

(Continued from page eleven)

invited for relaxation, socialization, and refreshments April 15th, 11:00 am, at Bellwood Senior Center.

Tax Filing Assistance The American Association of Retired Persons (AARP) is providing free income tax filing assistance for low-and middle-income seniors age 60 and older at Bellwood Senior Center Thursdays through April 8th, 9:00 am to 12:00 noon. Appointments are required.

Television Turnoff Observation The third week of April is designated as National Television Turnoff Week. Television history and trivia are being featured April 22nd, 11:00 am, at Bellwood Senior Center and River Park Center.

Walking Club Proviso Council on Aging is pleased to announce a new walking club. Interested seniors are meeting at Bellwood Senior Center Mondays and Wednesdays at 10:00 am and walking in the Bellwood community.

Wellness on Wheels The Cook County Department of Public Health in cooperation with Proviso Council on Aging is sponsoring an Adult Health Screening Clinic April 2nd from 8:00 am to 1:00 pm at Bellwood Senior Center. Free physicals include immunization updates, screenings and lab tests. For women, breast and pelvic exams including pap smears are available. For men, prostate and testicular exams, and PSA blood tests are being given. Some restrictions apply. Space is limited, and appointments are required. Registration begins

March 9th. Interested seniors should call (708) 344-6052.

The Senior Chronicle

West Suburban Senior Services 439 Bohland Avenue Bellwood, Illinois 60104 (708) 547-5600
April, 2004 Volume XVII, Issue 4

Elevator Improvements Begin at Bellwood Senior Center

Beginning April 19th, work begins to replace the elevator at Bellwood Senior Center. However, the Senior Center is staying open for all of its regular activities and services, including meals. For the convenience of our clients, all direct services are available on the first floor of the Center. The elevator improvement project is to be completed in mid-June.

Is Your Pet A Senior Citizen?

Growing older is a fact of life. Most people would like to grow older gracefully. Proper diet, vitamins, regular exercise and routine medical check-ups are a basic part of a person's life. Dogs at six years of age are considered forty years old in human terms, and at nine years their age is equivalent to fifty-two in human years. Large breeds of dogs live an average of nine to ten years of age, small breeds of dogs live an average of twelve to thirteen years of age or more. These steps are recommended in caring for the older pet:

1. **Nutrition.** Feed a diet appropriate for the pet's needs. Control obesity at any age, but this becomes more important as the pet ages. Monitor water consumption. A persistent increase in thirst might be an early sign of a problem such as diabetes, kidney disease, liver disease, adrenal gland disease or uterine disease.
2. **Skin Care.** Routine grooming is essential. Tumors are more common in older pets and should be brought to the veterinarian's atten-

tion. Check the skin closely for parasites. Fleas and ticks can debilitate an older pet.

3. **Dental Care.** Regular dental cleaning is recommended. Various products are available for home care, including tooth pastes and oral cleansing gels. When used regularly, these will help prevent tartar formation and gum disease. One of the leading causes of kidney disease in dogs and cats is infection spreading in the body from chronic periodontal disease.
4. **Physical Examination.** Physical exams are an important role in pet evaluations.
5. **Screening Tests.** Some diseases cannot be detected physically. For a pet that is ten years of age, a more complete look at the internal organ function is a good idea. This evaluation might consist of a number of the screening tests.

Subject: Great Truths

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED

No matter how hard you try, you can't baptize cats.
When your Mom is mad at your Dad, don't let her brush your hair.
If your sister hits you, don't hit her back. They always catch the second person.
Never ask your 3-year old brother to hold a tomato.
You can't trust dogs to watch your food.
Don't sneeze when someone is cutting your hair.
Never hold a Dust-Buster and a cat at the

Many of the activities and events scheduled are available for no or minimum cost and we schedule the activities and events at each of the agency's sites. In addition, please feel free to join us for lunch as many activities are scheduled at midday. If you have suggestions for different activities, please contact us. We attempt to provide a variety of events that are of interest to area senior citizens. Proviso Council on Aging does not have a membership fee and area senior citizens are welcome to attend any and all events that they find interesting.

The River Park Center is located at 8300 Roosevelt Road in Forest Park.

The Senior Center is located at 439 Bohland Avenue in Bellwood.

