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Senior Citizen Center in Bellwood. It is being led by a Concordia University student; future class dates are being scheduled at that time.

Sizzling Summer Special West Suburban Senior Services is hosting this beat-the-heat event August 29th at the Senior Citizen Center in Bellwood. Scheduled activities include party bingo from 10:15 am to 11:15 am, lunch at 11:30 am, and pokeno from 12:15 pm to 12:45 pm. Cost is \$2.00; reservations are required.

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 August 11th and August 25th, 11:00 am, at the Senior Citizen Center in Bellwood.

El Nuevo Club Latino invita cordialmente a personas mayores de sesenta años pasar un rato agradable, llame a Consuelo LeZama

State Police Forensic Laboratory Staff from the State Police Forensic Laboratory is coming to the Senior Citizen Center in Bellwood August 8th, 10:30 am to 11:30 am. The program focuses on analysis of evidence.

Terrific Bingo Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo August 22nd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Volunteer Potluck West Suburban Senior Services' volunteers are holding a potluck dinner August 23rd, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Hot dogs and buns are being furnished; volunteers are asked to bring a side dish.

Wellness Series West Suburban Senior Services is pleased to host this series, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. On August 4th, Rush-Oak Park Hospital is presenting tips and strategies for weight management and loss. Additional programs are being scheduled.

Many of the activities and events scheduled are available for no or minimum cost and we schedule the activities and events at each of the agency's sites. In addition, please feel free to join us for lunch as many activities are scheduled at midday. If you have suggestions for different activities, please contact us. We attempt to provide a variety of events that are of interest to area senior citizens. West Suburban Senior Services does not have a membership fee and area senior citizens are welcome to attend any and all events that they find interesting.

The River Park Center is located at 8300 Roosevelt Road in Forest Park.

The Senior Center is located at 439 Bohland Avenue in Bellwood.

The OARS Center is located at 712 Elm in LaGrange

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations.. Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

The Senior Chronicle

WSSSS

West Suburban Senior Services

(708) 547-5600

OARS Center 712 East Elm LaGrange, Illinois 60525
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

Dining with Diabetes

University of Illinois Extension is coming to the Senior Citizen Center in Bellwood to present this three-session series. The program focuses on helping participants increase their knowledge of healthy food choices. Classes are scheduled August 4th, August 11th and August 18th, 9:00 am to 12:00 noon. The fee for the three sessions is \$15.00 and a minimum registration is required for this activity to take place. The series includes meal planning, portion sizes, the nutritional value of foods, cooking with artificial sweeteners and low-fat products, exchange lists and carbohydrate counting. In addition, participants receive recommendations for eating at restaurants. Healthy versions of familiar, easy-to-prepare foods are being demonstrated.

Paid, non-refundable reservations are due at the Senior Citizen Center by July 28th.

KidneyMobile Offers Education, Free Screenings at Senior Citizen Center

The National Kidney Foundation of Illinois' KidneyMobile is coming to the Senior Citizen Center in Bellwood August 23rd, 9:00 am to 2:00 pm. The kidney screening includes blood pressure and glucose testing, and urine tests. Waiting participants are also receiving educational information on diabetes, hypertension and the prevention of kidney disease.

Eight weeks after the screenings, the National Kidney Foundation of Illinois is inviting participants with abnormal screening results to an educational program that focuses on basic kidney functions; the relationship of diabetes and hypertension to chronic kidney disease; and appropriate uses of exercise, diet and medication compliance to maintain current kidney function. Individual lab results are also being discussed at that time.

Screening appointments are limited and may be made by telephoning West Suburban Senior Services. Priority is being given to those seniors who are at the greatest risk for developing kidney disease because of undetected or untreated diabetes and hypertension.

Mark Your Calendar for This Fashion Show and Tea!

The New to You Upscale Resale Shop in Broadview is previewing its fall fashions September 21st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Senior models --- men and women --- are needed for the fashion show. Additional information about the tea and fashion show is being published in the September edition of *The Senior Chronicle*.

