

SCOVILL PARK WEST ACTIVITY CENTER



MAY 2026

3909 W MAIN STREET, DECATUR, IL 62522

TABLE OF CONTENTS

WHAT'S INSIDE

Events	02- 05
Article.....	06-07
Monthly Observances.....	08
Services.....	09
Article.....	10
Recipe.....	11
Puzzles.....	12

OFFICE HOURS

Monday 8:00am-4:30pm
Tuesday 8:00am-4:30pm
Wednesday 8:00am-4:30pm
Thursday 8:00am-4:30pm
Friday 8:00am-4:30pm
Saturday Closed
Sunday Closed

CENTER STAFF

Chuck Trusner
 Receptionist
Dena Wurster
 Outreach Coordinator
Dana Floyd
 Senior Recreation Specialist
Micky McNaughton
 Senior Services Supervisor

EVENTS

MONDAYS

10:00 AM Bingocize
12:00 PM Congregate Meal
01:00 PM Cards, Dominoes

TUESDAYS

12:00 PM Congregate Meal
12:00 PM Cards & Games
01:00 PM BINGO (Free)
*No free BINGO on 2nd Tuesday

WEDNESDAYS

10:00 AM Bingocize
12:00 PM Congregate Meal
01:00 PM BUNCO

THURSDAYS

11:00 AM Ballet Barre
12:00 PM Congregate Meal
12:00 PM Cards, Mahjong

FRIDAYS

12:00 PM Congregate Meal
01:00 PM BINGO (\$2)
Cards, Games

SPECIAL EVENTS

Details found on pages 3-6.
F 5/1— 3PM Senior Ganes Ceremony
M 5/4—1PM Crafter's Corner
M 5/11—10AM Bingocize
T 5/12—12PM Dana's Luncheon (\$17)
F 5/15—Fan Drive at Walmart North
M 5/18—Movie Monday
R 5/21—Diabetic Shoe Fittings
F 5/22— 12PM Cookout (\$5)
M 5/25—Closed—Memorial Day
W 5/27—Day Trip to Arthur (\$10+ food/
shopping)

WELCOME!

Welcome to Scovill Park West Activity Center where age inspires limitless possibilities. Join us for a cup of coffee, puzzles, games, and more!



CARRIAGE CROSSING

SENIOR LIVING

A MEMORY CARE COMMUNITY



LIVE THE LIFE YOU LOVE.

Celebrate the changing seasons by sharing it with great people! At Carriage Crossing Senior Living in Decatur, you'll make new connections, create lasting friendships and live the life you love.

Our team makes celebrating our seniors' lives and socializing an everyday focus, building a close-knit community you'll be proud to call home.

◆ SCHEDULE YOUR TOUR TODAY!

(217) 542-5652

2650 N Monroe St, Decatur, IL 62526
carriagecrossingsl.com



LET'S DO LUNCH!

SENIOR LUNCHEONS AT
SCOVILL ACTIVITY CENTER!
3909 W MAIN ST / DECATUR IL

MOTHER'S DAY LUNCHEON
MAY 12 | NOON
RSVP: MAY 5

\$17



BINGO after lunch! RSVP

PLEASE CALL OR LEAVE A
MESSAGE FOR
DANA OR MICKY AT (217)429-7750.
NO TRANSPORTATION PROVIDED
AT THIS TIME



AOD Hearing Aids

www.aodhearingaids.com

Let us help you on your journey to better hearing!

Did you know?

- Hearing loss has been linked with a variety of medical, social & cognitive issues, including dementia
- Properly fit hearing aids may not only preserve your hearing but may also help preserve your brain health!



Therese M. Kistenfeger,
Au.D, CCC-A
Doctor of Audiology
4837 E Us Route 36 | Decatur, IL 62521
217-475-1688



Calvert & Wikoff

Serving Macon County and surrounding communities with locations in: Decatur, Mt. Zion, Macon, and Blue Mound

WE CARE FOR
YOUR LOVED ONE.
FOCUSING ON
YOUR WISHES
SO YOU
CAN SMILE AGAIN.



Always Family Owned

calvertmemorial.com / (217) 877-4102

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

- ✓ Ambulance
- ✓ Police
- ✓ Family
- ✓ GPS & Fall Alert

"STAY SAFE in the HOME YOU LOVE!"



800.809.3570

md-medalert.com



May Special Activities and Events

Senior Games April 27-May 1—Awards ceremony will take place Friday, May 1 at 3:00pm.

