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monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held April 7th and April 21st, 11:00 am, 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 5th, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. The menu features jumbo beef hot dogs. Reservations are required by 12:00 noon on April 4th.

Super Senior The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center May 22nd, 9:30 am to 2:30 pm. The event combines Rules of the Road classroom instruction, a vision screening test and a driver safety program. A complete schedule is published in this newsletter.

Terrific (Free) Bingo Party Westchester Health and Rehabilitation Center is hosting complimentary party bingo April 25th, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on April 24th.

Trivia Challenge Seniors are invited to this "trivia jeopardy" April 12th, 12:15 pm, at Bellwood Senior Center. Winners are receiving prizes.

Uncle Sam Sundaes Ice cream and fruits form this tasty dessert. It is being served April 27th, 12:15 pm, at Bellwood Senior Center, and April 28th, 12:15 pm, at River Park Center. Cost is \$1.00.

Volunteer Appreciation Coffee To mark the celebration of Volunteer Appreciation Week, West Suburban Senior Services is hosting a coffee for agency volunteers April 24th, 9:00 am to 10:30 am, at Bellwood Senior Center. Volunteers should RSVP to the Senior Center director by April 20th.

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. West Suburban Senior Services 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



West Suburban Senior Services

(708) 547-5600

OARS Center 712 East Elm LaGrange, Illinois 60525
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

What to Do if You Are A Victim of Identity Theft

Most of the time, identity theft victims are burdened with the task of solving the problem themselves. However, there are agencies and organizations that can help, so it is important that identity theft victims act quickly to minimize the damage on their financial reputation. The University of Illinois Extension advises identity theft victims to complete the following tasks right away.

- Victims should contact the police department where the identity theft took place and obtain a copy of that police report. The report might have to be sent to banks, credit card companies and others who need proof of the crime.
- Victims should call or write the three top credit bureau fraud departments and inform them about the identity theft. Also, victims should request that a fraud alert be placed on their file and request that no new credit be granted without their okay.
- Victims should close all accounts with banks and credit card companies that were gotten into or opened by the thief. *This should be done within two days of learning about the identity theft.* Victims may be responsible for

the first \$50 of their loss although most of the time, the victim does not have to pay anything.

- Victims should open a new checking account and a new savings account with new account numbers and passwords. Victims should avoid passwords that thieves can easily figure out, such as their mother's maiden name, their pet's or children's names, their birth date and last four digits of their Social Security number.

When resolving the identity theft, victims should also keep a log of all the steps they have done. This includes all conversations plus dates, times, names and phone numbers. Conversations should be confirmed in writing, and letters regarding the identity theft should be sent certified mail with a return receipt requested. Also, the theft victim should keep copies of all letters and documents. The Federal Trade Commission (FTC) Identity Theft Hotline, (202) 382-4357, offers more information on protecting personal identity and responding to identity theft.

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. 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, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission 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 addition 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 provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. 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 the 32nd Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Honorable Gary Woll, President
Ms. Carole Kulinski, Vice President
Mr. John O'Sullivan, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Dorothy Lindsey
Honorable Noreen Love
Honorable Anthony Peraica
Mr. Michael Sturino

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- perature.
- 4. The refrigerator should be tightly packed with food and containers to keep items cold.
- 5. A refrigerator/freezer thermometer is the best tool to check and monitor the temperature inside the refrigerator and freezer compartments.
- 6. Perishables, prepared foods and leftovers need to be refrigerated or frozen within five hours of purchase or preparation.
- 7. To thaw quickly, it's best to submerge food in cold water in airtight packaging, or thaw food in the microwave and cook immediately.
- 8. Always marinate foods in the refrigerator.
- 9. Hot foods should be placed directly in the refrigerator.
- 10. When traveling, stow the cooler with perishable food in the trunk to avoid the sunlight and added heat.