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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 the 32nd Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Honorable Gary Woll, President
Ms. Carole Kulinski, Vice President
Mr. John O'Sullivan, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Dorothy Lindsey
Honorable Noreen Love
Honorable Anthony Peraica
Mr. Michael Sturino

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Bellwood. This month's selection is *Last Holiday*, a comedy about what a woman does when she is mistakenly told she has one month to live. Reservations are required by August 7th.

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 1st, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. 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.

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

Peach Pie Delight August is National Peach Month, and to celebrate the observance, seniors may enjoy a special dessert August 31st, 12:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required.

Pleasant Home Tour West Suburban Senior Services is coordinating a tour of the Pleasant Home in Oak Park August 24th at 1:30 pm. The facility is a National Historic Landmark building designed in 1897 by noted Prairie School architect George Maher. It is one of the earliest and most distinguished examples of Prairie architecture in the country and has one of the best-preserved interiors of that design era. Tour cost is \$5.00.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (August 4th),

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 4th and August 11th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Regional Transportation Authority Reduced Fare Program Regional Transportation Authority staff are coming to the Senior Citizen Center in Bellwood August 3rd, 11:00 am to 1:00 pm, and River Park Center August 18th, 11:00 am to 1:00 pm, to register seniors (age 65 and older) for its reduced fare program. Interested seniors should bring a driver's license, RTA reduced fare permit, passport, State of Illinois identification card, United States immigration alien registration card, or other official government identification with a photo and a birth date as a form of identification. Photographs are being taken and affixed to the reduced fare permit.

Rummage Sale West Suburban Senior Services is holding its annual rummage sale September 9th, 9:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood. Additional information is included in a separate article in this issue of *The Senior Chronicle*.

Saturday Bingo Party and Lunch West Suburban Senior Services is hosting this weekend event August 26th, 11:30 am to 1:30 pm, at the Senior Citizen Center in Bellwood. The menu features turkey croissant boxed lunches. Cost is \$2.00; reservations are required by 12:00 noon on August 23rd.

Senior Aerobics Seniors are invited to this special class August 1st, 10:15 am to 10:45 am, at the

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Stop By and Say Hello

West Suburban Senior Services is participating in various upcoming community events. Seniors are encouraged to stop by the agency table at each event, talk with agency representatives, and obtain helpful information.

- August 5th Bellwood Family Day Picnic, Eastern Avenue and Washington Boulevard, Bellwood, 11:00 am to 2:00 pm
- August 19th, Broadview Missionary Baptist Church Health and Information Fair, 25th Street and Roosevelt Road, Broadview, 10:00 am to 2:00 pm
- August 19th, First Christian Church of Maywood Health and Information Fair, 1101 South 8th Avenue, Maywood, 10:00 am to 2:00 pm

West Suburban Senior Services welcomes the opportunity to participate in community events as schedules permit.

West Suburban Senior Services Continues 'Lunch With Your Mayor' Series

West Suburban Senior Services invites seniors to have lunch with their mayor this summer. This is an opportunity to meet informally with the mayor, and to share ideas and concerns with him. Also, at each luncheon, West Suburban Senior Services' staff are available to answer questions about programs, assistance and activities for area seniors.

Lunch is being served at 11:30 am on the designated dates; seniors age 60 and older may eat for the suggested donation of \$1.75. Because the meals are catered, reservations are required by 12:00 noon on the business day before each meeting. Reservations may be made by telephoning West Suburban Senior Services.

The remaining scheduled luncheons are

Senior Citizen Center
**439 Bohland Avenue
Bellwood**

August 14th
Maywood Mayor Henderson Yarbrough, Sr.

August 21st
Westchester Mayor Paul Gattuso

River Park Center
**8300 Roosevelt Road
Forest Park**

August 4th
Broadview Mayor Henry Vicenik

West Suburban Senior Services Plans Giant Rummage Sale

West Suburban Senior Services is holding a giant rummage sale September 9th, 9:00 am to 2:00 pm, at its Senior Citizen Center, 439 Bohland Avenue in Bellwood. Toys, books, clothing, small appliances and miscellaneous items are being sold. Sale donations are being accepted 10:00 am to 1:00 pm September 1st through September 8th at the Senior Center, and at OARS and River Park Centers. Volunteers are needed to accept dona-

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10:30 am and 1:30 pm Monday through Friday at the Senior Citizen Center in Bellwood. Gift certificates are also available.

