

(Continued from eleven)

**Take Charge of Your Health!** Information is presented in a separate article.

**Tax Filing Assistance** American Association of Retired Persons (AARP) is providing free tax filing assistance at the Senior Citizen Center in Bellwood for low-and middle-income seniors age 60 and older. This service is available on Thursdays through April 9<sup>th</sup>, 8:30 am to 12:30 pm. Appointments are required and may be made by telephoning the agency.

**Triton Dinner Outing** West Suburban Senior Services is hosting a dinner outing to Triton College April 22<sup>nd</sup>, 5:30 pm to 7:00 pm. Additional information is available at the Senior Center.

**Waffle Sundaes** This fruit and ice cream dessert is being served April 2<sup>nd</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**West Suburban Walkers** After a winter break, the agency is pleased to restart its walking group every Wednesday at 10:00 am. Seniors meet at the Senior Citizen Center in Bellwood and then walk in the local area at their own pace.

**Wheelbarrow Sundaes** This spring treat is being served April 27<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood, and April 28<sup>th</sup>, 12:15 pm to 12:30 pm, at OARS Center. Cost is \$1.00.

**Wii Bowling** This computerized recreation is being offered every Tuesday at the Senior Citizen Center in Bellwood. The fun begins at 12:30 pm.

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.

More information may be available in a separate article.

*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

## Everything that You Wanted to Know about Social Security but Were Afraid to Ask

**L**aura Feldman of the National Committee to Preserve Social Security and Medicare is presenting a program April 17<sup>th</sup>, 12:00 noon to 1:00 pm, at the Senior Citizen Center in Bellwood. A question and answer session follows her presentation.

## Grandparent Days

**W**est Suburban Senior Services is hosting grandparents from area elementary schools at the Senior Citizen Center in Bellwood. Seniors (age 60 and older) are invited to participate in a program presented by their grandchildren, to enjoy lunch, and to learn about the agency's new *Grandparents Raising Grandchildren* program and other services.

April 7<sup>th</sup>, Mecca Elementary Christian School  
10:30 am Presentations by Mecca students and the Gospel Choir Praise Dancers  
11:30 am Grandparents' Luncheon  
12:15 pm Party Bingo

April 8<sup>th</sup>, McKinley Elementary School  
10:30 am Performance by the school's Grandpar-

ents' Day choir  
11:30 am Grandparents' Luncheon  
12:15 pm Party Bingo

Lunch reservations are required by 12:00 noon on the business day before seniors plan to eat. Additional information is available from the Senior Center Director.

## Grandparents Raising Grandchildren

**T**he number of grandparents who are raising grandchildren today is increasing substantially. It is estimated that there are close to 8 million children being raised by grandparents in the United States. In Illinois, there are over 200,000 children living in grandparent-headed households. Of those, almost 120,000 grandchildren are living with grandparents without either parent present. The parents' lack of involvement is due to drugs or alcohol, divorce, death, incarceration, teen pregnancy, or homelessness. The age of grandparents range from 30 to 90, and the average income is between \$15,000 and \$25,000. Most grandparents are overwhelmed with the responsibility of raising grandchildren. Help is available to grandparents who are raising grandchildren!

Deciding to care for grandchildren is a life-changing decision which can present important challenges for grandparents. Taking care of your grandchildren can cause a lot of emotional strain,

(Continued on page five)

## 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 or our website

## Funding

West Suburban Senior Services is 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.

