

(Continued from page four)

Insider's View of the Judicial System

10:00 am
August 22nd
OARS

Legal Assistance

9:30 am
August 19th
Bellwood

Let's Talk: Your Choice

12:15 pm
August 27th
Bellwood

Line Dancing

9:30 am
Fridays
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

Mystery Reading Club

9:30 am
August 5th
Bellwood

Mystery Bingo

12:15 pm
August 18th
Bellwood

Pie A la Mode

10:00 am
August 19th
OARS
12:15 pm
August 28th
Bellwood & OARS

Podiatry Clinic

9:00 am
Thursdays
Bellwood

Pokeno Parties

12:15 pm
August 1st, August 8th &
August 15th
Bellwood

Robber Bingo

10:15 am
August 27th
Bellwood

Rummage Sale

9:30 am
August 21st
Bellwood

Spanish Club

11:00 am
August 8th & August 22nd
Bellwood

Strengths & Challenges of Dealing with Today's Grandchildren

12:15 pm
August 13th
Bellwood

Summer Film Festival

12:15 pm
August 5th, August 12th,
August 19th & August 26th
Bellwood

10:00 am
August 6th, August 13th,
August 20th & August 27th
OARS

Thyroid Screening & Program

10:30 am
September 4th
Bellwood

Watermelon Festival

10:30 am
August 21st
Bellwood

Watermelon Sherbet

12:15 pm
August 21st
Bellwood & OARS

West Suburban Walkers

9:00 am
Monday, Thursday & Friday
Bellwood

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

Casino Trip

West Suburban Senior Services is sponsoring an outing to the Potawatomi Bingo Casino in Milwaukee on September 17th. The trip leaves from the Senior Citizen Center in Bellwood at 8:30 am and returns at approximately 6:00 pm. The \$25.00 per-person cost includes round-trip transportation on motor coach, gaming and bingo action, an all-you-can-eat buffet and a \$10.00 cash coupon for 50 slot points earned. Everyone in agency's group has the option of playing a three-hour session of matinee bingo beginning at 1:00 pm. Paid *non-refundable cash* reservations are due at the Senior Citizen Center by September 5th, and a minimum registration is required. As a reminder, the casino requires one of the following forms of photo identification: current passport, valid driver's license, valid State-issued identification card, current military identification, an immigration card or a consulate card.

Coping With Life Changes

Dealing with illness, loss of family, friends and pets, adult children or grandchildren who unexpectedly move home, declining memory, and other aspects of the aging process can be challenging and frustrating. West Suburban Senior Services encourages Proviso Town-

ship seniors to contact its Healthy Aging Counselor, Tami Jimenez, LCSW, for assistance. Tami meets with concerned seniors individually in their homes and at the Senior Citizen Center in Bellwood. Her role is to help seniors define their concerns and then work with them to develop a plan of corrective action. All meetings are confidential, and there is no charge for the service. In addition, Tami conducts Healthy Aging groups each Wednesday afternoon from 12:15 pm to 1:15 pm at the Senior Citizen Center. These groups are open to all senior citizens. This month's dates and topics are

- August 6th *Improving Memory*
- August 13th *Strengths and Challenges of Dealing with Today's Grandchildren*
- August 20th *Improving Memory*
- August 27th *Let's Talk – Your Choice*

Fashion Show and Tea

Are you starting your holiday shopping? Do you want to revamp your fall and winter wardrobes, or do you just like window shopping? If so, you won't want to miss a complimentary fashion show and tea September 25th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The event is being cosponsored by West Suburban Senior Services and the New to

(Continued on page seven)

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

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the Senior Chronicle out due to increased postage costs. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

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

Non-Discrimination

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

252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Board of Directors

The Board of Directors elected, during the 35th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Elaine Reno, President
Mrs. Debbie Nowader, Vice President
Ms. Carole Kulinski, Secretary
Mrs. Lois Albers, Treasurer

Directors

Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mrs. Lela Grimble
Honorable Noreen Love
Honorable Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Honorable Anthony Calderone
Honorable Gary Woll

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August 6th Fool's Gold
August 13th Tyler Perry's Meet the Browns
August 20th P.S. I Love You
August 27th The Negotiator

West Suburban Senior Services Hosts Dollar Stretcher Programs and Activities

In the midst of skyrocketing gasoline and food costs, seniors are invited to participate in the following activities designed to help them save money.