Crafters Corner with Catholic Charities Date: Monday, May 4 | 1:00PM

Join our friends at Catholic Charities for a wooden flag craft. See flyer for more information. Please contact Tara Voorhees at (217) 428-0013 to sign up.

Bingocize with Catholic Charities Date: Mondays/Wednesdays 5/11-6/15 | 10:00AM

Play bingo while you exercise! See flyer for more information. Please contact Tara Voorhees at (217) 428-0013 to sign up.

Dana's Luncheon Date: Tuesday, May 12 | 12:00 PM | Fee: \$17

Join us for a delicious meal followed by BINGO! To make your reservation, please call (217) 429-7750 before Tuesday, May 5. *Save the date: Summer Luncheon on June 9, RSVP by June 2.*

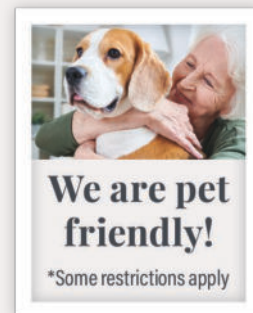
Fan Drive at Walmart North Date: Friday, May 15 | 9:00AM-1:00PM

It's that time of year again for our annual fan drive! We will be collecting box fans at Walmart North from 9AM-1PM on Friday, May 15. We will also be collecting physical and monetary donations at Scovill Park West Activity Center at any time following the fan drive. Fans will be distributed beginning Monday, May 18. Please contact Micky with any questions.



EAGLE RIDGE

Discover Affordable Assisted Living



Our assisted living amenities are available to everyone, with no income restrictions. Qualifying is easy, and our staff is here to help. Experience the support you deserve!

Managed by Gardant Management Solutions

217-872-1282 • eagleridgeslf.com

875 W. McKinley Avenue, Decatur, IL 62526



May Special Activities and Events (continued)

Movie Monday Date: Monday, May 18 | 1:00—3:00 PM

Join us for an afternoon movie and popcorn. Movie will be announced one week prior.

Diabetic Shoe Fittings Date: Thursday, May 21

Sign up for an appointment with Garth, the Diabetic Shoe Guy, with Chuck at the front desk.

Cookout Date: Friday, May 22 | 12:00—1:00 PM | Fee: \$5

Have a fun lunch with friends! Meal includes hamburgers and hotdogs along with sides and a dessert. Fee is \$5 with BINGO to follow for an additional \$2. Please sign up at our front desk or by calling (217)427-7750 by Wednesday, May 20.

Closed—Memorial Day—Monday, May 25

Day Trip: Arthur! Date: Wednesday, May 27 | 10:30—3:00 PM | Fee: \$10 (+food/shopping)

Join us in a trip to Yoder's and Beechy's! Fee is \$10 for transportation. Participants will pay for their own meal and shopping separately. We will meet at Scovill Park West at 10:30 AM, and staff will transport you to and from Arthur. Please contact Dana with any questions.

Never miss our publication!



Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com

DAY TIME SUPPORT



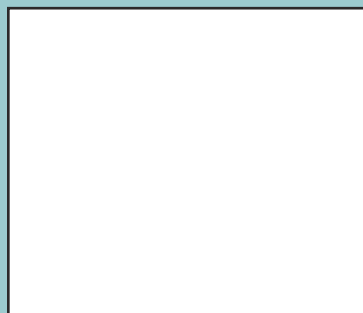
LindseyLife
ADULT DAY CENTERS

We offer group activities and socializing with friends, assistance with daily tasks, supervision, medical monitoring, therapy, and memory care, ensuring each individual's well-being is supported.

1685 S Franklin Street Rd.
Decatur, IL 62521

(217) 917-4131
LindseyLife.com

Support Our Advertisers!




We're Hiring Ad Sales Executives

- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers



Article of the Month

The Ultimate Road Trip Checklist

There's something special about hitting the open road. A road trip gives you the freedom to explore new places at your own pace, enjoy beautiful scenery, and make memories along the way. Whether you're traveling with family, friends, or on your own, a little planning can help your trip go smoothly and make it even more fun.

Here's a helpful checklist of what to bring and what to plan before you head out, plus five cool spots to see in the U.S. on your next adventure.

