

(Continued from eleven)

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

**Strawberry Shortcake** This summer treat is being served August 30<sup>th</sup>. 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Summer Film Festival** West Suburban Senior Services is pleased to continue this program at the Senior Citizen Center in Bellwood. Additional information is contained in a separate newsletter article.

**Surprise Bingo** For \$1.00, seniors may enjoy this form of party bingo August 27<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

**Veteran Benefits Update** The veterans' representative from the Illinois Department of

Employment Security is coming to the Senior Citizen Center in Bellwood August 7<sup>th</sup>, 10:30 am to 11:30 am. In addition to addressing current programs and benefits, the representative is available to meet individually with veterans and/or their family members.

**Western Round-Up** Games and refreshments highlight this event August 14<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$1.75.

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

**A Taste of the World' Series Continues** provides:

**G**reece is the second stop on West Suburban Senior Services' *A Taste of the World* series at the Senior Citizen Center in Bellwood. Festivities begin August 10<sup>th</sup> at 10:00 am with *My Big Fat Greek Wedding* tea party, based on the movie of the same title. The \$1.00 cost includes refreshments and a program. Reservations are required by August 8<sup>th</sup>.

Seniors may sample Mediterranean recipes August 13<sup>th</sup>, 10:45 am to 11:15 am. University of Illinois Extension is the program presenter. On August 14<sup>th</sup> at 10:30 am, the program focuses on Greek customs and culture, and on August 15<sup>th</sup> at 10:00 am, seniors can get a bird's eye view of Greece through a special movie.

The last stop on *A Taste of the World* series is Vietnam. That program is scheduled for September.

## Circuit Breaker and Illinois Cares Rx

**T**he Illinois Department on Aging's Circuit Breaker program provides grants to Illinois residents age 65 and older and persons with a disability who meet certain income requirements. For those who qualify, Circuit Breaker

- *Tax Grants.* If seniors pay property taxes or mobile home taxes on their home, or if they rent or live in a nursing, retirement or shelter care home that was subject to property taxes, they may be able to receive a grant.
- *License Plate Discount* of \$54.
- *Prescription Drug Assistance.* If seniors have Medicare, Illinois Cares Rx will help pay the costs that Medicare does not. If seniors do *not* have Medicare, Illinois Cares Rx provides two benefits: Illinois Cares Rx Basic and Illinois Cares Rx Plus.

The income limits for Illinois Cares Rx Basic have increased to:

- \$22,793 for a household of one
- \$30,594 for a household of two
- \$38,393 for a household of three

The income limits for Illinois Cares Rx Plus are now

- \$21,936 for a household of one

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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 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, 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 additional 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 34<sup>th</sup> 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  
Mrs. Lois Albers, Treasurer  
Mrs. Elaine Reno, Secretary

#### Directors

Honorable Anthony Calderone  
Mrs. Mary Conti  
Mrs. Lela Grimble  
Honorable Noreen Love  
Ms. Debbie Noweder  
Honorable Anthony Peraica  
Ms. Tywana Rand  
Honorable Donald Sloan  
Ms. Catherine Swan  
Mrs. Jimmi Wooten

#### Honorary Directors

Mrs. Dorothy Lindsey  
Mr. John O'Sullivan  
Mr. Michael Sturino

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

**Nutrition Bingo/Information** Seniors are invited to test their nutrition knowledge at this special event August 13<sup>th</sup>, 10:00 am to 10:30 am, at OARS Center. University of Illinois Extension is the program presenter.

**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 27<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Pie A la Mode** This pie and ice cream dessert is being served August 9<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00, and reservations are required.

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

**Pokeno Parties** This game is being played August 10<sup>th</sup> and August 31<sup>st</sup>, 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. A special Early Bird Pokeno session is

planned August 24<sup>th</sup>. Additional information is provided in a separate article.

**Root Beer Floats** August 6<sup>th</sup> is National Root Beer Float Day, and for \$1.00, seniors may enjoy this refreshing summer treat at the Senior Citizen Center in Bellwood and at OARS Center. Serving time is 12:15 pm.