The OARS Center is located at 712 Elm in LaGrange

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations.. Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

The Senior Chronicle

The *Senior Chronicle* is published by West Suburban Senior Services (formerly Proviso Council on Aging) and is distributed at no cost to area seniors. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

West Suburban Senior Services (formerly Proviso Council on Aging) is supported by the Suburban Area Agency on Aging under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn and Cicero, the Community Development Block Grant program of the City of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For additional information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Mission

The mission of West Suburban Senior Services is to prevent premature and inappropriate nursing home placement by providing direct community services to senior citizens aged 60 and above. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 30th Annual Meeting held in Rosemont, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mr. Michael Sturino, Esq., President
 Ms. Carole Kulinski, Vice President
 Honorable Gary Woll, Treasurer
 Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
 Mrs. Annette Barker
 Honorable Anthony Calderone
 Mrs. Mary Conti
 Ms. Carole Kulinski
 Mrs. Dorothy Lindsey
 Mr. John O'Sullivan
 Honorable Lawrence Terrell
 Mr. Gary Woll
 Mrs. Sandra T. Zsuppon

Honorary Directors

Mr. Arthur Diaz
 Rev. Willie Dugan
 Mrs. Alberta Steele

(Continued from page ten)

am, at Bellwood Senior Center, and April 2nd, 11:00 am, at River Park Center.

Root Beer Floats This treat is being served April 27th, 12:15 pm, at OARS and River Park Centers, and April 29th, 12:15 pm, at Bellwood Senior Center, for the cost of \$1.00. Reservations are needed by April 26th and April 28th, respectively.

Rules of the Road This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. This class is scheduled April 26th, 1:00 pm, at Bellwood Senior Center. Please call in advance for reservations.

Senior Information Fair Proviso Council on Aging is sponsoring a Senior Information Fair April 27th, 9:30 am to 12:00 noon, at the Parks and Recreation Building in Maywood. Seniors are invited to learn about benefit programs, the Senior Health Insurance Program (SHIP), and much more. Health screens are also planned.

Senior Job Fair Proviso Council on Aging announces its second annual Senior Job Fair April 5th, 9:30 am to 12:00 noon, at Bellwood Senior Center. Employers from area townships and senior employment specialists

are on hand with information about available job openings, training programs, and employment tips for senior citizens.

Spanish Club Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held at 11:00 am, April 2nd, April 13th, and April 23rd at Bellwood Senior Center.

El Nuevo Club Latino invita cordialmente a personas mayores de sesenta años pasar un rato agradable, llame a Consuelo LeZama (708) 547-5600.

Spring Cookout For the suggested donation of \$1.50, seniors can enjoy a picnic meal April 28th, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers.

Spring Hat Contest and Parade Seniors are invited to decorate a spring cap or hat and then model it at Proviso Council on Aging's hat contest. The hat parade is scheduled April 14th, 11:00 am, at Bellwood Senior Center, and April 15th, 11:00 am, at OARS and River Park Centers. Each participant receives a prize, and three grand prize winners are being announced.

Persons planning to participate should sign up by April 13th.

Steps to Becoming More Physically Active The West Cook Area Office of the American Cancer Society is sharing information on the impact diet and exercise have on cancer prevention. The program is set April 13th, 11:00 am, at Bellwood Senior Center, and April 16th, 11:00 am, at River Park Center.

Strawberry Delights For \$1.00, seniors can enjoy three strawberry desserts April 22nd, 12:15 pm, at Bellwood Senior Center, and April 23rd, 12:15 pm, at OARS and River Park Centers. Reservations are needed by April 21st and April 22nd, respectively.

Table for Five Show This Chicago based vocal quintet is performing a mixture of swing, jazz, pop, classical, and Broadway tunes April 24th, 8:00 pm, at Triton College in River Grove. Proviso Council on Aging is holding a block of tickets for this event. Interested seniors may purchase a ticket from the Senior Center Director by April 5th. Tickets are \$11.00, and the fee is nonrefundable. Seniors are responsible for their own transportation.

Tax Day Party Here is an opportunity to reduce the sting of paying Uncle Sam. Seniors are

(Continued on back cover)

(Continued from front page)

same time.
You can't hide a piece of broccoli in a glass of milk.
Don't wear polka-dot underwear under white shorts.

