

Health & Nutrition

Coffee & Conversation

Topic: Dark Chocolate Tasting
Thursday, February 2nd
8:00-9:00am in the Piazza

Lunch & Learn

Topic: Foods that Help Vision Health
Monday, February 6th
12:15-1:00 in the Art Studio
Bring your lunch!

Health & Wellness Talk

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

Walker or Cane - Which is Right for Me?

Discussion with Tracy Camaj,
Physical Therapist
Friday, February 10th
3:00pm in the Art Studio

Alzheimer's/Dementia Support Group

Monday, February 13th
6:30pm in the VC Private Dining Room

Consultations with Dietician, Denise A.**

Monday, February 20th
10:30am in the
VC Private Dining Room
Sign up at the Concierge Desk

Encore Speakers Series presents George Banas, Author Tuesday, February 7th 6:30pm in the Piazza

George Banas is a Vietnam-era veteran and resides in Lisle. He received his Bachelor's degree in Marketing from Lewis University, earned his MBA from DePaul University, and holds a Juris Doctor degree from Chicago-Kent College of Law. Following his retirement, he was Board Secretary for the local Wildlife Center and the Library District.

Initial inspiration for his book titled, *Terrorists and the Terchova Treasure - In My Brother's Place* came while traveling with his wife between Tangiers, Morocco and Madrid, Spain on 9/11/01. Like other U.S. travelers abroad on that fateful day, he did not know how soon he would be able to return to the States with all international flights to the U.S. grounded. And, like other travelers, he did not know who the enemy was. Recalling survival skills learned years earlier while serving in the Army, he set about securing the safety of his U.S. family and European relatives. This theme along with several others are interwoven into the fabric of his story of international intrigue and action.

The author recognizes the contribution of and dedicates his work to all civilian and military defenders of the United States from its inception to the present day.

Source: Biography provided to Amazon by the author/representative.

St. Valentine's Day Murder Mystery**

Thursday, February 9th
10:00-3:00pm in the Lounge

Cost: \$12 (includes lunch and Murder Mystery)

You will become part of the Murder Mystery by taking on a character and helping to solve the mystery. Come dressed in black, red or white-according to your character. Derby hats and feather tiaras will be provided. Don't miss the fun!!! Sign up by February 2nd.

Villa St. Benedict

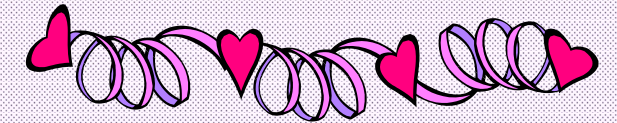
Hospitality Respect Justice Stewardship

Villa Views

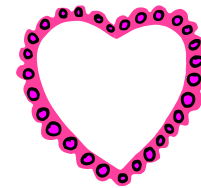
Villa St. Benedict
1920 Maple Avenue
Lisle, IL 60532

Volume 7 Issue 2
February 2011

February Outings



Chorus Line Wednesday
Paramount Theatre February 1st
Aurora 11:00-5:00pm
Harner's Restaurant Cost: \$42
North Aurora (includes lunch)



Heroic and Hopeful Sunday
DuPage Symphony February 12th
Orchestra at 2:30-5:30pm
Wentz Concert Hall Cost: \$22



Feed Your Body and Soul Tuesday
PC's Pancake Café February 28th
& St. Alphonsus 8:00-12:30pm
Catholic Church Cost: \$5
Lemont



They are the Olympians of Broadway. The faceless thoroughbreds that never enter the spotlight. They are...The Chorus Line. But one fateful audition changes the lives of seventeen dancers in ways they never expected. Pushed physically to their limits during the audition, when the spotlight is pointed on them, they're forced to dig deep to share their utmost fears, desires and experiences all to earn one coveted role. *Chorus Line* is the Winner of nine Tony Awards, a Pulitzer Prize and one of the longest running shows in Broadway History. We will dine at Harner's Restaurant for lunch. Harner's has been family owned and operated for 50 years. They feature good home cooking which has made them very popular in the Fox River Valley. A Harner's specialty is the Batter-Dipped Fried Chicken!

Please sign up by January 25th

Heroic and Hopeful is a multi-media creation incorporating seven actors plus projected historical images from the Ellis Island archives with full symphony orchestra. *Heroic and Hopeful* celebrates the historic American immigrant experience and the American dream, providing its audiences with a "uniquely moving experience" (Statue of Liberty-Ellis Island Foundation). Antonin Dvorak's heart-warming Symphony No. 9 in E minor, "From the New World" - inspired by Longfellow and infused with the flavor of American spirituals and folk tunes - opens this extraordinary program.