**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparation for their vehicle exam. A practice test is given, and each participant receives an instructional book. The class is scheduled September 24<sup>th</sup>, 1:30 pm, at the Senior Citizen Center in Bellwood. Reservations are required.

**Sizzling Summer Special** West Suburban Senior Services is hosting this beat-the-heat event August 17<sup>th</sup> 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 1:15 pm. Cost is \$3.00; reservations are required.

**Skin Cancer** White Crane Wellness Center is presenting this program August 16<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The focus is on prevention and early detection of this cancer. Lunch follows at 11:30 am for the suggested donation of \$1.75.

**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 10<sup>th</sup> and August 24<sup>th</sup>, 11:00 am, at the Senior Citizen Center in Bellwood.

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- \$29,412 for a household of two

The income limit increase impacts Illinois Cares Rx drug coverage only. The income limits for the Circuit Breaker property tax grant and license plate discount have not changed. Seniors who have not applied for Illinois Cares Rx drug coverage this year because of being over income according to previous limits are encouraged to file today.

Seniors filing for Circuit Breaker must also file for "extra help" with their prescription drug costs through Social Security. To determine eligibility for this extra help, Social Security needs to know seniors' income and value of their savings, investments and real estate (other than their home).

Additional information and assistance are available from West Suburban Senior Services' Senior Advocate Consuelo LeZama.

### Fall Casino Trip

West Suburban Senior Services is planning a trip to the Potawatomi Casino and Bingo Hall in Milwaukee, Wisconsin, on October 17<sup>th</sup>. The \$20.00 non-refundable cost includes round-trip bus transportation, an all-you-can-eat buffet and a \$10.00 voucher for 50 points earned. Paid cash reservations are due at the Senior Citizen Center in Bellwood by October 1<sup>st</sup>, and a minimum registration is required for this outing to take place. Additional information is being included in the September edition of *The Senior Chronicle*.

### Make Plans to Stop by the Family and Senior Citizen Health Fair

Free health screens, snacks, pictures and party bingo are among the activities planned for the Family and Senior Citizen Health fair August 4<sup>th</sup>, 9:00 am to 2:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park. The event is being sponsored by Proviso Township, Proviso High School District 209 and West Suburban Senior Services.

For children, the event includes free vision and hearing screenings by staff from Loyola University Medical Center's Pediatric Van and Proviso Township, free fingerprinting by the Forest Park Police Department, and free back-to-school and sports physicals by Loyola University Medical Center. Appointments for the physicals are required and may be made by telephoning Proviso Township at (708) 344-7432. A parent must be present at the time of the physical and present the appropriate school forms, including the signed parental consent. Toot-Toot the clown will also be on hand, and other activities are planned.

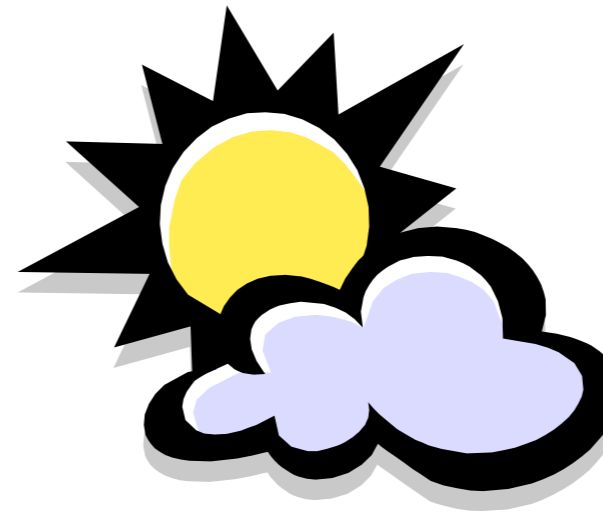
For adults, the health fair features the following free health screenings: vision (Kirk Eye Center) lung function capacity (RML Specialty Hospital), bone density (Gottlieb Memorial Hospital), depression (Loyola University Medical Center) neck and spine (Celar Chiropractic), strength and endurance (Elmwood Care), hypertension (MacNeal Hospital) and glucose (Care Centers).