The best place to be when you're sad is Grandpa's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED

Raising teenagers is like nailing Jell-O to a tree.
Wrinkles don't hurt.
Families are like fudge...mostly sweet, with a few nuts.

Today's mighty oak is just yesterday's nut that held its ground.
Laughing is good exercise. It's like jogging on the inside.
Middle age is when you choose your cereal for the fiber, not the toy.

GREAT TRUTHS ABOUT GROWING OLD

Growing old is mandatory; growing up is optional.
Forget the health food. I need all the preservatives I can get.
When you fall down, you wonder what else you can do while you're down there.
You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
It's frustrating when you know all the answers but nobody bothers to ask you the questions.
Time may be a great healer, but it's a lousy beautician.
Wisdom comes with age, but sometimes age comes alone.

THE FOUR STAGES OF LIFE

You believe in Santa Claus.
You don't believe in Santa Claus.
You are Santa Claus.
You look like Santa Claus.

SUCCESS

At age 4 success is not peeing in your pants.
At age 12 success is having friends.
At age 16 success is having a drivers license.
At age 20 success is going all the way.
At age 35 success is having money.
At age 50 success is having money.
At age 60 success is going all the way.
At age 70 success is having a drivers license.
At age 75 success is having friends.
At age 80 success is not peeing in your pants.

Healthy Snacking

Snacking between meals can be a healthy part of a senior's food plan. Snacks should

- Satisfy hunger but not prevent you from eating regular meals. Because of a small appetite or chronic illness, it may be wise to eat three small meals plus several small but filling snacks.
- To help meet the total day's nutrient needs. Healthful snacks should be selected from the five food groups.
- Meat group ideas might include leftover meat strips --- such as ham or chicken ---peanut butter on crackers, or deviled eggs.
- From the fruit and vegetable groups, try carrot sticks, frozen fruit cubes, hot applesauce with cinnamon, and fresh or dried fruits. Milk group choices could be hot cocoa, shakes, pudding, custard, yogurt, or cheese cubes.

(Continued on page seven)

(Continued from page five)

Pokeno Bash
10:15 am
April 12th
Bellwood

Senior Information Fair
9:30 am
April 27th
Maywood

Regional Transportation Authority Outreach

11:00 am
June 14th Forest Park
June 24th Bellwood

Road Rage

11:00 am
April 1st Bellwood
April 2nd Forest Park

Root Beer Floats

12:15 pm
April 27th
Forest Park & OARS
April 29th Bellwood

Rules of the Road

Spring Hat Contest and Parade

1:00 pm
April 26th
Bellwood

11:00 am
April 14th Bellwood
April 15th Forest Park & OARS

Steps to Becoming More Physically Active
11:00 am
April 13th Bellwood
April 16th Forest Park

Television Turnoff Observance
11:00 am
April 22nd
Bellwood & Forest Park

Strawberry Delights
12:15 pm
April 22nd Bellwood
April 23rd Forest Park & OARS

Walking Club

10:00 am
Mondays & Wednesdays
Bellwood

Table for Five Show

8:00 pm
April 24th
River Grove
Wellness on Wheels
10:00 am
April 2nd
Bellwood

Spring Cookout

11:00 am
April 28th
Bellwood, Forest Park & OARS

Tax Day Party
11:00 am

PCA Seeks Volunteers for Money Management Program

Proviso Council on Aging is pleased to announce its participation in the Illinois Volunteer Money Management Program. Created by the American Association of Retired Persons (AARP), the program is a protective service for limited -income seniors who need help managing their finances. The goal of the program is to assist low-income seniors, to promote independent living, and to prevent unnecessary institutionalization, guardianship, or homelessness.

Proviso Council on Aging needs volunteers to help in three aspects of the Money Management Program:

- To serve on an Advisory Council that meets quarterly to provide guidance and support to the program.

- To help assemble money management program packets for other volunteers to use with clients.

- To serve as a bill payer for seniors in Proviso and Leyden Townships who remain in control of their finances but need some help keeping things in order. This volunteer opens and organizes a Money Management client's mail, sets-up a simple budget, balances the client's checkbook, and provides bill-paying services.

Bill payer volunteers are required to complete a detailed application, furnish references, pass a criminal background check, and complete training provided at Bellwood Senior Center. AARP provides insurance coverage of client funds, and volunteer activity and accounts are monitored monthly.

