

Health & Nutrition

Health & Wellness Talk

Topic: TBA
 Friday, January 13th
 9:30-10:30am in the Art Studio

Alzheimer's/Dementia Support Group

Monday, January 16th
 6:30pm in the VC Private Dining Room

Consultations with Dietician, Denise A.**

Monday, January 16th
 10:30am in the
 VC Private Dining Room
 Sign up at the Concierge Desk

Managing Osteoporosis

Discussion with Tracy Camaj,
 Physical Therapist
 Friday, January 20th
 3:00pm in the Art Studio

HAPPY NEW YEAR

We will open the book. Its' pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.
 ~Edith Lovejoy Pierce



Mark Your Calendar!!

Chorus Line**

Paramount Theater
 Lunch at Harner's Bakery
 and Restaurant
 Wednesday
 February 1, 2012
 11:00am - 5:00pm
 Cost: \$42.00
 Sign up by 1/25/12

Heroic and Hopeful**

DuPage Symphony
 Orchestra
 Wentz Hall
 Sunday
 February 12, 2012
 2:30pm – 5:30pm
 Cost: \$22.00
 Sign up by 1/30/12



Chinese New Year 2012 January 23rd Year of the Dragon

Chinese New Year begins according to the Chinese calendar, which consists of both Gregorian and lunar-solar calendar systems. Because the track of the new moon changes from year to year, Chinese New Year can begin anytime between late January and mid-February.

Celebrating Martin Luther King Jr. Did you know??

MARTIN LUTHER
 KING, JR.
 1929-1968



- King was born Michael Luther King but later changed his name to Martin.
- At age 35, he was the youngest man to have received the Nobel Peace Prize and turned over \$54,123 in prize money to the furtherance of the civil rights movement.
- From 1957-1968, King traveled over 6 million miles and spoke over 2,500 times.

Source: Nobelprize.org

Villa St. Benedict

Hospitality Justice
 Respect Stewardship

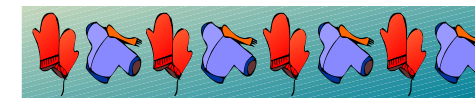
Villa Views

Villa St. Benedict
 1920 Maple Avenue
 Lisle, IL 60532

Volume 7 Issue 1
 January 2011



January Outings



**Orchids by
 Hausermann**
 Villa Park
**Schnitzel Platz
 Restaurant**
 Glendale Heights

Thursday
 January 5th
 9:30-2:00pm
 Cost: \$6

Orchids by Hausermann is one of the world's largest orchid ranges. Carl Hausermann started growing sweet peas, roses and gardenias for cut flowers in 1920. Carl's son, Edwin began to acquire orchid plants in 1935 to eventually replace all roses and gardenias. In 1970, Orchids by Hausermann, Inc. was founded. Hybrid orchid varieties are grown from seed or acquired from many growers throughout the world. Superior plants of jungle origin or of hybrid creation are multiplied in their laboratory facilities by means of the meristem tissue culture method. Hausermann's formed an aggressive seed program to enhance the existence of rare and nearly extinct species. After the tour, we will stop for lunch at Schnitzel Platz Restaurant (order off of the menu). The Gift Shop features a unique selection of German Gifts and curios - Cuckoo clocks, Nutcrackers, Beer steins and more.

Please sign up by December 29th



Swan Lake
 MAC Theatre at
 COD

Sunday
 January 15th
 1:15-5:00pm
 Cost: \$50

Swan Lake, Tchaikovsky's composed ballet, is the classic story of Princess Odette turned into a swan by an evil sorcerer and only the love of Prince Siegfried can release the spell. The ballet premiered at Moscow's Bolshoi Theatre in 1877 and has become a celebrated Russian ballet. The Moscow Festival Ballet was founded in 1989 when legendary principal dancer of the Bolshoi Ballet, Sergei Radchenko, sought to realize his vision of a company bringing together the great Bolshoi and Kirov Ballet companies.

Please sign up by January 1st



**Patty Cakes Bakery
 & Saints Cyril and
 Methodius Catholic
 Church**
 Lemont

Tuesday
 January 17th
 8:00-12:30pm
 Cost: \$5

The morning will begin at Patty Cakes Bakery, where they serve donuts, danish, breads, apple and fruit slices, gourmet cookies and pastries. There is a seating area - purchase a bakery item and you will receive free coffee! We will then tour the historic Saints Cyril and Methodius Catholic Church in Lemont, which was commissioned to Father Leopold Bonaventura Maria Moczygamba, the pastor of St. Alphonsus Church in Lemont, to organize a new parish to serve the spiritual and cultural needs of Lemont's increasing Polish community on November 23, 1882.