Senior Citizen Center
439 Bohland Avenue
Bellwood

Bargain Party Bingo August 11th, 10:15 am to 11:15 am. Cost is 50 cents per card.

Blue Plate Special August 19th, 11:30 am to 12:30 pm. For \$1.00, seniors enjoy an oven roasted chicken lunch. Reservations are required by 12:00 noon on August 18th.

Coupon Exchange August 19th, 10:30 am to 12:00 noon. Seniors may look through and take coupons to help with their grocery bills.

Cutting Your Phone Bill August 14th, 10:30 am to 12:00 noon. The Citizens Utility Board is the program presenter. Seniors are encouraged to bring their most recent telephone bill for individual review.

Health Care Fraud August 28th, 10:30 am to 11:30 am. AgeOptions is presenting information to prevent Medicare and Medicaid errors, and fraud and abuse.

Rummage Sale August 21st, 9:30 am to 12:30 pm. This bargain shopping is part of the agency's Watermelon Festival. Sale donations are being accepted between 10:00 am and 2:00 pm August 18th through August 20th. No appliances or large furniture pieces are being included in the sale.

OARS Center
712 East Elm
LaGrange

Bargain Party Bingo August 25th, 10:00 am to 11:00 am.

Blue Plate Special August 19th, 11:00 am to 12:00 Noon. Reservations are required by 12:00 noon on August 18th.

Coupon Exchange August 19th, 10:00 am to 11:30 am.

Cutting Your Phone Bill September 5th, 10:00 am to 11:00 am. Seniors are encouraged to bring their most recent utility bill for individual review by the Citizens Utility Board.

Healthcare Fraud August 26th, 10:00 am to 11:00 am.

West Suburban Walkers

Have you been wanting to walk for exercise but haven't had anyone to walk with? West Suburban Senior Services has a new walking group on Mondays, Thursdays and Fridays. Seniors meet at the Senior Citizen Center in Bellwood at 9:30 am and then walk in the local area at their own pace. Refreshments are available afterward at the Senior Center.

Briefly Stated

Acid Reflex Disease

10:30 am
August 18th
Bellwood

Advisory Council

10:00 am
August 13th
Bellwood

11:00 am
August 13th
OARS

Art Class

9:00 am
Tuesdays
Bellwood

Arthritis Foundation

Exercise Class
10:00 am
August 5th, August 6th, August
12th, August 13th, August 19th
& August 20th
Bellwood

Banana Split

12:15 pm
August 14th
Bellwood & OARS

Bargain Bingo

10:15 am
August 11th
Bellwood

10:00 am
August 25th
OARS

Beach Party

10:00 am
August 7th
Bellwood

Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Blow-Out

10:00 am
August 29th
Bellwood

Bingo Bonanza

10:15 am
August 4th
Bellwood

10:15 am
August 5th
OARS

Blue Plate Special

11:30 am
August 19th
Bellwood & OARS

Casino Trip

8:30 am
September 17th
Milwaukee, WI

Cataracts: Advances in
Treatments

10:30 am
August 26th
Bellwood

Celebrating the '50s

10:30 am
August 25th
Bellwood

10:00 am
August 15th
OARS

Chair Exercises

10:00 am
August 4th, August 11th &
August 18th
OARS

Coupon Exchange

10:30 am
August 19th
Bellwood & OARS

Creative Writing Class

10:00 am
August 26th
Bellwood

Cutting Your Phone Bill

10:30 am
August 14th
Bellwood

10:00 am
September 5th
OARS

Decluttering Class

12:30 pm
August 25th
Bellwood

Early Bird Bingo

9:30 am
August 22nd
Bellwood

Exercise Class

10:30 am
Monday through Friday
Bellwood

Fashion Show

10:30 am
September 25th
Bellwood

Foster Grandparents

10:30 am
August 20th
Bellwood

Garden Tea Party

10:00 am
August 8th
Bellwood

10:00 am
August 20th
OARS

Gift Shop

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

Gourmet Dinner Party

5:00 pm
August 22nd
Bellwood

Haircuts

10:30 am
August 12th & August 26th
Bellwood

Healthcare Fraud

10:30 am
August 28th
Bellwood

10:00 am
August 26th
OARS

Holiday Quilting Project

12:15 pm
August 11th
Bellwood

10:00 am
August 12th
OARS

How to Save Money on
Your Phone Bill

10:30 am
August 14th
Bellwood

Ice Cream Cones

12:15 pm
August 7th
OARS

Ice Cream Floats

12:15 pm
August 7th
Bellwood

Improving Your Memory

12:15 pm
August 6th & August 20th
Bellwood

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Pie A la Mode This dessert is being served August 28th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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 scheduled August 1st, August 8th and August 15th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card, and refreshments are served.