Gourmet Dinner Party West Suburban Senior Services continues its monthly gourmet dinner party at the Senior Citizen Center in Bellwood. The next dinner is August 25th from 5:00 pm to 7:00 pm. Cost per person is \$7.00, and prepaid, non-refundable reservations are due at the Senior Center by August 18th. A minimum registration is required for this event to take place.

Grandparenting Today University of Illinois Extension is coming to the Senior Citizen Center in Bellwood August 17th, 10:30 am to 11:30 am, to present this informative and helpful program. Reservations are recommended.

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 9th at 10:30 am. Appointments are required.

Hearing Screenings The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood August 29th, 1:00 pm, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on August 24th.

Hotdoggers Bingo Party Seniors are invited to this event August 18th, 11:30 am to 1:00 pm, at the Senior Citizen Center in Bellwood. The menu features jumbo beef hot dogs, potato salad, fruit and other treats. Party bingo follows lunch. The \$2.00 fee includes all activities. Reservations are required by 12:00 noon on August 17th.

Indian Tea Party India is one of the world's largest tea producers, and seniors are invited to learn about that country's traditions and enjoy some of its food at this tea party August 28th, 10:30 am to 11:30 am, at River Park Center. Cost is \$1.00, and reservations are required.

Japanese Tea Party Seniors are invited to enjoy the traditions and teas of Japan at this event August 15th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00; reservations are required.

Lakes and Fish in Illinois The Fisheries Department of the Cook County Forest Preserve District is presenting this program August 14th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Special program focus is being given to the ongoing walleye preservation program.

Legal Assistance On August 15th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

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 \$1.75. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned for August 8th, 12:15 pm, at the Senior Citizen Center in

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please telephone each site by 12:00 p.m. the prior day for lunch reservations	August 1, 2006 Creamy Chicken Steamed Rice Broccoli Carrot- Raisin Salad Fresh Grapes	August 2, 2006 Hamburger on Bun Potato Salad Lemonade Banana Pudding	August 3, 2006 Beef Chop Suey Steamed Rice Lettuce Salad Fortune Cookie	August 4, 2006 Smothered Chicken Breast Quarter Whole Potatoes California Vegetables Orange Juice Chilled Pears
August 7, 2006 Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	August 8, 2006 Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Fresh Cantaloupe	August 9, 2006 Baked Chicken Leg Quarter Herb Stuffing Succotash Cranberry Juice Pineapple Chunks	August 10, 2006 BBQ Ribette Spaghetti Greens Coleslaw Peach Halves	August 11, 2006 Swedish Meatballs Wild Rice Carrots Apple Juice Strawberries and Pound Cake
August 14, 2006 Veal Parmesan Rotini Italian Mixed Vegetables Tossed Salad Honey Dew Melon	August 15, 2006 Oven Roasted Chicken Breast Quarter Au Gratin Potatoes Peas Coleslaw Frosted Lemon Cake	August 16, 2006 BBQ Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Nectarine	August 17, 2006 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	August 18, 2006 Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice Brownie
August 21, 2006 Grecian Chicken Leg Herb Rice Zucchini and Tomatoes Cranberry Juice Fresh Plum	August 22, 2006 Stuffed Green Pepper Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	August 23, 2006 Taco Salad Spanish Rice Mexicorn Apple Juice Fruit Gelatin	August 24, 2006 BBQ Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	August 25, 2006 Polish Sausage on Bun Sauerkraut Carrots Pineapple Rings Banana
August 28, 2006 Roast Beef Whipped Potatoes Green Peas Lettuce Wedge Brownie	August 29, 2006 Creamy Chicken Steamed Rice Broccoli Carrot-Raisin Salad Fresh Grapes	August 30, 2006 Hamburger on Bun Potato Salad Lemonade Banana Pudding	August 31, 2006 Beef Chop Suey Steamed Rice Lettuce Salad Fortune Cookie	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 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.				