What to Bring on a Road Trip

Before you hit the highway, make sure your car and travel bag are packed with the essentials. Here's a list of items that can help make your trip comfortable, safe, and enjoyable:

For the Car

- Driver's license, registration, and insurance card
- Roadside emergency kit (jumper cables, flashlight, tire gauge, and basic tools)
- Spare tire and jack
- Paper map or atlas (in case your phone signal drops)
- Phone charger and power bank
- Sunglasses and hats for sunny days
- Reusable water bottles
- Snacks like trail mix, granola bars, and fruit
- Hand sanitizer and wet wipes
- Tissues and paper towels
- Travel pillow and blanket for longer rides
- First aid kit (with bandages, pain relievers, and any personal medications)

For Entertainment

- Music playlists, audiobooks, or podcasts
- Games for passengers like "I Spy," trivia, or road trip bingo
- Notebook or travel journal to jot down fun memories or places you visit

What to Plan Before You Go

Check Your Car

Before a long drive, it's a good idea to have your car looked over. Check the oil, brakes, tires, windshield wipers, and headlights. Make sure your spare tire is in good shape, too.

Plan Your Route

Even if you like to be spontaneous, having a general route in mind helps you avoid getting lost or running out of gas in unfamiliar places. Look up rest stops, restaurants, and attractions along the way.

Book Lodging Early

If you're traveling during busy months like summer or holidays, reserve hotels or campsites ahead of time. Many places fill up quickly, and booking in advance can save you money.

Check the Weather

Look up the forecast for the places you'll be visiting so you can pack the right clothing and gear.

Share Your Plans

Let a friend or family member know your travel route and estimated arrival times, especially if you're traveling alone. Make sure to check in with them often!

5 Cool U.S. Road Trip Stops

Looking for fun places to visit on your next road trip? Here are five memorable destinations worth adding to your travel list:

1. Route 66 (Illinois to California)

Known as the "Mother Road," Route 66 is one of America's most famous highways. Along the way, you'll find quirky roadside diners, vintage gas stations, giant statues, and small-town charm. Stop at Cadillac Ranch in Texas, the Blue Whale of Catoosa

in Oklahoma, and the Route 66 Museum in Missouri.

2. Great Smoky Mountains National Park (Tennessee/North Carolina)

This beautiful park offers scenic drives, hiking trails, waterfalls, and wildlife. Cades Cove is a popular loop with historic cabins, churches, and great chances to spot deer and black bears. Admission to the park is free, making it a great budget-friendly stop.

3. Mount Rushmore (South Dakota)

See the towering faces of four U.S. presidents carved into the mountainside. While in the area, you can also visit the Crazy Horse Memorial, Custer State Park, and the scenic Badlands National Park.

4. Savannah, Georgia

This charming Southern city is known for its cobblestone streets, historic homes, shady oak trees, and waterfront views. Take a trolley tour or stroll through Forsyth Park. It's a relaxing stop with plenty of photo opportunities and good food.

5. Niagara Falls (New York)

One of the most famous natural wonders in the world, Niagara Falls is a breathtaking sight. You can view the falls from several lookout points, take a boat ride on the Maid of the Mist, or explore nearby parks and attractions.

Enjoy the Journey

The best part of a road trip is the freedom to explore and enjoy the little surprises along the way. Whether you're stopping at a small-town diner, snapping a picture of a funny roadside statue, or watching the sunset over the mountains, every trip has its own special moments.

So, pack your bags, buckle up, and get ready for the adventure of the open road. Safe travels!

Monthly Observances

May

- ALS Awareness Month
- Arthritis Awareness Month
- Better Hearing and Speech Month
- Better Sleep Month
- Breathe Easy Month
- Chip Your Pet Month
- Digestive Diseases Awareness Month
- Fibromyalgia Education and Awareness Month
- Healthy Vision Month/UV Safety
- High Blood Pressure Awareness Month
- Lupus Awareness Month
- Mental Health Month
- Motorcycle Safety Awareness Month
- National Allergy and Asthma Awareness Month
- National Barbeque Month
- National Bike Month
- National Celiac Disease Awareness Month
- National Chocolate Custard Month
- National Egg Month
- National Hamburger Month
- National Hepatitis Awareness Month
- National Meditation Month
- National Military Appreciation Month
- Osteoporosis Awareness and Prevention Month
- National Pet Month
- National Physical Fitness and Sports Month
- National Salad Month
- National Strawberry Month
- National Stroke Awareness Month
- Older Americans Act Month
- Women's Health Care Month

Support Our Advertisers!