Please sign up by January 30th

The morning will begin at PC's Pancake Café in Lemont (order off of the menu) where they serve freshly squeezed orange and grapefruit juices and their rich coffee. Thick sliced bacon and oven baked omelets are a dining favorite. Not to be outdone is the Oven Baked Pancake bursting with flavors of granny smith apples, blueberries or peaches. We will then tour the historic St. Alphonsus Catholic Church in Lemont. In the 1830's, early immigrants gravitated to the village overlooking the Des Plaines River Valley, finding work in building the Illinois & Michigan Canal. The pioneer Catholic population was ethnically diversified. In 1867, the German and Polish sectors took steps to build a church of their own. Their goal was to worship God in their native language incorporating the customs and traditions of the country of birth. A local resident joyfully donated two lots for the new church site. The Redemptorist Fathers (the order founded by St. Alphonsus of Italy) from St. Michael's in Chicago helped organize the fledging parish. Fr. Francis Schaeffler, CSsR, celebrated the congregation's first Mass on August 4th, 1867.

Please sign up by February 24th


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



February 2012



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Mondays Sit & Be Fit 9:00am Bingo 1:00pm 2nd/4th Bridge & Pinochle 1:00pm Scrabble 2:00pm</p>	<p>Tuesdays Sit & Be Fit 9:00am Scrabble 2:00pm Cards & Games 6:30pm</p> <p>Wednesdays Sit & Be Fit 9:00am Blood Pressure 9:30-10:30am Right Left Center 3:00pm</p>	<p>Thursdays Sit & Be Fit 9:00am Counadin Clinic 9:00-10:00am 1st/3rd Pinochle 1:00pm Mah Jongg 1:15pm Needles & Pins 1:30pm</p>	<p>Tai Chi** 10:00am ¹ Chorus Line** 11:00-5:00pm Cost: \$42 Paramount Theatre/ lunch at Harner's Restaurant Senior Day Shopping** 12:30-2:30pm Wal-Mart Happy Hour 4:00-7:00pm Bingo Night 6:30pm *St. Vincent de Paul Pick Up* Leave your donation outside of your door by 7:00pm.</p>	<p>Groundhog Day ² Coffee & Conversation Topic: Dark Chocolate Tasting 8:00-9:00am in the Piazza Coumadin Clinic 9:00-10:00am Fraud Seminar by West Suburban Bank** 2:00pm Happy Hour 4:00-7:00pm</p>	<p>Shopping** 12:30-3:30pm ³ Yorktown or Target The Rome of Benedict 2:00pm in the Art Studio Happy Hour 4:00-7:00pm</p>	<p>Bingo with George 1:30pm ⁴ No cost 2nd floor Conference Room Saturday Video 3:00 & 7:00pm Channel 4 Annie's Point (2005) Family 87 min. Betty White, Richard Thomas Happy Hour 4:00-7:00pm</p>
<p>Super Bowl Sunday ⁵ Mass 10:00am Sunday at the Movies 2:00pm Only the Lonely (1991) Comedy PG-13 105 min. John Candy & Maureen O'Hara</p>	<p>Shopping** 9:30-11:00am ⁶ Jewel, Walgreens or Aldi Lunch & Learn-Foods that Help Vision Health 12:15-1:00pm in the Art Studio Bring your lunch. Post Office, Village Hall or Library** 3:00pm Happy Hour 4:00-7:00pm</p>	<p>Chair Yoga** 9:45am ⁷ Cooking with Bob - Potato Pancakes** 1:00pm Cost: \$2 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 Encore Speaker Series Presents George Banas-Patriotic, Historical Author 6:30pm in the Piazza</p>	<p>Tai Chi** 10:00am ⁸ Senior Day Shopping** 12:30-2:30pm Trader Joe's or Casey's Foods Taste** 1:00pm Happy Hour 4:00-7:00pm Bingo Night 6:30pm</p>	<p>Book Discussion: ⁹ Your Life, God's Home 10:00am St. Valentine's Day Murder Mystery** 10:00-3:00pm in the Lounge Cost: \$12 (Wear black, red or white-according to your character. Accessories provided.) VSB Book Club 2:00pm The Poisonwood Bible by Barbara Kingsolver Happy Hour 4:00-7:00pm</p>	<p>Health & Wellness Talk ¹⁰ 9:30-10:30am in the Art Studio Topic: TBA Walker or Cane - Which is Right for Me? 3:00pm in the Art Studio Discussion with Tracy Camaj, PT Happy Hour 4:00-7:00pm</p>	<p>Poetry Reading 10:00am in the Card Lounge Bingo with George 1:30pm Sketching with Pencil and Watercolor** 2:00-4:00pm in the Art Studio Cost: \$25 Saturday Video 3:00 & 7:00pm Heidi (2005) Family 104 min. Emma Bolger, Diana Rigg Happy Hour 4:00-7:00pm</p>
