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Terrific (Free) Bingo Party Mariner Health of Westchester is hosting complimentary party bingo August 23rd, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on August 22nd. Suggested meal donation is \$1.50.

Unidentified Flying Objects (UFOs) Seniors are invited to learn about this interesting topic August 18th, 10:45 am to 11:30 am, at Bellwood Senior Center. Reservations are recommended.

Veterans' Information On August 9th, a representative from the Illinois Department of Veterans' Affairs is coming to Bellwood Senior Center from 10:45 am to 12:00 noon to answer benefit questions and to assist with related problems. Seniors are encouraged to make appointments by telephoning West Suburban Senior Services.

Victorian Tea Seniors are invited to participate in this unique experience August 16th, 1:00 pm to 2:30 pm, at the Under The Ginkgo Tree Bed

and Breakfast in Oak Park. The \$7.00 fee includes tea, cakes, fresh fruit, a tour of the home and related history. Paid reservations are required at Bellwood Senior Center by August 8th. A minimum registration is required for this outing to take place.

Volunteer Appreciation Coffee West Suburban Senior Services is honoring its volunteers with an appreciation coffee August 22nd, 9:30 am to 10:30 am, at Bellwood Senior Center. Reservations are required by August 18th.

Weight Loss Program Meeting West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center. Additional information is available from the agency's community outreach nurse.

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

Are You Receiving the Benefits to Which You're Entitled?

Do you need help completing and submitting applications? Have you been denied a benefit without sufficient explanation? Do you need help organizing paperwork? Do you want to learn more about government or other public benefits for which you might be eligible?

If you answered "yes" to any of these questions, you are invited to contact Consuelo LeZama, West Suburban Senior Services' Senior Advocate. The Senior Advocate program helps individuals age 60 and older understand and obtain benefits and services. This program is free and confidential.

You can receive help with

- Social Security
- Supplemental Security Income
- Medicaid "Spend Down"
- Qualified Medicare Beneficiary (QMB)
- Specified Low Income Medicare Beneficiary (SLMB)
- Senior Tax Exemption
- Senior Citizen Tax Freeze
- Energy Assistance (LIHEAP)
- Circuit Breaker Pharmaceutical Card
- SeniorCare Card
- Illinois Rx Buying Club

- Food Stamps (LINK)
- Aid to Aged, Blind and Disabled Individuals (AABD)
- Money Management

In addition, the Senior Advocate and trained volunteers screen seniors for benefits by completing a Benefits Check Up questionnaire and report not only for Illinois but also for any state in the United States. They also clarify benefits, assist with paperwork, help obtain necessary documents, and advocate on behalf of seniors with other involved parties.

Seniors are encouraged to telephone West Suburban Senior Services at (708) 547-5600, extension 231, for an appointment. Presentations for senior groups and clubs may also be scheduled.

Assistance Available for Completing New Medicare Prescription Drug Program Applications

Social Security staff are coming to Bellwood Senior Center Tuesdays in July, 10:30 am to 12:00 noon, to help eligible seniors complete applications for the new Medicare Prescription Drug Program (Medicare Part D) that takes effect in January 2006. Seniors are encouraged to make appointments for this assistance by telephoning West Suburban Senior Services at (708) 547-

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

West Suburban Senior Services (formerly Proviso Council on Aging) is supported by the Suburban Area Agency on Aging under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U. S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For addition information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 31st Annual Meeting held in Forest Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mr. Michael Sturino, Esq., President
Ms. Carole Kulinski, Vice President
Honorable Gary Woll, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
Honorable Anthony Calderone
Mrs. Mary Conti
Ms. Carole Kulinski
Mrs. Dorothy Lindsey
Honorable Noreen Love
Honorable Anthony Peraica
Mr. John O'Sullivan
Mr. Gary Woll

Honorary Directors

Mrs. Annette Barker
Honorable Lawrence Terrell

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Pinochle Party Seniors are invited to play this challenging card game August 1st, August 8th, August 15th, August 22nd and August 29th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (August 5th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno This game is being played August 5th, August 12th and August 26th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Property Tax Relief for Seniors Staff from the Cook County Assessor's Office are coming to Bellwood Senior Center August 25th, 10:30 am to 11:15 am. Reassessment notices and available tax relief are being discussed.

