

(Continued from page eleven)

in Bellwood April 5<sup>th</sup>, 10:30 am to 11:00 am. Her discussion includes the responsibilities of heading a major department of state government.

**Tax Filing Assistance** The American Association of Retired Persons (AARP) is providing free income tax filing assistance at the Senior Citizen Center in Bellwood for low-and middle-income seniors age 60 and older on Thursdays through April 5<sup>th</sup>, 8:30 am to 12:30 pm. Appointments are required. Seniors should bring their 2005 tax returns, all records that show income for 2006, and documents for possible deductions if they plan to itemize on their returns.

**Terrific Bingo** Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo April 24<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

**Walgreen Portraits** Seniors may have a free four-inch by six-inch color photograph taken at the Senior Citizen Center April 26<sup>th</sup>, 10:00 am to 12:00 noon, compliments of Walgreens. Appointments are not necessary.

**Water Reclamation Plant Tour** West Suburban Senior Services is planning a tour of the Stickney Water Reclamation Plant in Cicero on May 4<sup>th</sup> from 11:00 am to 1:00 pm. The tour is done from the agency bus, and participation is limited. Also, participants must have security clearance before touring the plant. Transportation fee is \$5.00. Additional information is available from the Senior Center director.

**Wild Wednesday** Surprises are planned for this event April 11<sup>th</sup> at OARS Center. The fun begins at 10:30 am.

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

WSSSS

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

## Super Seniors Program

The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 21<sup>st</sup>, 2007. This Super Seniors is a convenient and voluntary program that combines Rules of the Road classroom instruction, a vision 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.
- take the vision screening test required to renew their driver's license. The vision test is valid for up to 90 days for driver's license renewal. Vision screenings are being 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 (for 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. To apply for or to renew a driver's license, seniors must provide acceptable identification to verify their name, date of birth, Illinois residency, Social Security number and signature.

## West Suburban Senior Services and Proviso High School District 209 Continue Intergenerational Programs

Area seniors are invited to learn more about Proviso East and Proviso West High Schools during a *Bring Your Grandparents to School Day* April 10<sup>th</sup>. Between 9:00 am and 10:30 am, participants can receive a guided tour of Proviso East High School, visit classrooms and have the opportunity to meet with students. The same activities are scheduled at Proviso West High School from 12:30 pm to 2:00 pm.

Seniors planning to participate in *Bring Your Grandparents to School Day* should telephone

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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 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 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 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 34<sup>th</sup> 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  
Mrs. Lois Albers, Treasurer  
Mrs. Elaine Reno, Secretary

#### Directors

Honorable Anthony Calderone  
Mrs. Mary Conti  
Mrs. Lela Grimble  
Honorable Noreen Love  
Ms. Debbie Noweder  
Honorable Anthony Peraica  
Ms. Tywana Rand  
Honorable Donald Sloan  
Ms. Catherine Swan  
Mrs. Jimmi Wooten

#### Honorary Directors

Mrs. Dorothy Lindsey  
Mr. John O'Sullivan  
Mr. Michael Sturino

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and a complimentary bone density screening April 18<sup>th</sup>, 10:00 am, at OARS Center. Reservations are recommended.

**Pamper Yourself Day** Seniors are invited to treat themselves to this special day of relaxation on April 18<sup>th</sup>. Additional information is provided in a separate newsletter article.

**Pie A la Mode** For \$1.00, seniors may enjoy this dessert April 19<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday 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 3<sup>rd</sup>, April 13<sup>th</sup> and April 20<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments. A minimum participation is required for this activity to take place.

**Progressive Lunch** Seniors are invited to participate in this special dining experience April 9<sup>th</sup>, 11:00 am to 12:15 pm, at the Senior Citizen Center in Bellwood. Reservations are required by 12:00 noon on April 5<sup>th</sup>; suggested meal donation is \$1.75.

**Senior Jazzercise** This new class provides seniors an enjoyable way to become and stay physically fit. Taught by a trained instructor, the class features movement exercises that increase flexibility, strength and endurance. The class is being offered Monday, Wednesday and Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in

Bellwood. (On Tuesdays and Thursdays, seniors exercise with taped instruction.)