Interested individuals should contact us at (708) 547-5600, extensions 231 and 238.

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Proviso Council on Aging is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, United Way, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commissions of Berwyn and Cicero, local villages, and donations</i></p>				
<p>April 5, 2004 Pork Chop Mashed Potatoes Vegetable Soup Lettuce with Sliced Tomatoes Fresh Apple</p>	<p>April 6, 2004 Spaghetti with Meatballs Green Beans Creamy Coleslaw Italian Bread Chocolate Cake</p>	<p><i>Please telephone each site by 12:00 p.m. the prior day for lunch reservations.</i> <i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements</i></p> <p>April 7, 2004 Corned Beef Boiled Potatoes Cabbage Rye Bread Angel Food Cake with Strawberries</p>	<p>April 1, 2004 Chicken Breast Scalloped Potatoes Minestrone Soup California Blend Vegetables Wheat Bread Chilled Peaches</p>	<p>April 2, 2004 Cheese Ravioli Broccoli Kidney Bean Salad Garlic Bread Fresh Banana</p>
<p>April 12, 2004 Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Wheat Bread Chilled Pears</p>	<p>April 13, 2004 Baked Ham Red Beans and Rice Cauliflower Tossed Salad Rye Roll Hawaiian Dessert</p>	<p>April 14, 2004 BBQ Chicken Breast Macaroni and Cheese Coleslaw Cornbread Rice Pudding</p>	<p>April 8 2004 Herb Baked Chicken Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges</p>	<p>April 9, 2004 Closed for Good Friday</p>
<p>April 19, 2004 Beef Stroganoff Buttered Noodles Garbanzo Beans Tossed Salad Rye Roll Fresh Pear</p>	<p>April 20, 2004 Roasted Chicken Rice Pilaf California Blend Vegetables Wheat Bread Pineapple Chunks</p>	<p>April 21, 2004 BBQ Roast Pork Spaghetti Okra and Tomatoes Cornbread Applesauce Fresh Banana</p>	<p>April 15, 2004 Smothered Steak Whipped Potatoes Stewed Tomatoes Carrot Raisin Salad Wheat Bread Fruit Yogurt</p>	<p>April 16, 2004 Tuna Salad with Bun Navy Bean Soup Lettuce Slices Hot Spiced Peaches</p>
<p>April 26, 2004 Stuffed Cabbage Roll Potato Soup Green Beans Cottage Cheese and Pears Chocolate Chip Muffin</p>	<p>April 27, 2004 Sliced Turkey Pecan Stuffing Mixed Greens Cornbread Fresh Orange</p>	<p>April 28, 2004 Hot Dog with Bun Baked Beans Coleslaw Fruit Gelatin</p>	<p>April 22, 2004 Sloppy Joe with Bun Mexicorn Cream of Broccoli Soup Pear Salad Brownie</p>	<p>April 23, 2004 Lasagna with Meat Sauce Italian Vegetables Tossed Salad Italian Bread Apricots</p>
<p>April 26, 2004 Stuffed Cabbage Roll Potato Soup Green Beans Cottage Cheese and Pears Chocolate Chip Muffin</p>	<p>April 27, 2004 Sliced Turkey Pecan Stuffing Mixed Greens Cornbread Fresh Orange</p>	<p>April 28, 2004 Hot Dog with Bun Baked Beans Coleslaw Fruit Gelatin</p>	<p>April 29, 2004 Chicken Breast Scalloped Potatoes Minestrone Soup California Vegetables Wheat Bread Chilled Peaches</p>	<p>April 30, 2004 Cheese Ravioli Broccoli Kidney Bean Salad Garlic Bread Fresh Banana</p>

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104
(708) 547-5600

River Park Center
8300 Roosevelt Road
Forest Park, Illinois 60130
(708) 771-0101

OARS Center
712 Elm
LaGrange, Illinois 60525
(708) 547-5600

(Continued from page four)

- ❑ One should limit snacks in the fat and sweet groups. These snacks contain little more than calories.
- ❑ Help with weight management.

