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Things You Wanted to Know about Chocolate Rocky Mountain Chocolate Factory in Elmhurst is presenting this program April 17th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include the history of chocolate and the development of the product to its present form.

Travels Around the World Students and faculty from Elmhurst College are presenting the final program about their international travel experiences. It is scheduled April 14th from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood.

Triton Dinner West Suburban Senior Services is hosting a dinner outing to Triton College on April 30th, 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary art students, the buffet includes an assortment of hot entrées, salads, cheeses, rolls, desserts, and coffee and hot tea. The \$9.50 per-person cost includes the buffet; tip is extra. Seating is limited, and reservations are being accepted at the Senior Citizen Center in Bellwood on a first come, first serve basis.

Nonrefundable cash payments are due when reservations are made. The reservation deadline is April 21st.

Understanding Senior Living Options This program is scheduled April 23rd, 10:00 am to 11:00 am, at OARS Center. The pros and cons of different senior facilities are being discussed. Partners in Senior Care, Inc. is the program presenter.

Volunteer Appreciation Breakfast West Suburban Senior Services is honoring its volunteers at a breakfast April 29th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Reservations are required by April 23rd.

Whist and Spades West Suburban Senior Services invites card players to this friendly competition April 30th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Refreshments are being served.

Who Gets Grandma's Yellow Pie Plate? University of Illinois Extension is presenting this program April 16th, 10:00 am to 11:00 am, at OARS Center. It focuses on the transfer of non-titled property.

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

Pamper Yourself Day

If you are looking for an enjoyable way to reduce stress and lift your spirits, then you won't want to miss West Suburban Senior Services' Pamper Yourself Day on April 16th.

Festivities begin with a 10:00 am tea party at the Senior Citizen Center in Bellwood. Participants are then being served a specially catered lunch in an elegant dining room setting. Cost for the tea and lunch is \$6.00.

Participants may also visit Ms. Robert's Academy of Beauty Culture in Hillside for facials, manicures, pedicures, roller sets, permanents and relaxers. Prices are as follow: manicures \$5.00, pedicures (non-diabetics only) \$10.00, facials \$10.00, roller sets \$10.00, permanents \$25.00, and relaxers \$25.00.

Paid lunch and tea reservations are due at the Senior Citizen Center by April 11th, and a minimum registration is required for this activity to take place. Seniors interested in the personal care services should pay the school directly.

Seniors who are not participating in the tea and lunch may receive the discounted services at Ms. Roberts from 9:30 am to 11:00 am; tea and lunch participants may visit the school until 2:30 pm.

Additional information is available from West Suburban Senior Services.

Let's Get Active!

Memorial Park District and West Suburban Senior Services are cosponsoring a special week of events April 21st through April 25th to help seniors age 60 and older begin their spring fitness and activity program. The schedule includes the following:

- *Free Use of the Track and Workout Room* at the Center at Stevenson Park, 3101 Washington Boulevard in Bellwood, Tuesdays, Thursdays and Fridays, 9:30 am to 11:30 am, throughout April.
- *Carnival Games* April 21st at the Center at Stevenson Park. Seniors may test their memory and physical skills from 9:30 am to 11:00 am. Participants should wear gym shoes to protect the gymnasium floor. A turkey croissant boxed lunch is being served at 11:30 am. Lunch reservations are due at West Suburban Senior Services by noon on April 16th. Cost is \$1.75 or \$1.20 for seniors with a WSSS meal ticket.

- *Bingo Blow-Out and Lunch* April 22nd, 10:15

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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. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the Senior Chronicle out due to increased postage costs. 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 supported by the AgeOptions 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 and Proviso Townships, 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.

Board of Directors

The Board of Directors elected, during the 35th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

- Mrs. Elaine Reno, President
- Mrs. Debbie Nowader, Vice President
- Ms. Carole Kulinski, Secretary
- Mrs. Lois Albers, Treasurer

Directors

- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Honorable James Discipio, DDS
- Mrs. Lela Grimble
- Honorable Noreen Love
- Honorable Anthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

Honorary Directors

- Honorable Anthony Calderone
- Honorable Gary Woll

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Senior Services, 439 Bohland Avenue, Bellwood, IL 60104. The deadline for deposits is June 13th.

Final tour payments are due no later than September 18th. Those checks, made payable to Mayflower Tours, should be mailed directly to the company: Mayflower Tours, Group Sales Department, 1225 Warren Avenue, P. O. Box 490, Downers Grove, IL 60515.