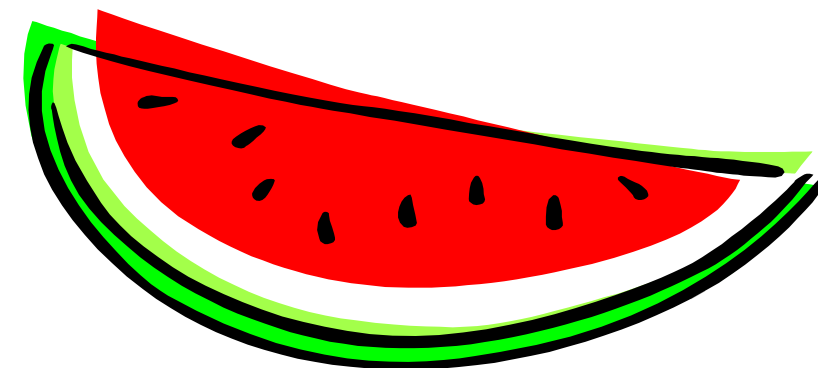
Saturday Lunch Outing West Suburban Senior Services is hosting a lunch outing August 20th, 11:15 am, at Old Country Buffet, 139 West North Avenue, Northlake. Participating seniors are responsible for securing their own transportation and for paying their own bill at the restaurant. Reservations are required at West Suburban Senior Services by August 17th.

Smore's Day August 10th is National Smore's Day, and seniors are invited to enjoy this tasty treat at Bellwood Senior Center and River Park Center. It is being served at 12:15 pm. Reservations are required by August 8th.

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 at 11:00 am, August 5th and August 19th, at Bellwood Senior Center.

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

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

Birthday Celebration Seniors who are celebrating an August birthday are invited to this special party August 16th, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on August 15th.

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo August 19th, 9:00 am to 10:30 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on August 17th; a minimum registration is required for this activity to take place.

Caregiver Support Group West Suburban Senior Services has a support group for family members who care for seniors with Alzheimer's, dementia or chronic illness. The group provides family members with an opportunity to meet others in similar situations and to discuss a variety of issues related to caring for loved ones. The group's next meeting is August 16th from 11:00 am to 12:00 noon at River Park Center.

Chocolate Chip Day August 4th is National Chocolate Chip Day, and seniors are invited to enjoy a 25 cent chocolate chip ice cream cone at Bellwood Senior Center and River Park Center. This treat is being served at 12:15 pm.

Cook Out Hamburgers highlight the menu for this summer activity August 3rd, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. Suggested meal donation is \$1.50,

and reservations are needed by 12:00 noon on August 2nd. Complimentary party bingo follows at the Bellwood and River Park sites.

Craft Co-op Every Friday at 12:15 pm in Bellwood, seniors meet and do various crafts. All crafters are welcome.

Crazy Outfit Day This is an opportunity for seniors to wear their most creative socks, shirts and/or caps to lunch at Bellwood Senior Center and River Park Center. The fun is set for August 8th at 11:00 am. Prizes are being awarded, and table games are also planned.

Cream Pie Day This treat is a delightful way to cool off during the summer heat. It is being served August 9th, 12:15 pm, at Bellwood Senior Center, and August 12th, 12:15 pm, at River Park Center. Cost is \$1.00; reservations are required by August 8th and August 11th, respectively.

Creative Writing Adventure This class is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. On August 23rd, 10:00 am to 11:30 am, at Bellwood Senior Center, participants are learning various aspects of writing: techniques to advance plot and develop character, to critique their own work and the writings of others, to revise their work, to copyright and publish their work, and much more. Interested seniors may register for the class by telephoning West Suburban Senior Services.

