



Center for Active Seniors, Inc.

February 2010 Events

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



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

News

The AARP Tax Program at CASI

This No-Cost program is sponsored by AARP. Monday, Tuesday, or Wednesday 1:00 – 4:00 p.m. by appointment Call The United Way offices to schedule an appointment. Simply dial 211 and a United Way operator will answer. CASI will not be taking appointments or creating a waiting list.

CASI Valentine Party

Wednesday, February 10 11:00 – 1:30 Tickets are now available. Cost: \$6 Entertainment by Ray Wierson Sponsored by Golden Dreams Homecare L.L.C. Stay for Social Dance with John & Kay after the party or stay to play cards - Free!

Talk of the Town with speaker Shirley Davis

Wednesday, February 17, 2010 Free admission. Pizza Lunch served at 11:15 a.m. Reservations needed – limited to 50 people. Sponsored by GolderCare Solutions.

Valentine Bingo

Friday, February 12 12:30 – 3:30 p.m. \$2.00 plus cost of cards Special prizes and dessert Sponsored by Courtyard Estates of Walcott

Act Your Age!

8 week class starting Thursday, Feb. 18 from 9:30 – 10:30 a.m. With Dino Hayz

Games, fun activities and exercises to boost creativity, strengthen mental clarity and enhance vitality! Cost: \$20 for 8 week session or \$3 per class.

A Matter of Balance

Genesis Workshop Thursdays, 1:00 – 3:00 February 18 to April 8 Cost: \$20 for 8 weeks A Matter of Balance acknowledges the risk of falling, but emphasizes practical coping strategies to reduce this fear. The program's goal is to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among community-dwelling older adults. Sign up for class at CASI and pay Genesis at the first class.

Genesis HealthQuest Senior Tea Dance

Sunday, February 28, 2010. FREE! 2:00 – 4:00 p.m. at CASI Tea and refreshments served. Learn the basics of several ballroom dances and get that heart rate going! Featuring Ballroom Dance Instructor, Gianni.

Volunteer Sewing Group: Simple Stitches

Wednesdays, 1:00 – 3:00 Clothing Protectors are needed. Please volunteer to cut patterns or sew. Bring your portable sewing machine, and we will help you carry it inside.

Come Join in the Discussions at the Cracker Barrel Hour

Wednesday, February 10 and Wednesday, February 24 1:30 – 2:30 p.m. Discuss political, local issues, etc.



Mary Anne Maxwell and Herbie Warren are among the shuffleboard players who play every Monday afternoon at CASI.

The Eclectic Eye @ CASI

Main Street Gallery will continue to display the work of local artists. Art is for sale. Call (309) 762-5576.

2010 Blarney Bash

Friday, March 5 at CASI! 6:00 p.m. – 10:00 p.m. Food Catered by Nicolette. Chocolate Extravaganza •Auctions •Raffles •Live Entertainment •Irish Beer, Wine & Martini Tasting For more information call CASI at 386-7477.

CASI 28th Annual St. Patrick's Day Race

Saturday, March 13 ¼ Mile Tot Trot 1 mile Family Fun Run/Walk 5k Race Registration Forms available at CASI. Register online at www.racershub.com

CASI
 1035 W. Kimberly Rd. Davenport
 (563) 386-7477
www.casiseniors.org
 Hours of Operation
 Monday-Friday 8-5
 CASI Closed
 February 15 President's Day

