) 1:00 Valentine Craft (AC) 1:30 Harris Bank (Conference Room) 2:00 Catholic Communion Service (CR) 3:00 Mandala Coloring (RL) 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 4:00 Wii Bowling (L) 6:30 Bingo (CR)	9 10:30 Greeting Card Making (AC) 1:00 Handbell Practice (AC) 2:30 Entertainment by Kym Frankovelgia (CR) 3:30 Birthday Party Refreshments (CD) 4:00 Bingo (CR) 6:00 Men's Poker (CR)	10 10:30 Town Hall Meeting (CR) 1:30 Pinochle (AC) 2:00 Wii Bowling (L) 3:00 Scrabble (AC) 3:00 Town Hall Meeting (CR) 4:00 Resident Ambassador Meeting (CD) 6:00 Canasta (AC) 6:30 Bingo (CR)	11 8:30 Bus Transportation 9:00 Bus Transportation 10:30 Beanbag Baseball In-House Game (CR) 10:30 Plainfield Library Bus Trip 1:00 Beauty Salon (Colleen) 2:00 Zentangle Drawing (AC) 4:00 Bingo (CR) 6:00 Men's Poker (CR) 7:00 Wii Bowling (L)	12 8:00 Beauty Salon (Vicki) 2:00 Movie: Cast Away (CR) 3:00 Scrabble (AC) 4:00 Dominoes (AC) 6:00 Poker (AC) 6:30 Dance/Entertainment by Chuck Drager - "Love Is Ageless" (CR)	13 12:30 Mexican Train Dominoes (AC) 1:00 Wii Bowling (L) 2:00 Movie: Vengeance Valley (CR) 6:00 Happy Hour - Resident Run (CD)
14 1:00 Bunco (AC) 1:00 Nondenominational Service (CR) 2:00 Movie: Abraham Lincoln (CR)	15 Presidents Day - No Harris Bank Today 10:30 Jewelry Making (AC) 2:00 Catholic Communion Service (CR) 2:30 Jewelry Making (RL) 3:00 Schwan's Food (LI) 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 4:00 Wii Bowling (L) 6:30 Bingo (CR)	16 10:30 Depart for Lunch and Garfield Park Conservatory 10:30 Adult Coloring (RL) 1:00 Handbell Practice (AC) 1:30 Harris Bank (Conference Room) 2:30 Short Story Reading (RL) 4:00 Bingo (CR) 6:00 Men's Poker (CR)	17 10:30 Left-Center-Right Game (CR) 1:30 Pinochle (AC) 2:00 Beanbag Baseball Game (CR) 2:00 Wii Bowling (L) 3:00 Scrabble (AC) 6:00 Canasta (AC) 6:30 Bingo (CR)	18 8:30 Bus Transportation 9:00 Bus Transportation 10:30 Great Courses-"Yom Kippur War & Kissinger's Diplomacy" and "Carter and Camp David" (CR) 11:30 Caputo's Grocery Bus Trip 1:00 Beauty Salon (Colleen) 2:30 Presentation by Tim Wilsey - Famous Hollywood Couples Part 2 (CR) 4:00 Bingo (CR) 6:00 Men's Poker (CR) 7:00 Wii Bowling (L)	19 8:00 Beauty Salon (Vicki) 10:30 Presentation by Officer Caliendo/Officer Kody (CR) 2:00 Movie: Andre Rieu: Love in Vienna (CR) 3:00 Scrabble (AC) 3:30 Creative Writing (RL) 4:00 Dominoes (AC) 6:00 Poker (AC)	20 10:30 Bingo (CR) 12:30 Mexican Train Dominoes (AC) 1:00 Wii Bowling (L) 2:00 Movie: Vengeance Valley (CR) 3:00 Movie: Three Men and a Baby (CR)
21 1:00 Bunco (AC) 1:00 Nondenominational Service (CR) 2:00 Movie: Legends of the Fall (CR)	22 10:30 Trivia (CR) 1:30 Harris Bank (Conference Room) 2:00 Catholic Communion Service (CR) 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 3:00 Needle in a Haystack-Knitting and Crocheting (AC) 4:00 Wii Bowling (L) 6:30 Bingo (CR)	23 10:30 Indoor Croquet (CR) 1:00 Handbell Practice (AC) 2:00 Joyful Life Club (CR) 4:00 Bingo (CR) 6:00 Men's Poker (CR)	24 10:00 Presentation by Gary Midkiff - "The Rise of ISIS" (CR) 1:30 Pinochle (AC) 2:00 Wii Bowling (L) 2:00 Red Hat Ladies' Meeting (CR) 3:00 Scrabble (AC) 6:00 Canasta (AC) 6:30 Bingo (CR)	25 8:30 Bus Transportation 9:00 Bus Transportation 10:30 Mind Benders (RL) 11:30 Joliet Mall Bus Trip 1:00 Beauty Salon (Colleen) 2:00 Presentation by Dr. Smith, D.C. "Diet and Nutrition" (CR) 3:00 Culinary Meeting (CD) 4:00 Bingo (CR) 6:00 Men's Poker (CR) 7:00 Wii Bowling (L)	26 8:00 Beauty Salon (Vicki) 10:30 Presentation by John Boda - "Riverview" 2:00 Movie: Rebel Without a Cause (CR) 3:00 Scrabble (AC) 3:30 BINGO - Cedarlake Cares (CD) 4:00 Dominoes (AC) 6:00 Poker (AC)	27 12:30 Mexican Train Dominoes (AC) 1:00 Wii Bowling (L) 2:00 Movie: Vengeance Valley (CR) 3:00 Movie: Ghostbusters (CR) 6:00 Happy Hour - Resident Run (CD)
28 1:00 Bunco (AC) 1:00 Nondenominational Service (CR) 2:00 Movie: Celtic Women (CR)	29 10:30 TRIAD Meeting - Heart Health (CR) 1:30 Harris Bank (Conference Room) 2:00 Catholic Communion Service (CR) 3:00 Spiritual Discussion Group (Pastor Bill) (CR) 3:00 Adult Coloring (RL) 3:00 Schwan's Food (LI) 4:00 Wii Bowling (L) 6:30 Bingo (CR)					

