



Center for Active Seniors, Inc.
Successful living for the second 50 years.

FEBRUARY 2012 EVENTS

Check out the daily specials created by our Café Manager at Eleanor's Café.

Great items and prices in our Gift Shop.



Visit the first-in-the-state AARP Resource Library Now open within the Phyllis Ruhl Library at CASI

News

Advanced Line Dancing
Starts Thursday, February 2
2:30 p.m. – 4:00 p.m.
Members: \$2.00

Plus 60 / CASI Valentine Dance and Party
Fri., Feb. 3, 7:00 – 10:30 p.m.
Music by Michael Quaintance Trio.
Tickets: \$10 at CASI or Q.C. Times in advance or at the door.
Cash Bar – Free snacks
Sponsor: Gold Book

Free Smart Phone Clinic
Thurs., Feb. 9, 1:00 – 2:00 p.m.
If you have a Smart Phone, Android or iPhone, and not quite sure of all the features available to you, please join us at CASI. Limited to 4 people. Sign up at the front desk or call for reservation.

Valentine Bingo
Friday, Feb. 10, 12:30 – 3:30 p.m.
Special Dessert. \$100.00 in extra cash prizes. Members: \$2.00
Non-Members: \$3.00

CASI Valentine Day Party
February 14, 11:00 a.m. – 1:00 p.m.
Lunch served 11:00 – 11:45 a.m.
Entertainment: Ray Wierson & Son
Raffle on a rose bouquet made of money and door prizes.
Cost: Members \$6
Non-members \$8

Talk of the Town
Feb. 15, Judy Morrell, head of the Davenport Civil Rights Commission: Davenport Civil Rights History
11:00 a.m. – 12:30 p.m.
Free pizza lunch. Make your reservations now! Members Free, Non-members \$2.00

Travelogue
Bucharest, Romania and Sinaia in the Romanian mountains with Elmer Brunk. Mon., Feb. 13, 1:00 - 2:00 p.m. Members: Free

tickets at front desk
Non Members: \$1.00

Class: Download Digital Photos
Thursday, Feb. 23, 1:00 – 2:30 p.m.
Learn how to take all those photos “stuck” on your camera and turn them into “real photos.” This class will show you how to use the website snapfish.com. This site lets you store, edit, add fun borders, share photos with friends and family, print photos at Walgreens or have them mailed to you with a click of the mouse. Bring your camera (loaded up with pictures,) the link cable (the cord that connects the camera to your computer) and a valid email address.
Cost: Members \$8.00, Non Members \$10.00. Make paid reservations. Class size limited.

Sweetheart Ball
Saturday, Feb. 11 at CASI
7:00 – 10:00 p.m. The Ken Paulsen Orchestra. \$10 per person. Singles and beginners welcome. For information, please call 563-391-2519.

Tai Chi for Arthritis
Instructor: Erica Heinrichs, Certified Senior Trainer
Mondays, New Time: 4:30 – 5:30 p.m. Start the 8 week class at any time. Members \$32 for 8 week class. Non Members \$40.00 for 8 week class. Classes can be made up if you miss. The Tai Chi for Arthritis program relieves pain, maintains and improves health and the quality of life.

Computer Classes
All Classes 1:00 p.m. – 3:00 p.m.
February 6 – 9 and 13 - 16
March 5 – 8 and 12 - 15
April 9 – 12 and 16 - 19
May 7 – 10 and 14 - 17
June 4 – 7 and 11 - 14
Member Cost: \$60 for all 8 sessions or \$7.50 per session Non Member Cost: \$95 for all 8 sessions or \$ 12 per session

Save the Date

March 16 - Leprechaun Bingo

Shamrocks and Shenanigans at Starved Rock, Thurs., March 15
Make paid reservations. Join us for this fun St. Patrick's Celebration. The Gilhooly's will entertain you with their Irish wit, singing and dancing. There will be a buffet featuring traditional Irish food and American foods with an Irish dessert. The show is sure to bring the Irish out in you!
Members Cost \$65.00 by March 3
Leave CASI at 9:30 a.m.

Russell Construction proudly presents



St. Patrick's Day Races
Saturday, March 17, 2012
Register at CASI or at www.casiseniors.org

New this year! Come celebrate our 30th Anniversary! Prizes for each race & costume contest!

Pub run – enjoy a cold beverage at 3 stops along the race course!

New improved school challenge!

Get your gear on! Go to the CASI website and click on order my team gear.
Order “Clover.” The CASI Isabel Bloom turtle is sure to bring you good luck.