In addition, health fair participants may visit booths of other area health care providers and health service agencies, visit the Secretary of State's mobile van for State identification cards and driver's licenses, and play complimentary

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- Popsicle stick or tongue depressor around the handle.
- tying floss into a loop for easier handling.
- using an electric toothbrush or a commercial



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Bellwood

**Mystery Reading Club**  
9:30 am  
August 7<sup>th</sup>  
Bellwood

**Nutrition Bingo/ Information**  
10:00 am  
August 13<sup>th</sup>  
OARS

**Officers' Club**  
10:30 am  
August 27<sup>th</sup>  
Bellwood

**Pie A la Mode**  
12:15 pm  
August 9<sup>th</sup>

Bellwood & OARS

**Podiatry Clinic**  
9:30 am  
Thursdays  
Bellwood

**Pokeno Parties**  
12:15 pm  
August 10<sup>th</sup> & August 31<sup>st</sup>  
Bellwood

**Root Beer Floats**  
12:15 pm  
August 6<sup>th</sup>  
Bellwood & OARS

**Rules of the Road**  
1:30 pm  
September 24<sup>th</sup>  
Bellwood

floss holder.

### Summer Film Festival

West Suburban Senior Services' Summer Film Festival concludes with three contemporary selections: August 7<sup>th</sup>, *Catch and Release* with Jennifer Garner; August 14<sup>th</sup>, *My Brother*, featuring Tatum O'Neal; and August 28<sup>th</sup>, *Stranger Than Fiction*, featuring Dustin Hoffman, Will Ferrell and Queen Latifah.

All movies begin at 12:15 pm, and moviegoers can enjoy popcorn and soft drinks.

<b>Sizzling Summer Special</b> 10:15 am August 17 <sup>th</sup> Bellwood	<b>Summer Film Festival</b> 12:15 pm August 7 <sup>th</sup> , August 14 <sup>th</sup> & August 21 <sup>st</sup> Bellwood
<b>Skin Cancer</b> 10:30 am August 16 <sup>th</sup> Bellwood	<b>Surprise Bingo</b> 12:15 pm August 27 <sup>th</sup> Bellwood
<b>Spanish Club</b> 11:00 am August 10 <sup>th</sup> & August 24 <sup>th</sup> Bellwood	<b>Veteran Benefits Update</b> 10:30 am August 7 <sup>th</sup> Bellwood
<b>Strawberry Shortcake</b> 12:15 pm August 30 <sup>th</sup> Bellwood & OARS	<b>Western Round-Up</b> 10:00 am