Don't Miss the Spring Meal Special

Seniors age 60 and older are invited to participate in the agency's lunch special during April. For every three lunches seniors purchase that month for the suggested donation of \$1.50 each, they are receiving their fourth lunch **free!** Lunches are served at 11:30 am Monday through Friday, and the April menu is included in this edition of *The Senior Chronicle*. Because the lunches are catered, reservations are required by 12:00 noon on the business day before seniors plan to eat.

April – The Month of Love

Although the single holiday most equated with love – Valentine's Day – occurs in February, April is an entire month devoted to love. The name "Aprilis" is one of the Latin names for the Greek goddess Aphrodite. Another, better known Latin name is Venus. Aphrodite was worshipped throughout ancient Greece as the goddess of love, marriage, and family life. She was also worshipped as a war goddess by Spartans, and as a sea goddess and the patroness of sailors. In addition to the Roman goddess Venus, Aphrodite was similar in many attributes to Astarte, the Phoenician (present day Lebanon) goddess of fertility and love, and Ishtar, the Babylonian and Assyrian (present day Iraq) fertility goddess.

All of these mythological ladies are representations of the universal Great Mother Goddess. In ancient Middle Eastern religions the mother god-

dess serves as the great symbol of the earth's fertility and its vegetation. She was worshiped under many names and attributes. Similar figures have been known in every part of the world. Essentially, she was represented as the creative force in all nature, the mother of all things, responsible particularly for the periodic renewal of life. The later forms of her cult involved the worship of a male deity, variously considered her son, lover, or both (Adonis, Osiris), whose death and resurrection symbolized the regenerative powers of the earth.

As Christianity took hold in the Roman Empire in the second and third centuries, many of the attributes of the mother goddess were ascribed to the Virgin Mary. Her great beneficence, her double images as both mother and virgin, and her son, who dies and is resurrected. It is no accident that two of our most revered symbols of Easter, which usually falls in April, are also pagan symbols of fertility – the rabbit and the egg. So, when spring has sprung and a young man's fancy turns to thoughts of love, remember that April is a month that bears the name of the goddess of love.

(Continued from page three)

Fabulous Friday Music is the focus of this event April 16th at Bellwood Senior Center. Seniors are invited to sing along to favorite tunes and enjoy refreshments. Lunch follows at 11:30.

Foster Grandparents The monthly FGP meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

Gift Shop Proviso Council on Aging's Gift Shop offers a variety of handmade craft items, baby gifts, and seasonal decorations at a reasonable price. Due to elevator work at Bellwood Senior Center, shoppers may purchase items between 10:30 am and 12:00 noon in the dining room at Bellwood Senior Center, and between 10:30 am and 12:00 noon Fridays at River Park Center. A large assortment of spring and Mother's Day gifts are available.

Haircuts Looking for a trim? Proviso Council on Aging offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site April 14th and April 27th at 10:30 am. Appointments are required.

Handling Negative Feelings The White Crane Wellness Center is presenting a program to help seniors handle negative feelings such as regrets, mistakes, and guilt and achieve

peace of mind. This event is scheduled April 30th, 10:00 am, at River Park Center. The presenter is Nancy Bailey, LCSW.

Hearing Clinic Hearing Specialist Brian Countryman is available the second Thursday of each month. On April 8th, he is at Bellwood Senior Center in the morning and River Park Center in the afternoon. Appointments are required.

Ice Cream Cones For 25 cents, seniors can enjoy an ice cream cone April 1st, 12:15 pm, at Bellwood Senior Center, and April 2nd, 12:15 pm, at OARS and River Park Centers. Reservations are required by 12:00 noon March 31st and April 1st, respectively.

Ice Cream Sundaes Seniors with a sweet tooth should not miss this event April 15th, 12:15 pm, at Bellwood Senior Center, and April 16th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are required by 12:00 noon April 14th and April 15th, respectively.

Jazz Spectacular The Triton College Faculty Jazz Quartet and the Bill O'Connell Big Band are featured in concert May 7th, 8:00 pm, at Triton College in River Grove. Proviso Council on Aging is holding a block of seats for the show. Interested seniors may purchase a ticket from the Senior Center director by April 19th. Tickets are \$6.00, and the fee is nonrefundable. Seniors are responsible for their own

transportation.

Legal Assistance On April 20th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone Proviso Council on Aging, (708) 547-5600 for more information regarding appointments.