Call or email us for more information or questions 563-386-7477 or receptionist@casiseniors.org

February 2012



1035 W. Kimberly Rd., Davenport, IA
(563) 386-7477
www.casiseniors.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February Monday Night Classes Hand Clay Sculpture 6:30 – 8:30 p.m. Yoga 6:30 – 7:30 p.m.		1 Gentle Exercise Class Every Wednesday 9:00 - 10:00 a.m. SHIIP 9:00 - 11:00 a.m. Cribbage & Pinochle Every Wed. Afternoon	2 Low Vision Group 10:00 – Noon Laughter Yoga 10:30 - 11:15 a.m. Advanced Line Dancing Every Thursday 2:30 - 4:00 p.m.	3 Book Club 10:00 a.m. - Noon Senior Theater 1:30 - 2:30 Every Friday CASI/Plus 60 Valentine Dance & Party 7:00 - 10:30 p.m.	4
5	6 Gentle Exercise Class Every Monday 9:00 - 10:00 a.m. Rock Painting Class 12:30 - 2:30 p.m. Tai Chi for Arthritis 4:30 - 5:30 p.m. Computer Class 1:00 – 3:00 p.m.	7 Line Dancing Every Tuesday 9:00 – 11:00 a.m. Red Hat Lunch @ Noon Knitting & Crocheting Every Tuesday 12:30 – 2:30 pm	8 Grief Support 9:30 - 11:00 a.m. Myths of Hospice TOPS Every Wednesday Noon - 1:00 p.m.	9 Zumba Gold Every Thursday 9:45 – 10:15 a.m. New Horizons Band Winter Practice Every Thursday 12:45 – 2:00 p.m. Free Smart Phone Clinic 1:00 - 2:30 p.m.	10 Golden Tones Practice Every Friday 9:00 – 10:00 am Gentle Exercise Class Every Friday 9:00 - 10:00 a.m. Valentine Bingo 12:30 - 3:30 p.m.	11 Sweetheart Ball 7:00 - 10:00 p.m. With the Ken Paulsen Orchestra
12	13 Zumba Basic Every Monday 10:30 – 11:15 a.m. Rock Painting Class 12:30 - 2:30 p.m. Travelogue 1:00 – 2:00 pm with Elmer Brunk Computer Class 1:00 – 3:00 p.m.	14 Writing Your Life Story...Class 10:00 – 10:45 a.m. Valentine's Day Party 11:00 a.m. - 1:00 p.m.	15 SHIIP 9:00 - 11:00 a.m. Tai Chi Class Every Wednesday 10:30 - 11:30 a.m. Talk of the Town 11:00 a.m. – 12:30 p.m.	16 Drawing & Clay w/ Paul Algueseva Every Thursday 12:30 – 2:30 p.m.	17 Bingo Every Friday 12:30 - 3:30 p.m. Pinochle, Bridge & Euchre Every Friday Afternoon	18 Parkinson's Support Group 10:00 a.m. - Noon
19	20 Chair Yoga Every Monday 1:30 – 2:30 p.m. Pinochle & Bridge Every Monday Afternoon	21 Canasta & Pinochle Every Tuesday 1:00 - 3:00 p.m. Movie Matinee <i>Dolphin Tales</i> 1:00 p.m.	22 Grief Support 9:30 - 11:00 a.m. Zumba Gold Class Every Wednesday 1:00 - 1:45 p.m.	23 Class: Download Photos 1:00 - 2:30 p.m. Euchre Every Thursday 1:00 - 3:45	24	25
26	27 Rock Painting Class 12:30 - 2:30 p.m. Shuffleboard Every Monday 2:15 – 3:45 p.m.	28 Writing Your Life Story...Class 10:00 – 11:30 a.m.	29	Fit for Life Fitness Center Mon. - Fri. 7:00 a.m. - 3:00 p.m. Saturday 8:00 a.m.-Noon Interested in a Fitness Center Membership? Talk to our friendly Center Staff!		

Member cost and fees are listed for CASI activities. Ask about our non-member rates.

Health & Wellness

Gentle Exercise Class

Instructor: Jan Dorgan
Monday, Wednesday & Friday
9:00 - 10:00 a.m. Cost: \$2

Genesis Foot Clinic

provided by Genesis VNA
Call 563-320-3978 to schedule
your appointment at the Genesis
Office at CASI. Cost: \$20
RESERVATIONS REQUIRED
February Dates and Times
2, 13, 16, 20, 24 8:30 - 11:30
2, 6, 20, 28 1:00 - 4:00

Blood Pressure Checks

Available in Genesis office.
February Dates and Times
1, 15: 11:00 a.m. - 2:00 p.m.
6-8, 14, 21-22, 27-29: 9:00 - Noon
13, 20: 1:00 - 4:00 p.m.