**Congregate and Home Delivered Meals Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
West Suburban Senior Services is supported by the AgeOptions, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and dona-		<b>August 1, 2007</b> Taco Salad Spanish Rice Mexicorn Apple Juice Fruited Gelatin	<b>August 2, 2007</b> Barbecued Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice	<b>August 3, 2007</b> Polish Sausage on Roll Sauerkraut Carrots Pineapple Rings Banana
<b>August 6, 2007</b> Meatloaf Whipped Potatoes Green Peas Lettuce Wedge Applesauce	<b>August 7, 2007</b> Creamy Chicken Steamed Rice Broccoli Carrot & Raisin Salad Grapes	<b>August 8, 2007</b> Cheeseburger on Bun Potato Salad Lemonade Banana Pudding	<b>August 9, 2007</b> Swedish Meatballs Rice Pilaf Carrots Apple Juice Pound Cake	<b>August 10, 2007</b> Smothered Chicken Breast Quarter Whole Potatoes California Vegetables Orange Juice
<b>August 13, 2007</b> Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	<b>August 14, 2007</b> Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Cantaloupe	<b>August 15, 2007</b> Baked Chicken Leg Quarter Herb Stuffing Succotash Cranberry Juice	<b>August 16, 2007</b> Barbecued Ribette Spaghetti Greens Coleslaw Peach Halves	<b>August 17, 2007</b> Beef Chop Suey Steamed Rice Lettuce Salad Fortune Cookie
<b>August 20, 2007</b> Meatball Sandwich Whole Potatoes Italian Mixed Vegetables Tossed Salad Honey Dew Melon	<b>August 21, 2007</b> Oven Roasted Chicken Breast Quarter Au Gratin Potatoes Peas Coleslaw Frosted Lemon Cake	<b>August 22, 2007</b> Barbecued Pork Au Gratin Potatoes Okra & Tomatoes Apple Juice Nectarine	<b>August 23, 2007</b> Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	<b>August 24, 2007</b> Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice Vanilla Pudding
<b>August 27, 2007</b> Grecian Chicken Leg Herb Rice Zucchini & Tomatoes	<b>August 28, 2007</b> Stuffed Green Pepper Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	<b>August 29, 2007</b> Taco Salad Spanish Rice Mexicorn Apple Juice Fruited Gelatin	<b>August 30, 2007</b> Barbecued Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice	<b>August 31, 2007</b> Polish Sausage Sauerkraut Carrots Pineapple Rings Banana
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

OARS Center  
712 Elm  
LaGrange, Illinois 60525

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party bingo beginning at 10:30 am.

**Mark Your Calendar for This Fashion Show and Tea**

The New to You Upscale Resale Shop in Broadview is previewing its fall fashions September 13<sup>th</sup>, 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*.

**Maywood Park Dinner Outing**

West Suburban Senior Services is planning a dinner outing at Maywood Park on September 20<sup>th</sup>. The evening includes a Fall Festival Buffet with salmon, carved turkey, dressing, chicken, rice pilaf, salads and other entrees; one pot of coffee per table; park admission; a program; tip; and tax. Dessert and other beverages are *not* included.

The per-person cost is \$13.60, and pre-paid, non-refundable reservations are due at the Senior Citizen Center by September 12<sup>th</sup>. A minimum registration is required for this activity to take place. Additional information is available.

**Pamper Yourself Day**

If you are looking for an enjoyable way to reduce stress and lift your spirits, then you won't want to miss West Suburban Senior Services' Pamper Yourself Day on August 22<sup>nd</sup>.

Festivities begin with a 10:00 am tea party at the Senior Citizen Center in Bellwood. Participants are then being served a specially catered lunch in an elegant dining room setting. Cost for the tea and lunch is \$5.00.

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

Paid lunch and tea reservations are due at the Senior Citizen Center by August 17<sup>th</sup>, and a minimum registration is required for this activity to take place. Seniors interested in the personal care services pay the school directly.

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

**Special Utensils for Arthritis**

If seniors have a physical condition that makes it difficult to hold a toothbrush or use dental floss, the American Dental Association suggests

- using a wide elastic band to attach the brush to their hand.
- enlarging the handle by winding an elastic bandage or adhesive tape around the middle of the handle.
- putting a small sponge, rubber ball or bicycle handle grip on the brush handle.
- making the handle longer by taping a ruler,

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**Briefly Stated**

**A Taste of the World**

10:30 am  
August 10<sup>th</sup>, August 13<sup>th</sup>,  
August 14<sup>th</sup> & August 15<sup>th</sup>  
Bellwood

