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Terrific Tuesdays

West Suburban Senior Services announces alternative menu options three Tuesdays this month at the Senior Citizen Center in Bellwood. On those days, seniors may order either the catered lunch listed on the menu or the alternative meal listed below. Suggested meal donation for all meals is \$2.00. The deadline for each alternative menu item is listed. Lunches are served between 11:30 am and 12:30 pm to seniors age 60 and older.

August 3rd

Sausage Pizza (two slices)
Salad with Tomatoes
Banana
Milk

Reservation deadline is 12:00 noon August 2nd.

August 17th

Beach Club Sandwich (four- inch) with turkey, cheese, avocados, tomatoes, cucumbers and lettuce.
Applesauce
Cranberry Juice
Milk

Reservation deadline is 12:00 noon August 15th.

August 24th

Mini Southern Rib Tips
Green Beans
Hamburger Bun
Orange Juice
Milk

Reservation deadline is 12:00 noon August 20th.

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.

The Hodgkin's Meal Site is located at 9301 63rd in Hodgkins.

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 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.

The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
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

Bring a Friend to Lunch

West Suburban Senior Services has designated August as *Bring a Friend to Lunch Month* at its congregate meal sites located in the Senior Citizen Center in Bellwood and Salerno's Restaurant in Hodgkins. Here's how the program works: Every time current senior lunch participants bring a friend to lunch this month, first-time diners receive a free meal, and current lunch participants receive a ticket for a raffle to be held September 1st. Senior citizens age 60 and older may participate in the congregate lunch program, and there is no residency requirement. Reservations are required by 12:00 noon on the business day before seniors plan to eat. The suggested meal donation is \$2.00.

Celebrate with Us!

West Suburban Senior Services is marking the seven-month anniversary of its congregate meal site at Salerno's Restaurant in Hodgkins with a party there August 2nd. From 10:00 am to 11:00 am, party-goers enjoy a variety of games and win door prizes. Following lunch at 11:30 am, seniors play ice cream party bingo with prizes related to the theme. Suggested meal donation is \$2.00, and reservations are required.

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Fall Fashion Show

New to You Upscale Resale Shop in Broadview and West Suburban Senior Services are cosponsoring their annual Fall Fashion Show and Tea October 14th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Senior citizens who would like to model in the show should contact the Senior Center Director. Participants visit the resale shop a week before the fashion show and select the outfits they would like to model. They are not required to purchase these outfits. Additional information is being provided in next month's issue of *The Senior Chronicle*.

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. 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 37th 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. Jann Beauchamp, Treasurer

Directors

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

Honorary Directors

Mrs. Lois Albers
Commissioner Anthony Peraica

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staff from the Illinois Secretary of State's office. There is no fee, but reservations are encouraged.

Safely Aging in Place This program provides information to make simple, low cost or more expensive home or apartment modifications so seniors can safely adapt to physical and sensory aging changes. It is scheduled August 30th, 12:15 pm to 1:15 pm, at the meal site in Hodgkins. University of Illinois Extension is the presenter.

Senior Health Topics related to aging are being discussed by a physician from Westlake Hospital August 19th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Should I Move, or Should I Stay? This program helps seniors identify later life housing needs and wants. They explore whether or not to stay in an existing home, learn how to modify their home to age safely in place, and evaluate their finances in relation to housing expenses. University of Illinois Extension is presenting the program August 3rd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Site Anniversary Party The congregate meal site at Salernos Restaurant in Hodgkins is marking its seventh-month anniversary with a party there August 2nd. Additional information is presented in a separate article.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting August 13th and August 27th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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.

Summer Madness Party bingo, Pokeno and a special dessert are featured at this activity August 30th at the Senior Citizen Center in Bellwood. Activities begin with Pokeno from 10:30 am to 11:15 am. Lunch is served at 11:30 am, with dessert following at 12:15 pm. Party bingo is played from 12:30 to 1:30 pm. Cost for all is \$3.00, and a minimum registration is required by August 26th for this activity to take place.

Twisted Party This activity is scheduled August 9th, 10:30 am to 1:15 pm, at the Senior Citizen Center in Bellwood. Esee ouy tree!