Tai Chi

Wednesdays, 10:30 - 11:30 a.m.
Certified Instructor Scott
Caulpetzer. Cost: \$18 for 6 weeks.
New session starts on Feb. 22.

Tai Chi for Arthritis

Instructor: Erica Heinrichs,
Certified Senior Trainer
Mondays. **New Time:** 4:30 p.m. -
5:30 p.m. Members: \$32.00 for 8
week class. Classes can be made up
if you miss. Start any time.

Chair Yoga

Mondays, 1:30 - 2:30 p.m.
Certified Instructor, Janet Darmour.
Cost: \$30 for 6 weeks. Can start
class at any time.

Zumba Gold Class

Wednesdays, 1:00-1:45 p.m. AND
Thursdays, 9:45 a.m. - 10:30 a.m.
Members: \$2, Non-members: \$4

Zumba Basics

Mondays, 10:30 - 11:15 a.m.
Members: \$2, Non-members \$4

Laughter Yoga

Thurs., Feb. 2, 9:30. - 10:15 a.m.
Free classes taught by certified
Senior Star staff.

Activities

Billiards

CASI Game Room has two
billiards tables available. Cost: \$1
per person. Check with
reception desk for availability.

Line Dance

Mary Ann Robinson & Teresa
Azure. Every Tues., 9:00-11:00 a.m.
Member cost: \$2, Non-member: \$4

Advanced Line Dancing

Starts Thurs., Feb. 2, 2:30-4:00 p.m.
Members - \$2.00, Non Member \$4

Shuffleboard

Mary Ann Maxwell - Every Mon.,
2:15-3:45 p.m. Cost: \$2

Movie Matinee

Tues., Feb. 21, 1:00-3:30 p.m.
Dolphin Tale. Cost: \$2.

Performance Groups

New Horizons Band Winter

Practice Thursdays,
12:45-2:00 p.m. Cost: \$2

Golden Tones Chorus Practice

Fridays, 9:00 - 10:00 a.m.
Barbara Buddin, DMA Cost: \$2

Senior Theatre

Fridays at 1:30 p.m. 8 week ses-
sion from Jan. 6 to Feb. 24.
Cost: Members \$20, Non Members
\$30 for 8 week session.

Area Services

GenAge Café

Mon.-Fri. 11:30 a.m. - 12:30 p.m.
(\$3 suggested donation) Menus
available at CASI. Reservation
required by noon one day prior.

AARP Money Management

Call CASI at (563) 386-7477.

SHIIP - Senior Health Insurance
Information Program. First and third
Wednesdays Genesis Office, 9:00 -
11:00 a.m. Call 421-1096 for more
information.

Classes

Beginning Ceramics

Mondays, 9:30 - 11:30 a.m.
Verdene Franklin
Cost: \$5 per class.

All Day Ceramics

Tuesdays, 9:00 - Noon and
1:00 - 3:00 p.m.
Dar Hanssen. Cost: \$5 per class in
the morning or \$8 all day. Class size
is limited.

Volunteer Opportunities February 2012

- St. Patrick's Day Race - Volunteers needed on Friday, March 16 and Saturday, March 17. There are a variety of jobs available, please contact Libby for more information.
- Valentine's Luncheon - Set up on Monday, Feb. 13 at 3:00, Set up, serve beverages and meals, help with desserts and clean up, 9:00-1:30.
- Listen to Me Read - Work with early elementary students to develop their reading skills during the 2011-2012 school year.
- Ugly Quilts Group - Help sew ugly quilts out of donated blankets and comforters. No sewing experience necessary. Mon. 8:00 - 11:00 am
- GenAge Meal Site - Help serve lunch at CASI, Mon., Tues. and Wed., 11:00 a.m.-1:00 p.m.

Interested? Contact Libby Imming at
(563) 386-7477, ext. 264

AARP Tax Program at CASI

Monday, Tuesday
& Wednesday

1:00 - 4:00 p.m.
Volunteer Room
February 1 - April 11

Appointments can be made by
calling United Way at
Land Line: 211
Cell phone: 563-355-9900

Art & Painting Classes

Make art class reservations and pay fees at reception desk.