Local Wildlife Program Staff from the Trailside Museum in River Forest are coming to Bellwood Senior Center April 6th, 11:00 am, to share information about wildlife in Proviso Township.

Lunch Reservations Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, to socialize with good friends and meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. The nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, and River Park and OARS Centers can be arranged.

Monday Madness Coffee and rolls, and the opportunity to visit with a local personality are being featured April 19, 10:00 am, at Bellwood Senior Center. Cost is 50 cents. Reservations are needed by 12:00 noon April 16th.

(Continued on page ten)

Briefly Stated

Advisory Council Meetings
April 14th

10:00 am OARS

11:00 am Bellwood
12:00 Noon Forest Park

Art Class

9:00 am

Tuesdays

Bellwood

Beginning Spanish Class

10:30 am

April 1st, April 15th, &

April 29th

Bellwood

Bingo

12:15 pm

Thursdays in Bellwood

Fridays in Forest Park

Bingo Bonanza

10:00 am

April 5th

Bellwood & Forest Park

Chocolate Lovers' Party

12:15 pm

April 30th

Forest Park

Craft Co-op

12:15 pm

Fridays

Bellwood

Declutter Club

12:15 pm

April 26th

Bellwood

Dining and Diabetes

9:30 am

April 19th, May 10th, &

May 17th

Bellwood

Egg Hunt

12:15 pm

April 8th

Bellwood, Forest Park &

OARS

Egg Salad Week Observance

11:00 am

April 19th

Bellwood and Forest Park

Exercise Class - Audio Tape

10:30 am

Monday through Friday

Bellwood

Exercise Class - Video Tape

10:30 am

Tuesday and Thursday

Bellwood

Fabulous Friday

11:00 am

April 16th

Bellwood

Foster Grandparents

10:30 am

Monthly

Bellwood

Fun and Fitness

10:30 am

Monday through Friday

Bellwood, Forest Park &

OARS

Gift Shop

10:30 am

Daily Bellwood

Fridays Forest Park

Haircuts

10:30 am

April 14th & April 27th

Bellwood

Handling Negative Feelings

10:00 am

April 6th

Forest Park

Hearing Clinic

9:30 am

April 8th

Bellwood & Forest Park

Hearing Screenings

9:30 am

April 21st

Forest Park

Ice Cream Cones

12:15 pm

April 1st Bellwood

April 2nd Forest Park &

OARS

Ice Cream Sundaes

12:15 pm

April 15th Bellwood

April 16th Forest Park &

OARS

Jazz Spectacular

8:00 pm

May 7th

River Grove

Legal Assistance

9:00 am

April 20th

Bellwood

Local Wildlife Program

11:00 am

April 6th

Bellwood

Luncheon

11:30 am

Monday through Friday

Bellwood, Forest Park &

OARS

Monday Madness

10:00 am

April 19th

Bellwood

Mystery Reading Club

9:30 am

April 6th

Bellwood

Mystery Wednesday

11:00 am

April 21st

Bellwood, Forest Park &

OARS

National Pretzel Day Party

11:00 am

April 26th

Bellwood, Forest Park &

OARS

Nature Hike

11:00 am

May 8th

Glen Ellyn

Officers' Club

10:30 am

April 26th

Bellwood

Pie a la mode Day

12:15 pm

April 7th Bellwood

April 8th

Forest Park & OARS

Pinochle Party

12:15 pm

April 5th, April 12th, April

19th, and April 26th

Bellwood

Podiatry Clinic

Thursdays in Bellwood

April 16th in Forest Park

Poetry Day

11:00 am

April 20th

Bellwood

Pokeno

12:15 pm

April 2nd and April 30th

Bellwood

Pokeno Bash

10:15 am

April 12th

Bellwood

(Continued on page nine)

(Continued from page eight)

Mystery Reading Club Seniors who enjoy figuring out *who did it* are invited to join this reading group sponsored by Proviso Council on Aging and the Bellwood Library. The group is meeting April 6th, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate may sign out copies of the current reading selection.

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is April 21st.

National Pretzel Day Party Bellwood Senior Center, and OARS and River Park Centers are celebrating Pretzel Day April 26th at 11:00 am. Pretzel Day was introduced to Congress in 1983 as a means of recognizing the contributions of the numerous pretzel bakers in Pennsylvania and their impact on the nation's economy. Seniors planning to join the fun need a reservation by 12:00 noon April 22nd.