## Website

*The Senior Chronicle* is also available on the agency's website, [www.wsseniors.org](http://www.wsseniors.org). Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

## Board of Directors

The Board of Directors elected, during the 36<sup>th</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

### Officers

Mrs. Debbie Nowader, President  
Mrs. Lela Grimble, Vice President  
Mrs. Tywana Rand, Secretary  
Mrs. Lois Albers, Treasurer

### Directors

Mrs. Jann Beauchamp  
Mrs. Janice Carter  
Mrs. Mary Conti  
Mrs. Kathleen Contuchio  
Mr. Arthur Grapenthein  
Mrs. Lela Grimble  
Mr. Robert A. Jones  
Mr. Luigi Mazzei  
Commissioner Anthony Peraica  
Ms. Tywana Rand  
Honorable Donald Sloan  
Dr. Robert Strnad, MD  
Ms. Catherine Swan  
Mrs. Jimmi Wooten

### Honorary Directors

Ms. Carole Kulinski  
Judge Noreen Love  
Mrs. Elaine Reno

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**National Volunteer Recognition Week** West Suburban Senior Services is hosting an appreciation luncheon for its volunteers April 29<sup>th</sup>, 11:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood. Reservations are required by April 27<sup>th</sup>.

**Parfaits** Cake and ice cream are featured in this dessert April 30<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Pina Colada Sundaes** This ice cream and fruit dessert is being served April 23<sup>rd</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Planning for Incapacity** Legal Assistance Foundation of Metropolitan Chicago is presenting this program April 13<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include power of attorney and living wills.

**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.

**Pokeno Parties** Seniors are invited to play April 3<sup>rd</sup> and April 24<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments. Pokeno is being played at the OARS Center April 21<sup>st</sup> from 10:00 am to 11:00 am.

**Reading Nutrition Labels** AgeOptions' dietician is presenting this program April 20<sup>th</sup>, 10:30 am to 11:30 am, at the Senior citizen Center in Bellwood. Seniors are encouraged to bring labels from their own food selections if they have questions about label information.

**Rules of the Road Class** Illinois Secretary of State staff are conducting this review class April 17<sup>th</sup>, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is given. The class is free, but reservations are required and may be made by telephoning the agency.

**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 3<sup>rd</sup> and April 17<sup>th</sup>, 11:00 am to 2:00 pm, 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 Dessert Plate** For \$1.00, seniors may sample three desserts April 16<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

**Spring Fling** A tea party, picture decorating contest, wheelbarrow sundaes, party bingo and Pokeno are featured at this event April 27<sup>th</sup> at the Senior Citizen Center in Bellwood and April 28<sup>th</sup> at OARS Center. Tea is being served from 9:45 am to 10:30 am. Party bingo follows from 10:30 am to 11:00 am. Following a 11:30 am lunch, seniors may enjoy a wheelbarrow sundae from 12:15 pm to 12:30 pm. The day concludes with Pokeno from 12:15 pm to 1:15 pm. Cost for all is \$2.00.

**Stepper Dance Class** Beginners and advanced students are welcome in this free class. It is offered April 2<sup>nd</sup>, April 9<sup>th</sup>, April 16<sup>th</sup>, April 23<sup>rd</sup> and April 30<sup>th</sup>, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

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**Briefly Stated**

**Advisory Council**

10:00 am  
April 8<sup>th</sup>  
Bellwood

11:00 am  
April 8<sup>th</sup>  
OARS

**Aroma Therapy**

12:15 pm  
April 20<sup>th</sup>  
Bellwood

**Art Class**

9:00 am  
Tuesdays  
Bellwood

**Arthritis Foundation**

**Exercise Class**

10:00 am  
Mondays  
OARS

**Bingo**

10:00 am  
Thursdays  
OARS

12:15 pm  
Thursdays  
Bellwood

**Bingo Bonanza**

10:15 am  
April 6<sup>th</sup>  
Bellwood

10:15 am  
April 7<sup>th</sup>  
OARS

**Bingo Smorgasbord**

12:15 pm  
April 13<sup>th</sup>  
Bellwood

**Blossom Tea Party**

10:00 am  
April 17<sup>th</sup>  
OARS

**Brain Games**

12:15 pm  
April 1<sup>st</sup>, April 15<sup>th</sup>, & April  
29<sup>th</sup>  
Bellwood