Informational flyers about the Wisconsin Wonders trip are available at the Senior Citizen Center in Bellwood, OARS Center in LaGrange, and River Park Center in Forest Park. Questions may be directed to Mayflower Tours, (630) 435-8525, or to West Suburban Senior Services.

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Pokeno 12:15 pm April 4 th Bellwood	Southern Belle Tea Party 10:00 am April 11 th OARS	Tax Filing Assistance 8:30 am April 3 rd & April 10 th Bellwood	Understanding Senior Living Options 10:00 am April 23 rd OARS
Program Potluck 10:30 am April 28 th Bellwood	Spanish Club 11:00 am April 11 th & April 25 th Bellwood	Tea and Talk 10:30 am April 9 th Bellwood	Volunteer Appreciation Breakfast 9:30 am April 29 th Bellwood
Robber Bingo 10:15 am April 2 nd & April 30 th Bellwood	Spring Bloom Tea Party 10:00 am April 11 th Bellwood	Ten Common Mistakes Seniors Make with Their Health 10:30 am April 17 th Bellwood	Wheelbarrow Sundaes 12:15 pm April 17 th Bellwood & OARS
Rules of the Road Review Class 1:30 pm April 18 th Bellwood	Spring Fling 9:30 am April 18 th Bellwood	Things You Wanted to Know about Chocolate 10:30 am April 10 th Bellwood	Whist & Spades 12:15 pm April 30 th Bellwood
Second Shift 7:00 pm April 16 th Forest Park	Strength for Caring 10:30 am April 9 th Bellwood	Travels Around the World 10:30 am April 14 th Bellwood	Who Gets Grandma's Yellow Pie Plate? 10:00 am April 16 th OARS
Senior Back Pain 10:00 am April 15 th OARS	Surprise Bingo 12:15 pm April 14 th Bellwood	Triton Dinner 5:30 pm April 30 th River Grove	

Briefly Stated

Advisory Council

10:00 am
April 9th
Bellwood

11:00 am
April 9th
OARS

April Fool's Day Party

11:00 am
April 1st
Bellwood & OARS

Art Class

9:00 am
Tuesdays
Bellwood

Best Sellers Reading Club

9:30 am
April 29th
Bellwood

Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
April 7th
Bellwood

10:15 am
April 8th
OARS

Bird House Craft Project

12:15 pm
April 21st
Bellwood

**Black Cows
Root Beer Floats**

12:15 pm
April 3rd
Bellwood & OARS

Blood Sugar Checks

10:00 am
April 30th
OARS

**Bring Your Own Board
Checkers Fridays**

10:30 am
April 4th, April 11th, April 18th
& April 25th
Bellwood & OARS

Caregiver Education

10:30 am
April 2nd
Bellwood

Cook-Outs

11:30 am
April 2nd, April 18th & April
30th
Bellwood & OARS

Creative Writing Class

10:00 am
April 22nd
Bellwood

Decluttering Class

12:30 pm
April 28th
Bellwood

Everything Sweet Bingo

12:15 pm
April 28th
Bellwood

10:00 am
April 18th
OARS

Exercise Class

10:30 am
Monday through Friday
Bellwood

Fancy Potholder Craft

12:15 pm
April 15th
Bellwood

**Flower Pot
Painting and Planting**

10:00 am
April 29th
OARS

Foster Grandparents

10:30 am
April 16th
Bellwood

Fun with Computers Class

10:00 am
April 8th
Forest Park

Gift Shop

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

Haircuts

10:30 am
April 8th & April 22nd
Bellwood

Ice Cream and Cake

12:15 pm
April 24th
Bellwood & OARS

Just for Men

10:30 am
April 16th
Bellwood

Legal Assistance

9:30 am
April 15th
Bellwood

Let's Get Active

Times Vary
April 21st through April 25th
Bellwood

Line Dancing

10:00 am
Fridays
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

Meditation & Centering

12:15 pm
April 11th & April 25th
Bellwood

Movie Days

12:15 pm
April 8th & April 29th
Bellwood

Mystery Reading Club

9:30 am
April 1st
Bellwood

Navigator Computer Lab

10:00 am
Weekdays
Bellwood

Officers' Club

10:30 am
April 28th
Bellwood

Pamper Yourself Day

10:00 am
April 16th
Bellwood

Pie A la Mode

12:15 pm
April 10th
Bellwood & OARS

Podiatry Clinic

9:30 am
Thursdays
Bellwood

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Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Program Potluck This new feature is scheduled April 25th, 10:00 am to 11:00 am, at OARS Center, and April 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch is served at 11:30 am at both sites for the suggested donation of \$1.75.