Nature Hike Proviso Council on Aging invites seniors to partic-

ipate in a spring nature hike sponsored by Memorial Park District on May 8th from 11:00 am to 2:00 pm. Participants are visiting the Willowbrook Nature Center in Glen Ellyn. The \$6.00 nonrefundable fee includes transportation, admission to the nature center, and soft drinks. Participants should bring a sack lunch.

Officers' Club Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, April 26th, at Bellwood Senior Center.

Pie a la mode Day For \$1.00, seniors can enjoy delicious pie and ice cream. This treat is being served April 7th, 12:15 pm, at Bellwood Senior Center, and April 8th, 12:15 pm, at OARS and River Park Centers. Reservations are required by April 6th and April 7th, respectively.

Pinochle Party Seniors are invited to play this challenging card game April 5th, April 12th, April 19th, and April 26th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (April 16th), and through pre-arranged home vis-

Briefly Noted

Advisory Council Meetings Seniors are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The advisory council is meeting April 14th. OARS Center, 10:00 am; Bellwood Senior Center, 11:00 am; and River Park Center, 12:00 noon.

Art Class The Bellwood Senior Center offers seniors a chance to paint for pleasure. Classes take place every Tuesday at 9:00 am and cost only \$20.00 for ten lessons. Both beginners and experienced students are welcome.

Beginning Spanish Class Seniors can learn basic conversational Spanish during this class. This month's sessions are April 1st, April 15th, and April 29th, 10:30 am, at Bellwood Senior Center. Lunch follows the class at 11:30.

Bingo Party bingo is held every Thursday at the Bellwood site and every Friday at River Park Center. Friends can join together for a lively game begin-

ning at 12:15 pm.

Bingo Bonanza A double session of party bingo is planned April 5th at Bellwood Senior Center and River Park Center. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Chocolate Lovers' Party Proviso Council on Aging is hosting a Chocolate Lovers' Party April 30th, 12:15 pm, at River Park Center. For \$1.00, seniors can enjoy three delicious chocolate desserts; reservations are required by 12:00 noon April 28th.

Craft Co-op Every Friday at 12:15 pm in Bellwood, seniors meet and do various crafts. All crafters are welcome.

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at Proviso Council on Aging's Declutter Club. The group is meeting April 26th, 12:15 pm, at Bellwood Senior Center.

Dining and Diabetes The University of Illinois Extension is presenting this three-part cooking school for individuals with diabetes, interested family members, and others wanting infor-

mation on healthy eating. Each of the three consecutive classes is scheduled from 9:30 am to 11:30 am at Bellwood Senior Center. The dates are April 19th, and May 10th and May 17th. The \$10.00 nonrefundable registration fee covers the six hours of instruction, educational materials, and foods. Paid reservations are required by April 12th.

Egg Hunt Seniors are invited to participate in a spring Egg Hunt April 8th, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. In addition to hunting for tasty treats, participants are also searching for special prize eggs. The activity is being held rain or shine.

Egg Salad Week Observance Recipes and treats highlight this event April 19th, 11:00 am, at Bellwood Senior Center and River Park Center. Seniors planning to eat lunch after the program need a reservation by 12:00 noon April 16th.

Exercise Class – Audio Tape and Video Tape This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at Bellwood Senior Center.

(Continued on page eight)

its. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Pokeno is being played April 2nd and April 30th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card. A double session of Pokeno is planned April 12th at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 to 11:15 am and from 12:15 to 1:15 pm. The fee includes prizes.

Regional Transportation Authority Outreach Program Staff from the Regional Transportation Authority are at River Park Center June 14th, 11:00 am, and Bellwood Senior Center June 24th, 11:00 am, to discuss the benefits of half fare program for riding public transportation. Interested seniors should bring a driver's license, RTA reduced fare permit, passport, State of Illinois identification card, United States immigration alien registration card, or other official government identification with a photo and a birth date as a form of identification. Photographs are then taken and affixed to the reduced fare permit.

Road Rage The Illinois Secretary of State's staff is sharing information to avoid being a victim of this violence. The program is set for April 1st, 11:00

(Continued on page eleven)