February



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 (563) 386-7477
 www.casiseniors.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Gentle Exercise Class Every Monday 9:00 - 10:00 Shuffleboard Every Monday 2:15 - 3:45 Bridge Every Monday 12:30 - 3:45	2 Line Dance Every Tuesday 9:00 - 11:00 Red Hat Lunch @ Symposium Café Noon Computer Class 6:00 - 7:00	3 Gentle Exercise Class Every Wednesday 9:00 - 11:00 Tai Chi Class Every Wednesday 10:30 - 11:30 Birthday lunch at GenAge Café 11:30 - 12:30 Social Dance Every Wednesday 1:00 - 3:00	4 Low Vision Group 10:00 - Noon Unofficial Band Practice Every Thurs. at 12:45 Genesis Foot Clinic 1:00 - 4:00 Healing Meditation Circle 3:00 - 4:00	5 Blood Pressure Checks Every Friday 8:30 - 9:00 Golden Tones Chorus Practice Every Friday at 9:00 a.m. Book Club <i>The Girl with the Dragon Tattoo</i> 10:00 - Noon	6
7	8 Genesis Foot Clinic 9:00 - 11:00 Donna Dewberry One-Stroke painting class Every Monday 12:30 - 2:30	9 Movie Matinee <i>(500) Days of Summer</i> 1:00 - 3:00 Canasta Every Tuesday 1:00 - 4:00	10 No exercise class Valentine Party 11:00 - 1:30 Stay for Social Dance & Cards after the party - no cost Cracker Barrel Hour Discussion Group 1:30 - 2:30	11 Square Dance Lessons Every Thursday 9:30 - 11:30 a.m. Art Class Every Thursday 12:30 - 2:30	12 Share Orders 9:00 - 10:00 Valentine Bingo 12:30 - 3:30 Sponsored by Courtyard Estates of Walcott	13
14	15 President's Day CASI CLOSED	16 Golden Wedding Club 11:00 Pinochle Every Tuesday 1:00 - 3:45	17 Simple Stitches Volunteer Sewing Group 1:00 - 3:00 Talk of the Town Speaker: Shirley Davis 11:15 - 12:30 Free Dance Lessons 1:00 - 1:30 with Larry & Diane Breitbach	18 Act Your Age! 9:30 - 10:30 A Matter of Balance Genesis Workshop 1:00 - 3:00 Healing Meditation Circle 3:00 - 4:00	19 Bridge Every Friday 12:30 - 3:45 Bingo Every Friday 12:30 - 3:30	20 Parkinson's Support Group 10:00 - Noon
21	22 Pinochle Every Monday 1:00 - 3:45	23 Genesis Foot Clinic 1:00 - 3:00	24 Simple Stitches 1:00 - 3:00 Cribbage Every Wednesday 1:00 - 4:00 p.m. Cracker Barrel Hour Discussion Group 1:30 - 2:30 Gentle Yoga Every Wednesday 3:30 - 4:30	25 Act Your Age! 9:30 - 10:30 Genesis Foot Clinic 1:00 - 3:00 A Matter of Balance Genesis Workshop 1:00 - 3:00	26 Genesis Foot Clinic 9:00 - 11:00 Glass Fusing Class 1:00 - 3:00	27
28 Genesis HealthQuest Senior Tea Dance 2:00 - 4:00 p.m.	<p style="text-align: center;">Fit for Life Fitness Center Mon., Wed., Fri. 7:30 a.m.-3:00 p.m. Tues. & Thurs. 7:30 a.m.-6:00 p.m. Saturday 8:00 a.m.-Noon Interested in a Fitness Center Membership? Talk to our friendly Center Staff!</p>					

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

Health & Wellness

GENTLE Exercise Class Monday & Wednesday

Jan Dorgan
9:00-10:00 a.m.

Genesis Foot Clinics

Genesis Office at CASI
RESERVATIONS REQUIRED
Cost: \$15
See Calendar for days
Call Dee at 563-320-3978

Blood Pressure Checks

Available in Genesis office.
Tues., Wed. & Thursday
12:30 - 3:30 p.m.

Tai Chi

**Wednesdays 10:30 a.m. -
11:30 a.m.** Main Hall
Certified Instructor Scott
Caulpetzer Cost: \$18 for six
weeks. New six week session
starts March 3.

Yoga

Wednesdays 3:30 - 4:30 p.m.
Janet Darmour, Certified
Instructor. Cost: \$30 for six
weeks. New six week session
starts February 10.

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
Every Tuesday 9:00-11:00 a.m.
Cost: \$2

Shuffleboard

Mary Anne Maxwell
Every Monday 2:15 - 3:45 p.m.
Cost: \$2

Social Dance

Wednesdays 1:00 - 3:00 p.m.
Cost: \$5 per person
Live Band: John & Kay
1:00 - 1:30
Free Dance Lessons on Feb. 17
with Larry & Diane Breitbart

Square Dance Lessons

Thursdays, 9:30 - 11:30 a.m.
Round Dance & Mainstream
Plus Lessons with Mike
Johnson Cost: \$3

Movie Matinee

Tues., Feb. 9, 1:00-3:00 p.m.
(500) Days of Summer
Cost: \$2
Popcorn & treats included.

Use Wii FREE at CASI

Ask us to show you how to play!