Robber Bingo This entertaining form of party bingo is being played August 27th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents per card.



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 8th and August 22nd, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

Thyroid Program and Screening White Crane Wellness Center is presenting a program on thyroid disease September 4th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Complimentary thyroid screenings follow. Appointments for the screenings are limited, and appointments may be made by contacting the agency.

Watermelon Festival A rummage sale, contests and best decorated watermelon pictures are included in this event August 21st at the Senior citizen Center in Bellwood. Sale hours are 9:30 am to 12:30 pm. Contests, including watermelon rolling and seed spitting, are scheduled from 10:30 am to 11:00 am. Picture winners are being announced at 11:15 am. Seniors wanting to participate in the decorating competition may pick up a watermelon picture at the Senior Citizen Center beforehand between 8:30 am and 4:00 pm weekdays. Decorated pictures must be returned to the Senior Center by 4:00 pm on August 20th.

Watermelon Sherbet This summer dessert is being served August 21st, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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 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 Commissions of Berwyn and Proviso Townships, local villages, and donations.			August 1, 2008 Polish Sausage French Bread Sauerkraut Carrots Pineapple Rings Banana
August 4, 2008 Meatloaf Whipped Potatoes Green Peas Lettuce Wedge Applesauce	August 5, 2008 Creamy Chicken Steamed Rice Carrot Raisin Salad Grapes	August 6, 2008 Hamburger on Bun Potato Salad Lemonade Banana Pudding	August 7, 2008 Swedish Meatballs Rice Pilaf Carrots Apple Sauce Pound Cake	August 8, 2008 Smothered Chicken Breast Potatoes California Vegetables Juice Pears
August 11, 2008 Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	August 12, 2008 Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Cantaloupe	August 13, 2008 Baked Chicken Leg Herb Stuffing Succotash Apple Juice Pineapple Chunks	August 14, 2008 BBQ Rib Spaghetti Greens Coleslaw Peach Half	August 15, 2008 Beef Chop Suey Rice Lettuce Salad Fortune Cookie
August 18, 2008 BBQ Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Nectarine	August 19, 2008 Oven Roasted Chicken Whipped Potatoes Peas Coleslaw Frosted Lemon Cake	August 20, 2008 Meatball Sandwich Whole Potatoes Italian Vegetables Tossed Salad Honeydew Melon	August 21, 2008 Tuna Salad on Bun Three Bean Salad Chicken Gumbo Watermelon	August 22, 2008 Hot Dog on Bun Potato Salad Grape Juice Gelatin Vanilla Pudding
August 25, 2008 Grecian Chicken Leg Herb Rice Zucchini and Tomatoes Cherry Apple Juice Fresh Plum	August 26, 2008 Stuffed Green Peppers Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	August 27, 2008 Taco Salad Spanish Rice Mexicorn Gelatin	August 28, 2008 BBQ Chicken on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	August 29, 2008 Polish Sausage French Bread Sauerkraut Carrots Pineapple Rings Banana

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

(Continued from front cover)

You Upscale Resale Shop in Broadview. Lunch (for seniors age 60 and older) follows at 11:30 am for the suggested donation of \$1.75. The menu is barbecued chicken fillet on a bun, pasta and tossed salads, pineapple juice, tropical fruit, and milk and coffee. Reservations are required by 12:00 noon on September 24th.

Seniors who would like to model in the fashion show should contact the Senior Center Director as soon as possible. Participants visit the shop a week before the fashion show and select the outfits they would like to model. They are not required to purchase these outfits.