Answers

- 1. False. Refrigeration slows but does NOT prevent growth of harmful bacteria. Refrigerate food quickly.
- 2. True.
- 3. False. Always defrost food in the refrigerator. Use the microwave to defrost food only if it will be cooked immediately. To quickly thaw meat and poultry in airtight packaging, submerge frozen package into cold water, and change the water very thirty minutes.

- 4. False. Don't overfill the refrigerator. Cold air must be able to circulate inside the refrigerator to keep food cold and safe. Remove clutter from the refrigerator on a routine basis.
- 5. True.
- 6. False. Perishables, prepared foods and leftovers need to be refrigerated or frozen within two hours of purchase or preparation, and if the temperature is above 90 degrees, foods should not be left out longer than an hour.
- 7. True.
- 8. True.
- 9. True, but divide large quantities of food into shallow containers for quicker cooling.
- 10. False. Travel with the cooler stored in the coolest part of the car. The trunk is usually one of the hottest because of lack of ventilation.

Women's Health and Wellness Forum

West Suburban Senior Services is pleased to announce a new forum that addresses health concerns and quality of life issues of special interest to women. Area health care providers are conducting these sessions Fridays, 9:30 am to 10:30 am, at Bellwood Senior Center. There is no enrollment fee, but reservations are recommended. Additional information is available from the Senior Center director.

*(Continued from page 1)***All Aboard for a Day of Fun!**

West Suburban Senior Services announces a one-day AMTRAK trip to Springfield on June 6th.

Participating seniors meet at the Bellwood METRA station at 7:00 am for the ride to the Loop. The connecting AMTRAK train leaves Chicago's Union Station at 8:15 am and arrives in downtown Springfield at 11:35 am. The Old State Capitol, current State House and legislative offices, the State Library, and restaurants and shops are conveniently located within three blocks of the AMTRAK station. The train departs Springfield at 5:07 pm, arriving in Chicago at 8:45 pm. Participants then return to Bellwood on METRA.

AMTRAK is allowing participating seniors a round-trip fare of \$23.12. However, all participants must be 62 or older, and a minimum of 20 seniors is required for this special group rate. Meals, commuter tickets and other related costs are NOT included with the train fare and are the responsibility of each participant.

Pre-paid, non-refundable reservations are due at Bellwood Senior Center by April 17th. Additional information is available from the Senior Center director.

**Helping Hand Rehabilitation Center
Looking For Volunteers**

Helping Hand Rehabilitation Center, a local nonprofit organization providing assistance to children and adults with disabilities needs "talented and giving volunteers" to work in our Brookfield Thrift Shop. The store is

located at 3726 Grand Blvd in Brookfield. People who are interested in the "world of retail" are encouraged to contact the store. People who enjoy making new friends, supporting programs that help others and want to show case their retail or merchandising skills need to visit the store.

All proceeds from the store sales goes to support the agency mission of assisting persons with disabilities to achieve their highest level of independence through quality programs and services.

Store hours are Monday thru Saturday 10:00 AM to 4:00 PM with late hours till 7:00 PM on Tuesday and Friday. If interested please contact store manager Maria or assistant manager Celeste at (708) 485-2324

Senior Job Fair

West Suburban Senior Services announces its fourth annual Senior Job Fair May 15th at Bellwood Senior Center. From 9:00 am to 9:30 am, seniors may attend a resume' writing and job interviewing workshop. Area employers and senior employment specialists are on hand between 9:30 am and 11:30 am to share information about available job openings and training programs for seniors. Additional information is being published in the May edition of *The Senior Chronicle*.

Super Seniors Program

The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center May 22nd. This Super Seniors is a convenient and voluntary program that combines Rules of the Road classroom instruction, a vision

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sons planning to participate should telephone the agency to sign out copies of the current reading selection.

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 24th, at Bellwood Senior Center.

