**WHAT’S UP AT ICLRU?**

**Spring Study Groups Start on Monday**

You should have received an email with information about the Spring Study Groups including a copy of the room assignments.

Be sure to take a look at that email if you haven’t done so already.

Hope you all have a great Spring session and enjoy your study groups.

Contact the Center if you have any questions.

Have a Safe and Happy St. Patrick’s Day!

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**THIS WEEK’S UPDATE**

**MARCH 15, 2013**

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**NOTES FROM THE CENTER**

Your Center and Update staff had a great winter vacation. Can’t believe we were able to miss three snowstorms. Anyway, we’re back….and ready to handle all your ICLRU issues (well maybe not all of them; we can’t make the rooms larger to alleviate some of the wait listing problems). Thanks much to the great core of volunteers who so ably took care of things while we were gone.

With resumption of Study Groups next week, the Center hours will be reverting back to normal. We will be open Monday through Thursday from 11:30 am to 1:00 pm. We will be closed on Fridays.

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Many thanks to our Winter Lecture Committee, Caryn Amster, Chairperson, all of our guest lecturers and everyone who attended our successful Winter Lecture Series.

Special Thanks to Friendship Village for their sponsorship.
THINGS TO DO

LUNCHE TIME PROGRAMS
11:45 am—12:45 pm

Tues., March 19, Bring your lunch and join us in Rm. 314 for TUESDAYS AT THE LOUVRE: 1/2 hour in Paris at the Louvre and then an ‘off the beaten track’ site in Paris.

PLATO’S PLACE  Wed. March 20, Rm. 330  Can school performance be measured? If so, can it be measured fairly?

WEDNESDAY’S WITH TECHNOLOGY  Wed., March 20, Rm. 373. Get one-on-one coaching with your gadgets and computers from four tech-savvy ICLRU members.

Peter Oprisko and his Silver Screen Gold Quartet salute the songs of the Academy Awards on Sun., April 14, at 3 pm. Performances at Forest View Educational Center, 2121 S. Goebbert Rd., Arlington Heights.

For information and tickets:
www.nscommunityconcerts.org or call 847-253-0282 or 847-718-7702
Sponsored by Northwest Suburban Community Concert Association in partnership with District 214 Community Education.


Click here for information on the 2013 Chicago Flower & Garden Show at Navy Pier.
Friendship Village’s 6th Annual Wellness Fair

Sponsored by the Friendship Senior Service Foundation

Take a little time for yourself and your health at Friendship Village’s 6th Annual Wellness Fair!

**DATE:** Tuesday, March 19th

**TIME:** 9:00 AM– 12:00 PM

**LOCATIONS:** Bridgewater Place, Friendship Center, Assembly Hall and Sarah’s Grove

Leave with knowledge and information from 30 local businesses, organizations and associations! Your body will thank you. Don’t forget to grab your door prizes!

Treat yourself to:

- Chair Massages
- Blood Sugar Testing
- Blood Pressure Checks
- Ear Inspections
- Reflexology
- Bone Density Testing
- Nutritional Advice
- Healthy Snacks
- Walker Adjustments
Village of Schaumburg
SUPPORT OUR SENIORS COUNCIL
Presents
SENIOR SCAM PREVENTION

This FREE presentation is designed to provide awareness of scams targeting senior citizens.

Speakers include detectives from the Investigations Division and members of the Crime Prevention Unit of the Schaumburg Police Department

Tuesday, April 23 2013 at 10 a.m.
Schaumburg Township District Library
130 S. Roselle Road, Schaumburg
Rasmussen Room South

CAREGIVERS AND FAMILY MEMBERS OF SENIOR CITIZENS ARE ENCOURAGED TO ATTEND!!!

Seniors needing transportation for the morning presentation call Dial-A-Ride at 847.352.8097 or Schaumburg Township at 847.882.1929

To register for this free event contact:
Crime Prevention Specialist Paula Diaz @ 847.348.7274

Refreshments will be provided!