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting August 29th, 12:15 pm, at Bellwood Senior Center.

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End-of-Life Decisions Staff from Rainbow Hospice are coming to Bellwood Senior Center August 29th, 10:45 am to 11:30 am, to discuss ethical wills, the five wishes document, power of attorney, and hospice care and medical benefits connected with it. Reservations are recommended.

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

Filmmaking in Illinois Staff from the Illinois Film Office are coming to Bellwood Senior Center August 11th, 10:45 am to 11:30 am, to discuss the history of film production in the state, opportunities for seniors to be involved in films and current film projects in the Chicago area. The presentation is also the official kick-off for West Suburban Senior Services' Illinois Film Festival this month.

Foster Grandparents West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

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

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site August 10th and August

23rd at 10:30 am. Appointments are required.

Healthy Eating for Weight Loss and Maintenance Low fat, high fiber and salt free recipes are being featured at this workshop August 15th, 10:30 am to 11:30 am, at Bellwood Senior Center. All of the featured foods do not heat up the kitchen. Reservations are required.

Hearing Screenings The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center August 11th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon August 9th.

Ice Cream Sandwich Day Seniors are invited to join in this national observance August 2nd at Bellwood Senior Center and River Park Center. This treat is being served at 12:15 pm for a 50 cent donation. Reservations are required by August 1st.

Illinois Film Festival Filmmaking in Chicago and the entire state is on the upswing, and seniors are invited to enjoy a variety of "hometown" classics at Bellwood Senior Center this month. Films are being shown August 15th, August 17th, August 22nd, August 29th and August 31st at 12:15 pm. The festival opens with *The Road to Perdition* starring Paul Newman and Tom Hanks. Interested seniors should telephone the agency in advance for other titles. Reservations are required by 12:00 noon the day before each movie showing.

Insider's View of Professional Baseball A representative of the Schaumburg Flyers baseball team is coming to Bellwood Senior Center August 26th, 11:00 am to 11:30 am, to provide insights about America's favorite pastime. Reservations are recommended.

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.				
August 1, 2005 Roast Beef Whipped Potatoes Green Peas Lettuce Wedge Brownie	August 2, 2005 Creamy Chicken and Broccoli Steamed Rice Carrot-Raisin Salad Fresh Grapes	August 3, 2005 Hamburger on Bun Potato Salad Sliced Tomatoes Fruit Juice Banana Pudding	August 4, 2005 Beef Chop Suey Steamed Rice Lettuce Salad Nectarine	August 5, 2005 Smothered Chicken Breast Quarter Mashed Potatoes California Vegetables Chilled Pears
August 8, 2005 Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	August 9, 2005 Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Fresh Cantaloupe	August 10, 2005 Baked Chicken Leg Quarter Herb Stuffing Succotash Cranberry Juice Pineapple Chunks	August 11, 2005 Italian Beef Au Gratin Potatoes Creamy Coleslaw Cream of Broccoli Soup Chilled Peaches	August 12, 2005 Swedish Meatballs Rice Pilaf Sliced Carrots Apple Juice Angel Food Cake with Strawberries
August 15, 2005 Spaghetti and Meatballs Italian Mixed Vegetables Tossed Salad Fresh Honey Dew Melon	August 16, 2005 Roasted Chicken Breast Quarter Mashed Potatoes Green Peas Sweet and Sour Coleslaw Frosted Lemon Cake	August 17, 2005 Barbecued Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Banana	August 18, 2005 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	August 19, 2005 Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice Cookie
August 22, 2005 Grecian Chicken Leg Quarter Herb Rice Zucchini Cranberry Juice Fresh Plum	August 23, 2005 Stuffed Green Pepper Potatoes O'Brien Corn Tossed Salad Tapioca Pudding	August 24, 2005 Beef and Broccoli Buttered Noodles Corn and Peppers Watermelon	August 25, 2005 Barbecued Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	August 26, 2005 Meatball Sandwich Rotini Noodles Carrots Coleslaw Fruit Gelatin
August 29, 2005 Roast Beef Whipped Potatoes Green Peas Lettuce Wedge Brownie	August 30, 2005 Creamy Chicken and Broccoli Steamed Rice Carrot - Raisin Salad Fresh Grapes	August 31, 2005 Hamburger on Bun Potato Salad Sliced Tomatoes Fruit Juice Banana Pudding	All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements	Please telephone each site by 12:00 p.m. the prior day for lunch reservations.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104
(708) 547-5600

