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Summer Clinic Complimentary health screenings, diabetes education and a healthy food demonstration are being done August 27th at the Senior Citizen Center in Bellwood. Additional information is provided in a separate article.

Summer Madness Food and fun highlight this event August 31st, 9:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and August 28th, 9:00 am to 12:30 pm, at OARS Center. Following a continental breakfast at 9:00 am, seniors play party bingo until 10:30 am. Pokeno follows from 10:30 am to 11:30 am. Activities conclude with lunch at 11:30 am. Cost for all is \$3.00, and a minimum registration is required for this activity to take place.

Swine Flu Cook County Department of Public Health is presenting a program about this current health concern August 10th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. A question-answer session follows.

Watermelon Festival A bargain auction and various activities highlight this event August 20th at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Additional information is presented in a separate article.

What Loss Looks Like Vitas Hospice addresses this issue August 17th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood.

What to Look for When Purchasing Produce from Farmers' Markets University of Illinois Extension is the program presenter August 6th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am.

Wii Bowling This computerized recreation is being offered every Tuesday, 9:30 am to 10:30 am and 12:30 pm to 1:30 pm, and every Wednesday, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Reservations are required.

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

More information may be available in a separate article.

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

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

The OARS Center is located at 712 Elm in LaGrange.

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

Fashion Show and Tea

New to You Upscale Resale Shop in Broadview and West Suburban Senior Services are cosponsoring their *Annual Fashion Show and Tea* September 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch, for seniors age 60 and older, follows at 11:30 am for the suggested donation of \$2.00. The menu is barbecued chicken fillet on a bun, broccoli, tossed salad and tropical fruit. Reservations are required by 12:00 noon on September 23rd. There is no charge for the fashion show or tea.

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

Food Safety and Fresh Produce

With farmers' markets underway and a large assortment of summer produce in grocery stores, it's important to handle fresh fruits and vegetables safely to reduce the risks of food-borne illness. Harmful bacteria may be in the soil or water where the produce grows, and it may come in contact with the fruits and vegetables and contaminate them. Also, the fresh produce may be

contaminated after it is harvested, such as during purchase, preparation or storage. The Food and Drug Administration and University of Illinois Extension offer these tips to avoid illness from fresh produce:

- ❑ Purchase produce that is not bruised or damaged. Be sure fresh cut produce like bagged salad greens are refrigerated or surrounded by ice. Separate fresh fruits and vegetables from raw meat, poultry and seafood in the grocery cart and when bagging to take home.
- ❑ At home, maintain produce quality by storing perishable fresh fruits and vegetables in a clean refrigerator at 40 degrees F or below. Pre-cut or peeled produce should be refrigerated to have best quality and safety.
- ❑ When preparing fresh produce, be sure hands have been washed for 20 seconds with soap and warm water before and after handling produce.
- ❑ Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Discard produce that looks rotten.
- ❑ Thoroughly wash all produce under running water before eating. This includes produce grown conventionally or organically at home, and produce that is purchased from a grocery store or farmer's market. Even if you plan to

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The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Website

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

Board of Directors

The Board of Directors elected, during the 36th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Debbie Nowader, President
Mrs. Lela Grimble, Vice President
Mrs. Tywana Rand, Secretary
Mrs. Lois Albers, Treasurer

Directors

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

Honorary Directors

Ms. Carole Kulinski
Judge Noreen Love
Mrs. Elaine Reno

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Mystery Bingo This form of party bingo is scheduled August 24th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

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 4th, 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.

Patio Party Cheeseburgers and other traditional picnic foods highlight this cook-out August 5th, 11:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Suggested meal donation is \$2.00, 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 Blow-Out Seniors are invited to enjoy lunch and play three hours of Pokeno August 17th at the Senior Citizen Center in Bellwood. Lunch is served at 11:30 am; Pokeno follows from 12:30 pm to 3:30 pm. Cost for all is \$3.00. Reservations are required, and a minimum registration is needed for this activity to take place.

Pokeno Parties Seniors may play this game August 7th and August 21st at the Senior Citizen Center in Bellwood starting at 10:30 am. Cost is \$1.00.

Sherbet Cones A favorite summer treat, these cones are being served August 20th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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 7th and August 21st, 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.