**Spanish Class** Seniors receive instruction in basic conversational Spanish during this class. The class meets April 5<sup>th</sup>, April 12<sup>th</sup>, April 19<sup>th</sup>, and April 26<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**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 April 13<sup>th</sup> and April 27<sup>th</sup>, 11:00 am, at the Senior Citizen Center in Bellwood.

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

**Spring Fling** Bargain bingo, other games and ice cream cones are part of the fun April 16<sup>th</sup> at the Senior Citizen Center in Bellwood. Games begin at 10:30 am; lunch follows at 11:30 am for the suggested donation of \$1.75. Ice cream cones (50 cents) are served at 12:00 noon with bargain party bingo (50 cents per card) being played from 12:15 pm to 1:15 pm. Reservations are required by 12:00 noon on April 13<sup>th</sup>.

**Surprise Bingo** Seniors are invited to participate in this party bingo event April 23<sup>rd</sup>, 10:00am, at OARS Center. Cost is 50 cents per card, and a minimum participation is required for this activity to take place.

**Tammy Duckworth Visit** Illinois Department of Veteran Affairs Director Tammy Duckworth is visiting with seniors at the Senior Citizen Center

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West Suburban Senior Services, (708) 547-5600, by April 5<sup>th</sup>.

Bring Your Grandparents to School Day is a cooperative program cosponsored by West Suburban Senior Services and Proviso High School District 209 to foster communication and understanding between teens and senior citizens.

**Senior Job Fair**

**W**est Suburban Senior Services is hosting its fifth annual Senior Job Fair May 14<sup>th</sup> at the Senior Citizen Center in Bellwood.

From 9:00 am to 1:00 pm, local employers are available to share information about *current* job openings and training programs. Additional information is being shared in the May edition of *The Senior Chronicle*.

**Pamper Yourself Day**

**D**o you need a boost to lift your spirits? Are you looking for an enjoyable way to reduce stress? Then you won't want to miss West Suburban Senior Services' Pamper Yourself Day on April 18<sup>th</sup>.

Festivities begin with a 10:00 am tea party at the Senior Citizen Center in Bellwood. It includes a program on meditation and relaxation strategies. Participants are then being served a specially catered lunch there in an elegant dining room setting. Cost for the tea and lunch is \$5.00.

Participants may then visit Ms. Robert's Academy of Beauty Culture in Hillside for facials, manicures, pedicures and roller sets. Prices are

as follows: manicures \$5.00, pedicures (non-diabetics only) \$10.00, facials \$10.00 and roller sets \$10.00.

Paid lunch and tea reservations are due at the Senior Citizen Center by April 9<sup>th</sup>, and a minimum registration is required for this activity to take place. Seniors interested in the personal care services pay the cosmetology school directly; however, reservations for those services should be made at the Senior Citizen Center by April 9<sup>th</sup>.

**Maywood Park Dinner Outing**

**W**est Suburban Senior Services is hosting a dinner outing to Maywood Park on April 19<sup>th</sup>. Beginning at 6:00 pm, diners can enjoy a Taste of Italy buffet which features Sicilian style sausage and peppers, pasta made to order, carved beef, homemade meatballs, Polenta and much more. The \$13.60 per-person cost includes the buffet, coffee, dessert, tip, tax, admission, racing program, a starter car ride for two and a Winner's Circle group photo. Also, the first ten seniors to provide paid reservations receive free valet parking.

Paid cash reservations are due at the Senior Citizen Center by May 12<sup>th</sup>, and a minimum number of participants is required for this activity to take place. Additional information is available from the Senior Center Director.

**Let's Go Bowling!**

**W**est Suburban Senior Services is hosting a bowling party at Hillside Bowl April 11<sup>th</sup> beginning at 1:30 pm. Cost is \$2.00 per game plus \$2.00 for

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spring egg hunt April 5<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. In addition to hunting for tasty treats, participants are also searching for prize eggs. This activity is being held rain or shine.

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

**Fit and Happy** University of Illinois Extension is presenting this program April 24<sup>th</sup>, 10:00 am, at OARS Center. Participants have the opportunity to exercise during the class.

**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. The next meeting is April 18<sup>th</sup> at 10:30 am.

**Fruit Parfaits** This ice cream, cake and fruit dessert is being served April 12<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.



