



Successful living for the second 50 years •

## Events for June 2008

Visit the first-in-the-state AARP Resource Library now open within the Phyllis Tenney Ruhl Library at CASI!



## SPECIAL EVENTS

*Enjoy Eleanor's Café before or after your event!*

**Monday & Tuesday, June 9 & 10**  
**AARP Driver Safety Class**

**10:00–3:00**

Attendance required on both days, lunch on own – visit GenAge Café or Eleanor's Café; **reservations required, 563-441-4100, class #47897**

**Wednesday, June 11**  
**Diabetic Support Group**  
The Importance of Exercise

**2:00–3:00**

Genesis Health Center @ CASI  
Guest Speaker: Jan Treftz-Allen, Health Promotion Manager

**Saturday, June 14**  
**Make & Take Gift for Father's Day**  
Fiber Mosaic Art Class with Lori Miller

**10:00–Noon**

Choose from 3 designs, no sewing required, take home a framed piece; \$40 per piece—bring the whole family to help! **Pre-registration required before June 12**

**Monday, June 16**  
**Celebration of Fatherhood Brunch**  
The Role of the Rock Island Prison in the Civil War:  
Confederate prisoners & their Union guards

**9:00–10:15am**

Special guest speaker: Kris Leinicke, Rock Island Arsenal Museum  
**\$5; reservations required, please call by Friday, June 13**

**Tuesday, June 17**  
**AARP**

**4:30–6:00 pm**

"We Need to Talk: Family Conversations with Older Drivers"; **reservation helpful but not required, 563- 386-7477**

**Friday, June 20**  
**Governor's Volunteer Awards**  
**Ottumwa, Iowa**

**1:30 pm**

Indian Hills Community College  
CASI recipients: Ken Wilcke and Tom Mooney

**Thursday, June 26**  
**Advanced Directives: Why you need a Living**  
**Will & Health Care Power of Attorney**

**10:00–11:00**

Presented by Janelle Swanberg, attorney, Iowa Legal Aid  
Presentation followed by Q&A session

## HEALTH & WELLNESS

*Blood pressure checks everyday, anytime at Genesis*

<b>Exercise Class (Gentle)</b>	Monday & Wednesday	9:00–10:00	
<b>Foot Clinics</b> (reservations required, cost \$15)	1st Thursday	1:00–4:00	Genesis
	2nd Monday	9:00–11:00	Genesis
	3rd Monday	9:00–11:00 & 1:00–3:00	Genesis
	4th Friday	9:00–11:00	Genesis
<b>Healthy Lifestyle Group</b>	1st & 3rd Friday	10:00–11:00	Genesis
<b>Reflexology Session</b> (reservations required)	2nd Friday	9:00–11:00	Student practitioner
<b>Yoga (men &amp; women)</b>	Wednesday	1:30–2:30	Angela Dearing
	New 6-week class begins June 11 (\$30 for members; \$37.50 non-members) Free demo class June 6, 2:00–3:00 pm – RSVP to CASI requested		

# GROUPS & CLUBS (no reservation required, nominal fee may apply)

<b>Book Club</b>	1st Friday	10:00–Noon	Barb Kutler, <i>Musicophilia</i>
<b>Caregiver Support</b>	2nd Monday	11:00–1:00	Marilyn Woelke
<b>Diabetic Support</b>	2nd Wednesday	2:00–3:00	Genesis
	Guest Speaker: Jan Treftz-Allen, Health Promotion Manager, Genesis		
<b>Golden Wedding Club</b>	3rd Tuesday	11:30–LUNCH	
<b>Grief Support</b>	2nd & 4th Wed	9:30–11:00	Vicky Ertel
<b>Low Vision Support</b>	1st Thursday	10:00–Noon	Lilah Bell
<b>Lung Disease Support</b>	2nd Tuesday	10:00–11:00	Genesis
<b>Needlework Group</b>	4th Wednesday	9:30–3:30	
<b>Parkinson's Support</b>	No meeting June, July, August		Joe McCarthy
<b>Red Hat Luncheon</b>	1st Tuesday	Noon	(location varies)
	Tuesday, June 3 at Putter's Pub & Grill, Rock Island; Group departs CASI at 11:30 am		
<b>Sewing Ugly Quilts</b>	Tuesday	8:00–Noon	Betty Felder
<b>Toastmaster</b>	Monday	8:00–9:00	Butch Arp
<b>TOPS</b>	Wednesday	Noon–1:30	Verdene Franklin

# CLASSES

<b>Ceramics (\$4 per class)</b>	Beginners	Monday 10:00–Noon	Verdene Franklin
	Advanced	Tuesday 9:30–Noon	Dar Hanssen
<b>Computer (\$15 for two weeks)</b>	Starting & Stopping with XP		
	Tuesday, June 3, 10:00–Noon, repeat 1:00–3:00		
	More Use of the Mouse & Keyboard		
	Tuesday, June 10, 10:00–Noon, repeat 1:00–3:00		
	Keyboard Skills Tuesday, June 17, 10:00–Noon, repeat 1:00–3:00		
	Writing a letter Tuesday, June 24, 10:00–Noon, repeat 1:00–3:00		
<b>Hand-Formed Clay Sculpture (\$4 per class)</b>	Thursday six-week class continues: June 5, 12		12:30–3:30
	Midwest artist Marty Kiser shares his talent to help each student build a vase and a mask using drape-moulding techniques. Drop-ins welcome		
<b>Make &amp; Take: Wire &amp; Bead Angel Pin/Pendant (\$5)</b>	Wednesday, June 18	10:00–11:30	Marge Schinckel
<b>Painting (\$4 per class)</b>	Donna Dewberry one-stroke painting		
	Monday	12:30–2:30	Betty Felder
<b>(\$20 instructor &amp; materials fee)</b>	Bob Ross Landscape with waterfall		
	Thursday, June 19	9:30–2:30	Betty Felder