**Advisory Council Meeting**

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

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

**Art Class**

9:00 am  
Tuesdays  
Bellwood

**Bargain Bingo**

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

10:00 am  
August 27<sup>th</sup>  
OARS

**Best Sellers Reading Club**

9:30 am  
August 28<sup>th</sup>  
Bellwood

**Bingo**

10:00 am  
Thursdays  
OARS

12:15 pm  
Thursdays  
Bellwood

**Bingo Bonanza**

10:15 am  
August 6<sup>th</sup> Bellwood  
August 7<sup>th</sup> OARS

**Bingo & Ice Cream Social**

1:00 pm  
August 28<sup>th</sup>  
Westchester

**Breakfast Bingo**

9:15 am  
August 3<sup>rd</sup>  
Bellwood

**Caregiver Education**

10:30 am  
August 1<sup>st</sup>  
Bellwood

**Caregiver Support Group**

10:30 am  
August 8<sup>th</sup>  
Bellwood

**Cheese Cake Day**

12:15 pm  
August 23<sup>rd</sup>  
Bellwood & OARS

**Cook-Outs**

11:30 am  
August 8<sup>th</sup> & August 24<sup>th</sup>  
Bellwood & OARS

**Cooking Demonstration**

10:45 am  
August 21<sup>st</sup>  
Bellwood

**Creative Writing Class**

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

**DeClutter Class**

12:30 pm  
August 27<sup>th</sup>  
Bellwood

**Dollar Day**

11:00 am  
August 8<sup>th</sup>  
Bellwood & OARS

**Early Bird Pokeno**

9:00 am  
August 24<sup>th</sup>  
Bellwood

**Everything Sweet Bingo**

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

**Exercise Class – Audio Tape**

10:30 am  
Monday through Friday  
Bellwood

**Foster Grandparents**

10:30 am  
August 15<sup>th</sup>  
Bellwood

**Fruit Parfaits**

12:15 pm  
August 16<sup>th</sup>  
Bellwood & OARS

**Gift Shop**

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

**Gourmet Dinner Party**

5:00 pm  
August 24<sup>th</sup>  
Bellwood

**Haircuts**

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

**How to DeClutter**

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

**If Life Were a Zoo**

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

**Legal Assistance**

9:00 am  
August 21<sup>st</sup>  
Bellwood

**Living with Diabetes**

10:00 am  
August 10<sup>th</sup>  
OARS

**Local Roadwork: Project Status**

10:45 am  
August 27<sup>th</sup>  
Bellwood

**Luncheon**

11:30 am  
Weekdays  
Bellwood & OARS

**Meditation & Centering**

10:30 am  
August 10<sup>th</sup> & August 24<sup>th</sup>  
Bellwood

**My Big Fat Greek Wedding**

**Tea Party**  
10:00 am  
August 10<sup>th</sup>

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Services' caregiver specialist is conducting a session August 1st to provide skill building and problem solving strategies for those caring for seniors age 60 and older. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

**Caregiver Support Group** On August 8<sup>th</sup>, West Suburban Senior Services' caregiver specialist is leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session focuses on maintaining emotional health and reducing stress through peer support and story telling, and finding ways to relieve tension. Subsequent support group meetings are scheduled the second Wednesday of each month.

**Cheese Cake Day** For \$1.00, seniors may enjoy this dessert August 23<sup>rd</sup> at the Senior Citizen Center in Bellwood and at OARS Center. Reservations are required.

**Cooking Demonstration** Seniors are invited to join in the creation of --- and sample ---a new recipe August 21<sup>st</sup>, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood. There is no participation fee.

**Cook-Outs** Seniors are invited to enjoy grilled sandwiches August 8<sup>th</sup> (cheeseburgers) and August 24<sup>th</sup> (hot dogs), 11:30 am to 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. The suggested donation for each meal is \$1.75, and reservations are required by 12:00 noon on August 7<sup>th</sup> and August 23<sup>rd</sup>, respectively.

**Creative Writing Class** West Suburban Senior Services is pleased to host this class August 28<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new stu-

dents are welcome.

**Declutter Class** Seniors are invited to learn ways to declutter their homes and lives at this class August 27<sup>th</sup>, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood.

**Dollar Day** August 8<sup>th</sup> is National Dollar Day, and West Suburban Senior Services is observing the occasion with a \$1.00 grab-bag and dessert special at the Senior Citizen Center in Bellwood and at OARS Center. Festivities are set for 11:00 am; reservations are required by August 6<sup>th</sup>.