<p>Mass 10:00am ¹² Sunday at the Movies 2:00pm Midnight in Paris (2011) Comedy PG-13 94 min. Owen Wilson & Rachel McAdams Heroic and Hopeful** 2:30-5:30pm Cost: \$22 Performance by DuPage Symphony Orchestra</p>	<p>Shopping** 9:30-11:00am ¹³ Butera Market or Walgreens Bingo 1:00pm Cookie Bake-Chef Frankie** 1:30pm 2nd Floor Conference Room in Benedale Center Happy Hour 4:00-7:00pm Alzheimer's/Dementia Support Group 6:30pm</p>	<p>Valentine's Day ¹⁴ Chair Yoga** 9:45am Lisa's Corner 1:00pm Computer Class** 1:15-4:25pm Singing From Notes 2:00pm Bible Study 3:00pm Valentine's Day Party-Robyn Vitson Quartet Entertains 3:30-4:30pm in the Piazza Hors d'oeuvres 4:00-5:00pm Happy Hour 4:00-7:00pm</p>	<p>Tai Chi** 10:00am ¹⁵ Senior Day Shopping** 12:30-2:30pm Dollar Tree, K-Mart, Bargain Books Happy Hour 4:00-7:00pm Bingo Night 6:30pm</p>	<p>Coumadin Clinic 9:00-10:00am ¹⁶ Giant Crossword Puzzle 1:00pm in the Card Lounge Traveling Chefs 3:30-4:30pm in the Piazza Happy Hour 4:00-7:00pm</p>	<p>Shopping** 12:30-3:30pm ¹⁷ Yorktown or Kohl's Happy Hour 4:00-7:00pm</p>	<p>Bingo with George 1:30pm ¹⁸ No cost 2nd floor Conference Room Sketching with Pencil and Watercolor** 2:00-4:00pm in the Art Studio Saturday Video 3:00 & 7:00pm Channel 4 Matilda (1996) Family PG 98 min. Danny DeVito & Jon Lovitz Happy Hour 4:00-7:00pm</p>
<p>Mass 10:00am ¹⁹ Sunday at the Movies 2:00pm Dolphin Tale (2011) Family NR 113 min. Morgan Freeman & Ashley Judd</p>	<p>Presidents' Day ²⁰ Shopping** 9:30-11:00am Jewel, Walgreens or Aldi Consultations with Dietician, Denise A.** 10:30am Happy Hour 4:00-7:00pm</p>	<p>Mardi Gras/Fat Tuesday ²¹ St. Michael's Albertville High School Choir 9:45am in the Piazza 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>Ash Wednesday ²² Tai Chi** 10:00am Senior Day Shopping** 12:30-2:30pm Target Happy Hour 4:00-7:00pm Bingo Night 6:30pm</p>	<p>Book Discussion: Your Life, ²³ God's Home 10:00am Resident Association Meeting 1:00pm in the Piazza Happy Hour 4:00-7:00pm Heather Braoudakis, Vocalist (Rosemary Clooney) 6:30pm in the Piazza</p>	<p>Stations of the Cross ²⁴ 3:00pm in the Chapel Happy Hour 4:00-7:00pm</p> 	<p>Bingo with George 1:30pm ²⁵ No cost 2nd floor Conference Room Sketching with Pencil and Watercolor** 2:00-4:00pm in the Art Studio Saturday Video 3:00 & 7:00pm Every Little Step (2008) Documentary PG-13 93 min. Marvin Hamlich Happy Hour 4:00-7:00pm</p>
<p>Mass 10:00am ²⁶ Sunday at the Movies 2:00pm Places in the Heart (1984) Drama PG 112 min. Sally Field & Lindsay Crouse</p>	<p>Shopping** 9:30-11:00am ²⁷ Butera Market or Walgreens Bingo 1:00pm Happy Hour 4:00-7:00pm</p>	<p>Feed Your Body & Soul** ²⁸ 8:00-12:30pm Cost: \$5 Tour of St. Alphonsus Church and order off the menu at PC's Pancake Café. 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>Tai Chi** 10:00am ²⁹ Brown Bag Lunch 12:15pm in the Art Studio Meet the Mystery Guest! Bring your Lunch. Senior Day Shopping** 12:30-2:30pm Dollar Tree, K-Mart, Bargain Books Happy Hour 4:00-7:00pm Bingo Night 6:30pm</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 Scrabble 2:00pm</p> <p>Sundays Mass 10:00am</p>	<p>** - Must sign up</p> <p> Light Walking Moderate Walking Heavy Walking</p>

Mass at Sacred Heart: Mon--Sat. 11:30 am **Reconciliation/Confession:** 3:30 pm 1st, 9th, 15th, 23rd & 29th **Rosary:** 4:10pm Chapel **Looking at Sunday Readings:** Fri. 10:00am Card Lounge