Rules of the Road Review Class The Illinois Secretary of State's office is presenting this free class April 18th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is given as part of the class. Appointments are required and may be made by telephoning West Suburban Senior Services.

Second Shift West Suburban Senior Services is pleased to announce this new caregiving group; it is meeting April 16th, 7:00 pm to 8:00 pm, at River Park Center. The group focuses on the challenges of balancing work and caregiving duties.

Senior Back Pain National University of Health Sciences in Lombard is presenting this program April 15th, 10:00 am to 11:00 am, at OARS Center. The types and causes of lower back pain, and pain management tips, are among the topics being discussed.

Southern Belle Tea Party This event is scheduled April 11th, 10:00 am to 11:00 am, at OARS Center. Refreshments and a craft are among the scheduled activities. Reservations are required by April 9th, and a minimum registration is required for this activity to take place.

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Spring Bloom Tea Party This activity is scheduled April 11th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. This month's tea topic is *Let's Talk...What the Kids Need to Know*. Presented by Partners in Senior Care, Inc., this program discusses the importance of organizing legal, financial and health records.

Spring Fling Party bingo, Pokeno , breakfast, lunch and ice cream cones are part of the fun April 18th at the Senior Citizen Center in Bellwood. A pancake and sausage breakfast is being served at 9:30 am; party bingo follows from 10:00 am to 11:00 am. Lunch is served at 11:30 am. Pokeno and ice cream cones are featured from 12:15 pm to 1:15 pm. Cost is \$4.00 per person; the two meals and all activities are included. A minimum registration is required for this activity to take place.

Strength for Caring On April 9th, West Suburban Senior Services' caregiver specialist is leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session focuses on maintaining emotional health and reducing stress through peer support and storytelling.

Tea and Talk This program is scheduled April 9th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors may enjoy a cup of tea and a pastry, and visit with a local dignitary or a representative of a community organization. Youth Outreach Services is this month's guest.

Ten Common Mistakes Seniors Make with Their Health White Crane Wellness Center is the sponsor of this program April 17th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics of discussion include physician-patient communications, self-health tips and the workings of the healthcare system.

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	April 1, 2008	April 2, 2008	April 3, 2008	April 4, 2008
All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements	Sliced Turkey Herb Dressing Corn Cranberry Sauce Apricot Halves	Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruited Gelatin	Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	Cheese Ravioli Broccoli Tossed Salad Fresh Bananas
April 7, 2008	April 8, 2008	April 9, 2008	April 10, 2008	April 11, 2008
Salisbury Steak Mashed Potatoes Sliced Tomatoes and Lettuce Vegetable Soup Tropical Fruit	Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	Chicken Fajitas Spanish Rice Refried Beans Fruited Gelatin	Herb Baked Chicken Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Orange	Tuna Salad on Bun Sliced Carrots Citrus Segments Split Pea Soup Vanilla Pudding
April 14, 2008	April 15, 2008	April 16, 2008	April 17, 2008	April 18, 2008
Meatball Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	Swedish Meatballs White Rice Cauliflower Tossed Salad Tropical Fruit	Barbecued Chicken Breast Macaroni and Cheese Confetti Fruit Juice Butterscotch Pudding	Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot Raisin Salad Fruit Yogurt	Hamburger on Bun Potato Salad Navy Bean Soup Fresh Melon
April 21, 2008	April 22, 2008	April 23, 2008	April 24, 2008	April 25, 2008
Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Peach Halves	Roasted Chicken Rice Pilaf California Vegetables Orange Juice Pineapple Chunks	Barbecued Roast Pork Spaghetti Okra and Tomatoes Apple Sauce Banana	Sloppy Joe on Bun Green Beans Cottage Cheese and Pear Salad Cream of Broccoli Soup Cookies	Spinach Lasagna Italian Mixed Vegetables Tossed Salad Apricots
April 28, 2008	April 29, 2008	April 30, 2008	West Suburban Senior Services is supported by the 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 Commissions of Berwyn and Proviso Townships, local villages, and donations.	
Stuffed Cabbage Roll Green Beans Cottage Cheese and Pears Cream of Potato Soup Chocolate Chip Muffin	Sliced Turkey Herb Dressing Corn Cranberry Sauce Apricot Halves	Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruited Gelatin		

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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am to 2:15 pm, at the Senior Citizen Center, 439 Bohland Avenue in Bellwood. Party bingo is scheduled from 10:15 am to 11:15 am, and from 12:15 pm to 2:15 pm. Lunch is served at 11:30 am. Cost for the entire event, including the meal, is \$2.00. Reservations required by noon on April 16th.

