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to the community, group training and education, support groups, respite care, and gap-filling.

Grandparents and Other Relatives Raising Grandchildren Program

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, 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. We have funding that will cover clothing, food, school supplies, medical equipment, and home repair.

Programs and Events Available for Family Caregivers

- Hispanic Family Health Fair, April 10th from 9:00 am to -1:00 pm at the Melrose Park Civic Center,
- Westlake Vendor Fair on April 13th from 12 noon to 2:00 pm at Westlake Hospital,
- Senior Safety Workshop on April 19 from 10:30 am to 11:30 am at West Suburban Senior Center,
- Early Stage Memory Loss Program beginning in April at West Suburban Senior Center,
- Grandparents Day on April 24th from 10:00 am to 1:00 pm at Proviso Math and Science Academy.

In Memoriam

This issue of the *Senior Chronicle* is dedicated to the memory of Ed Barnes. Ed, the son of Matt Barnes, our SHIP volunteer, died suddenly in February, 2010. A presence at the Senior Center, a friend, and wonderful son, Ed's smile, laugh and friendship will be missed by all he touched.

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.

The Hodgkin's Meal Site is located at 9301 63rd in Hodgkins.

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 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.

The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
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

Arthritis Foundation Exercise Program

West Suburban Senior Services announces the Arthritis Foundation Exercise Program at the Senior Citizen Center in Bellwood. The classes are designed to help seniors who have been diagnosed with arthritis or routinely experience joint pain, stiffness or a limited range of motion. The Arthritis Foundation Exercise Program is a low-impact class that can be taken either standing or sitting. The routines use gentle rang-of-motion movements that are suitable for all fitness levels. Routines are quickly learned and easily adapted at home. Classes have been scheduled from 10:00 am to 11:00 am on the following dates: April 6th, 8th, 13th, 15th, 27th and 29th, and May 4th, 11th and 13th. Pre-registration is required.

Early Stage Memory Loss Program

If you are experiencing early stage memory loss or if this is happening to someone you love, please join us for this supportive, informative group. You will learn what to expect with memory loss, how to deal with the fears and frustrations of memory loss, and meet with people who share similar experiences.

This program begins in April. The location of the meetings will be at the Senior Citizen Center, 439

Bohland Ave. Bellwood, on the 3rd floor. For further information, please contact Michelle Bonadies, MSW, at (708) 547-5600, extension 401.

Grandparent's Day Celebration

Proviso Township High School District 209's Board of Education (PMSA) and West Suburban Senior Services (WSSS) invite Proviso Township senior citizens to the *Second Annual Grandparent's Day* Saturday, April 24th, 10:00 am to 1:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park.

The day is designed to celebrate and honor all grandparents in Proviso Township. Senior citizens and their families are being treated to a spring concert by a student choral group, party bingo, door prizes, blood pressure checks and more.

In addition, boxed lunches will be available for \$1.00, and West Suburban Senior Services staff will share information about services and assistance available to grandparents raising grandchildren. Additional information is available.

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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 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. 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 37th 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. Jann Beauchamp, Treasurer

Directors

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

Honorary Directors

Mrs. Lois Albers
Commissioner Anthony Peraica

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→ 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.

Mark Your Calendar for These Events

May 18th Senior Jamboree – Holiday Inn Express, Proviso Township, Village of Hillside and West Suburban Senior Services are hosting this event at the Chicago Airport West – O'Hare, 200 South Mannheim Rd. in Hillside. It features information and entertainment.

May 22nd Greek Night Themed Dinner - The Women's Philoptochos Society of Holy Apostles Greek Orthodox Church in Westchester is hosting this event.

September 9th Cell Phones for Seniors – Sponsored by the Cook County Sheriff's Department, this program provides cell phones that are able to access 911 emergency services only.

September 30th Senior Citizen Law Enforcement Academy – This six-week informational program is designed to give Cook County senior citizens an overview of the criminal justice system in the county. It is presented by the Cook County Sheriff's Department.

Additional information about these events will be shared in future editions of *The Senior Chronicle*.

Volunteer Appreciation Breakfast

April 19th through 24th is *National Volunteer Appreciation Week*, and West Suburban Senior Services is honoring its volunteers at a breakfast April 23rd, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Volunteers are asked to RSVP by April 20th.

We'd Like to Host Your Senior Club Meeting!