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

Briefly Stated

Advisory Council Meeting
10:30 am
August 9th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Banana Splits
12:15 pm
August 3rd Bellwood
August 4th Forest Park & OARS

Beginning Spanish Class
10:30 am
August 3rd, August 10th, August 17th,
August 24th & August 31st
Bellwood

Bingo
12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza
10:15 am
August 7th
Bellwood & Forest Park

Birthday Celebration
Noon
August 15th
Bellwood, Forest Park & OARS

Breakfast Bingo
9:30 am
August 25th
Bellwood

Build Your Own Sundae
12:15 pm
August 17th Bellwood
August 18th Forest Park & OARS

Chef Charles
10:30 am
August 28th
Bellwood

Concord Place Bingo Party
1:00 pm
August 15th
Northlake

Cookout
11:30 am
August 2nd
Bellwood

Creative Writing Class
10:00 am
August 22nd
Bellwood

Curiosity and Seniors
10:45 am
August 10th Bellwood
August 11th Forest Park

9:30 am
August 11th
OARS

Declutter Class
12:15 pm
August 28th
Bellwood

Dining with Diabetes
9:00 am
August 4th, August 11th & August 18th
Bellwood

Exercise Class – Audio Tape
10:30 am
Monday through Friday
Bellwood

Fashion Show & Tea
10:30 am
September 21st
Bellwood

Fiesta & Luncheon
10:30 am
August 23rd
Forest Park

Foster Grandparents
10:30 am
September 20th
Bellwood

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

Gourmet Dinner Party
5:00 pm
August 25th
Bellwood

Grandparenting Today
10:30 am
August 17th
Bellwood

Haircuts
10:30 am
August 9th
Bellwood

Hearing Screenings
1:00 pm
August 29th
Bellwood

Hotdoggers Bingo Party
11:30 am
August 18th
Bellwood



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tions at each site, sort and price items before the sale, and to work at the sale. Interested persons

should contact the Senior Center Director. Sale proceeds benefit West Suburban Senior Services and the seniors it serves.

West Suburban Senior Services now provides elder abuse investigation services in Leyden and Norwood Park in suburban Chicago.

West Suburban Senior Services assumed the responsibility, effective July 1, 2006, for elder abuse investigation and intervention services for villages in Leyden and Norwood Park townships. This new responsibility parallels our existing services in those villages for Case Coordination Unit and case management services.

The Elder Abuse and Neglect program began in the State of Illinois in 1989. Since that time, West Suburban Senior Services has successfully provided that service to residents in Proviso Township. In the past seventeen years, the agency has investigated over two thousand complaints of elder abuse and neglect. The agency has a long and successful history of locating these frail and vulnerable senior citizens, assisting to resolve the abusive or neglectful situation and assuring the long-term safety of these individuals.

West Suburban Senior Services will continue to work closely with Leyden Family Services and Seniors Assistance Center to assure continuity of services, appropriate referrals and successful interventions.



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Concord Place Bingo Party Concord Place is hosting a complimentary bingo party August 15th, 1:00 pm to 2:00 pm, at its facility in Northlake. Bus rides are available for seniors requiring transportation. The bus leaves the Senior Citizen Center in Bellwood at 12:30 pm and returns there at approximately 2:30 pm. Reservations for this event are required by August 10th.

Cookout Seniors are invited to enjoy hamburgers, potato salad, lemonade and other picnic treats August 2nd at the Senior Citizen Center in Bellwood. Suggested meal donation is \$1.75; reservations are required by 12:00 noon on August 1st.

Creative Writing Class This activity is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. This class is August 22nd, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Curiosity and Seniors Senior citizens are invited to participate in this discussion and in a survey August 10th, 10:45 am, at the Senior Citizen Center in Bellwood; and August 11th, 9:30 am, at OARS Center; and August 11th, 10:45 am, at River Park Center. The program is being presented in conjunction with the Chicago School of Professional Psychology.

Declutter Class Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled August 28th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

Dining With Diabetes University of Illinois Extension is presenting this three-session program August 4th, August 11th and August 18th, 9:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Meal planning, portion sizes, the nutri-

tional value of foods, diabetic resources, cooking with artificial sweeteners and low-fat products, exchange lists, carbohydrate counting and recommendations for diabetics who enjoy dining at restaurants are among the topics to be covered. Also, healthy versions of familiar and easy-to-prepare foods are being demonstrated. The cost for the entire series is \$15.00, and a minimum registration is required for this activity to take place.