- *Chair exercises and healthy cooking demonstration* April 23rd at the Bellwood Public Library, 600 Bohland Avenue. University of Illinois Extension's healthy eating demonstration is scheduled at 10:00 am; exercise begins at 11:00 am.
- *Adventure Trip* April 24th, 10:00 am to 11:30 am, to an area site. Minimal walking is involved. The trip is free, but bus seating is limited. Reservations are due at West Suburban Senior Services by April 16th. The trip departs from and returns to the Senior Citizen Center.
- *Breakfast with the Mayor*, April 25th, 9:30 am to 10:00 am, at the Senior Citizen Center in Bellwood. Bellwood Mayor Frank Pasquale will talk informally with participants. Cost is \$2.00, and reservations are required by noon on April 23rd. Weather permitting, a neighborhood walk is scheduled at 10:00 am.

Senior Job Fair

West Suburban Senior Services is hosting its annual Senior Job Fair May 12th 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 organizations are available to share

information about job training programs. Additional information is being shared in the May edition of *The Senior Chronicle*.

To Senior Citizen Clubs...

West Suburban Senior Services invites senior clubs to hold a luncheon meeting at either the Senior Citizen Center in Bellwood or at the OARS Center in LaGrange. In addition to serving club members a catered meal for the suggested donation of \$1.75, the agency provides a comfortable room for the meeting and offers a choice of programs for the meeting. These range from educational (senior benefit checkup, for example) to social (a tea party, for example). These "extras" are provided at no cost. To schedule a site tour, or to discuss menu selections and program possibilities, interested clubs should contact the Senior Center director. The Senior Citizen Center is located at 439 Bohland Avenue in Bellwood; OARS is located at 712 East Elm Street in LaGrange.

Senior Talent Competition

West Suburban Senior Services is pleased to host its first *Senior Talent Quest* in May as part of its Older Americans' Month celebration. Seniors are invited to perform Monday, May 19th, between 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Categories of competition are vocal, instrumental, dance and other. Individuals and groups are welcome; performances are limited to ten minutes each. Interested seniors must sign up for the competition at West Suburban Senior Services by May 15th, and a minimum number of contestants is required for the competi-

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available to come to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

Let's Get Active! Memorial Park District and West Suburban Senior Services are cosponsoring a week-long series of events April 21st through April 25th to help seniors begin their spring fitness and activity program. A complete schedule of events is included in a separate article.

Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 10:00 am and 11:00 am. There is no charge.

Lunch Reservations Our two nutrition sites offer seniors 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 nutritious, delicious 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 Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Meditation Overview and Classes Matt Barnes is conducting meditation and relaxation classes April 11th and April 25th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Enrollment is free.

Movie Days This month, seniors may enjoy two movies at the Senior Citizen Center in Bellwood. *Martian Child*, featuring Amanda Peet, and John and Joan Cusack, is scheduled April 8th. The warm and funny film explores a new father's discovery that being a parent means anything is possible. *The Jane Austen Book Club* is being shown

April 29th. Lynn Redgrave heads an all-star cast in this romantic comedy that takes reading the classics to a new level. The movies begin at 12:15 pm, and refreshments are served.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting April 1st, 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.

Navigator Computer Lab West Suburban Senior Services invites seniors to use its computer lab at the Senior Citizen Center in Bellwood. Staff is available Monday through Friday between 10:00 am and 12:00 noon to help seniors access various internet sites including Google, Medicare, Illinois Rx and Blue Cross Insurance. With this knowledge, seniors can research supplemental insurance coverage, and also manage Medicare and prescription drugs on line. Appointments for the computer lab are required.

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 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Pamper Yourself Day West Suburban Senior Services invites seniors to this special day of relaxation April 16th at the Senior Citizen Center in Bellwood. Complete information is provided in a separate article.

Pie A la Mode This dessert is being served April 10th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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Bellwood and at OARS Center. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon April 1st and April 29th, respectively. On April 18th at 11:30 am, seniors may enjoy grilled hamburgers. Reservations are due by 12:00 noon on April 17th; meal donation is \$1.75.

Creative Writing Class New and returning students are welcome at this monthly class at the Senior Citizen Center in Bellwood. This month's meeting is April 22nd from 10:00 am to 11:30 am. There is no enrollment fee.