River Park Center
8300 Roosevelt Road
Forest Park, Illinois 60130
(708) 771-0101

OARS Center
712 Elm
LaGrange, Illinois 60525
(708) 547-5600

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- Marinate meats in fruit juices, Italian dressing or sweet-and-sour sauce for extra zest.
- Flavor foods with strong seasoning such as onion, garlic, oregano or mint.

Mall Walkers Unite!

Many seniors looking for reasonable exercise options that allow them to escape the winter cold or the summer heat, turn to mall walking. Many shopping malls operate special hours, prior to when stores are open, for mall walking. Some mall walking programs may include informational seminars on heart health, exercise, nutrition and other topics. They may have monthly activities sponsored by local hospitals or other healthcare organizations. If your local mall has perks like this, take advantage of them! If your mall doesn't have a walking program, consider talking to the mall's management staff to find out why. Some malls don't want to be responsible for possible injuries, and if this is the case, suggest that the staff develop a consent form mall walkers must sign before joining the program. Perhaps the mall staff isn't aware of how much public support there might be for a mall walking program. If you have friends, relatives, or neighbors who want to mall walk, ask them to call the promotions department of the mall to express their interest.

Once the program is in place, stay involved – not just by walking, but by suggesting new ideas for the keeping the program fresh and fun. It might be fun to come up with a special program name and logo that communicates the physical and social benefits of mall walking. Mall merchants may be willing to donate items as prizes to mall walkers who complete a designated distance. Popular prizes include water bottles, books, mugs, fanny packs, pens and pencils, gift certificates, and store

discounts.

One of the most important things to remember about mall walking is to have fun! You're more likely to keep walking if you look forward to it, enjoy it, and can find creative ways to stay entertained. Here are some tips for making your mall walking routine more enjoyable:

- Walk with a buddy – Make sure your buddy is at the same fitness level and can walk at the same pace for the same amount of time.
- Window shop – Mall walking is a great way to keep an eye on bargains.
- Listen to "walking songs" – Make a cassette tape of tunes that have "walking" rhythms to which you can listen while walking.
- Make plans for after your walk – Coffee with friends, lunch, or shopping in the mall where you walk.
- Play games – Play "mind games" in which you look for signs in the mall with certain letters, or sequences of letters, or make up your own mind games.
- Set personal goals – Decide when and how to increase the frequency, duration, or intensity of your walks, then go for it! It may help to keep a journal of your progress.
- Enjoy the scenery – Many malls have attractive decorations and store displays, especially during holiday seasons. Malls are also fun places to "people watch."

- Think, dream, and plan – Use this time to "clear your head." Don't fall into the trap of thinking about all the things you have to do or catch up on at home. This is your time to plan your summer garden, imagine a trip you'd like

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to take, plan a meal for yourself and special guests, or just think about wonderful things you'd like to accomplish in the future.

- Make friends – If you don't have a buddy with whom you can walk, you may meet a fellow mall walker who is at your level and pace.
- Reward yourself – give yourself a reward for walking – you've earned it. Stop for a fruit smoothie or low-fat yogurt, buy a new sweat-shirt, or take a hot bath when you get home. These small indulgences not only remind you that you're doing something positive for yourself, but also will help motivate you to stick with your program.