West Suburban Senior Services invites senior clubs to hold a luncheon meeting at the Senior Citizen Center in Bellwood. In addition to serving club members a catered meal for the suggested donation of \$2.00, the agency provides a comfortable room for the meeting and a choice of informational 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.

Caregiver Specialist

The Caregiver Specialist links caregivers of older persons, grandparents or other non-parent older adult relatives raising grandchildren, social services staff, and community members with training and educational opportunities, emotional, financial, and physical resources including respite and gap-filling services to support the work, caring and support of caregivers. A Caregiver Specialist is an expert resource person and provides consultation to case managers and other aging network staff. Direct services include Caregiver Resource Center, counseling for caregivers, outreach

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April 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Cream Pie Day Seniors may enjoy this dessert April 22nd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Creative Writing This class is scheduled April 27th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee and new students are welcome.

Egg Hunt West Suburban Senior Services is hosting its annual egg hunt April 1st, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at the congregate meal site in Hodgkins. In addition to hunting for tasty treats, seniors are also searching for prize eggs. The event is being held rain or shine.

English as a Second Language Class This class meets Mondays from 10:00 am to 11:00 am at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

Food Safety University of Illinois Extension is sharing information for preventing foodborne illnesses. The program is scheduled April 20th, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins.

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 5th and April 19th from 1:00 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 13th and April 27th at 10:30 am.

Hearing Screenings Lauret Hearing in Melrose Park is doing free hearing screenings April 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Appointments are required.

Ice Cream Cones This classic dessert is being served April 29th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

International Cuisine Foods from Costa Rica are being featured April 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants may taste recipes prepared by University of Illinois Extension.

Internet Café West Suburban Senior Services is hosting basic computer classes Mondays, Tuesdays and Wednesdays, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The Wednesday class is taught in Spanish. There is no class fee.

Legal Assistance Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns.

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, and Fridays, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. 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 require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

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Briefly Stated

Advisory Council
10:00 am
April 14th
Bellwood

1:00 pm
April 14th
Hodgkins

Art Class
9:00 am
Tuesdays
Bellwood

Arthritis Foundation Exercise Class
10:00 am
April 6th, April 8th, April 13th, April 15th, April 27th & April 28th
Bellwood

Bargain Bingo
12:15 pm
April 12th
Bellwood

Bean Bag Toss Tournament
10:30 am
April 6th
Bellwood

Bingo Smorgasbord
12:30 pm
April 19th
Bellwood

Brain Games
12:15 pm
April 7th, April 14th, April 21st & April 28th
Bellwood & Hodgkins

Breath of Spring: Flowering Bulbs
10:30 am
April 7th
Bellwood

12:15 pm
April 27th
Hodgkins

Caregiver Support Group
2:00 pm
April 7th & April 21st
Bellwood

Casino Party Bingo Night
4:00 pm
April 30th
Bellwood

Clutter Solutions
10:45 am
April 21st
Bellwood

Costa Rica: Culture and Customs
10:30 am
April 13th
Bellwood

Cream Pie Day
12:15 pm
April 22nd
Bellwood

Creative Writing
10:00 am
April 27th
Bellwood

Egg Hunt
12:15 pm
April 1st
Bellwood & Hodgkins

English as a Second Language Class
10:00 am
April 5th, April 12th, April 19th & April 26th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

10:30 am
Weekdays
Hodgkins

Grandparents' Day
10:00 am
April 24th
Forest Park

Grief Support Group
1:00 pm
April 5th & April 19th
Bellwood

Haircuts
10:30 am
April 13th & April 27th
Bellwood

Hearing Screenings
10:30 am
April 8th
Bellwood

Hispanic Family Health Fair
9:00 am
April 10th
Melrose Park

Ice Cream Cones
12:15 pm
April 29th
Bellwood

International Cuisine
10:30 am
April 26th
Bellwood

Internet Café
10:00 am
Mondays, Tuesdays & Wednesdays
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

12:15 pm
Fridays
Hodgkins

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Maximizing Small Kitchen Appliances
12:15 pm
April 26th
Bellwood

Medical Privacy: Your Rights & Responsibilities
10:30 am
April 20th
Bellwood

12:15 pm
April 6th
Hodgkins

Meditation & Centering Class
12:15 pm
April 9th & April 23rd
Bellwood

Movie Days
12:30 pm
April 6th, April 13th, April 20th & April 27th
Bellwood

Mystery Reading Club
9:30 am
April 5th
Bellwood

Pina Colada Sundaes
12:15 pm
April 15th
Bellwood

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Blow-Out
9:30 am
April 16th
Bellwood