Pie Alamode This dessert is being served April 6th, 12:15 pm, at Bellwood Senior Center, and April 7th, 12:15 pm, at River Park Center. Cost is \$1.00.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (April 7th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno This game is being played April 21st, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Police Academy West Suburban Senior Services is pleased to host the Village of Bellwood's Senior Citizen Police and Fire Academy. Sessions are scheduled from 10:30 am to 11:30 am at Bellwood Senior Center. This month's topic is home safety on April 6th. A graduation ceremony is being held on April 13th for seniors who have completed academy training.

Prostrate Cancer Information and Screenings The Cook County Department of Public Health, in cooperation with West Suburban Senior Services, is offering free prostrate cancer blood tests on

April 24th, 10:00 am to 2:00 pm, at Bellwood Senior Center. The event also features an informal presentation on prostate cancer awareness, literature on other health issues relating to the senior population and give-a-ways. Appointments are required for the cancer screening. Interested seniors should telephone West Suburban Senior Services, (708) 547-5600, for eligibility criteria and registration.

Safely Aging in Place University of Illinois Extension is presenting this workshop to help seniors remain safely in their homes. Topics include ways to make simple and low-cost home modifications that can help seniors adapt to various physical and sensory aging changes. Seniors also have the opportunity inspect various assistive devices that can make their daily activities easier and safer. The program is April 27th, 10:30 am to 11:30 am, at Bellwood Senior Center.

Senior Job Fair West Suburban Senior Services announces its annual Senior Job Fair May 15th, 9:30 am to 11:30 am, at Bellwood Senior Center. Area employers and employment specialists are providing information about available job openings and training programs. Additional information is being provided in the May edition of *The Senior Chronicle*.

Sewing Circle West Suburban Senior Services hosts this activity on Mondays, 10:30 am to 11:30 am, at Bellwood Senior Center. Crafters are invited to bring their sewing, knitting, crocheting, quilting and other projects, and meet with other seniors who share the enjoyment of handmade crafting. The circle's next session is April 3rd.

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

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 3, 2006 Stuffed Cabbage Roll Green Beans Cottage Cheese and Pear Salad Cream of Potato Soup Chocolate Chip Muffin	April 4, 2006 Sliced Turkey Herb Stuffing Mixed Greens Orange	April 5, 2006 Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruit Gelatin	April 6, 2006 Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	April 7, 2006 Cheese Ravioli Broccoli Kidney Bean Salad Banana
April 10, 2006 Salisbury Steak Mashed Potatoes Sliced Tomatoes on Lettuce Wedge Vegetable Soup Tropical Fruit	April 11, 2006 Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	April 12, 2006 Chicken Fajitas Spanish Rice Refried Beans Fruit Gelatin	April 13, 2006 Herb Baked Chicken Leg Quarter Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Oranges	April 14, 2006 <i>Closed for Good Friday</i>
April 17, 2006 Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	April 18, 2006 Swedish Meatballs White Rice Cauliflower Tossed Salad Hawaiian Dessert	April 19, 2006 Barbecued Chicken Breast Macaroni and Cheese Confetti Coleslaw Fruit Juice Butterscotch Pudding	April 20, 2006 Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot-Raisin Salad Fruit Yogurt	April 21, 2006 Tuna Salad on Bun Grape Juice Navy Bean Soup Hot Spiced Peaches
April 24, 2006 Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Pear Halves	April 25, 2006 Roasted Chicken Rice Pilaf California Blend Vegetables Orange Juice Pineapple Chunks	April 26, 2006 Barbecued Roast Pork Spaghetti Okra and Tomatoes Apple Sauce Banana	April 27, 2006 Sloppy Joe on Bun Mexicorn Pear Salad Cream of Broccoli Soup Brownie	April 28, 2006 Spinach Lasagna Italian Mixed Vegetables Tossed Salad Apricots
West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.			All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements.	Please telephone each site by 12:00 p.m. the prior day for lunch reservations.