Art Class with Betty Felder

Rock Painting
Jan. 30: rabbits
Feb. 6: kittens, Feb. 13: Fawns
Feb. 27: Calves
Member cost: \$4 per class.
Non Member Cost: \$6
Class size is limited to 8 students.
Bring Dewberry Brushes

Bob Ross

March 21, 9:30 a.m. – 2:00 p.m.
Cost: Member: \$20, Non-Member \$30

Drawing & Clay Sculpting

Instructor: Paul Aglueseva
Thursdays, 12:30 p.m. – 2:30 p.m.
Cost: \$5.00 + materials
Monday evening, 6:30 – 8:30 p.m.
Cost: \$6.00 + materials

Cards & Games

Bridge

Mondays & Fridays
12:30 - 3:45 p.m. Cost: \$2

Pinocle

Jackie Ruefer-Albee
Mondays, Tuesdays, Wednesdays
& Fridays, 1:00-3:45 p.m. Cost: \$2

Euchre

Joanne Oberbreckling
Thursdays & Fridays
1:00 - 3:45 p.m. Cost: \$2

Bingo

Gail Olson
Fridays, 12:30 - 3:30 p.m.
Cost: 50¢ + cards

Canasta Card Club

Jan Dorgan
Tuesdays, 1:00 - 3:00 p.m.
Cost: \$2

Cribbage

Roland Youngberg
Wednesdays, 1:00 - 3:00 p.m.
Cost: \$2
We will teach you how to play!

Groups & Clubs

Caregivers Support Group

Susan Kivisto from Alternatives for Older Adults and Karen Coats from Generations AAA. No charge.
2nd Mon., 11:00 a.m.-1:00 p.m.

Grief Support Group

Vicky Ertel, 4th Wednesday,
9:30 - 11:00 a.m. Donation.

Myths of Hospice

Presenter: Jack Brown
Wed., Feb. 8, 9:30 a.m. - 11 a.m.
Snow date: Feb. 22

Parkinson's Support Group

Feb. 18, 10:00 a.m. - 12:00 p.m.

Low Vision Support Group

Ben Lorenzen. 1st Thursday of the month. 10:00 a.m. – Noon
Anita Sundin, a reader for The Iowa Dept. of Blind, will read a story and tell people how they can take advantage of receiving books on tape.

Sewing Ugly Quilts

Betty Felder. Every Mon.,
8:00 – 11:00 a.m. No cost. Need Volunteers. No sewing experience necessary.

Crocheting & Knitting Volunteer Class

Every Tues., 12:30 - 2:30 p.m.
No cost. Make hats, scarves & mittens for children and homeless. We will teach beginners. We need yarn donations.

TOPS

Audrey Linville, Wednesdays,
12:00 - 1:00 p.m. Member cost: \$1

Red Hat Lunch

Tuesday, February 7, 12:00 p.m.
Old Chicago. Group departs CASI at 11:30 a.m. Call CASI for more information.

Book Club

Jane Cronkelton
Friday - February 3, 2012
Pillars of the Earth by Ken Follett
Part One - 1135-1136
Part Two - 1136-1137
Friday - March 2, 2012
Pillars of The Earth by Ken Follett
Part Three - 1140-1142
Part Four - 1142-1145
Part Five - 1152-1155

For you faster readers or people who don't want to tackle *Pillars of the Earth*, we will also discuss at the March meeting: *I Heard the Owl Call My Name* by Margaret Craven.

Jane's Place Adult Day Services

You may have someone special in your life that may need assistance on a daily basis. If you find that your loved one is:

- Spending too much time at home alone
- Watching too much television
- Sleeping during the day

Then Jane's Place is the perfect place to have your loved one come and join us.

- Participants enjoy being here during the day.
- All new participants are introduced to make them feel welcome. Meet and make new friends.
- Jane's Place provides activities throughout the day: brain games, music, bingo, billiards, cards, ceramics, karaoke, exercise, crafts, etc.
- Participants enjoy sitting outside on one of our beautiful porches drinking coffee and enjoying conversation and laughs.
- Nutritious meals and snacks are provided.
- An experienced staff provides one on one personal care when needed.
- Transportation arrangements can be made through Jane's Place.

As a Caregiver

- You are provided respite from 24/7 responsibilities and care.
- You know that your loved one will enjoy a safe and stimulating environment daily.

We encourage you to take the opportunity to learn more about our program. If you would like to visit for the day, call Sue at 563-386-7477, Ext. 246. Call Harvey at 563-386-7477, Ext. 254 if you need more information.