Please sign up by January 10th



Gypsy
 Drury Lane Theatre
 Oak Brook Terrace

Wednesday
 January 25th
 11:00-5:00pm
 Cost: \$50

Winner of three Tony Awards, *Gypsy* is considered by many critics to be the greatest American musical ever written. *Gypsy* is based on the memoirs of Gypsy Rose Lee, a famous burlesque stripper. This show tells the story of Rose, an overbearing stage mother who is determined to break into the big time by pushing a vaudeville career onto her two daughters.

Please sign up by January 11th

























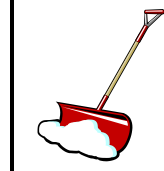



Villa St. Benedict
1920 Maple Ave.
Lisle, IL 60532



January 2012



Independent Living Programs
630-725-7113
ILPrograms@villastben.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Year's Day 1 Mass 10:00am Sunday at the Movies 2:00pm <i>The Last Emperor</i> (1987) Drama PG-13 165 min. John Lone, Peter O'Toole </p>	<p>Happy Hour 4:00-7:00pm 2  Staff Holiday Bistro closes at 2:00pm</p>	<p>Chair Yoga** 9:45am 3 Soup Lunch** 12:30-1:30pm in the Art Studio Cost: \$5 Lisa's Corner 1:00pm Singing From Notes 2:00pm with Joe Gallagher Hors d'oeuvres 4:00-5:00pm Happy Hour 4:00-7:00pm</p>	<p>Tai Chi** 10:00am 4 Senior Day Shopping**  12:30-2:30pm Wal-Mart Happy Hour 4:00-7:00pm Bingo Night 6:30pm</p>	<p>Coumadin Clinic 9:00-10:00am 5 Orchids by Hausermann** 9:30-2:00pm Cost: \$6 Lunch on your own at Schnitzel Platz Restaurant  Happy Hour 4:00-7:00pm</p>	<p>Shopping** 12:30-3:30pm 6 Yorktown or Target  Happy Hour 4:00-7:00pm</p>	<p>Music Recital - Wheaton College's School of the Arts 7 10:00am 2nd Floor Conference Room in Benedale Center Bingo with George 1:30pm No cost 2nd floor Conference Room Saturday Video 3:00 & 7:00pm <i>Terms of Endearment</i> (1983) Drama PG 131 min. Shirley MacLaine, Debra Winger Happy Hour 4:00-7:00pm</p>
<p>Epiphany 8 Mass 10:00am Sunday at the Movies 2:00pm <i>Water for Elephants</i> (2011) Drama PG-13 121 min. Reese Witherspoon & Robert Pattinson</p>	<p>Shopping** 9:30-11:00am 9 Jewel, Walgreens or Aldi  Bingo 1:00pm Post Office, Village Hall or Library** 3:00pm  Happy Hour 4:00-7:00pm Alzheimer's/Dementia Support Group 6:30pm</p>	<p>Chair Yoga** 9:45am 10 Giant Crossword Puzzle 1:00-2:00pm in the Lounge Lisa's Corner 1:00pm Singing From Notes 2:00pm with Joe Gallagher Bible Study 3:00pm Hors d'oeuvres 4:00-5:00pm Happy Hour 4:00-7:00pm</p>	<p>Tai Chi** 10:00am 11 Senior Day Shopping**  12:30-2:30pm Trader Joe's or Casey's Foods Taste** 1:00pm Computer Class** 1:15-4:25pm Happy Hour 4:00-7:00pm Bingo Night 6:30pm</p>	<p>Book Discussion: Your Life, God's Home 10:00am 12 Bunco 1:00-2:00pm in the Lounge VS Book Club 2:00pm Strength in What Remains by Tracy Kidder Happy Hour 4:00-7:00pm</p>	<p>Health & Wellness Talk 13 9:30-10:30am in the Art Studio Topic: TBA Happy Hour 4:00-7:00pm</p>	<p>Poetry Reading 10:00am in the Lounge 14 Bingo with George 1:30pm Saturday Video 3:00 & 7:00pm Channel 4 <i>Executive Action</i> (1973) Classic Action PG 91 min. Burt Lancaster & Robert Ryan Happy Hour 4:00-7:00pm</p>