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 the Senior Citizen Center in Bellwood.

Fashion Show and Tea The New to You Upscale Resale Shop in Broadview is previewing its fall fashions September 21st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Senior models (men and women) are needed for this event.

Fiesta and Luncheon Seniors are invited to this celebration August 23rd at River Park Center. Festivities begin at 10:30 am, and prizes are being awarded for the most creatively decorated sombrero. Reservations are required by 12:00 noon on August 21st.

Foster Grandparents West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care. The next meeting is set for September 20th at 10:30 am.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts, and seasonal decorations at a reasonable price. Shoppers may purchase items between

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Ice Cream & Cake
12:15 pm
August 10th Bellwood
August 11th Forest Park and OARS

Ice Cream Cones
12:15 pm
August 24th Bellwood
August 25th Forest Park & OARS

Indian Tea Party
10:30 am
August 28th
Forest Park

Japanese Tea Party
10:30 am
August 15th
Bellwood

KidneyMobile
9:00 am
August 23rd
Bellwood

Lakes and Fish in Illinois
10:45 am
August 14th
Bellwood

Legal Assistance
9:00 am
August 15th
Bellwood



Luncheon
11:30 am
Monday through Friday
Bellwood, Forest Park & OARS

Movie Day
12:15 pm
August 8th
Bellwood

Mystery Reading Club
9:30 am
August 1st
Bellwood

Officers' Club
10:30 am
August 28th
Bellwood

Peach Pie Delight
12:15 pm
August 31st
Bellwood

Pleasant Home Tour
1:30 pm
August 24th
Oak Park

Podiatry Clinic
Thursdays in Bellwood
August 4th in Forest Park

Pokeno
12:15 pm
August 4th & August 11th
Bellwood

**Regional Transportation Authority
Reduced Fare Program**
11:00 am
August 3rd Bellwood
August 18th Forest Park

Rummage Sale
9:00 am
September 9th
Bellwood

Saturday Bingo Party & Lunch
11:30 am
August 26th
Bellwood

Senior Aerobics
10:15 am
August 1st
Bellwood

Sizzling Summer Special
10:15 am
August 29th
Bellwood

Spanish Club
11:00 am
August 11th & August 25th
Bellwood

State Police Forensic Laboratory
10:30 am
August 8th
Bellwood

Terrific Bingo
12:15 pm
August 22nd
Bellwood

Volunteer Potluck
5:00 pm
August 23rd
Bellwood

Wellness Series
9:30 am
August 4th, August 11th & August 18th
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 three nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering, and agency staff. The Advisory Council is meeting August 9th, 10:30 am, at the Senior Citizen Center in Bellwood.

Art Class The Senior Citizen Center in Bellwood offers seniors a chance to work in various media such as water colors, acrylics, pastels and oils, and to receive instruction in basic drawing. Classes take place every Tuesday at 9:00 am, and are instructed by a competent artist and sculptor. There is a fee for enrollment.

Banana Splits For \$1.00, seniors may enjoy this summer dessert August 3rd, 12:15 pm, at the Senior Citizen Center in Bellwood, and August 4th, 12:15 pm, at OARS and River Park Centers. Reservations are required.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are August 3rd, August 10th, August 17th, August 24th and August 31st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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.

Bingo Bonanza A double session of party bingo is planned August 7th at the Senior Citizen Center in Bellwood and at River Park Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Birthday Celebration Seniors who are celebrating an August birthday are invited to this special party August 15th, 12:00 noon, at the Senior Citizen Center in Bellwood, and OARS and River Park Centers. Reservations are required by 12:00 noon on August 14th.

Breakfast Bingo French toast, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party August 25th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on August 23rd, and a minimum registration is required for this activity to take place.

Build Your Own Sundae Seniors are invited to create their own dessert August 17th, 12:15 pm, at the Senior Citizen Center in Bellwood, and August 18th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are required.

Chef Charles Seniors are invited to learn about healthy cooking and to taste healthy recipes during this class presented by the University of Illinois Extension. It is being held August 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. A minimum enrollment is required for this class to be held.

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