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

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fast snack bar at 10:00 am. Complimentary screenings are available from area health care providers according to the following schedule: non-fasting glucose and cholesterol, 10:30 am to 11:30 am; hypertension and arthritis, 10:30 am to 1:00 pm; fall prevention, 10:30 am to 12:00 noon; podiatry, 12:00 noon to 1:00 pm; and dental/oral cancer, 10:30 am to 11:15 am. A gourmet-boxed lunch is available between 11:00 am and 12:00 noon for the suggested meal donation of \$1.50. Lunch reservations are needed by 12:00 noon on April 10th.

Hearing Screenings The audiologist from Westlake Hospital is coming to Bellwood Senior Center April 13th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on April 11th.

Ice Cream Social Old-fashioned ice cream sodas and music highlight this event April 11th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00, and reservations are required.

Joint Health Joint replacement, joint health and pain management are among the topics to be discussed May 4th, 10:30 am to 11:30 am, at Bellwood Senior Center. Belen Zangrilli, MSN, MAPC, West Suburban Hospital College of Nursing, is the presenter.

Legal Assistance On April 18th 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 West Suburban Senior Services for more information regarding appointments.

Lunch Reservations Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the

chance to socialize with good friends and maybe meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

Lung Health Belen Zangrilli, MSN, MAPC, from the West Suburban Hospital College of Nursing is presenting a program on lung cancer, asthma and other respiratory illnesses April 20th, 10:30 am to 11:30 am, at Bellwood Senior Center. Reservations are recommended.

Money Management Clinic Trained volunteers are available to assist seniors with problems and questions related to utilities, credit agencies and other money management needs at a new clinic April 12th, 10:00 am to 12:00 noon, at Bellwood Senior Center. Appointments are encouraged. Walk-ins are welcome but may have to wait.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are featured April 18th, 12:15 pm, at Bellwood Senior Center. This month's selection is *Must Love Dogs*, a romantic comedy with John Cusack and Diane Lane. Reservations are required by April 17th.

Mystery Luncheon Suspense highlights this meal April 17th, 11:30 am, at Bellwood Senior Center. Participants have the opportunity to be detectives and solve a mystery. Registration is limited. Additional information is available from the Senior Center director.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting April 4th, 9:30 am to 10:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Per-

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screening test and a driver safety program. Seniors may

- participate in Rules of the Road classes either from 9:30 am to 11:30 am or from 12:00 pm to 2:00 pm. The course includes a review of safe driving techniques, Illinois driving laws and a practice written exam. Class reservations may be made by telephoning West Suburban Senior Services, (708) 547-5600.
- take the vision screening test required to obtain or to renew their driver's license. The vision test is valid for up to 90 days for driver's license renewal. Vision screenings will be done between 9:30 am and 2:30 pm.
- obtain a free, non-expiring Illinois photo identification card (residents age 65 and older) between 9:30 am and 2:30 pm. Seniors must provide proof of birth date.
- renew their driver's license (seniors age 74 and younger) between 9:30 am and 2:30 pm.

The renewal fee is \$10.00 (a four-year license) for seniors under age 69 and \$5.00 for seniors age 69 and older. Drivers age 75 and older are required to take a road test for license renewal and must visit a Secretary of State driver services facility.

What's Your Cool IQ?

The importance of keeping cold food cold is a special concern as spring picnics and cookouts begin. How much do you know about cold food storage, handling and preparation? Take this quick true-false quiz to determine your Cool IQ.