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Maximizing Small Kitchen Appliances University of Illinois Extension shares information to help seniors make the most of their small kitchen appliances. The program is scheduled April 26th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

Medical Privacy: Your Rights and Responsibilities This program helps seniors understand the main issues surrounding the privacy of medical records and how they can safeguard their personal medical information. It is scheduled April 20th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and April 6th, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. University of Illinois Extension is the presenter.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class April 9th and April 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days Seniors are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Up in the Air* on April 6th, *The Hurt Locker* on April 13th, *Everybody's Fine* on April 20th, and *Old Dogs* on April 27th. In addition, there will be a special showing of *Precious* April 16th at 12:30 pm.

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 5th, 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.

Parfaits This ice cream, cake and fruit dessert is being served April 1st, 12:15 pm to 12:30 pm, at

the Senior Citizen Center in Bellwood. Cost is \$1.00.

Pina Colada Sundaes For \$1.00, seniors may enjoy this dessert April 15th at the Senior Citizen Center in Bellwood. Serving time is 12:15 pm to 12:30 pm.

Pokeno Blow-out This double session of Pokeno is scheduled April 16th from 9:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The \$2.00 cost includes prizes and a French toast breakfast. Reservations are required by 12:00 noon on April 14th, and a minimum registration is needed for this activity to take place.

RED Plan University of Illinois Extension is sharing information to help seniors incorporate appropriate rest, exercise and diet in their lifestyles. The program is scheduled April 13th, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins.

Rediscovering Your Inner Self Tami Jimenez, LCSW, is explaining how foods, colors and smells affect moods and behaviors. The interactive program is April 12th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Rules of the Road This review class is being conducted by staff from the Illinois Secretary of State April 16th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. There is no fee, but reservations are required.

Seniors' Night Out West Suburban Senior Services is hosting a dinner outing to Tony's Restaurant in Brookfield April 28th at 5:30 pm. Participants may order from a senior menu; everyone is responsible for providing their own transportation and for paying their bill at the restaurant. To facilitate planning, seniors planning to attend the dinner are asked to call West Suburban Senior Services by April 23rd.

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Note of Appreciation

Thank you to everyone who generously donated winter coats, hats, gloves and scarves to our Coat Drive!

Mark Your Calendar for Our Rummage Sale!

West Suburban Senior Services is holding a rummage sale April 22nd, 9:30 am to 1:30 pm, at the Senior Citizen Center, 439 Bohland Avenue in Bellwood. Toys, books, children and adult clothing and miscellaneous items are being sold. No appliances or large furniture pieces are being included in the sale. Sale donations are being accepted at the Senior Citizen Center April 19th and April 20th between 10:00 am and 2:00 pm.

Money Smarts

Today's economy poses financial challenges, and West Suburban Senior Services is pleased to offer *Money Smart* workshops not only to help seniors protect their finances but also to ease the stress associated with money worries. University of Illinois Extension is the presenter for all programs. Senior Center programs begin at 10:30 am; Hodgkins' programs start at 12:00 noon.

Senior Citizen Center
439 Bohland Avenue
Bellwood

- *Choosing the Best Credit Card*, May 17th. Participants gain information for understanding the different credit cards that are available, for choosing the best card and interest rate, and for understanding the new credit card reform act and rules.
- *Debt Management*, May 10th. This program gives tips to help seniors evaluate their current financial situation, and control and pay down their debt. Participants also gain some helpful resources.
- *Informed Investing*, June 21st. This session gives a basic understanding of key investment concepts and strategies.
- *Protecting Your Credit Information*, June 14th. This program gives information on how credit fraud happens, what to do to protect credit card information and steps to take if someone is the victim of identity theft.

Salernos Pincente Ristorante
9301 West 63rd Street
Hodgkins

- *Choosing the Best Credit Card*, May 11th. Participants gain information for understanding the different credit cards that are available, for choosing the best card and interest rate, and for understanding the new credit card reform act and rules.
- *Debt Management*, May 3rd. This program gives tips to help seniors evaluate their current financial situation, and control and pay down their debt. Participants also gain some helpful resources.
- *Informed Investing*, June 22nd. This session gives a basic understanding of key investment concepts and strategies.

