

FOX VALLEY NEWS SHOPPER

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Oswego Senior Center Events And Programs

A Community Mental Health Day: Understanding, Hope and Healing - Tuesday, June 25: 9am - 2:30pm - Oswego Senior Center located at 156 E. Washington St., Oswego invites all ages in the community for a Mental Health Day. In today's world we are inundated with opportunities that cause us stress, from the rollercoaster of emotions that watching the news or social media produces, to worrying about people within our own network of family, friends and neighbors who are struggling with mental or cognitive wellness or a developmental disability. Through this great community opportunity attendees can learn about and understand conditions that effect mental, cognitive or developmental health, as well as learning about pathways for hope and healing when navigating care and resilience.

Keynote speakers Dr. Heidi Podjasek and Elizabeth Palatine, SD308 will present "What's Understandable is Preventable". The topic will be looking into how ACEs (Adverse Childhood Experiences) impacts the physical and mental health of our community across a lifespan. Four Break-Out Sessions will follow the General Session. Session 1 and 2 options will cover Understanding for conditions of: Anxiety, Depression and Bipolar; Dementia and Delirium; PTSD, Suicidal Ideation/Suicide; Autism; Substance use and addiction; Schizophrenia; and Hoarding. Session 3 options will help define Hope: Resilience, Recovery and Therapy. Session 4 options will discuss Healing: Awareness, Connections, Support and Mindfulness.

Partners include: Linden-Oaks Behavioral Health, Kendall County Health Department, SD308, Kendall County Board, NAMI-DKK, Kendall County Sheriff's Office, Suicide Prevention Services of America, Neighborhood Counseling Associates and Oswego Senior Center. Linden-Oaks will be sponsoring lunch. Space is limited. Child and Elder care will be available for attendees. Please indicate this need when registering. To register, call 630-554-5602.

Open Auditions for all Ages Talent Show: The Oswego Senior Center located at 156 E. Washington will be holding Talent Show Auditions in preparation for the Intergenerational Talent Show to be held Wednesday, August 7. All ages of singers, musicians, dancers or other entertainers are welcome to participate. Auditions will be held at the Oswego Senior Center Tuesday, July 16 from 4 to 6pm and Wednesday, July 17 from 6 - 8pm. Performers need to call 630-554-5602 to set an audition time. Auditions need be no longer than 3 minutes. There will be a piano on site. No fee for auditioning or performing. The All Age Talent Show is for entertainment and is not a competition. Performers need to call 630-554-5602 to set an audition time.

Illinois State Senior Brain Games Competition: July 17 and July 31, 2019: 10am - The Association of Illinois Senior Centers, The Illinois Department on Aging, and Oswego Senior Center will host two separate, free Brain Games competition for area senior citizens. The Illinois State Senior Brain Games com-

petition is an exciting statewide program that provides Illinois adults age 50 and older the opportunity to showcase and celebrate a lifetime of knowledge in an exciting team event. Since there is no registration fee for this program, every senior will have a chance to compete. This will be a team trivia event, consisting of 4 rounds of play-each round consisting of 5 questions. Questions will be from a variety of different categories, similar to the categories in Trivial Pursuit, and teams will have to be strategic with how they earn points with their answers.

Local Senior Brain Games competitions are being held throughout Illinois. Join us at the Oswego Senior Center located at 156 E. Washington St., for this fun competition. First place teams will go to the State Finals competition to be held at the 2019 Illinois State Fair on Senior Day, Monday, August 12. For questions concerning the competition or to sign up for this free event, please contact Pam Copeland 630-554-5602 by July 16.

Day Trip To Pierogi Fest: Friday, July 26: 9AM - 4PM - Never eaten a pierogi? Then this fest is for

you! Pierogi Fest welcomes all to celebrate Eastern European Heritage while poking a little fun at the same time. Where else can you find grown women dressed up like their grandmothers' in house coats and babushkas? Or a lawnmower brigade strutting through town with their sandals and socks on like their dads did? Pierogi Fest brings weird and wacky fun to Whiting, IN each July. Join the Oswego Senior Center day travelers for this fun trip. Cost is \$25per person for transportation, on you own for food and drinks. Space is limited to 12 travelers. Call 630-554-5602 for a reservation.

Free Soccer Camp In Plano July 15-19



Hey Kids! Come learn the game of soccer and play games with kids your own age!

Village Bible Church - Plano Campus is hosting a FREE SOCCER CAMP from 6:00-8:30 pm the week of JULY 15th

– 19th. The camp is for kids that are 6-12 years of age. We have coaches that will be teaching the kids soccer skills that are applicable to their ability.

Each day we have a fun filled evening of soccer drills, soccer

games, snacks, singing, skits, and ministry time. Register on-line at www.villagebible.church

Village Bible Church - Plano Campus is located at 1111 W. South Street, Plano, IL – 1 block south of Rt. 34.