**Game Day** Seniors who enjoy pokeno, party bingo, bunco, board games and cards won't want to miss this continuous day of fun April 23<sup>rd</sup> at the Senior Citizen Center in Bellwood. These games are being played simultaneously from 10:15 am to 11:15 am, and again from 12:15 pm to 1:15 pm. The cost to play the games is \$1.00. Lunch is served at 11:30 am for an additional \$1.75. Reservations are required by 12:00 noon on April 20<sup>th</sup>.

**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 the Senior Citizen Center in Bellwood. Gift certificates are also available.

**Gourmet Dinner Party** West Suburban Senior Services is hosting a gourmet dinner party April 27<sup>th</sup>, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Cost is \$7.00 per person, and no refunds are available. Paid reservations are due by April 24<sup>th</sup>.

**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 10<sup>th</sup> and April 24<sup>th</sup> at 10:30 am. Appointments are required.

**Hearing Screenings** The audiologist from Westlake Hospital is coming to the Senior Citizen Center April 30<sup>th</sup>, 1:00 pm, to conduct hearing screenings. There is no fee for this service, but appointments are required by April 26<sup>th</sup>.

**Ice Cream Cones** For fifty cents, seniors may enjoy an ice cream cone at OARS Center April 5<sup>th</sup> at 12:15 pm. Reservations are required.

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**Congregate and Home Delivered Meals Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 2, 2007</b> Stuffed Cabbage Roll Green Beans Cottage Cheese & Pear Salad Cream of Potato Soup Chocolate Chip Muffin	<b>April 3, 2007</b> Sliced Turkey Herb Stuffing Mixed Greens Cranberry Sauce Apricots	<b>April 4, 2007</b> Jumbo Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruited Gelatin	<b>April 5, 2007</b> Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	<b>April 6, 2007</b>  <i>Closed for Good Friday.</i>
<b>April 9, 2007</b> Salisbury Steak Mashed Potatoes Lettuce & Sliced Tomatoes	<b>April 10, 2007</b> Spaghetti & Meatballs Green Beans Creamy Coleslaw Chocolate Cake	<b>April 11, 2007</b> Chicken Fajitas Spanish Rice Refried Beans Fruited Gelatin	<b>April 12, 2007</b> Herb Baked Chicken Leg Quarter Sweet Potatoes Brussels Sprouts	<b>April 13, 2007</b> Seafood Salad on Bun Sliced Carrots Citrus Segments Salad Split Pea Soup
<b>April 16, 2007</b> Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad	<b>April 17, 2007</b> Swedish Meatballs White Rice Cauliflower Tossed Salad	<b>April 18, 2007</b> Barbecued Chicken Breast Macaroni & Cheese Confetti Coleslaw	<b>April 19, 2007</b> Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot-Raisin Salad	<b>April 20, 2007</b> Hamburger on Bun Potato Salad Navy Bean Soup Fresh Melon
<b>April 23, 2007</b> Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Pear Halves	<b>April 24, 2007</b> Roasted Chicken Rice Pilaf California Blend Vegetables Orange Juice	<b>April 25, 2007</b> Barbecued Roast Pork Spaghetti Okra & Tomatoes Apple Sauce Banana	<b>April 26, 2007</b> Sloppy Joe on Bun Mexicorn Cottage Cheese & Pear Salad Cream of Broccoli	<b>April 27, 2007</b> Spinach Lasagna with Meat Sauce Italian Mixed Vegetables Tossed Salad
<b>April 30, 2007</b> Stuffed Cabbage Roll Green Beans Cottage Cheese & Pear Salad Cream of Potato Soup Chocolate Chip Muffin	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	West Suburban Senior Services is supported by AgeOptions, 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.	

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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shoe rental. Reservations are required at the Senior Citizen Center by April 5th, and a minimum registration is required for this activity to take place. Additional information is available by telephoning the agency.

**Have You Registered for the Casino Trip?**

**W**est Suburban Senior Services is planning a trip to the Potawatomi Casino and Bingo Hall in Milwaukee, Wisconsin, on April 25<sup>th</sup>. The non-refundable \$20.00 per-person fee includes round

trip bus transportation and an all-you-can-eat luncheon buffet. Also, participants receive a \$10.00 voucher once their cards show 50 points earned.

A minimum registration is required for this trip to take place, and paid cash reservations are required at the Senior Citizen Center by April 1st.