Safe Crockery Cooking

As temperatures soar, the electric crockery pot becomes an alternative to heating up the kitchen during the summer. However, it is important to follow safety rules when slow cooking.

Meat should not cook below the 140 degree F danger zone for two hours or more. The crockery pot temperature on the low setting may read 200 degrees F, but everything in the pot may not be 200 degrees F. If you plan to use the low setting, turn the crockery pot on high (300 degrees F) for the first hour; then turn it to the lower setting.

Also, never use frozen meat in a slow cooker. Because it takes too long for meat to thaw, the meat stays in the danger zone for too long. Thaw frozen vegetables slightly before adding to the pot, and add them during the last hour of cooking. In addition, don't take the cooker's cover off during cooking. Each time the cover is taken off, you lose about 30 minutes of cooking time.

When cooking is done, unplug the pot, and use a hot pad when lifting the pot for serving. Most crockery pots have a removable stoneware bowl that can be washed safely in a dishwasher or in hot soapy water. Never put the heating unit in water.

Senior Center Reunion

West Suburban Senior Services is pleased to announce its First Annual Bellwood Senior Center reunion on August 19th. This is a special opportunity for seniors who have moved out of the area and for those who have not been able to visit the Senior Center recently for other reasons to reunite with friends. Festivities begin with appetizers at 11:00 am. A cookout follows at 11:30 am. Reservations are required by 12:00 noon on August 18th. Seniors are encouraged to pass along information about the reunion to their friends.

West Suburban Senior Services Plans Giant Rummage Sale

West Suburban Senior Services is holding a giant rummage sale September 10th, 9:00 am to 2:00 pm, at its OARS Center, 712 East Elm, LaGrange. Toys, books, clothing, small appliances and miscellaneous items are being sold. Sale donations are being accepted between 10:00 am and 1:00 pm August 29th through September 8th at Bellwood Senior Center, River Park Center and OARS Center. Volunteers are needed to accept donations at each site, sort and price items before the sale, and to work at the sale. Interested persons should contact the Senior Center Director at (708) 547-5600, extension 238. Sale proceeds benefit West Suburban Senior Services and the seniors the agency serves.

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5600. In addition, West Suburban Senior Services has trained volunteers available to assist home-bound seniors complete the benefit application.

Enjoyable Travel With Grandchildren

Traveling with grandchildren can be a great way to develop a close relationship as well as fond memories. Here are some tips to make this experience pleasurable and meaningful:

- If there is more than one child in the family, take only one grandchild at a time.
- Involve the grandchild in selecting the destination of the short trip.
- Set rules in advance to help minimize problems later.
- Bring a camera and a min tape recorder. They not only provide entertainment but also preserve what is seen on the trip.
- Reward your grandchild for good behavior when reaching your destination.
- Provide a notebook or a diary that can be filled with experiences and information on the place visited.
- Brush up on all the travel games you played with your grandchild's parent. Pack some puzzles, games, books, crayons and coloring books.
- Take along healthy snacks: cereal, nuts, fruits, juice and so forth.

How to Maintain Interest in Foods

The loss of taste and smell can lead to a loss of interest in foods. After the age of 50, people experience a rapid decline in their sense of smell. By age 80, people lose about 50 percent of their original sense of smell. Experts aren't as sure whether the ability to taste lessens with age, but seniors have reported this change too.

Upper respiratory infections, a shortage of some nutrients such as zinc, and some heart and psychiatric drugs can affect a senior's sense of taste and smell. Senior citizens should check with their doctor if they think their sense of smell or taste has changed.