Holiday Quilting Project

West Suburban Senior Services invites volunteers to design squares for lap-size quilts that will be given to homebound seniors during the holiday season. Materials and instructions are being provided to the quilters. The first quilting sessions have been scheduled August 11th, 12:15 to 1:15 pm, at the Senior Citizen Center in Bellwood, and August 12th, 10:00 am to 11:00 am, at OARS Center in LaGrange.

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

Free health screens and information, snacks and party bingo are among the activities planned for the Family and Senior Citizen Health Fair August 2nd, 9:00 am to 1:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park. The event is sponsored by Proviso Township, Proviso Township High School District 209 and West Suburban

Senior Services.

For adults, the health fair features the following free screens.

- Bone density (Gottlieb Memorial Hospital)
- Dental (Dr. Albert Castellan, DDS)
- Glucose, Cholesterol and Blood oxygen levels (TLC Healthcare Services of Illinois)
- Hearing (Lauret Hearing Center)
- Hypertension (MacNeal Hospital)
- Neck and Spine (Celar Chiropractic)
- Podiatry (West Suburban Senior Services)
- Vision (Optica Eye Center).

For children, the event features free back to school and sports physicals performed by Loyola University Medical Center. Appointments for the physicals are limited and may be made by contacting Proviso Township at (708) 449-4310. A parent must be present at the time of the physical and present the appropriate school forms, including the signed parental consent.

In addition to the health screens, participants may visit with other health service providers including Family Service of Oak Park and River Forest, Illinois Department of Human Services, Illinois Department of Healthcare and Family Services, Juice Plus, Rainbow Hospice, Resurrection Health Care, Rush-Oak Park Hospital, Senior Health Insurance Program, Social Security Administration, University of Illinois College of Pharmacy, University of Illinois Extension, West Suburban Senior Services and others. Free party bingo for seniors is scheduled from 10:30 am to 11:30 am.

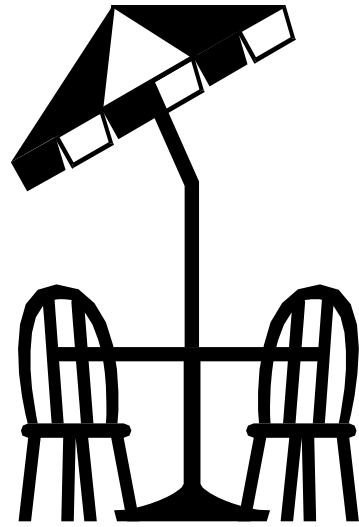
Additional information is available from Proviso Township, (708) 449-4310 or West Suburban Senior Services, (708) 547-5600.

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Gourmet Dinner Party West Suburban Senior Services is hosting this event August 22nd at the Senior Citizen Center in Bellwood. Doors open at 4:30 pm with appetizers served until 5:00 pm. Dinner is served at 5:00 pm. The evening concludes at 7:00 pm. Paid and nonrefundable reservations are due by August 18th. Cost is \$9.00 per person.

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 12th and August 26th at 10:30 am. Appointments are required.



Ice Cream Cone Seniors at OARS Center may enjoy this treat August 7th, 12:15 pm to 12:30 pm. Cost is \$1.00.

Ice Cream Floats This dessert is being served at a beach party August 7th at the Senior Citizen Center in Bellwood.

Serving time is 12:15 pm, and cost is \$1.00.

Improving Your Memory The agency's Healthy Aging Counselor is conducting these "brain games" August 6th and August 20th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. There is no cost, and new participants are welcome.

Insider's View of the Judicial System A Circuit Court judge is the program presenter August 22nd, 10:00 am to 11:00 am, at OARS Center. Lunch follows at 11:30 am for the suggested donation of \$1.75.

Legal Assistance On August 19th 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 contact West Suburban Senior Services for more information regarding appointments.

Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 am. There is no charge.

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

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 5th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

Mystery Bingo This form of party bingo is scheduled August 18th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and August 19th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00 per card; lunch is served at 11:30 am.

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most realistic '50s attire and trivia knowledge of that decade. Seniors may also participate in a jitterbug and a song competition.

Chair Exercises As part of the agency's *Healthy Aging* series, this new class is being offered at OARS Center August 4th, August 11th and August 18th. Class time is 10:00 am to 10:30 am. Exercises are done with a video-taped instructor.

Creative Writing Class New and returning students are welcome at this monthly class at the Senior Citizen Center in Bellwood. This month's meeting is August 26th from 10:00 am to 11:30 am. There is no enrollment cost.