**Breakfast Bingo**

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

**Chair Exercises**

10:00 am  
Fridays  
OARS

**Cheesecake Day**

12:15 pm  
April 9<sup>th</sup>  
Bellwood & OARS

**Compassionate Touch**

10:30 am  
April 23<sup>rd</sup>  
Bellwood

10:00 am  
April 15<sup>th</sup>  
OARS

**Creative Writing Class**

10:00 am  
April 28<sup>th</sup>  
Bellwood

**Egg Decorating**

10:30 am  
April 2<sup>nd</sup>  
Bellwood

10:00 am  
April 3<sup>rd</sup>  
OARS

**Egg Hunt**

12:15 pm  
April 9<sup>th</sup>  
Bellwood & OARS

**Exercise Class**

10:00 am  
Monday through Friday  
Bellwood

**Game Day**

10:00 am  
April 22<sup>nd</sup>  
OARS

10:30 am

April 1<sup>st</sup>  
Bellwood

**Gift Shop**

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

**Grandparent Days**

10:30 am  
April 7<sup>th</sup> & April 8<sup>th</sup>  
Bellwood

**Grief Support Group**

2:00 pm  
April 6<sup>th</sup> & April 20<sup>th</sup>  
Bellwood

**Haircuts**

10:30 am  
April 14<sup>th</sup> & April 28<sup>th</sup>  
Bellwood

**Infectious Diseases**

10:00 am  
April 14<sup>th</sup>  
OARS

**Introduction to Genealogy**

10:45 am  
April 15<sup>th</sup>  
Bellwood

**Koffee Klatch**

10:00 am  
April 8<sup>th</sup>  
OARS

**Legal Assistance**

By Appointment  
Bellwood

**Line Dancing**

9:30 am  
Fridays  
Bellwood

**Luncheon**

11:30 am  
Weekdays  
Bellwood & OARS

**Meditation & Centering  
Class**

12:15 pm  
April 3<sup>rd</sup> & April 17<sup>th</sup>  
Bellwood

**Movie Days**

12:15 pm  
April 14<sup>th</sup>, April 21<sup>st</sup> & April  
28<sup>th</sup>  
Bellwood

**Mystery Reading Club**

9:30 am  
April 7<sup>th</sup>  
Bellwood

**National Volunteer  
Recognition Week**

11:00 am  
April 29<sup>th</sup>  
Bellwood

**Parfaits**

12:15 pm  
April 30<sup>th</sup>  
Bellwood & OARS

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**Super Senior Program**

The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 18<sup>th</sup>. The Super Senior 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 a Rules of the Road class from 10:00 am to 11:00 am. The course includes a review of safe driving techniques, Illinois driving laws and a practice written exam. Class reservations are required and 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 10:00 am and 2:00 pm.
- ❑ obtain a free, non-expiring Illinois photo identification card (residents age 65 and older) between 10:00 am and 2:00 pm. Seniors must provide proof of birth date.
- ❑ renew their driver's license (seniors age 74 and younger) between 10:00 am and 2:00 pm. Drivers age 75 and older are required to take a road test for license renewal and must visit a Secretary of State drivers' 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.