Stepper Dance Class Beginners and advanced students are welcome in this free class. It is offered Thursdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

(Continued back cover)

Briefly Stated

Advisory Council

10:00 am
August 12th
Bellwood

11:00 am
August 12th
OARS

Art Class

9:00 am
Tuesdays
Bellwood

Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
August 3rd
Bellwood

10:15 am
August 4th
OARS

Black Cows (Root Beer

Floats)

12:15 pm
August 6th
Bellwood & OARS

Blue Plate Special

11:30 am
August 4th
Bellwood

11:30 am
August 3rd
OARS

Brain Games

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

Breakfast Bingo

9:00 am
August 28th
Bellwood

Bring a Friend to Lunch Day

11:30 am
August 18th
Bellwood & OARS

Caregiver Support Group

2:00 pm
August 5th & August 19th
Bellwood

Chair Exercises

10:00 am
Mondays
OARS

Cheesecake Day

12:15 pm
August 13th
Bellwood & OARS

Chicken/Bingo Fest

4:30 pm
August 28th
Bellwood

Clutter Solutions

10:45 am
August 12th
Bellwood

Comedy Club

10:30 am
August 25th
Bellwood & OARS

Cream Pie Day

12:15 pm
August 27th
Bellwood & OARS

Creative Writing Class

10:00 am
August 25th
Bellwood

Digital Photography Class

10:30 am
August 11th
Bellwood

Exercise Class

10:00 am
Monday through Friday
Bellwood

Farmer's Market Bingo

12:15 pm
August 10th
Bellwood

10:30 am

August 11th
OARS

Gift Shop

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

Gizmos & Gadgets

10:30 am
August 13th
Bellwood

Grief Support Group

1:00 pm
August 3rd & August 17th
Bellwood

Haircuts

10:30 am
August 11th & August 25th
Bellwood

Healthy Ways to Prepare Produce from Farmers' Markets

10:30 am
August 27th
Bellwood

Laugh Therapy

10:30 am
August 24th
Bellwood

Legal Assistance

By Appointment
Bellwood

Line Dancing

9:30 am
Fridays
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

Meditation & Centering Class

12:15 pm
August 14th & August 28th
Bellwood

Movie Days

12:15 pm
August 4th, August 11th,
August 18th & August 25th
Bellwood

Mystery Bingo

12:15 pm
August 24th
Bellwood

Mystery Reading Club

9:30 am
August 4th
Bellwood

Patio Party

11:00 am
August 5th
Bellwood & OARS

Podiatry Clinic

9:00 am
Thursdays
Bellwood

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The agency previously provided weekend home delivered meals but the program was terminated due to a lack of funding. Individuals who required meals delivered to their homes seven days a week were limited to a five day schedule. With this new

funding, for eighteen months, West Suburban Senior Services is able to resume the weekend home delivered meals program while continuing the weekday home delivered meals program.

Additional information is available from the agency.