DeCluttering Class Seniors are invited to learn ways for decluttering their homes and lives at this class August 25th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. There is no enrollment cost.



Early Bird Bingo Breakfast and party bingo highlight this activity August 22nd, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The menu features French toast, sausage, fruit, and milk and coffee. Cost for the meal and party bingo is \$2.00. Reservations are required by 12:00 noon on August 20th, and a minimum registration is required for this activity to take place.

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 Senior Citizen Center in Bellwood and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care. The next meeting is August 20th at 10:30 am.

Garden Tea Party Seniors are invited to wear their favorite hat and costume jewelry to this event August 8th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and August 20th, 10:00 am to 11:00 am, at OARS Center. Participants who wish to participate in a costume jewelry exchange should bring an item for this activity. Cost for the tea 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.

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(Continued from page seven)

Mark Your Calendar For Our Rummage Sale

West Suburban Senior Services is hosting a rummage sale August 21st, 9:30 am to 12:30 pm, at the Senior Citizen Center, 439 Bohland Avenue in Bellwood. Toys, books, clothing (children and adult) and miscellaneous items are being sold. Sale donations are being accepted from 10:00 am to 2:00 pm August 18th through 20th at the Senior Citizen Center.

Saving Money on Gas

Experts offer these tips for cutting fuel consumption:

- Keep car tires properly inflated. Under-inflated tires waste fuel.
- Keep a vehicle tuned up and follow through with regular maintenance, such as oil changes.
- Carry only basic emergency equipment and necessary items in the trunk.
- Buy the lowest grade (octane) fuel that is appropriate for your car.
- Don't top off the gas tank. Too much gas will seep out and be wasted.
- Ease up on the accelerator.
- Avoid long warm-ups (anything longer than a minute).
- Combine errands into one trip and plan the most efficient route for the errands. Also, carpool

whenever possible.

- Do not rest your left foot on the break.
- Tighten the gas cap. Gas evaporates easily if it has an escape.
- Buy a fuel-efficient car and factor in long-term fuel costs.
- Be smart with air conditioning. On the highway, closed windows decrease air resistance, so run the air conditioner.
- Remove snow tires in good weather.
- Comparison shop for the lowest gas prices.

Summer Film Festival

West Suburban Senior Services concludes its Summer Film Festival this month at the Senior Citizen Center in Bellwood and at OARS Center. There is no charge for the movies, and refreshments are served.

Senior Citizen Center
439 Bohland Avenue
Bellwood
Show time is 12:15 pm

August 5 th	<i>Fool's Gold</i>
August 12 th	<i>Tyler Perry's Meet the Browns</i>
August 19 th	<i>P.S. I Love You</i>
August 26 th	<i>The Negotiator</i>

OARS Center
712 East Elm
LaGrange
Show time is 10:00 am.

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Briefly Noted

Acid Reflex Disease Jennifer Menick, MD, of Rush-Oak Park Hospital's Physician Group, is discussing diagnosis and treatment of this disorder August 18th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am.

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 13th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

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

Arthritis Foundation Exercise Class West Suburban Senior Services is again pleased to host this class. This month's sessions are August 5th, August 6th, August 12th, August 13th, August 19th and August 20th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. New students are welcome.

Banana Split For \$1.00, seniors may enjoy this dessert August 14th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Reservations are required.

Beach Party This "beat the heat" activity is planned August 7th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors are invited to wear their favorite (and appropriate) beach attire. Activities and refreshments are related to the theme.

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

Bingo Blow-Out For \$2.50, seniors may enjoy three hours of party bingo and lunch August 29th, 10:15 am to 2:15 pm, at the Senior Citizen Center in Bellwood. Reservations are required by 12:00 noon on August 27th, and a minimum registration is required for this activity to take place.

Bingo Bonanza A double session of party bingo is planned August 4th at the Senior Citizen Center in Bellwood, and August 5th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments.

Cataracts: Advances in Treatment August is *Cataracts Awareness Month*, and Dr. Spero Kinanas, MD, is presenting this program August 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am.

Celebrating the '50s The music and food of this decade are being celebrated August 15th, 10:00 am to 11:00 am, at OARS Center, and August 25th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Prizes are being awarded for

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