Here are some tips that can increase interest in eating for seniors who have trouble tasting foods:

- Boil down canned fruit nectars such as peach or apricot. Add a tablespoon of flour, and you have a sauce for turkey, rice or chicken.
- Use bottled flavor extracts such as lemon, banana and almond for sauces. Add one teaspoon of flavoring to one cup of water. Thicken with about one tablespoon of cornstarch.
- Try a sweet and sour sauce for meats. Add brown sugar or artificial sweeteners and cornstarch to unsweetened pineapple juice. Add bits of pineapple.
- Use onion and garlic powders for flavor if onions and garlic cause stomach distress. Bacon bits, or butter and cheese flavor enhancers are good on potatoes if salt is not a problem.

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Legal Assistance On August 16th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone us for more information regarding appointments.

Lunch Reservations Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

Maywood Park Dinner Outing West Suburban Senior Services is organizing a dinner outing to Maywood Park August 25th at 6:00 pm. The Surf and Turf buffet includes all-you-can-eat prime rib carved to order, crab legs, a pasta bar, a chicken entrée, vegetables, potatoes, salad bar and dessert table. The meal cost is \$9.95, not including coffee or other beverage. Also, tax and tip are extra. (The total is \$12.00 per person, not including a beverage.) A minimum number of participants is required for the park's group rate. Seniors are responsible for their own transportation to the park. Free parking is available across from the park, or seniors may have valet parking for a \$4.00 fee. Park admission and program costs are included in the dinner fee. Prepaid cash reservations are required at Bellwood Senior Center by August 11th.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting August 2nd, 9:30 am, at

Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is August 31st.

Navy Pier Outing West Suburban Senior Services announces an outing to Navy Pier on August 24th. Participants depart the METRA station in Bellwood at 9:45 am, arriving in the Loop at 10:13 am. They then board free Yellow Star trolleys to Navy Pier. The group departs from Ogilvie Transportation Center at 2:40 pm and arrives in Bellwood at 3:06 pm. The round-trip METRA fee is \$2.90 for seniors who have an RTA reduced fare card. The round-trip fare for others is \$5.80. Also, seniors are responsible for purchasing their lunch at Navy Pier. Reservations are required by August 19th and may be made by contacting the Senior Center director at (708) 547-5600, extension 238. A minimum registration is required for this outing to take place.

Officers' Club Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, August 29th, at Bellwood Senior Center.

Pencil Day This event is a "must" for trivia buffs. It takes place August 17th, 11:00 am, at Bellwood Senior Center. Reservations are recommended.

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The Advisory Council is meeting August 10th, 10:30 am, at Bellwood Senior Center.

Acupuncture Basics The origin and use of this treatment are the focus of a presentation August 16th, 10:45 am to 11:15 am, at Bellwood Senior Center. Reservations are recommended.

Air Traffic Controllers: What They Do August is National Aviation Month, and seniors are invited to meet with an air traffic controller and learn about the many facets of the job August 9th, 10:45 am to 11:30 am, at Bellwood Senior Center. Reservations are recommended.

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



August Carnival This "beat-the-heat" activity features bingo, other table games, lunch, and a dessert table for the cost of \$2.00. The fun is set for August 30th, 10:00 am to 1:00 pm, at Bellwood Senior Center. Reservations are needed by 12:00 noon on August 26th.

Banana Split Day For \$1.00, seniors may enjoy this delicious dessert August 25th, 12:15 pm, at Bellwood Senior Center, and August 26th, 12:15 pm, at River Park Center. Reservations are required by August 24th.

Beginning Genealogy Class Seniors interested in tracing their family roots are invited to this class August 22nd, 10:45 am, at Bellwood Senior Center. Reservations are recommended.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are August 4th, August 11th, August 18th & August 25th, 10:30 am to 11:30 am, at Bellwood Senior Center.

Bellwood Senior Center Reunion West Suburban Senior Services is hosting its first annual Bellwood Senior Center reunion August 19th. Festivities begin with appetizers at 11:00 am; a cook out follows at 11:30 am for the suggested meal donation of \$1.50. Reservations are required by 12:00 noon on August 18th. Seniors are encouraged to pass along information about the reunion to their friends.

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

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