Pokeno Blow-Out

10:30 am
August 17th
Bellwood

Pokeno Parties

10:30 am
August 7th & August 14th
Bellwood

Sherbet Cones

12:15 pm
August 20th
Bellwood & OARS

Spanish Club

11:00 am
August 7th & August 21st
Bellwood

Stepper Dance Class

10:30 am
Thursdays
Bellwood

Summer Clinic

9:30 am
August 27th
Bellwood

Summer Madness

9:00 am
August 31st
Bellwood

9:00 am

August 28th
OARS

Swine Flu

10:45 am
August 10th
Bellwood

Watermelon Festival

10:30 am
August 20th
Bellwood & OARS

What Loss Looks Like

10:30 am
August 17th
Bellwood

What to Look for When Purchasing Produce from Farmers' Markets

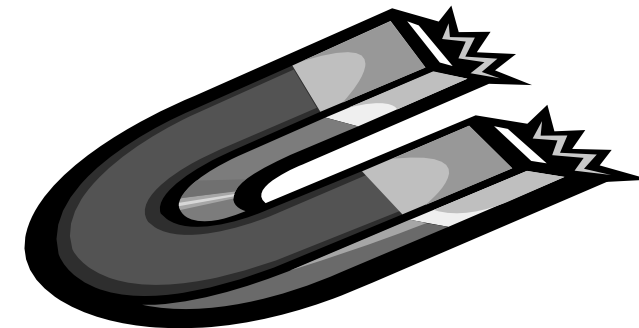
10:30 am
August 6th
Bellwood

Wii Bowling

9:30 am & 12:30 pm
Tuesdays
Bellwood

9:30 am

Wednesdays
Bellwood



Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 3, 2009	August 4, 2009	August 5, 2009	August 6, 2009	August 7, 2009
Meatloaf Whipped Potatoes Green Peas Applesauce	Creamy Chicken Wild Rice Broccoli Grapes	Cheeseburger on Bun Potato Salad Banana Pudding	Swedish Meatballs Carrots Tossed Salad Apricots	Chicken Breast Whole Potatoes Lima Beans Chilled Pears
August 10, 2009	August 11, 2009	August 12, 2009	August 13, 2009	August 14, 2009
Turkey Tetrazzini Green Beans Sliced Cucumbers Peach Pie	Salisbury Steak Whipped Potatoes Mixed Vegetables Cantaloupe	Baked Chicken Mashed Potatoes Succotash Pineapple Oranges	Barbecued Ribette Spaghetti Greens Peach Halves	Beef Chop Suey Brown Rice Lettuce Salad Honeydew
August 17, 2009	August 18, 2009	August 19, 2009	August 20, 2009	August 21, 2009
Barbecued Pork Rice Beans Tomato & Cucumber Nectarine	Roasted Chicken Whipped Potatoes Peas Coleslaw Frosted Lemon Cake	Meatball Sandwich Italian Vegetables Tossed Salad Honeydew	Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	Hot Dog on Bun Baked Beans Mandarin Orange Vanilla Pudding
August 24, 2009	August 25, 2009	August 26, 2009	August 27, 2009	August 28, 2009
Grecian Chicken Rice Zucchini & Tomatoes Fresh Plum	Stuffed Green Peppers Peas & Carrots Tossed Salad Tapioca Pudding	Taco Salad Spanish Rice Refried Beans Cantaloupe	Barbecued Chicken Fillet on Bun Broccoli Tossed Salad Tropical Fruit	Polish Sausage Carrots Pineapple Rings Banana
August 31, 2009	West Suburban Senior Services in supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.			All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements

**Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104**

**OARS Center
712 Elm
LaGrange, Illinois 60525**

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day, August 10th, 17th, 24th and 31st, 10:00 am to 11:00 am, and Wednesday, August 5th, August 12th, August 19th and August 26th, 10:00 am to 11:00 am. Interested seniors may register by telephoning the agency.

Summer Check Up

West Suburban Senior Services is hosting a health clinic August 27th, 9:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood.

Westlake Hospital is offering seniors complimentary blood pressure, bone density, cholesterol, glucose and prostate cancer screenings. Fasting for the blood tests is recommended but not required.

In addition, Wal-Mart Pharmacy in Forest Park is sharing information about recent diabetes treatments and testing devices during a workshop from 10:30 am to 11:15 am. A pharmacist is also available to answer prescription-related questions from 10:00 am to 12:00 noon.

At 10:30 am, University of Illinois Extension is demonstrating healthy ways to prepare produce purchased at farmers' markets. Seniors may sample a recipe.

Lunch is served at 11:30 am for the suggested donation of \$2.00. Meal reservations are required by 12:00 noon on August 26th.

Watermelon Festival

Summer is watermelon season, and West Suburban Senior Services is celebrating with a Watermelon Festival August 20th at the Senior citizen Center in Bellwood and at OARS Center in LaGrange. A bargain auction, contests and best decorated watermelon pictures are included in the festival. Contests, including watermelon rolling and seed spitting, are scheduled from 10:00 am to 10:30 am. The bargain auction takes place from 10:30 am to 11:30 am.

Lunch is served at 11:30 am for the suggested donation of \$2.00. The menu selections are either a tuna salad meal, or a ham and cheese croissant boxed lunch. Meal reservations are required by 12:00 noon on August 18th.

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 and at OARS Center between 9:30 am and 1:00 pm weekdays. Decorated pictures must be turned in by 4:00 pm on August 18th to the site where they were obtained. Seniors may enter one picture at one site only. Winners are announced at 12:15 pm during the festival.

Weekend Home Delivered Meals

West Suburban Senior Services is pleased to offer weekend home delivered meals. This service begins shortly and is available to clients who currently receive home delivered meals weekdays. Funding to support this project is from the Federal stimulus funding.

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Bring a Friend to Lunch Day Any senior age 60 and older is eligible to participate in the congregate lunch program at the Senior Citizen Center in Bellwood and at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$2.00. Seniors are encouraged to introduce a friend to the program August 18th.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets August 5th and August 19th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood. Additional information is available from the agency's Caregiver Specialist at extension 401.

Chair Exercises This program takes place every Monday at OARS Center from 10:00 am to 10:30 am. There is no charge.

Cheesecake Day This dessert is being served August 13th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.