**Please check with
your physician
before
starting any
exercise program.**

Fitness programs are
all held in the
Community Room.

Silver Sneakers

CARDIO & STRENGTH

Mon. & Wed.

8 a.m.

Saturday

9 a.m.

BALANCE & STRENGTH

Tuesday & Thursday

8 a.m.

Sit and Be Fit

Monday through

Friday

9:40 a.m.



**Roses Are Red,
Violets Are
Blue, Sugar Is
Sweet, and so
Are You!**

February Activities to Join

Ooh La La Shopping

Tuesday, Feb. 2, at 11:00 a.m.

Community Life Meeting

Tuesday, Feb. 2, at 2:00 p.m.

Men's Club Meeting

Wednesday, Feb. 3, at 10:30 a.m.

Movie Committee Meeting

Wednesday, Feb. 3, at 2:00 p.m.

Valentine Craft (Sign up in Library)

Monday, Feb. 8, at 10:30 a.m. &
1:00 p.m.

Mandala Coloring

Monday, Feb. 8, at 3:00 p.m.

Greeting Card Making

Tuesday, Feb. 9, at 10:30 a.m.

Zentangle Drawing

Thursday, Feb. 11, at 2:00 p.m.

Jewelry Making

Monday, Feb. 15, at 10:30 a.m. &
2:30 p.m.

Adult Coloring

Tuesday, Feb. 16, at 10:30 a.m.

Short Story Reading

Tuesday, Feb. 16, at 2:30 p.m.

February Activities to Join

Left-Center-Right Game

Wednesday, Feb. 17, at 10:30 a.m.

Creative Writing

Friday, Feb. 19, at 3:30 p.m.

Trivia

Monday, Feb. 22, at 10:30 a.m.

Needle in a Haystack Knitting & Crocheting

Monday, Feb. 22, at 3:00 p.m.

