

NIAAA'S Senior Newsletter



1111 S Alpine Rd.
Suite 600, Rockford 61108

815-226-4901
www.nwilaaa.org

Happy July! Summer is in full swing, and with it comes sunshine, laughter, and new opportunities to connect and create memories together. Whether you're enjoying a cool glass of lemonade on the porch or joining in our community events, we hope this season brings you warmth in more ways than one.

BRITTNEY W.
~EDITOR

2025
Cruise Night
AT THE MUSEUM

FREE TO PUBLIC!
\$5 OFF GENERAL
ADMISSION TO
THE MUSEUM!
LOCAL VENDORS!

MAY 14
JUNE 11
JULY 9
AUGUST 13
SEPT 10

5-8pm



LOCATED AT: 13825 METRIC RD. ROSCOE, IL

ENJOY MUSIC, FOOD, & BEVERAGES!

WWW.HISTORICATTRACTIONSMUSEUM.COM

Cool cars, groovy music, and great food this season at Cruise Nights!

Don't miss Cruise Night 2025

Enjoy this **FREE** public event and enjoy a fun Wednesday Night.
Cruise Nights are the second Wednesday of the month starting in
May and lasting until September, 5 nights of Cruise!

Do you want to show your car? **IT'S FREE!** Show off your car and be
sure to get there early! The first 50 cars will get a prize, and a
different one each night.

Food and drinks will be available every night.

HISTORIC AUTO ATTRACTIONS
13825 METRIC RD, ROSCOE, IL 61073



Music on the Rock

MIKE WHEELER

7/2/25

IVY FORD

7/9/25

STEFAN HILLESHEIM

7/16/25

MISSISSIPPI HEAT

7/23/25

ALBERT CASTIGLIA

7/30/25



Come on out to a **FREE** music event on the banks of the Rock River at Burpee! Relax and enjoy food and drinks with friends and family at a beautiful outdoor theater from 5:30 pm to 8:30 pm. Even if it's raining – they just move the party inside!

737 N MAIN ST, ROCKFORD, IL 61103 ROCKFORD, IL 61103



We Will be
CLOSED
 **FOR** 
4TH OF JULY
Independence Day





Full-Day of Events- Downtown Rockford

Morning Kickoff

- 7:00 AM – Lifescape 5K Classic Run/Walk
- 8:30 AM – Patriotic Prayer Breakfast at Beattie Park

Afternoon & Evening Festivities

- 2:00 PM – Road closures begin (plan ahead!)
- 4:30 PM – Parade Master of Ceremonies, Freedom Bennett, at the Parade Grand Stand Stage (Water & State Streets)
- 4:40 PM – Motorcycle Parade
- 4:50 PM – Screw City Jeep Club Parade
- 5:00 PM – Main Patriotic Parade steps off from 7th Street, heading west on East State Street, crossing the State Street Bridge, and concluding at Church Street

Live Entertainment

- City Market Pavilion (100 N Water St):
 - 5:00 PM – That 70's Band
 - 7:00 PM – On The Rocks
- Beattie Park Gazebo:
 - 7:00 PM – Mr. Ed

Fireworks Spectacular – 9:30 PM

Experience a breathtaking 30-minute fireworks display launched from the Jefferson Street Bridge—the first time in 25 years! The show is synchronized to music broadcast on 103.1 FM and will be aired live on WTVO17.

JULY IS DISABILITY PRIDE MONTH!



DISABILITY PRIDE MONTH IS ABOUT CELEBRATING PEOPLE WITH DISABILITIES AND THEIR CONTRIBUTIONS TO SOCIETY WHILE PROMOTING ACCEPTANCE AND BREAKING DOWN BARRIERS. IT ENCOURAGES THE BROADER COMMUNITY TO UNDERSTAND THE IMPORTANCE OF ACCESSIBILITY AND INCLUSION IN EVERYDAY LIFE, FROM WORKPLACES TO PUBLIC SPACES. IT ALSO BRINGS ATTENTION TO THE ONGOING NEED FOR POLICIES AND SUPPORT THAT PROTECT THE RIGHTS AND DIGNITY OF DISABLED INDIVIDUALS.