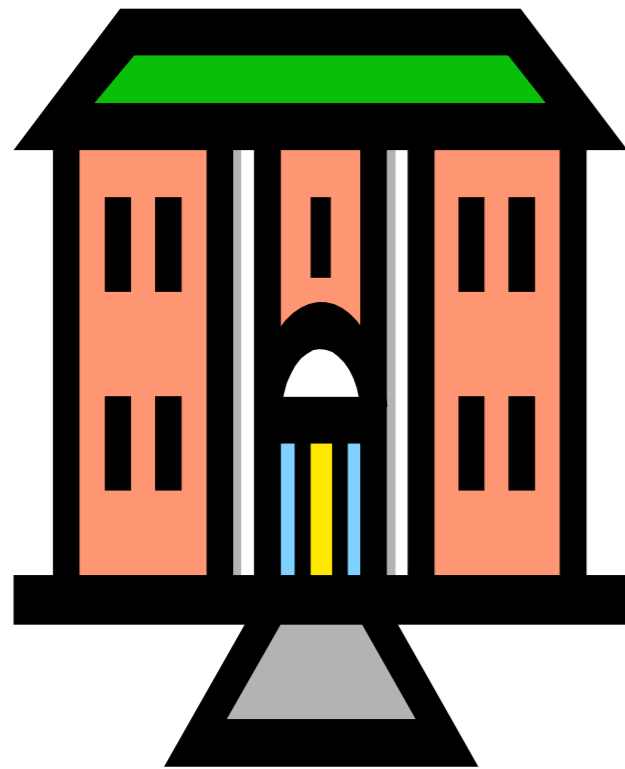
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<b>Maywood Park Dinner Outing</b> 6:00 pm April 19 <sup>th</sup> Melrose Park	<b>Osteoporosis Education &amp; Screening</b> 10:00 am April 18 <sup>th</sup> OARS	<b>Senior Jazzercise</b> 10:30 am Monday, Wednesday & Friday Bellwood	<b>Tammy Duckworth Visit</b> 10:30 am April 5 <sup>th</sup> Bellwood
<b>METRA Train Safety</b> 10:00 am May 1 <sup>st</sup> OARS	<b>Pamper Yourself Day</b> 10:00 am April 18 <sup>th</sup> Bellwood	<b>Spanish Class</b> 10:30 am April 5 <sup>th</sup> , April 12 <sup>th</sup> , April 19 <sup>th</sup> & April 26 <sup>th</sup> Bellwood	<b>Tax Filing Assistance</b> 8:30 am Thursdays through April 5 <sup>th</sup> Bellwood
<b>Mystery Reading Club</b> 9:30 am April 3 <sup>rd</sup> Bellwood	<b>Pie A la Mode</b> 12:15 pm April 19 <sup>th</sup> Bellwood & OARS	<b>Spanish Club</b> 11:00 am April 13 <sup>th</sup> & April 27 <sup>th</sup> Bellwood	<b>Terrific Bingo</b> 12:15 pm April 24 <sup>th</sup> Bellwood
<b>Officers' Club</b> 10:30 am April 30 <sup>th</sup> Bellwood	<b>Podiatry Clinic</b> 9:30 am Thursdays Bellwood	<b>Spring Fling</b> 10:30 am April 16 <sup>th</sup> Bellwood	<b>Walgreen Portraits</b> 10:00 am April 26 <sup>th</sup> Bellwood
<b>Organ Donations</b> 10:00 am April 30 <sup>th</sup> OARS	<b>Progressive Lunch</b> 11:00 am April 9 <sup>th</sup> Bellwood	<b>Surprise Bingo</b> 10:00 am April 23 <sup>rd</sup> OARS	<b>Water Reclamation Plant Tour</b> May 4 <sup>th</sup> 11:00 am Cicero
			<b>Wild Wednesday</b> 10:30 am April 11 <sup>th</sup> OARS

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potentially life-saving information April 17<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Reservations are recommended.

**Bring Your Grandparents to School Day** On April 10<sup>th</sup>, West Suburban Senior Services and Proviso High School District 209 are inviting seniors to visit Proviso East and Proviso West High Schools. Additional information is included in a separate newsletter article.



**Bunco Party** For 50 cents, seniors play this game April 4<sup>th</sup>, April 11<sup>th</sup> and April 25<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. A minimum participation is required.