Indoor Croquet

Tuesday, Feb. 23, at 10:30 a.m.

Joyful Life Club

Tuesday, Feb. 23, at 2:00 p.m.

Red Hat Ladies' Meeting

Wednesday, Feb. 24, at 2:00 p.m.

Mind Benders

Thursday, Feb. 25, at 10:30 a.m.

Culinary Meeting

Thursday, Feb. 25, at 3:30 p.m.

BINGO - Cedarlake Cares

Friday, Feb. 26, at 3:30 p.m.

Adult Coloring

Monday, Feb. 29, at 3:00 p.m.

Valentine Craft

**Monday, February 8, at 10:30 a.m. and 1:00 p.m. in the Arts and
Crafts Room**

Big hearts, little hearts, paper hearts and candy hearts, they are everywhere! We will be making a heart out of wood for hanging on your door ... or to give to your valentine! Sign up in the library if you would like to get involved in this craft. A picture of this finished craft will be displayed on the bulletin boards. Come and see for yourself how rewarding it is to create! Everyone is invited.



May this Valentine's Day be filled with love, understanding and contentment as you journey through life with those you hold dear.

JOYFUL LIFE CLUB

We begin by telling jokes—your own or a joke from the basket which is passed around. Everyone is welcome to attend the “Joyful Life Club” at 2:00 p.m. on Tuesday, February 23, in the Community Room. Join us for some inspirational stories, laughter and fun.

Please arrive ready to be inspired!

Drumming for Fun

Saturday, February 6, at 10:30 a.m.

How about trying something new in 2016, if you haven't already joined a circle? The drumming circle led by music therapist, Mary Helen, will leave you feeling both calm and energized for your weekend!



The Rich and Romantic History of Valentines

Who was St. Valentine really? Who sent the oldest Valentine that is still in existence and what did it say? How did sending paper Valentines to loved ones catch on in so many places? These and other questions will be answered in this fun and informative presentation.

Friday, February 5, at 10:30 a.m. in the Community Room with Elizabeth Carlson

Religious

Nondenominational Service

Every Sunday

1:00 p.m.

Community Room

Catholic Communion

Every Monday

2:00 p.m.

Spiritual Discussion Group with Pastor Bill

Every Monday

3:00 p.m.

Community Room



The Cedar Room

Monday through Sunday

Breakfast - 8:00 a.m. to 9:30 a.m.

Lunch - Noon to 1:30 p.m.

Saturday and Sunday

Lunch - Noon to 12:30 p.m.

Lunch Reservations made 8:00 a.m. to

8:00 p.m.

by calling:

815-733-0078



Laugh Lines

In honor of Valentine's Day, here is what comedians have to say about love and marriage.

“Marry a man your own age; as your beauty fades, so will his eyesight.”

—Phyllis Diller

“Marriage has no guarantees. If that's what you're looking for, go live with a car battery.”

—Erma Bombeck

“My friends tell me I have an intimacy problem. But they don't really know me.”

—Garry Shandling

“Love is a lot like a backache. It doesn't show up on X-rays, but you know it's there.”

—George Burns

“I was married by a judge. I should have asked for a jury.”

—Groucho Marx

“My wife gets all the money I make. I just get an apple and clean clothes every morning.”

—Ray Romano

February 2016



Word Search

Today's Category: North, South & Central American Nations

M C A L E U Z E N E V G
S G P A R A G U A Y U A
S U R I N A M E L A X R
E Y D O U S A I T U B G
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Word Search Solution:

- | | |
|--------------|---------------|
| 1. Argentina | 11. Honduras |
| 2. Belize | 12. Mexico |
| 3. Bolivia | 13. Nicaragua |
| 4. Brazil | 14. Panama |
| 5. Canada | 15. Paraguay |
| 6. Chile | 16. Peru |
| 7. Colombia | 17. Suriname |
| 8. Ecuador | 18. Uruguay |
| 9. Guatemala | 19. U.S.A. |
| 10. Guyana | 20. Venezuela |