Victorian Woods Senior Living



Victorian Woods Senior Living is a housing facility for seniors 62 years of age or older, sponsored by Lutheran Social Services of Illinois and funded through the U.S. Department of Housing and Urban Development. There are 59 one-bedroom apartments with a percentage designed for mobility impaired elderly.

Victorian Woods amenities

- Individually controlled heating and cooling
- Visitor entry system through resident's telephone
- Community space for social programs and recreation
- 24 hour call maintenance
- Coin operated laundry
- Complimentary Wi-Fi in common areas of the building

For more information, please contact the management office:
(217) 424-0650
TTY (847) 390-1460



Advertise in Our Newsletter!

Contact Dan Goben

dgoben@4LPi.com
(800) 950-9952 x2633



Did you know we help with:

- Benefit Access Applications
- ITAC Phone Testing and Application Assistance
- Medicare (SHIP) Counseling
- Diabetic Shoe Fittings
- Exercise classes
- Summer Cooling Program (Beginning May 18, 2026)



QUESTIONS: ASK US!
CALL (217)429-7750 OR
STOP BY OUR OFFICE.
WE ARE HERE TO HELP.

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide




ADT Authorized Provider | SafeStreets

833-287-3502



DPTS Paratransit
217-424-2821



HIGH POINT RESIDENCE
 TAYLORVILLE

NEW AFFORDABLE
 Supportive Living Memory Care Apartments

TOUR TODAY!

 (618) 720-0174

920 MCADAM DR
 TAYLORVILLE, IL 62568



We Listen. We Care. We Help.

Our Services Include:

- Adult Protective Services
- Companions
- Elder Care
- Home Care Aide
- Private In-Home Care
- Respite Care
- CNA's
- Disability Care
- General Cleanings
- Homemaking
- Personal Care Assistance
- Transportation



217-422-9888
2545 Millikin Parkway, Decatur, IL 62526

What You Need to Start Walking

Looking for an easy way to add a little exercise to your day? Walking is one of the simplest, healthiest habits you can pick up. It doesn't require expensive equipment, a gym membership, or a complicated routine. Whether you want to boost your mood, improve your health, or just enjoy some fresh air, walking is a great way to get moving.

If you're ready to start, here's what you'll need.

1. Comfortable Shoes

The most important thing you need is a good pair of walking shoes. Look for something supportive, cushioned, and comfortable. Avoid shoes that are too tight, too loose, or have worn-out soles.

If you plan to walk outdoors, choose shoes with a sturdy, non-slip bottom. Many athletic stores can help you find the right fit if you're not sure what you need.

2. Comfortable Clothing

You don't need fancy workout clothes to start walking; just wear something you can move in comfortably. Choose lightweight, breathable fabrics in warm weather and add layers when it's chilly.

If you'll be walking early in the morning or at night, wear bright or reflective clothing to stay visible.

3. A Safe, Pleasant Place to Walk

Decide where you'll walk. A good route should feel safe, easy to navigate, and enjoyable. Options might include:

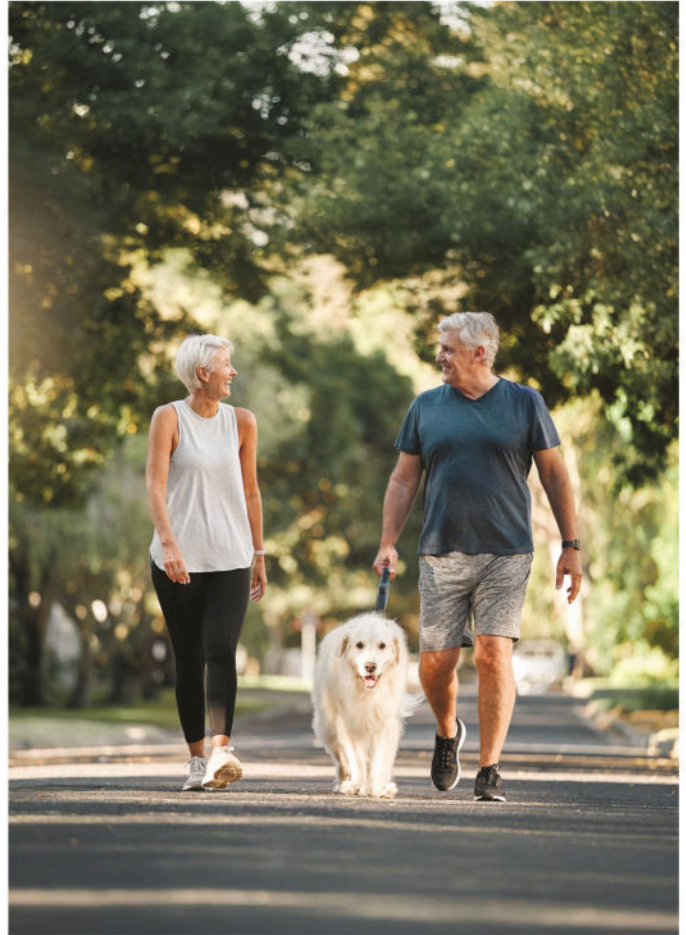
- Your neighborhood sidewalks
- Local parks or trails
- School tracks
- Shopping malls (a great indoor option)