Disability Pride Stripes

Creativity & light cutting through the darkness

Red: Physical Disabilities

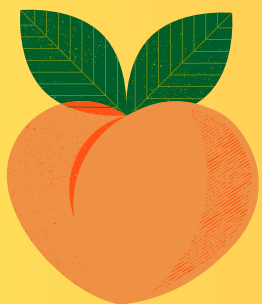
Gold: Neurodiversity

White: Invisible & Undiagnosed Disabilities

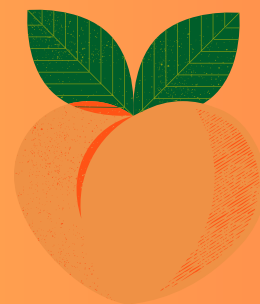
Blue: Mental Illness

Green: Sensory Disabilities

Dark Background: Rage & Protest against mistreatment of the disabled community



HOME OF THE ROCKFORD PEACHES



The Rockford Peaches women's baseball team was founded in 1943 as part of the All-American Girls Professional Baseball League (AAGPBL). The Peaches were a founding member of the league, and called Beyer Stadium in Rockford, Illinois their home. During the time of the AAGPBL, the Rockford Peaches were one of the most successful teams as they won the league championship of 1945, 1948, 1949, and 1950. The Rockford Peaches became immortalized through the 1992 movie *A League of Their Own* starring Tom Hanks, Geena Davis, Madonna and Rosie O'Donnell. The Peaches continued to play in the AAGPBL until the league ended in 1954.

RECIPE OF THE MONTH~ GREEK YOGURT FRUIT DIP



What You'll Need

- 1/2 cup plain Greek yogurt, whole milk yogurt, or dairy-free yogurt
- 1 TB honey, or to taste (or maple syrup)
- 1/4 tsp ground cinnamon
- 1/4 tsp pure vanilla extract
- fresh fruit (such as apples, pineapple, berries), cut into bite-size pieces for dipping

Instructions

- Add the yogurt, honey, cinnamon, and vanilla extract to a small mixing bowl. Stir to combine the ingredients.
- Serve the dip immediately, with one fruit or a plate of fruit, or place in an air-tight container and store in the fridge for later.

MOCKTAIL OF THE MONTH~ RASPBERRY Lemonade

SPRITZ

Ingredients

- 1/4 cup pink lemonade concentrate
-
- 1/4 cup cran-raspberry juice
- 1/2 cup lemonade, fizzy
- ice
- fresh mint, for garnish if desired
- raspberries, for garnish if desired



Instructions

- In a cocktail shaker, combine pink lemonade concentrate, cran-raspberry juice, and fizzy lemonade.
- Gently stir ingredients until thoroughly combined and no frosty lumps from the concentrate remain.
- Fill a glass with fresh ice then strain the mixture into the glass. Garnish with a sprig of fresh mint and raspberries (if desired) then place any reserve liquid in the refrigerator until you have enough room to top off your glass.
- Serve immediately and enjoy!



SENIOR POP-UP FAIR

**RESOURCES AVAILABLE FOR SENIORS OF
ALL AGES AND IN ALL STAGES OF LIFE**

Thursday July 17th 10am-2pm

**Ken Rock Community
Center**

625 Adams St, Rockford IL61107

**Parking lot can be accessed
from Rural Street**

**Accessible parking spaces can be accessed
via the driveway off Adams St,
which runs along the north side of the building**

**sponsored by NIAAA
815-226-4901**



FARMERS MARKET COUPONS ARE BACK STARTING JULY 10TH



This seasonal program
allows qualifying
seniors to buy \$25
worth of fresh fruit
and vegetables from
authorized farmers
markets and roadside
stands!



(Look for this sign)



**Still Facing Issues with Filing Your Taxes?
We're Here to Help!**

AARP Foundation[®] **Tax-Aide**

Summer Session Dates:

Wednesdays - 9:00 am to Noon

• June 25

• July 2, 9, 16, 23 & 30



**705 Kilburn Ave.
Rockford, IL 61101**

**By Appointment
Only!**

Please call:

815.319.3101

(Appointments open to all ages!)