<p>Mass 10:00am 15 Swan Lake** 1:15-5:00pm Performance by the Moscow Festival Ballet at the MAC Cost: \$50  Sunday at the Movies 2:00pm <i>That's Entertainment</i> (1974) Musical G 135 min. Tribute to MGM Musicals from Hollywood's Golden Age</p>	<p>Martin Luther King Jr. Day 16 Shopping** 9:30-11:00am  Butera Market or Walgreens  Consultations with Dietician, Denise A.** 10:30am Happy Hour 4:00-7:00pm</p>	<p>Feed Your Body & Soul** 17 8:00-12:30pm Cost: \$5 Stop at  Patty Cakes Bakery & Tour of  Saints Cyril & Methodius Church  Chair Yoga** 9:45am Lisa's Corner 1:00pm Computer Class** 1:15-4:25pm Singing From Notes 2:00pm Hors d'oeuvres 4:00-5:00pm Happy Hour 4:00-7:00pm</p>	<p>Senior Day Shopping**  12:30-2:30pm Target  World War II: The Battle of the Bulge** 2:00-4:00pm in the Art Studio Cost: \$10 BU's Center for Lifelong Learning Class Happy Hour 4:00-7:00pm Bingo Night 6:30pm</p>	<p>Coumadin Clinic 9:00-10:00am 19 Brown Bag Lunch 12:15pm in the Art Studio Bring your lunch-meet the <i>Mystery Guest!</i> Happy Hour 4:00-7:00pm</p>	<p>Shopping** 12:30-3:30pm 20 Yorktown or Kohl's  Managing Osteoporosis 3:00pm in the Art Studio Discussion with Tracy Camaj, Physical Therapist Happy Hour 4:00-7:00pm</p>	<p>Bingo with George 1:30pm 21 No cost 2nd floor Conference Room Saturday Video 3:00 & 7:00pm Channel 4 <i>The Goodbye Girl</i> (1977) Romantic PG 100 min. Richard Dreyfuss/Marsha Mason Happy Hour 4:00-7:00pm</p>
<p>Mass 10:00am 22 Sunday at the Movies 2:00pm <i>White Oleander</i> (2002) Drama PG-13 110 min. Alison Lohman & Michelle Pfeiffer</p>	<p>Chinese New Year 23 Shopping** 9:30-11:00am  Jewel, Walgreens or Aldi  Bingo 1:00pm Happy Hour 4:00-7:00pm</p>	<p>Chair Yoga 9:45am 24 Lisa's Corner 1:00pm Singing From Notes 2:00pm with Joe Gallagher Hors d'oeuvres 4:00-5:00pm Happy Hour 4:00-7:00pm</p>	<p>Gypsy-Drury Lane Theatre** 25 11:00-5:00pm Cost: \$50  Senior Day Shopping**  12:30-2:30pm Dollar Tree or K-Mart  Taste** 1:00pm Computer Class** 1:15-4:25pm Happy Hour 4:00-7:00pm Bingo Night 6:30pm</p>	<p>Book Discussion: Your Life, God's Home 10:00am 26 Happy Hour 4:00-7:00pm</p>	<p>Happy Hour 4:00-7:00pm 27 </p>	<p>Bingo with George 1:30pm 28 No cost 2nd floor Conference Room Saturday Video 3:00 & 7:00pm Channel 4 <i>March of the Penguins</i> (2004) Documentary G 80 min. Romane Bohringer Happy Hour 4:00-7:00pm</p>
<p>Mass 10:00am 29 Sunday at the Movies 2:00pm <i>My Architect: A Son's Journey</i> (2003) Documentary NR 116 min. Louis I. Kahn & I.M. Pei</p>	<p>Shopping** 9:30-11:00am 30 Butera Market or Walgreens  Happy Hour 4:00-7:00pm </p>	<p>Chair Yoga** 9:45am 31 Lisa's Corner 1:00pm Computer Class** 1:15-4:25pm Singing From Notes 2:00pm with Joe Gallagher Hors d'oeuvres 4:00-5:00pm Happy Hour 4:00-7:00pm Entertainment: Alex & Margaret Professional Ballroom Dancers 6:30pm in the Piazza</p>	<p>Mondays Sit & Be Fit 9:00am Bingo 1:00pm 2nd/4th Bridge & Pinochle 1:00pm Scrabble 3:00pm Tuesdays Sit & Be Fit 9:00am Cards & Games 6:30pm</p>	<p>Wednesdays Sit & Be Fit 9:00am Blood Pressure 9:30-10:30am Right Left Center 3:00pm Thursdays Sit & Be Fit 9:00am Coumadin Clinic 9-10:00am 1st/3rd Pinochle 1:00pm Mah Jongg 1:15pm Needles & Pins 1:30pm</p>	<p>Fridays Sit & Be Fit 9:00am Cards & Games 1:00pm Ladies Depression (Penny) Poker 1:00pm Pinochle 1:00pm Poker 6:30pm Billiards & Pool 7:00pm</p>	<p>Saturdays Pinochle 1:00pm Rummikub 1:00pm Sundays Mass 10:00am ** - Must sign up  Light Walking  Moderate Walking  Heavy Walking</p>

Mass at Sacred Heart: Mon--Sat. 11:30 am Reconciliation/Confession: 3:30 pm 4th, 12th, 18th, 26th Rosary: 4:10pm Chapel Looking at Sunday Readings: Fri. 10:00am Card Lounge