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- *Protecting Your Credit Information*, June 15th. This program gives information on how credit fraud happens, what to do to protect credit card information and steps to take if someone is the victim of identity theft.

Nutrition: Fact versus Fiction

The American Dietetic Association offers this information to help seniors sort through the facts and fallacies about food:

Myth: Fresh fruits and vegetables are healthier than frozen or canned.

Fact: Research shows frozen and canned foods are as nutritious as fresh. In fact, since lycopene --a red pigment naturally found in such foods as tomatoes and watermelons --- is more easily absorbed in the body after it has been processed, canned tomatoes, corn and carrots are sometimes better nutrition choices.

Myth: Body weight is a reliable indicator of a healthful diet.

Fact: No two people have the same body composition. The measure of a person's diet and overall health is a combination of factors, including weight.

Myth: Eating carbohydrates causes weight gain.

Fact: Calories cause weight gain. Excess carbohydrates are no more fattening than calories from any source. Despite the claims of low-carb diet books, a high carbohydrate diet does not promote fat storage by enhancing insulin resistance.

Myth: Eating just before bedtime is fattening.

Fact: What you eat, not when, makes the difference. Calories have the same effect on the body no matter when they are consumed. Evidence

does suggest that eating regular meals, especially breakfast, helps promote weight loss by reducing fat intake and minimizing impulsive snacking.

Myth: Eating sugar causes diabetes.

Fact: Diabetes is caused by a lack of insulin in the body. Since foods that are high in sugar are often high in calories, overeating those foods can lead to weight gain. Research shows people who are overweight and obese are at increased risk for diabetes.

Myth: Occasionally following a fad diet is a safe way to quickly lose weight.

Fact: Many fad diets are developed by people with no science or health background, so some fad diets can even be considered harmful to people with certain health problems.

Super Senior Program

The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 17th. 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 9:30 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.

→ obtain a free Illinois photo identification card (residents age 65 and older) between 10:00 am and 2:00 pm. Seniors must provide proof of birth date.

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Here's to Your Good Health

West Suburban Senior Services is hosting a series of health screenings and programs this month at its two nutrition sites:

Senior Citizen Center
439 Bohland Avenue in Bellwood

- *Hearing Screenings*, April 8th, 11:00 am. Lauret Hearing in Melrose Park is conducting the tests. The screenings are preceded by a program at 10:30 am that discusses how hearing problems sometimes imitate some symptoms of Alzheimer's disease. Appointments for the complimentary hearing screenings are required and may be made by telephoning West Suburban Senior Services.
- *Medical Privacy: Your Rights and Responsibilities*, April 20th, 10:30 am to 11:30 am. This program is designed to help seniors understand the main issues surrounding the privacy of medical records and how they can safeguard their personal medical information. University of Illinois Extension is the presenter.
- *Rediscovering Your Inner Self*, April 12th, 10:30 am to 11:30 am. Tami Jimenez, LCSW, discusses how foods, colors and smells impact moods and behaviors.
- *Sodium and Fat Levels for a Healthy Heart*, April 22nd, 10:30 am to 11:30 am. University of Illinois Extension is sharing information for healthy menu planning at home, and participants receive a heart healthy cookbook.
- *Take Charge of Your Health!*, April 20th, 10:00

am to 12:30 pm. This six-week program is designed to help senior citizens with a chronic illness thrive ---and not just survive. Discussion centers on coping with fatigue, frustration and isolation related to ongoing health conditions. Preregistration is required. *Take Charge of Your Health!* is sponsored by AgeOptions and made possible through a grant from the US Department on Aging and the Illinois Department of Public Health.

Salerno Pincente Ristorante
9301 West 63rd Street in Hodgkins

- *Blood Pressure Screenings*, Date to be announced, 10:30 am to 11:30 am. This service is being provided by the Pleasantview Fire Protection District.
- *Food Safety: Your Health Depends on It*, April 20th, 12:15 pm to 1:15 pm. University of Illinois Extension shares information for preventing foodborne illnesses.
- *Medical Privacy: Your Rights and Responsibilities*, April 6th, 12:15 pm to 1:15 pm.
- *The RED Plan*, April 13th, 12:15 pm to 1:15 pm. University of Illinois Extension shares information to help seniors incorporate appropriate rest, exercise and diet in their lifestyles.