Pick a place you like so it's something you'll look forward to.

4. A Simple Plan

You don't have to walk for miles to benefit from it. Start small — even 10 minutes a day makes a difference. As you get more comfortable, gradually increase your time or distance.

Choose a time of day that fits your schedule, whether it's a morning stroll, a lunchtime break, or a short evening walk.



5. Water for Longer Walks

If you'll be out for more than 20 minutes, especially in warm weather, bring a water bottle along. Staying hydrated is important, even during light exercise like walking.

6. Optional Extras

While you don't need much to get started, a few extras can make your walks more enjoyable:

- Step tracker or smartphone app to count your steps
- Music, a podcast, or an audiobook to keep you entertained
- Sunscreen and sunglasses for daytime walks
- A walking buddy for good conversation and extra motivation

Ready to Go?

Walking is one of the easiest and most enjoyable ways to stay active. All you need is a pair of good shoes, a safe route, and a little time. Start slow, stay consistent, and enjoy the fresh air. You might be surprised at how good you'll feel after just a short stroll!

Recipe of the Month



Grilled Buttermilk Chicken

Prep time: 10 minutes
Cook time: 16 minutes
Servings: 4

INGREDIENTS

1-1/2 cups buttermilk
1 tablespoon mustard powder
1 tablespoon Sriracha
2 teaspoons minced garlic
2 teaspoons paprika
4 chicken drumsticks, bone in, skin on
4 chicken thighs, bone in, skin on
Vegetable oil, for grill
1/4 cup chopped fresh parsley
1 lemon, cut into wedges (optional)

DIRECTIONS

In medium bowl, whisk buttermilk, mustard powder, Sriracha, garlic and paprika.

Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.

Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16-18 minutes, or until internal temperature reaches 165 F.

Transfer chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More

Find more refreshing meal solutions at milkmeansmore.org.

(Courtesy of Family Features)

↻ **Word Twist**

Step into Spring

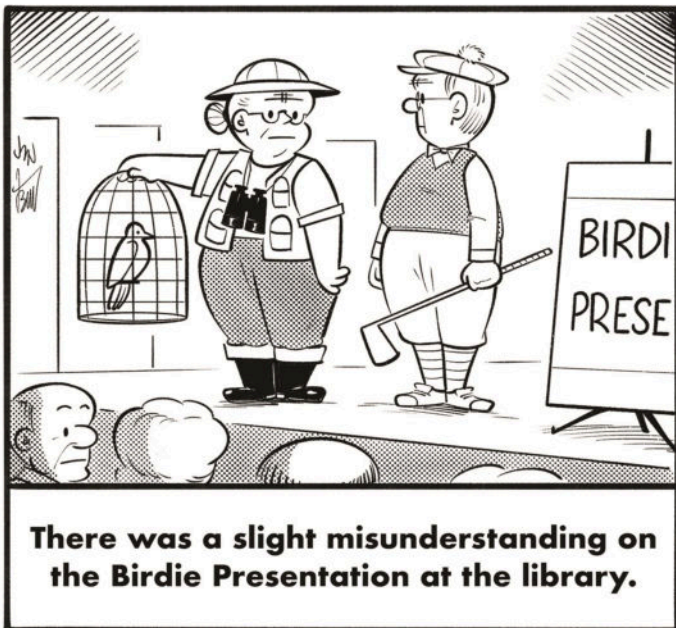
The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

lmoob _____	wdoeam _____
anrewel _____	niar _____
nisuhnes _____	zeerbe _____
sosbmlo _____	ndgare _____
htowgr _____	waekninga _____

©LPI

Answer Key

Awakening Rain Blossom Bloom **Word Twist** **↻**
Awakening Breeze Growth Renewal **Answers**
©LPI Garden Meadow Sunshine



©LPI