Chicken and Bingo Fest A chicken dinner and party bingo are planned August 28th, 4:30 pm to 6:30 pm, at the Senior Citizen Center in Bellwood. Cost for all is \$5.00, and prepaid cash reservations are due by August 25th. A minimum registration is required for this activity to take place.

Clutter Solutions Kitchens are the focus of this decluttering class August 12th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors receive practical tips for making their kitchen more functional and safe.

Comedy Club August is *National Smile Month*, and seniors are invited to tell their favorite jokes (which must be in good taste) August 25th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood and at OARS Center. Judges select the next king or queen of comedy!

Cream Pie Day For \$1.00, seniors may enjoy this treat August 27th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

Creative Writing Class New and returning students are welcome in this class August 25th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge.

Digital Photography Class Best Buy of Melrose Park is presenting this complimentary workshop August 11th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Interested participants can also learn about digital video recorders. Students may practice during the class with digital cameras provided by Best Buy.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held

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peel the produce before eating, it still should be washed before using.

- ❑ Do not wash fruits and vegetables with soap or detergent, or use commercial products. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Drying produce with a clean, cloth towel or paper towel may further reduce bacteria that may be present.
- ❑ Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry or seafood --- and from kitchen utensils used for those products.

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

The *Third Annual Family and Senior Citizen Health Fair* is being held on August 8th at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park. Senior citizens, age 60 and older, may enjoy a turkey croissant boxed lunch between 11:00 am and 11:45 am for the suggested donation of \$1.50. Lunch reservations are required and may be made by telephoning West Suburban Senior Services by August 5th.

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

Dental (Albert Castellano, DDS)
 Glucose Level (Lexington Health Care)
 Hearing (Lauret Hearing Center)
 Hypertension (Forest Park Fire Department)
 Neck and Spine (Celar Chiropractic)
 Podiatry (West Suburban Senior Services)
 Pulmonary Function (MacNeal Hospital)
 Vision (Eye Care Associates)

In addition, a step dance exercise class is held from 10:45 am to 11:15 am and party bingo is held from 11:30 am to 12:30 pm. Screens, information and snacks are available from 9:00 am to 1:00 pm.

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 the Mathematics and Science Academy. 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 receiving the health screens, participants may also visit with other area health service providers.

The health fair is sponsored by Proviso Township, Proviso Township High School District 209 and West Suburban Senior Services.

Holiday Gift Project

West Suburban Senior Services invites volunteers to decorate gift packages that will be given to homebound seniors during the holiday season. Materials are being provided. Interested volunteers are asked to telephone the agency for additional information.

Internet Café

West Suburban Senior Services is offering free basic computer instruction at the Senior Citizen Center in Bellwood. Classes are scheduled Mon-

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Monday through Friday, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood.

Farmer's Market Bingo This party bingo is scheduled August 10th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood and August 11th, 10:30 am to 11:30 am, at OARS Center. Cost is \$1.00, and prizes are related to the theme.

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.

Gizmos and Gadgets Merit Healthcare is the presenter August 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The program focus is home health safety.

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are August 3rd and August 17th from 1:00 pm to 3:00 pm.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site August 11th and August 25th at 10:30 am.

Healthy Ways to Prepare Produce from Farmers' Markets University of Illinois Extension is presenting this timely program August 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is part of the agency's *Summer Clinic*.

Laugh Therapy Elmwood Care is the program presenter August 24th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Refreshments are being served.

Legal Assistance Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors 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 \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class August 14th and August 28th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *Knowing* on August 4th, *He's Just Not That Into You* on August 11th, *Code* on August 18th and *The Edge of Love* on August 25th.

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting August 12th, 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.



Bingo Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join to-

gether for a lively game beginning at 12:15 pm at the Senior Citizen Center and 10:00 am at the OARS Center.

Bingo Bonanza A double session of party bingo is planned August 3rd at the Senior Citizen Center in Bellwood and August 4th 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.

Black Cows Root beer floats are being served at the Senior Citizen Center in Bellwood and at OARS Center on August 6th at 12:15 pm. Cost is \$1.00.

Blue Plate Special For \$1.00, seniors may enjoy lunch August 4th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and August 3rd, 11:30 am to 12:15 pm, at OARS Center. Reservations are required by 12:00 noon August 1st.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood. There is no charge for this activity.

Breakfast Bingo This session of party bingo is scheduled August 28th, 9:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a French toast and sausage meal and the bingo. Reservations are required by 12:00 noon on August 26th, and a minimum registration is required for this activity to take place.

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