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**Congregate Meals Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>April 1, 2009</b>	<b>April 2, 2009</b>	<b>April 3, 2009</b>
		Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Cantaloupe	Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	Beef Burgundy White Rice California Blend Tossed Salad Banana Bread
<b>April 6, 2009</b>	<b>April 7, 2009</b>	<b>April 8, 2009</b>	<b>April 9, 2009</b>	<b>April 10, 2009</b>
Salisbury Steak Mashed Potatoes Lettuce and Tomatoes Vegetable Soup Tropical Fruit	Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	Chicken Fajitas Spanish Rice Refried Beans Fruit Gelatin	Herb Baked Chicken Sweet Potatoes Brussels Sprouts Cherry Apple Juice Mandarin Oranges	Closed for Good Friday
<b>April 13, 2009</b>	<b>April 14, 2009</b>	<b>April 15, 2009</b>	<b>April 16, 2009</b>	<b>April 17, 2009</b>
Meatloaf Whipped Potatoes Cauliflower Three Bean Salad Chilled Pears	Swedish Meatballs White Rice Broccoli Tossed Salad Tropical Fruit	Barbecued Chicken Macaroni and Cheese Okra & Tomatoes Fruit Juice Butterscotch Pudding	Smothered Steak Scalloped Potatoes Green Beans Carrot and Raisin Salad Fruit Yogurt	Hamburger on Bun Potato Salad Navy Bean Soup Fresh Melon
<b>April 20, 2009</b>	<b>April 21, 2009</b>	<b>April 22, 2009</b>	<b>April 23, 2009</b>	<b>April 24, 2009</b>
Beef Stroganoff Rice Pilaf Green Beans Tossed Salad Pear Halves	Roasted Chicken Whole Potatoes California Blend Orange Juice Pineapple Chunks	Barbecued Roast Pork Spaghetti Stewed Tomatoes Apple Sauce Banana	Sloppy Joe on Bun Mixed Vegetables Cottage Cheese and Pear Salad Cream of Broccoli Soup Cookie	Stuffed Green Peppers Whipped Potatoes Carrots Fresh Punch Juice Fresh Pear

All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements

West Suburban Senior Services is supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.

Senior Citizen Center  
439 Bohland  
Bellwood, Illinois 60104

OARS Center  
712 Elm  
LaGrange, Illinois 60525

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Aging via the Illinois Department of Public Health.

**Hispanic Family Health Fair**

Free health information and screenings, an activity table for seniors, haircuts and activities for children, and snacks are being featured at the Third Annual Hispanic Family Health Fair sponsored by Proviso Township and West Suburban Senior Services Saturday, April 4<sup>th</sup>, 9:00 am to 1:00 pm, at the Melrose Park Civic Center, 1000 North 25<sup>th</sup> Avenue in Melrose Park.

Screenings include blood pressure, bone density, cholesterol, dental, glucose, prostate cancer, spinal and vision. Also, more than forty area health service providers are sharing information on a variety of topics.

Additional information is available from Proviso Township, (708) 449-4300, or West Suburban Senior Services, (708) 547-5600.



**Little Things You Can Do to Improve the Planet**

- ❑ Pick up and throw away trash that you see on the ground.
- ❑ Turn off the faucet while brushing teeth and shaving.
- ❑ Give something away.
- ❑ Recycle everything you possibly can.
- ❑ Change at least some of your light bulbs in your home from incandescent to fluorescence.
- ❑ Air dry your laundry on a clothesline.
- ❑ Stock up on cloth shopping bags to avoid using paper.
- ❑ Donate clothes that you haven't worn in the past year.
- ❑ Install low-flow showerheads in your bathroom.

**We'd Like to Host Your Senior Club Meeting!**

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 a choice of programs. 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; the OARS Center is located at 712 East Elm in LaGrange.

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**Compassionate Touch** Rainbow Hospice is presenting this program April 23<sup>rd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and April 15<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. It focuses on the importance of physical contact in the aging process.

**Creative Writing Class** New and returning students are welcome in this class April 28<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge.

**Egg Decorating** Seniors are invited to participate in this annual tradition April 2<sup>nd</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and April 3<sup>rd</sup>, 10:00 am to 10:45 am, at OARS Center. Cost is 50 cents, and seniors may keep the eggs they decorate. Advance registration is required.

**Egg Hunt** West Suburban Senior services is hosting its annual egg hunt April 9<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. In addition to hunting for tasty treats, seniors are also searching for prize eggs. The event is being held rain or shine.

**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, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood.

**Game Day** Monopoly, checkers and other board games are available for seniors' enjoyment April 1<sup>st</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and April 22<sup>nd</sup>, 10:00 am to 11:00 am, at OARS Center. Refreshments are served.