**Candy Making** This is the perfect opportunity to make a spring treat for family and friends. The class is scheduled April 3<sup>rd</sup>, 10:30 am, at the Senior Citizen Center. There is no fee.

**Cheese Cake Day** For \$1.00, seniors may enjoy this tasty dessert April 5<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. Reservations are required.

**Color Me Peach Tea** This event is scheduled April 13<sup>th</sup>, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes the tea party and program. Reservations are required by April 11<sup>th</sup>, and participants are encouraged to wear something peach colored.

**Concord Place Bingo Party and Ice Cream Social** This complimentary get-together is being hosted by Concord Place April 30<sup>th</sup>, 1:00 pm to 2:00 pm, in Northlake. Limited bus transportation is available from the Senior Center in Bellwood. The bus departs the Senior Citizen Center at 12:30 pm and returns there at 2:30 pm. Reservations are needed for both the bingo and ice cream social and the bus.

**Cook-Out** Seniors are invited to celebrate spring at a cook-out April 4<sup>th</sup>, 11:30 am, at the Senior Citizen Center in Bellwood. The menu features jumbo beef hot dogs, baked beans, coleslaw, fruited gelatin, apple juice, and milk and coffee. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on April 3<sup>rd</sup>.

**Creative Writing Class** West Suburban Senior Services is pleased to host this class April 24<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new and returning students are welcome.

**DeClutter Class** Seniors are invited to learn ways to declutter their homes and lives at this class April 30<sup>th</sup>, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. It is free.

**Egg Hunt** Seniors are invited to participate in a

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**Briefly Stated**  
**Advisory Council Meeting**  
10:00 am  
April 11<sup>th</sup> Bellwood

