

Time Change for Travelers Reunion and 2019 Preview

Please note that because of the severe weather the Travelers Reunion and 2019 Trip Preview has been changed to Tuesday, February 12th from 5-7 p.m. at the Fox Valley Community Center at 1406 Suydam Road, Sandwich. Please come out to see what is coming up whether you have been a FVOAS Tripper or are a "wannabe".



Becky Lueken has many fun

and exciting journeys planned for 2019. As stated by one

of her seasoned travelers – "Becky always has every de-

tail organized, she knows just what we like to do and she

makes sure it is loads of fun while still keeping it relaxed!"

Most trips have Coach bus style travel, all lodging, meals, shows and gratuities included.

Stop in and share memories with the friends you have made on past trips, meet new friends and get a sneak peek at upcoming trips.

Wendy from Fancy Free Trav-

el will be present to answer questions about the upcoming Alaskan Cruise on May 11, 2019. This is a 7 Day Alaskan Explorer Cruise. Fly from Chicago to Seattle, visit Juneau, Glacier Bay National Park and more.

For more information be sure to check out Fox Valley Older Adult Services website www.fvoas.org or call Becky at 815-786-9404 Ext. 105.

Fox Valley Older Adult Services & Activities

Fox Valley Older Adult Services offers the following activities at our Community Center at 1406 Suydam Road, Sandwich. For more information, call 815-786-9404 Ext. 105.

Most activities are \$2 for members and \$3 for non-members.

Regular Monthly Programs & Activities

- Bags for Beds 1st Wednesday 9:30-11 a.m.
- Bible Study Tuesdays 10:30 a.m.

Bringing Generations Together Tuesdays, 3-5 p.m.

Painting Group Thursdays 12:30 p.m.

Magic Yarn Project 3rd Tuesday 12:30-3 p.m.

Woodcarvers Tuesdays 9:00 a.m.

Exercise Every Tuesday and Thursday 10:00 a.m.

Chair Yoga Wednesday 10am Starting again March 6th

Line Dancing Fridays 9:30 a.m.

Talk of the Town Swing

Band, First Sunday of the month 4 p.m. – 6 p.m.

Live Big Band Music, Dancing & Cash Bar, \$10 per person

Food & Fun

Provided by Voluntary Action Center (VAC)

Lunch Mondays - Fridays 11:30 a.m. \$4 suggested donation

Men's Breakfast Tuesdays 8:00 a.m. \$5.00

Games & Play

Bingo – Mondays 9:00 a.m. 1st and 3rd Mondays 12:15

p.m. (12:15 p.m. Bingo provided by Voluntary Action Center (VAC))

Cards – Thursdays 12:30 p.m.

Coloring Craze – Fridays 9:30-11:30 a.m. with special instructions on 1st Friday

Hand & Foot Card Game – Mondays and Wednesdays 12:00 p.m.

Mexican Train Dominoes – Tuesdays and Fridays 12:15 p.m.

Painting – Thursdays, 12:30 p.m.

Wii Bowling – Mondays 10:00 a.m. and Wednesdays 9:00 a.m.

Finally Fridays 4:00 p.m. – 7:00 p.m. Cash Bar

Health & Wellness

AA Support Group, Thursdays at 7 p.m.

Alzheimer's Caregivers Support Group

3rd Thursday 1:00 p.m.

Audiology Checks 1st Tuesday 9:30 a.m.

Haircuts Wednesdays 10-2p.m. \$10

MS Support Group, 1st Tuesday 6-8 p.m.

American Heart Month

OTTAWA, IL – February is American Heart Month, a month to spread awareness about the importance of heart health. In honor of this, LaSalle County Health Department would like to encourage people to show their support by wearing red on Fridays throughout the month of February.

Heart disease is the number one killer of women in Illinois, and the U.S. While heart disease has traditionally been seen as a "man's disease" one in three women dies of heart disease each year. Women are also more likely than men to exhibit these signs of heart attack such as shortness of

breath, nausea, vomiting or back and jaw pain. Heart attacks are life- and -death emergencies where every second counts so we encourage people to know their risks. Factors that may increase your chances of getting heart disease include:

- High Blood Cholesterol
- Lowering your cholesterol can reduce your risk of having a heart attack, needing heart bypass surgery or angioplasty, and dying of heart disease. Exercising, eating a healthy diet, and not smoking will help you prevent high cholesterol and reduce your levels.

- High Blood Pressure

- Diabetes
- Being Overweight
- Family history of early heart disease
- Age (55 or older for women)
- Being physically inactive
- Smoking

Some steps you can take to decrease your risks of heart disease is to know your numbers when it comes to cholesterol and blood pressure. In addition, controlling your weight, being physical active and decreasing your stress level can also have added benefits.

If you experience any of the following symptoms, do not wait before calling for help.

Call 911 and get to the hospital right away.

- Chest pain or discomfort
- Shortness of breath
- Breaking out in a cold sweat
- Sudden dizziness or lightheadedness
- Unusual upper body pain (arms, back, jaw)
- Skipped heartbeats
- Unusual or unexplained fatigue

For more information about heart disease, contact the LaSalle County Health Department at 433-3366 or visit our website at www.lasallecounty.org



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