# SAVE-THE-DATE

<b>2008 Quad Cities Senior Olympics</b>	June 19–21, locations vary, for info call 309-786-1677
<b>Plus 60 Club picnic</b>	Friday, June 27, 3:00–8:00, Rock Island Arsenal's Memorial Field, \$7 Tickets on sale at CASI (You will need a photo ID for access to the Island)
<b>Lilah Bell Birthday Party</b>	Thursday, July 3, given by the Low Vision Support Group
<b>Pastels: Visit &amp; Learn with the Old Masters</b>	July 3, 17, 24 & August 7, 14, 21 taught by Judy O. Gray
<b>29th Annual Walcott Trucker's Jamboree</b>	July 10 & 11
<b>Senior Social</b>	July 16, QC Eldercare Network

# CARDS & GAMES

<b>Card &amp; Game Party</b>	4th Tuesday, 24th (brats on bun with sauerkraut, chips, applesauce, dessert)	Noon–3:30	\$5
<b>Bingo</b>	Friday	12:30–3:30	Gail Olson
<b>Bingo (state-licensed)</b>	Thursday	4:45–10:00	
<b>Bridge</b>	Monday Friday	12:30–4:00 12:30–4:00	
<b>Euchre</b>	Thursday Friday	12:30–4:00 12:30–4:00	Jack Keimig Jack Keimig
<b>Pinochle</b>	Monday–Wednesday	12:30–4:00	Jack Keimig

# PERFORMANCE GROUPS

<b>New Horizons Band</b>	Practice Performance Bettendorf Park Concert, Bill Bove Bandshell, Veterans Memorial Park, Bettendorf. Join us there – CASI benefits from concession stand sales!	Thursday 12:15–1:45 Friday, June 6, 7:30 pm	Bob Gaston
<b>Golden Tones Chorus</b>	Practice Vocal lessons now available beginning Friday, June 6, at 1:00 pm, 2:00 pm, 3:00 pm, 4:00 pm; 45 minutes for \$25, call front desk to reserve your spot	Friday 9:00–10:00	Barbara Buddin, PhD

## Interested in playing the harmonica?

Informational session for beginning & experienced players  
Wednesday, June 18, 9:00–10:00

# ACTIVITIES

*Visit the Eckert Billiards Room!*

<b>Line Dance</b>	Tuesday	9:00–11:00	Colleen Pike
<b>Shuffleboard</b>	Monday	2:15–4:15	Mary Anne Maxwell
<b>Social Dance</b>	Wednesday	12:30–2:30	1st & 3rd: Freddie & Noreen 2nd & 4th: John & Kay
<b>Square Dance</b>	Thursday	9:30–11:30	Mike Johnson
<b>Movie Matinee</b>	2nd Tuesday, 10th “The Awful Truth” starring Irene Dunn & Cary Grant Genesis HealthQuest presents “Father of the Bride” starring Spencer Tracy Thursday, June 19, 2:00 pm at the Adler Theatre. Bus departs CASI at 1:15	1:00–3:30	\$1.50
<b>Trips &amp; Tours</b>	Canal Boat & Trolley Tour, Starved Rock Lodge, Utica, IL Wednesday, June 25	Bus departs CASI at 9:00 am; reservations required	

# AREA SERVICES

<b>Adult Day Health Center</b>	Jane’s Place @ CASI (call for information)		
<b>GenAge Café</b> (\$2.75 suggested donation) Reservation required by 11:30 one day prior	Monday–Friday June 4 GenAge Café Monthly Birthday Lunch (1st Wednesday) Special Entertainment Miss Scott County 1988 Becky Hinton, singer	11:30	
<b>AARP Money Management</b>	Call our Aging Resources & Advocacy Center for assistance and referral.		
<b>SHARE Orders</b>	June 13, sign-up 9:00–10:00 am, lobby		
<b>SHIIP</b> (Senior Health Insurance Information Program)	1st Wednesday, June 3	9:00–11:00	Genesis

Hold your special event at CASI

Call 1-563-386-7477 for facility rental info!

## 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 — \$15 for one year.**

Please be aware that activities may be photographed in order to obtain photos to be used in promotional material. If you have concerns about photos taken by CASI staff or volunteers, please contact Mary Wiemann, CASI Communications Officer. Also, due to the public nature of our facility and programs, the media may take photos or videotape at CASI. CASI is not responsible for images taken by the media.

### Coming Soon

CASI's new format newsletter!

**Wanted:** Your ideas to make CASI an even better place for active seniors. Please share your ideas in our Suggestion Box!

# CASI

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**Center for Active Seniors, Inc.  
1035 West Kimberly Road  
Davenport, IA 52806**

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## Events for June 2008

# CASI

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**June is  
membership  
month. Join or  
renew now!**

**1-563-386-7477    [www.casiseniors.org](http://www.casiseniors.org)**

### Hours of Operation

Monday–Friday                      8:00–4:00  
(weekends & holidays for special events)

### Fitness Center Hours of Operation

Monday, Wednesday, Friday    7:30–3:00  
Tuesday and Thursday            7:30–6:00  
Saturday                                8:00–Noon

Separate membership fee applies  
(must be a CASI member); includes  
2 sessions with personal trainer