1. Refrigeration prevents bacterial growth.
2. The refrigerator temperature should be set at 40 degrees F, and the freezer temperature should be set at 0 degrees F.
3. The best method to thaw food is at room tem-

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Prostate Cancer Information and Screenings 10:00 am April 24 th Bellwood	Sewing Circle 10:30 am April 3 rd , April 10 th , April 17 th & April 24 th Bellwood	Super Senior 9:30 am May 22 nd Bellwood	Trivia Challenge 12:15 pm April 12 th Bellwood
Safely Aging in Place 10:30 am April 27 th Bellwood	Spanish Club 11:00 am April 7 th & April 21 st Bellwood	Tax Filing Assistance By Appointment Thursdays, April 6 th & April 13 th Bellwood	Uncle Sam Sundaes 12:15 pm April 27 th Bellwood April 28 th Forest Park
Senior Job Fair 9:30 am May 15 th Bellwood	Spring Cookout 11:30 am April 5 th Bellwood & Forest Park	Terrific (Free) Bingo Party 12:15 pm April 25 th Bellwood	Volunteer Appreciation Coffee 9:00 am April 24 th Bellwood

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Declutter Class Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled April 24th, 12:15 pm to 1:15 pm, at Bellwood Senior Center.

Egg Hunt Seniors are invited to participate in a spring egg hunt April 12th, 10:30 am, at OARS Center, and April 13th, 12:15 pm, at Bellwood Senior Center and River Park Center. In addition to hunting for tasty treats, participants are also searching for special prize eggs. The activity is being held rain or shine.

English Tea Party Participants should wear whatever makes them feel elegant to this event April 11th, 9:30 am to 10:30 am, at Bellwood Senior Center. The \$1.00 fee includes refreshments and a program.

Exercise Class – Audio 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.

Exercise for Everyone The University of Illinois Extension is presenting this specially designed class for seniors April 10th, 10:30 am to 11:30 am, at Bellwood Senior Center. Reservations are encouraged.

Exercise Party and Luncheon Seniors are invited to enjoy this unique event April 24th, 11:00 am to 12:00 noon, at River Park Center, and April 26th, 11:00 am to 12:00 noon, at Bellwood Senior Center. Suggested meal donation is \$1.50. Reservations are required.

Foster Grandparents West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly 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.

Fruit Parfaits Ice cream, fruit and cake make up this spring treat. It is being served April 20th, 12:15 pm, at Bellwood Senior Center, and April 21st, 12:15 pm, at River Park Center. Cost is \$1.00.

General Consumer Fraud Information Staff from the Illinois Attorney General's office is presenting updated information on schemes and scams targeting senior citizens. The program is being held April 18th, 10:30 am to 11:30 am, at Bellwood Senior Center.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts, and seasonal decorations at a reasonable price. Shoppers may purchase items between 10:30 am and 1:30 pm Monday through Friday at Bellwood Senior Center. Gift certificates are also available.

Gourmet Dinner Party West Suburban Senior Services continues its monthly gourmet dinner party at Bellwood Senior Center. The next dinner is April 21st from 5:00 pm to 7:00 pm. Cost per person is \$7.00, and prepaid, non-refundable reservations are due at the Senior Center by April 13th. A minimum registration is required for this event to take place. Seniors should telephone the agency for menu information.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site April 12th and April 25th at 10:30 am. Appointments are required.

Health Fair West Suburban Senior Services is pleased to host a Senior Health Fair April 13th at River Park Center. The event opens with a break-