**Early Bird Pokeno** A special Pokeno –breakfast party is planned August 24<sup>th</sup> at the Senior Citizen Center in Bellwood. French toast, sausage, juice, milk and coffee are served at 9:30 am; Pokeno is played from 10:00 am to 11:00 am. Cost for the meal and game is \$2.00. Reservations are required by 12:00 noon on August 22<sup>nd</sup>, and a minimum registration is required.

**Everything Sweet Bingo** This is the perfect pas-time for seniors who enjoy sweet (both regular and sugar-free) treats. It is scheduled August 13<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card.

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

**Foster Grandparents** West Suburban Senior Services is pleased to cosponsor 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 August 15<sup>th</sup> at 10:30 am.

**Fruit Parfaits** This ice cream, cake and fruit creation is being served August 16<sup>th</sup>, 12:15 pm to

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12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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

**Gourmet Dinner Party** West Suburban Senior Services is hosting a gourmet dinner party August 24<sup>th</sup>, 5:00 pm to 7:00 pm, at the Senior Citizen Center. Cost is \$7.00 per person, and no refunds are available. Paid reservations are due by August 17th.

**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 August 14<sup>th</sup> and August 28<sup>th</sup> at 10:30 am. Appointments are required.

**How to DeClutter** University of Illinois Extension is presenting this program August 28<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. There is no fee.

**If Life Were a Zoo** Elmwood Care is presenting this program August 23<sup>rd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Its focus is appreciating different personalities and working together.

**Legal Assistance** On August 21<sup>st</sup> from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is available to come to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services

for more information regarding appointments.

**Living with Diabetes** University of Illinois Extension is presenting this program August 10<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. It includes a recipe demonstration.

**Local Roadwork: Project Status** The Illinois Department of Transportation is coming to the Senior Citizen Center in Bellwood August 27<sup>th</sup>, 10:45 am to 11:15 am, to update the progress of local road repairs in Proviso Township, and to answer questions about future construction projects and related concerns.

**Lunch Reservations** Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

**Meditation and Centering** Basic meditation and relaxation techniques are the focus of this class August 10<sup>th</sup> and August 24<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**My Big Fat Greek Wedding Tea Party** Based on the movie of the same title, this event is scheduled August 10<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes the tea and the program. Reservations are required by August 8<sup>th</sup>, and a minimum participation is required for this activity to take place.

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# Briefly Noted

**A Taste of the World** Food and culture are highlighted during this celebration beginning August 10<sup>th</sup> at the Senior Citizen Center in Bellwood. Specific details are included in a separate newsletter article.

**Advisory Council Meeting** Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting August 8<sup>th</sup>, 10:00 am, at the Senior Citizen Center in Bellwood and 11:00 am at OARS Center.

**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.

**Bargain Bingo** Fifty-cent party bingo and a fifty-cent dessert are featured at this event August 20<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and August 27<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$1.75.

**Best Sellers Reading Club** West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-

fiction. The reading group's next meeting is August 28<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to participate should telephone the agency now to sign out copies of the current reading selection.

**Bingo** Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm (Senior Citizen Center) and 10:00 am (OARS Center).

**Bingo Bonanza** A double session of party bingo is planned August 6<sup>th</sup> at the Senior Citizen Center in Bellwood and August 7<sup>th</sup> at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Bingo and Ice Cream Social** Westchester Health and Rehabilitation Center is hosting this complimentary event August 28<sup>th</sup>, 1:00 pm to 2:00 pm, at its facility on Wolf Road. Reservations are required at West Suburban Senior Services by August 23<sup>rd</sup>.

**Breakfast Bingo** A pancake meal and party bingo are scheduled for this early-bird special August 3<sup>rd</sup>, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. The fee for all is \$2.00. Reservations are required by August 1<sup>st</sup>, and a minimum registration is required for this activity to take place.

**Caregiver Education** West Suburban Senior

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