DeCluttering Class Seniors are invited to learn ways for decluttering their homes and lives at this class April 28th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. There is no enrollment fee.

Everything Sweet Bingo This party bingo is a must for seniors who have a sweet tooth. It is scheduled April 18th, 10:00 am to 11:00 am, at OARS Center, and April 28th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Fancy Potholder Craft Seniors are invited to create this easy but useful craft April 15th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required by April 10th.

Flower Pot Painting and Planting This "think spring" activity is taking place April 29th, 10:00 am to 11:00 am, at OARS Center. The \$1.00 fee includes a flower pot, instruction and a small

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plant. Reservations are required by April 10th.

Foster Grandparents West Suburban Senior Services is pleased to cosponsor the Foster Grandparent program. The monthly meeting is held at the Senior Citizen Center in Bellwood and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care. The next meeting is April 16th at 10:30 am.

Fun with Computers Class West Suburban Senior Services and Proviso Township High School District #209 are concluding this session of basic computer classes for seniors at the Proviso Mathematics and Science Academy in Forest Park. Final class is meeting April 8th, 10:00 am to 11:00 am.

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.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site April 8th and April 22nd at 10:30 am. Appointments are required.

Ice Cream and Cake This spring dessert is being served April 24th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Just for Men This care giving group meets April 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is designed to meet the unique needs and challenges of male caregivers.

Legal Assistance On April 15th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is

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tion to take place. Prizes are being awarded for the first, second and third place performances.

Super Seniors Program

The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 19th. 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 pro-

vide acceptable identification to verify their name, date of birth, Illinois residency, Social Security number and signature.

Wisconsin Wonders Trip

West Suburban Senior Services is planning a two-night, three-day trip to northern Wisconsin October 18th through October 20th. Arranged by Mayflower Tours, this fully escorted trip features visits to the Circus World Museum, Mt. Horeb shops and the Mustard Museum, a Swiss dinner with entertainment in New Glarus, a visit to House on the Rock and the Historic Villa Louis, a dinner cruise aboard the *Spirit of Dubuque*, a historic Galena, Illinois, trolley tour, and a visit to Wisconsin's cheese capital. Participants also receive \$15.00 in Mayflower money.

Fees include transportation on a deluxe motorcoach, free home pick up and return, four meals (two dinners and two breakfasts), hotel lodging for two nights and admission to all scheduled attractions. Per-person rates are \$579 for twin, \$718 for single, and \$575 for triple accommodations. A \$150.00 deposit (with no cancellation fee waiver) is required at the time a participant signs up for the trip. Participants wanting an optional cancellation fee waiver must pay a \$200.00 deposit at the time of signing up for the trip. The optional \$50.00 cancellation fee waiver is not refundable. However, participants that purchase one are guaranteed a full refund for cancellations. Also, if participants have to leave the trip early at any time because of a personal illness, or illness or death of an immediate family member or a traveling companion, the fee waiver guarantees a full refund for any unused services.

All deposit checks should be made payable to Mayflower Tours and mailed to West Suburban

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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 9th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

April Fool's Day Party A fifty-cent dessert and team games (Name that Tune and trivia, for example) are featured April 1st at the Senior Citizen Center in Bellwood and at OARS Center. Festivities begin at 10:30 am.

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 29th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. 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 at the Senior Citizen Center and 10:00 am at the OARS Center. A double session of party bingo is planned April 7th at the Senior Citizen Center in Bellwood, and April 8th 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.

Bird House Craft Seniors are invited to decorate a small bird house April 21st, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required by April 16th. The activity is part of the agency's month-long *Think Spring* celebration.

Black Cows For \$1.00, seniors may enjoy a traditional root beer float at the Senior Citizen Center in Bellwood and at OARS Center. Serving date is April 3rd between 12:15 pm and 12:30 pm.

Blood Sugar Checks Care Centers is conducting these complimentary screenings April 30th, 10:00 am to 11:00 am, at OARS Center. Fasting is not required.

Bring Your Own Board Checkers Fridays The BYOB (Bring Your Own Board) Checkers Fridays begin April 4th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood and at OARS Center. Checker players of all skill levels are welcome, and refreshments are being served.

Caregiver Education West Suburban Senior Services' caregiver specialist is conducting a session April 2nd to provide skill building and problem solving strategies for those caring for seniors age 60 and older. Legal and financial issues are this month's focus. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

Cook Outs Hot dogs and baked beans highlight these events April 2nd and April 30th, 11:30 am to 12:15 pm, at the Senior Citizen Center in

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