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Briefly Stated

Advisory Council Meeting

10:30 am
April 12th
Bellwood

Art Class

9:00 am
Tuesdays
Bellwood

Beginning Spanish Class

10:30 am
April 6th, April 13th, April 20th
& April 27th
Bellwood

Bingo

12:15 pm
Thursdays in Bellwood
Mondays & Fridays in Forest
Park

Bingo Bonanza

10:15 am
April 3rd
Bellwood

Bingo Challenge

12:15 pm
April 19th
Bellwood & Forest Park

Birthday Celebration

Noon
April 11th
Bellwood, Forest Park &
OARS

Bonza Bottler Day

12:15 pm
April 4th
Bellwood

Breakfast Bingo

9:30 am
April 28th
Bellwood

Centerpiece Class

10:00 am
April 17th
Forest Park

Creative Writing Class

10:00 am
April 25th,
Bellwood

Declutter Class

12:15 pm
April 24th
Bellwood

Egg Hunt

10:30 am
April 12th OARS
12:00 noon
April 13th Bellwood & Forest
Park

English Tea Party

9:30 am
April 11th
Bellwood

Exercise Class – Audio Tape

10:30 am
Monday through Friday
Bellwood

Exercise for Everyone

10:30 am
April 10th
Bellwood

Exercise Party and Luncheon

11:00 am
April 24th Forest Park
April 26th Bellwood
Bellwood

Foster Grandparents

10:30 am
Monthly
Bellwood

Fruit Parfaits

12:15 pm
April 20th Bellwood
April 21st Forest Park

General Consumer Fraud

Information
10:30 am
April 18th
Bellwood

Gift Shop

10:30 am to 1:30 pm
Monday through Friday
Bellwood

Gourmet Dinner Party

5:00 pm
April 21st
Bellwood

Haircuts

10:30 am
April 12th & April 25th
Bellwood

Health Fair

10:00 am
April 13th
Forest Park

Hearing Screenings

9:00 am
April 13th
Bellwood

Ice Cream Social

12:15 pm
April 11th
Bellwood

Joint Health

10:30 am
May 4th
Bellwood

Legal Assistance

9:00 am
April 18th
Bellwood

Luncheon

11:30 am
Monday through Friday
Bellwood, Forest Park &
OARS

Lung Health

10:30 am
April 20th
Bellwood

Money Management Clinic

April 12th
10:00 am
Bellwood

Movie Day

12:15 pm
April 18th
Bellwood

Mystery Luncheon

11:30 am
April 17th
Bellwood

Mystery Reading Club

9:30 am
April 4th
Bellwood

Officers' Club

10:30 am
April 24th
Bellwood

Pie A la Mode

12:15 pm
April 6th Bellwood
April 7th Forest Park

Podiatry Clinic

Thursdays in Bellwood
April 7th in Forest Park

Pokeno

12:15 pm
April 21st
Bellwood

Police Academy

10:30 am
April 6th & April 13th
Bellwood

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Briefly Noted

Advisory Council Meeting Senior citizens 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 12th, 10:30 am, at Bellwood Senior Center.

Art Class Bellwood Senior Center offers seniors a chance to work in various media such as water colors, acrylics, pastels and oils, and to receive instruction in basic drawing. Classes take place every Tuesday at 9:00 am, and are instructed by a competent artist and sculptor. There is a fee for enrollment.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are April 6th, April 13th, April 20th and April 27th 10:30 am to 11:30 am, at Bellwood Senior Center.

Bingo Party bingo is held every Thursday at the Bellwood site and every Monday and Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

Bingo Bonanza A double session of party bingo is planned April 3rd at Bellwood Senior Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Birthday Celebration Seniors who are celebrating an April birthday are invited to this special party April 11th, 12:00 noon, at Bellwood Senior

Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on April 10th.

Bingo Challenge Seniors are invited to play unique forms of party bingo April 19th, 12:15 pm to 1:15 pm, at Bellwood Senior Center and River Park Center. Cost is 50 cents.

Bonza Bottler Day This happens every month when the day and the date are the same number, and on April 4th, 12:15 pm, at Bellwood Senior Center, seniors may celebrate the occasion by building their own ice cream sundae. Cost is \$1.00.

Breakfast Bingo French toast, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party April 28th, 9:30 am to 11:00 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on April 26th, and a minimum registration is required for this activity to take place.

Centerpiece Class Seniors are invited to create a spring centerpiece April 17th, 10:00 am to 11:30 am, at River Park Center. The \$5.00 fee includes supplies, instruction and lunch. Reservations are needed by April 12th, and a minimum registration is required for this activity to take place.

Creative Writing Class This activity is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. This class is April 25th, 10:00 am to 11:30 am, at Bellwood Senior Center. It is free.

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