11:00 am  
April 11<sup>th</sup> OARS

**Art Class**  
9:00 am  
Tuesdays  
Bellwood

**Banana Splits**  
12:15 pm  
April 26<sup>th</sup>  
Bellwood & OARS

**Bargain Bingo**  
10:00 am  
April 10<sup>th</sup>  
OARS

12:15 pm  
April 16<sup>th</sup>  
Bellwood

**Best Sellers Reading Club**  
9:30 am  
April 24<sup>th</sup>  
Bellwood

**Bowling Party**  
1:30 pm  
April 11<sup>th</sup>  
Hillside

**Breakfast Bingo**  
9:30 am  
April 27<sup>th</sup>  
Bellwood

**Breast Cancer Awareness Program & Tea**  
10:30 am  
April 17<sup>th</sup>  
Bellwood

**Bring Your Grandparents to School Day**  
9:00 am  
April 10<sup>th</sup>  
Maywood

12:30 pm  
April 10<sup>th</sup>  
Hillside

**Bunco Party**  
12:15 pm  
April 4<sup>th</sup>, April 11<sup>th</sup> & April 25<sup>th</sup>  
Bellwood

**Candy Making**  
10:30 am  
April 3<sup>rd</sup>  
Bellwood

**Casino Trip**  
8:30 am  
April 25<sup>th</sup>  
Milwaukee

**Cheese Cake Day**  
12:15 pm  
April 5<sup>th</sup>  
Bellwood

**Color Me Peach Tea**  
10:00 am  
April 13<sup>th</sup>  
Bellwood

**Concord Place Bingo Party & Ice Cream Social**  
1:00 pm  
April 30<sup>th</sup>  
Northlake

**Cook-Out**  
11:30 am  
April 4<sup>th</sup>  
Bellwood

**Creative Writing Class**  
10:00 am  
April 24<sup>th</sup>  
Bellwood

**DeClutter Class**  
12:30 pm  
April 30<sup>th</sup>  
Bellwood

**Egg Hunt**  
12:15 pm  
April 5<sup>th</sup>  
Bellwood & OARS

**Exercise Class – Audio Tape**  
10:30 am  
Tuesdays and Thursdays  
Bellwood

**Fit and Happy**  
10:00 am  
April 24<sup>th</sup>  
OARS

**Foster Grandparents**  
10:30 am  
April 18<sup>th</sup>  
Bellwood

**Fruit Parfaits**  
12:15 pm  
April 12<sup>th</sup>  
Bellwood & OARS

**Game Day**  
10:15 am  
April 23<sup>rd</sup>  
Bellwood

**Gift Shop**  
10:30 am to 1:30 pm  
Monday through Friday  
Bellwood

**Gourmet Dinner Party**  
5:00 pm  
April 27<sup>th</sup>  
Bellwood

**Haircuts**  
10:30 am  
April 10<sup>th</sup> & April 24<sup>th</sup>  
Bellwood

**Hearing Screenings**  
1:00 pm  
April 30<sup>th</sup>  
Bellwood

**Ice Cream Cones**  
12:15 pm  
April 5<sup>th</sup>  
OARS

**Jazz Spectacular**  
2:00 pm  
April 1<sup>st</sup>  
Triton College in River Grove

**Legal Assistance**  
9:00 am  
April 17<sup>th</sup>  
Bellwood

**Local Flooding Issues: Questions & Answers**  
10:30 am  
April 24<sup>th</sup>  
Bellwood

**Luncheon**  
11:30 am  
Weekdays  
Bellwood & OARS

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**Jazz Spectacular** The Bill O'Connell Chicago Skyliners Big Band is presenting this concert April 1<sup>st</sup>, 2:00 pm, on the Triton College campus. Tickets are \$8.00. They may be purchased ahead of time or at the door. Seniors planning to join the group hosted by West Suburban Senior Services are asked to contact the Senior Center director. Seniors are also invited to a pre-concert brunch that day from 11:30 am to 12:30 pm at the Senior Citizens Center. Cost is \$2.00, and reservations are required.

**Legal Assistance** On April 17th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

**Local Flooding: Questions and Answers** A representative from the Metropolitan Water Reclamation District is coming to the Senior Citizen Center in Bellwood on April 24<sup>th</sup> at 10:30 am to address local flooding concerns and related issues. Lunch follows at 11:30 am for the suggested meal donation of \$1.75.

**Lunch Reservations** Our two 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. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Bellwood and OARS Centers can be arranged.

**Maywood Park Dinner Outing** West Suburban Senior Services is hosting a dinner outing to Maywood Park on April 19<sup>th</sup>. Additional information is provided in a separate newsletter article.

**METRA Train Safety** This informative program is being presented May 1<sup>st</sup>, 10:00 am to 11:00 am, at OARS Center. Reservations are recommended.

**Movie Day** Popcorn, soft drinks, good company and an entertaining movie are planned April 16<sup>th</sup>, 10:00 am, at OARS Center, and April 17<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. This month's selection is *Something's Gotta Give*, a comedy with Diane Keaton and Jack Nicholson. Reservations are required by April 13<sup>th</sup>.

**Mystery Reading Club** Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Public Library. The group is meeting April 3<sup>rd</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons 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 April 30<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Organ Donations** The Secretary of State's office is presenting this program April 30<sup>th</sup>, 10:00 am, at OARS Center. Reservations are encouraged.

**Osteoporosis Education and Screening** White Crane Wellness Center is hosting this program

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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 nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering, and agency staff. The Advisory Council is meeting April 11<sup>th</sup>, 10:00 am, at the Senior Citizen Center in Bellwood, and 11:00 am at OARS Center.

**Art Class** The Senior Citizen Center in Bellwood 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.

**Banana Splits** This ice cream delight is being served April 26<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Bargain Bingo** Fifty-cent bingo and a fifty-cent dessert are featured at this event April 10<sup>th</sup>, 10:00 am, at OARS Center, and April 16<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. Lunch is served at 11:30 am for the suggested donation of \$1.75.

**Best Sellers Reading Club** West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's next meeting is

April 24<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center. Seniors planning to participate should telephone the agency now to sign out copies of the current reading selection.

**Bingo** Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm (Senior Citizen Center) and 10:00 am (OARS Center).

**Bingo Bonanza** A double session of party bingo is planned April 2nd at the Senior Citizen Center in Bellwood, and April 3rd at OARS 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.

**Bowling Party** West Suburban Senior Services is hosting a bowling party April 11<sup>th</sup>, 1:30 pm, at the Hillside Bowl. Additional information is provided in a separate newsletter article.

**Breakfast Bingo** Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party April 27th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on April 25<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Breast Cancer Awareness Program and Tea** A breast cancer health educator from the Cook County Bureau of Health Services is presenting

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