WE ARE PROUD TO ANNOUNCE OUR STAFF HAS
COMPETED SAGE TRAINING. WE ARE BETTER
TOGETHER

2025 CREDENTIAL

**LGBTQ+ Cultural
Competency Training**

sagecare®

Rockford Public Library Wins Prestigious 2025 Illinois Real Estate Journal Award



ROCKFORD PUBLIC LIBRARY



2025 FINALIST

**Government /
Community Facility -
Suburban**



July
11 & 12
2025

\$8 in advance, \$10 days of event

7300 E. RIVERSIDE BLVD.

&

7200 HARRISON AVE

Alpine Kiwanis Brat Days - 2 days of great eating and entertainment- July 11&12 at 2 locations: Farm&Fleet - E. Riverside and Cherry Vale Mall parking lot. Menu - Johnsonville Brats and Hot Dogs, Veggie Barbeque, Veggie Brat, Chips and Pepsi products and water. Entertainment is great music provided by local music groups. Drive thru, walk up and seating is available at both sites. All proceeds will be given back to local non profits serving children and youth, the elderly and disabled and also for scholarships to high school seniors for post-secondary education.

Cooling Centers
Winnebago and Boone Counties
2025

Winnebago County Sites

Carpenter's Place

1149 Railroad Avenue Rockford, IL
Monday - Thursday 8:00 am - 4:00 pm
Friday 8:15 am - 2:00 pm

Rockford Rescue Mission

715 W. State Street Rockford, IL
8:00 am - 5:00 pm/7 days a week
Or Open 24/7 for persons needing overnight shelter

City of Rockford Health & Human Services Department

612 N. Church Street Rockford, IL
Monday - Thursday 8:00 am - 4:30 pm
Friday 8:00 am - 4:00 pm

Brooke Road United Methodist Church

1404 Brooke Road
Monday - Thursday 9:00 am - 3:00 pm

Loves Park City Hall (gymnasium)

100 Heart Blvd. Loves Park, IL
Monday - Friday 8:00 am - 4:30 pm

Boone County Sites

Belvidere Public Safety Building

615 N. Main Street Belvidere, IL
7 days a week, 8:00 am-5:00 pm

Area State Authorized Sites

Belvidere Tollway Oasis

East of Belvidere Toll Plaza on I90
24 hours a day, 7 days a week

***This list is subject to change without notice.



When: 7:00 am, Friday, July 4, 2025

Where: 300 North Madison Street, Rockford IL, 61107 (Right by the Trolley Station)

This race is in memory of Joe Marino and his contributions to Rockford's 4th of July celebration and to our community. The Lifescape 4th of July Classic Run/Walk is a race for the ages! This is a race for you – whether you're an experienced runner, joining your first race, or you're interested in a fun family event. This race is a wonderful way to celebrate our nation and support Lifescape. Racers have the choice of participating in an 8k or 2-mile run, or a 1-mile family fun walk.

◀ **How to Stay Organized with Your Health Care**

Taking care of your health can feel like a lot of work. Organizing can help you feel more in control. These tips can also be helpful when you are helping someone else take care of their health.

1. Make a Health Folder

Use a binder or a folder or create a file on your phone or computer. Bring this information with you to your health care provider's visits. This way, everything is in one place when you need it.

Important information includes:

- A list of your providers and their phone numbers
- Your medical history (like allergies or past surgeries)
- A list of your medicines and when to take them
- Notes from doctor visits
- Test results and X-rays
- Insurance cards

2. Set Small Health Goals

Think about your health and what improvements you would like to make. Make your goals simple and clear. Discuss goals with your provider as they relate to your current health conditions. For example:

"I will walk for 15 minutes every day after dinner." Or "I will only have dessert with my meals a few times a week."

Write your goals down and talk about them with your doctor. Reward yourself each time you meet or maintain a goal!

3. Know Your Care Team

Keep a list of the people who help with your health. This might include:

- Your main healthcare provider and provider team
- Specialists (like a heart or skin doctor)
- A nurse or case manager

Write down how to best contact them and when you last saw them.