Hispanic Family Health Fair

Free health information and screenings, haircuts, activities for children and snacks are being featured at the Fourth Annual Hispanic Family Health Fair sponsored by Proviso Township and West Suburban Senior Services April 10th, 9:00 am to 1:00 pm, at the Melrose Park Civic Center, 1000 North 25th Avenue in Melrose Park. Everyone is invited to participate.

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<p>RED Plan 12:15 pm April 13th Hodgkins</p> <p>Rediscovering Your Inner Self 10:30 am April 12th Bellwood</p> <p>Rules of the Road 1:30 pm April 16th Bellwood</p>	<p>Seniors' Night Out 5:30 pm April 28th Brookfield</p> <p>Senior Safety 10:30 am April 19th Bellwood</p> <p>Sodium & Fat Levels for a Healthy Heart 10:30 am April 22nd Bellwood</p>	<p>Spring Dessert Plate 12:15 pm April 8th Bellwood</p> <p>Spanish Club 11:00 am April 9th & April 23rd Bellwood</p> <p>Stepper Dance Class 10:30 am Thursdays Bellwood</p>	<p>Take Charge of Your Health 10:00 am April 20th, April 27th, May 4th, May 11th, May 18th & May 25th Bellwood</p> <p>Wii Bowling Tournament 10:30 am April 27th Bellwood</p> <p>Yoga Class Monday, Wednesday & Friday 9:00 am Bellwood</p>
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Senior Safety The Cook County Sheriff's Department is coming to the Senior Citizen Center in Bellwood April 19th, 10:30 am to 11:15 am, to speak about home and community safety. The program helps seniors be aware of dangerous situations, detect scams and make smart choices to lessen their chances of being burglarized or victimized.

Sodium and Fat Levels for a Healthy Heart Participants receive tips for healthy menu planning at home during this program April 22nd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Spring Dessert Plate For \$1.00, seniors may enjoy three treats April 8th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting April 9th and April 23rd, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

Stepper Dance Class Beginners and advanced students are welcome in this free class. It is of-

fered Thursdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Take Charge of Your Health! This six-week class is designed to help seniors with a chronic illness thrive ---and not just survive. It is being held from 10:00 am to 12:30 pm at the Senior Citizen Center on April 20th and April 27th, and May 4th, May 11th, May 18th and May 25th. Pre-registration is required. The program is sponsored by AgeOptions and made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health.

Wii Bowling Tournament This friendly competition is scheduled April 27th, 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Prizes are being awarded. Wii bowling is being scheduled at the Hodgkins meal site. However, a start date was not available when *The Senior Chronicle* went to press.

Yoga Class This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

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 during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting April 14th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood and 1:00 pm to 2:00 pm at the Hodgkins' site located in Salerno Pincente Ristorante.

Arthritis Foundation Exercise Class These complimentary classes are being offered at the Senior Citizen Center in Bellwood from 10:00 am to 11:00 am April 6th, April 8th, April 13th, April 15th, April 27th and April 29th. Additional information is presented in a separate article.

Bean Bag Toss Tournament This friendly competition is scheduled April 6th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Prizes are being awarded.

Bingo Bonanza A double session of party bingo is planned April 5th, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments. Lunch is served at 11:30 am for the suggested donation of \$2.00.

Bingo Smorgasbord This three-hour event features a variety of party bingo including Everything Sweet and Mystery. It is scheduled April 19th, 12:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$2.00.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are

scheduled every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood, and at the congregate meal site in Hodgkins. There is no charge for this activity.

Breath of Spring: Flowering Bulbs Seniors can add a dash of spring color to their homes by participating in this hands-on program April 7th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The program is being repeated April 27th, 12:15 pm to 1:15 pm, at the Hodgkins site. However, those participants receive a gardening kit to take home. University of Illinois Extension is conducting both program sessions.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets April 7th and April 21st from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Casino Party Bingo Night This event is scheduled April 30th, 4:30 pm to 6:00 pm, at the Senior Citizen Center in Bellwood. The \$5.00 cost includes bingo and food. Paid reservations are due at the Senior Citizen Center by April 28th.

Clutter Solutions Collectibles are the focus of this presentation April 21st, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lois Albers is the presenter.

Costa Rica: Customs and Culture As part of its international cuisine series, West Suburban Senior Services introduces seniors to this country

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