**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.

**Grief Support Group** West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are April 6<sup>th</sup> and April 20<sup>th</sup> from 2:00 pm to 3:00 pm.

**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 14<sup>th</sup> and April 28<sup>th</sup> at 10:30 am.

**Infectious Diseases** This program is being presented by Hinsdale Hospital April 14<sup>th</sup>, 10:30 am to 11:30 am, at OARS Center. Lunch follows at 11:30 am.

**Introduction to Genealogy** Seniors are invited to learn about tracing their family roots during this workshop April 15<sup>th</sup>, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. If there is sufficient interest, a genealogy club can be formed.

**Koffee Klatch** This new activity is being offered at OARS Center April 8<sup>th</sup>, 10:00 am to 10:30 am. For 50 cents, seniors may enjoy coffee, a pastry and conversation about a topic of interest. This month's discussion centers on healthy but inexpensive summer salads.

**Legal Assistance** Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact West

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(Continued from front cover)

financial strain, and physical strain. It is important to remember to take care of you and ask for help. Start by contacting the Caregiver Specialist at West Suburban Senior Services. We are here to support you in doing the best job possible while caring for your grandchildren. The Caregiver Specialist can link you with community resources and services, such as support groups, financial assistance, legal services, child care, and advocacy with school enrollment.

The following benefits may be available to the grandchildren, even if the grandparent does not have legal guardianship or custody: TANF - cash payments under the program of Temporary Assistance for Needy Families, Child Only Grant, Social Security benefits, Illinois Free Lunch program, Food Stamps through Department of Human Services, and health insurance for the grandchildren through Illinois' All Kids program. For the grandparents who are raising grandchildren, there is financial assistance which can cover utility expenses, medical equipment, home repair, temporary housing, clothing, and school supplies.

Please contact Michelle Barker, Caregiver Specialist for more information.



## Menu Choice Days

**W**est Suburban Senior Services is pleased to offer lunch participants at the Senior Citizen Center in Bellwood and the OARS Center in LaGrange meal options on designated dates. On these dates, seniors may order either the lunch on the menu or a gourmet boxed lunch for the suggested donation of \$1.75. Reservations for the hot meals are required by 12:00 noon on the business day before seniors plan to eat; the boxed lunches have different reservation deadlines noted below.

- April 23<sup>rd</sup> Ham and cheese croissant boxed lunch option. Reservation deadline is 12:00 noon on April 21<sup>st</sup>.
- April 28<sup>th</sup> Turkey croissant boxed lunch option. Reservation deadline is 12:00 noon on April 24<sup>th</sup>.

## Take Charge of Your Health!

**R**egistration is now underway for the *Take Charge of Your Health!* program this month at the Senior Citizen Center in Bellwood. The class is designed to help seniors with a chronic illness thrive---and not just survive.

The program consists of six, 2 ½ hour classes taught by two trained class leaders. Classes are scheduled April 7<sup>th</sup>, April 14<sup>th</sup>, April 21<sup>st</sup>, April 28<sup>th</sup>, May 5<sup>th</sup> and May 12<sup>th</sup>. A minimum enrollment is required for this program to take place.

*Take Charge of Your Health!* is sponsored by AgeOptions. The program is made possible through a grant from the U.S. Administration on

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**Pina Colada Sundaes**  
12:15 pm  
April 23<sup>rd</sup>  
Bellwood & OARS