Classes

Introduction to Internet Class

Tuesday, Feb. 2
6:00 - 7:00 p.m.
Wednesdays, Feb. 10, 17 & 24
1:00 - 2:00
Instructor: Dave Bailey
Cost: Members \$3 per class

Computer Classes

with Jay Hager
Mon. - Thurs. March 1 - 4 and
March 8 - 11
10:00 - Noon or 1:00 - 3:00

Beginning Ceramics

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

Beginning & Advanced Ceramics

Tuesdays 9:30 - Noon
Dar Hanssen
Cost: \$5 per class. Limited class size. Register in advance.

Cards & Games

Bridge

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

Bingo

Fridays, 12:30 - 3:30
Gail Olson Cost: \$0.50 + cards

Valentine Bingo

February 12, 12:30 - 3:30
Cost \$2 + cards
Special prizes and desserts
Sponsored by Courtyard
Estates of Walcott

Pinochle

Jack Keimig
Mondays & Wednesdays
1:00 - 3:45 p.m. Cost: \$2

Euchre

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

Cribbage

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

Canasta

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

Groups & Clubs

Caregiver Support

2nd Monday 11:00 - 1:00 p.m.
Doug Weaver No charge

Grief Support

2nd & 4th Wednesdays
9:30 - 11:00 a.m. - Donation
Vicky Ertel

Groups & Clubs continued

Parkinson's Support

Saturday, February 20
10:00 - Noon

Sewing Ugly Quilts

Every Tuesday Betty Felder
8:00 - 11:00 a.m. - No charge

TOPS

Every Wednesday

11 a.m. - 1:00 p.m. Cost: \$1
Audrey Linville

Book Club

Friday, February 5
10 a.m. - Noon Cost: \$2
Mary Anne Maxwell
February Book: *The Girl with the Dragon Tattoo* by Stieg Larsson

Red Hat Luncheon

Tuesday, Feb. 2, Noon
Symposium Café
Group departs CASI at 11:30.
Call Joy Andrews at CASI for more information.

Crocheting & Knitting

Every Tues. 12:30 - 2:30 p.m.

Art & Painting Classes

Make art class reservations
and pay fees at reception desk.

Donna Dewberry One-Stroke Painting

with Betty Felder
Mondays, 12:30-2:30 p.m.
Cost: \$24 for 6 wk. session

Art Class

with Paul Agluseva
Thursdays, 12:30 - 3:00 p.m.
Handbuild clay, pottery and sculpture
\$5 per class plus materials.

Glass Fusing

with Dar Hanssen
Friday, Feb. 26 1:00 - 3:00 p.m.
Cost: \$4 plus materials

Area Services

GenAge Café

Monday-Friday
11:30 - 12:30 p.m.
(\$2.75 suggested donation)
Reservation required by noon
one day prior.

AARP Money Management

Call our Aging Resources & Advocacy Center for assistance and referral.

SHARE Orders

Signup: **Friday, February 12**
9:00 - 10:00 a.m. Lobby

SHIIP - Senior Health Insurance Information Program in Genesis Office
Wed., Feb. 3 9:00-11:00 a.m.

Jane's Place Adult Day Services

Affordable Adult Day Services
- Specialized for most any senior Mon. - Fri.
7:00 a.m. - 4:30 p.m.
(563) 386-7477
Participants cherish Jane's Place and we cherish our participants.

Performance Groups

Golden Tones Chorus

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

Unofficial New Horizons Band Practice

Practice Thursday Cost: \$2

Act Your Age!

with Dino Hayz
Every Thurs. 9:30 - 10:30 a.m.
Cost: \$20 for 8 weeks or \$3 per class. Games & exercises to boost creativity, strengthen mental clarity & enhance vitality!

Membership Information

Thank you for supporting CASI's classes, programs, and activities through your membership. We hope that you will enjoy the wide range of opportunities available.

Please consider a gift membership for a friend - \$20 for one year.

Buy CASI CASH

For holiday, anniversary or birthday presents for friends and loved ones. Available at the Reception Desk.

SAVE-THE-DATE

Leprechaun Bingo

Friday, March 19
12:30 - 3:30
Cost: \$2.00 + cards
Sponsored by Rock Island Nursing and Rehabilitation Center

CASI Daytrip to Starved Rock Lodge

The Legacy Girls
Fabulous '50s & '60s Review
Buffet Lunch
Thursday, March 25.
For reservations made by March 10
Cost: \$65 CASI members
\$75 Nonmembers

A Century of Hats

With Heather Edgington
Monday, May 10
Lunch at 11:30
Vintage Hat Show at 12:30
Cost \$10 for CASI Members