**Planning for Incapacity**  
10:30 am  
April 13<sup>th</sup>  
Bellwood

**Podiatry Clinic**  
9:00 am  
Thursdays  
Bellwood

**Pokeno Parties**  
10:30 am  
April 3<sup>rd</sup> & April 24<sup>th</sup>  
Bellwood

10:00 am  
April 21<sup>st</sup>  
OARS

**Reading Nutrition Labels**  
10:30 am  
April 20<sup>th</sup>  
Bellwood

**Rules of the Road Class**  
1:30 pm  
April 17<sup>th</sup>  
Bellwood

**Spanish Club**  
11:00 am  
April 3<sup>rd</sup> & April 17<sup>th</sup>  
Bellwood

**Spring Dessert Plate**  
12:15 pm  
April 16<sup>th</sup>  
Bellwood & OARS

**Spring Fling**  
10:00 am  
April 27<sup>th</sup>  
Bellwood

10:00 am  
April 28<sup>th</sup>  
OARS

**Stepper Dance Class**  
10:30 am  
April 2<sup>nd</sup>, April 9<sup>th</sup>, April  
16<sup>th</sup>, April 23<sup>rd</sup> & April  
30<sup>th</sup>  
Bellwood

**Take Charge of Your Health!**  
10:00 am  
April 7<sup>th</sup>, April 14<sup>th</sup>, April  
21<sup>st</sup> & April 28<sup>th</sup>  
Bellwood

**Tax Filing Assistance**  
By Appointment  
Thursdays through April 9<sup>th</sup>  
Bellwood

**Triton Dinner Outing**  
5:30 pm  
April 22<sup>nd</sup>  
River Grove

**Waffle Sundaes**  
12:15 pm  
April 2<sup>nd</sup>  
Bellwood & OARS

**West Suburban Walkers**  
10:00 am  
April 1<sup>st</sup>, April 8<sup>th</sup>, April  
15<sup>th</sup>, April 22<sup>nd</sup> & April 29<sup>th</sup>  
Bellwood

**Wheelbarrow Sundaes**  
12:15 pm  
April 27<sup>th</sup>  
Bellwood

12:15 pm  
April 28<sup>th</sup>  
OARS

**Wii Bowling**  
12:30 pm  
April 7<sup>th</sup>, April 14<sup>th</sup>, April  
21<sup>st</sup> & April 28<sup>th</sup>  
Bellwood

# 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 and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting April 8<sup>th</sup>, 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.

**Aroma Therapy** The types and benefits of this therapy are being discussed April 20<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. A minimum participation is required for this program to take place.

**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. There is a fee for enrollment.

**Arthritis Foundation Exercise Class** West Suburban Senior Services is pleased to host this class each Monday from 10:00 am to 11:00 am at OARS Center. There is no fee.

**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.

**Bingo Bonanza** A double session of party bingo is planned April 6<sup>th</sup> at the Senior Citizen Center in Bellwood, and April 7<sup>th</sup> 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 cost includes prizes and refreshments.

**Bingo Smorgasbord** Loteria and mystery are among the forms of party bingo being played April 13<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

**Blossom Tea Party** Umbrella painting, refreshments and a program highlight this event April 17<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00, and reservations are required by April 15<sup>th</sup>. A minimum registration is required.

**Brain Games** Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled from 12:15 pm to 1:00 pm on April 1<sup>st</sup>, April 15<sup>th</sup> & April 29<sup>th</sup> at the Senior Citizen Center in Bellwood. There is no charge for this activity.

**Breakfast Bingo** This session of party bingo is scheduled April 17<sup>th</sup>, 9:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a pancake and sausage meal and the bingo. Reservations are required by 12:00 noon on April 15<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Chair Exercises** This program takes place every Friday at OARS Center from 10:00 am to 10:30 am. There is no charge.

**Cheesecake Day** Seniors may enjoy this dessert April 9<sup>th</sup>, 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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Suburban Senior Services for more information regarding appointments.

**Line Dancing** Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 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 and Centering Class** Basic meditation and relaxation techniques are the focus of this class April 3<sup>rd</sup> and April 17<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Movie Days** Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *Cadillac* on April 14<sup>th</sup>, *W.* on April 21<sup>st</sup> and *Fireproof* on April 28<sup>th</sup>.

**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 7<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

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