Watermelon Festival West Suburban Senior Services is hosting this event August 12th at the Senior Citizen Center in Bellwood, and August 13th at the meal site in Hodgkins. Contests, including watermelon rolling, are scheduled from 10:30 am to 11:00 am. An oldies but goodies sing-along takes place from 11:00 am to 11:30 am. Lunch is served at 11:30 am for the suggested donation of \$2.00. The event concludes with prizes being awarded for the best decorated watermelon picture at 12:15 pm. Seniors may pick up the contest picture at both sites beginning August 6th; contest entries must be returned to the site by August 11th.

Wii Bowling Senior citizens are invited to participate in this computerized bowling August 17th, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins.

Yoga Class This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

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Chill-Out Movie Days Seniors are invited to beat the heat and enjoy a classic movie August 6th and August 20th, 12:30 pm to 2:30 pm, at the Senior Citizen Center in Bellwood. There is no fee, and refreshments are served.

Creative Writing This class is scheduled August 24th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

Dessert Days Seniors may enjoy the following treats at the Senior Citizen Center in Bellwood for the cost of \$1.00 each: August 5th, cheese cake; August 12th, sherbert cones; August 19th, pie a la mode; and August 26th, chocolate lovers delight plate.

Early Bird Pokeno Parties Two morning Pokeno parties are planned this month at the Senior Citizen Center in Bellwood. On August 6th at 9:30 am, seniors can enjoy a continental breakfast and play Pokeno until 11:00 am. On August 20th, a French toast breakfast is being served at 9:30 am, and Pokeno is played until 11:00 am. The cost for each Pokeno party is \$2.00, and reservations are needed by August 4th and August 18th, respectively. A minimum registration is required for these activities 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, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood, and 10:00 am to 11:00 am, at the Hodgkins meal site.

Family and Senior Health Fair A variety of health screens, health vendors and activities for seniors are included in this event August 14th, 9:00 am to 1:00 pm, at the Proviso Mathematics and

Science Academy in Forest Park. Additional information is presented in a separate article.

Farmers’ Market Party Bingo This activity is scheduled August 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and prizes are related to the theme.

Farmers’ Market Shopping Tips University of Illinois Extension helps seniors understand the differences and benefits of ethnic and organic produce. The program is scheduled August 9th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Forensic Audits Cook County Recorder of Deeds shares information about various financial scams against seniors August 23rd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and September 27th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

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.

Grandchildren’s Day West Suburban Senior Services is hosting this event August 9th at the congregate meal site in Hodgkins. Additional information is presented in a separate article.

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 2nd and August 16th from 1:00 pm to 3:00 pm.

Growing Tomatoes Upside Down Seniors learn about this process August 17th, 10:30 am to 11:30

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Briefly Stated

Advisory Council
10:00 am
August 11th
Bellwood

1:00 pm
August 11th
Hodgkins

Aging Care Connections Day
10:30 am
August 10th
Hodgkins

Art Class
9:00 am
Tuesdays
Bellwood

Arthritis Foundation Exercise Class
10:00 am
August 24th & August 26th
Bellwood

10:00 am
August 25th & August 27th
Hodgkins

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

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

Bring a Friend Month
11:00 am
Monday through Friday in
August
Bellwood & Hodgkins

Caregiver Support Group
2:00 pm
August 4th & August 18th
Bellwood

Chill-Out Movie Days
12:15 pm
August 6th & August 20th
Bellwood

Creative Writing
10:00 am
August 24th
Bellwood

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

Early Bird Pokeno Parties
9:30 am
August 6th & August 20th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood & Hodgkins

Family & Senior Health Fair
9:00 am
August 14th
Forest Park

Farmers’ Market Party Bingo
12:15 pm
August 23rd
Bellwood

Farmers’ Market Shopping Tips
12:15 pm
August 9th
Hodgkins

Forensic Audits
10:30 am
August 23rd
Bellwood

12:15 pm
September 27th
Hodgkins

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

Grandchildren’s Day
10:00 am
August 9th
Hodgkins

Grief Support Group
1:00 pm
August 2nd & August 16th
Bellwood

Growing Tomatoes Upside Down
10:30 am
August 17th
Bellwood

12:15 pm
August 23rd
Hodgkins

Guess the Price Game Day
10:30 am
August 11th
Bellwood

Haircuts
10:30 am
August 10th
Bellwood

Health Jamboree
10:00 am
August 27th
Hodgkins

Healthy Vices
10:30 am
August 16th
Bellwood

Home Safety Checklist
12:15 pm
August 3rd
Hodgkins

Later Life Housing Options
10:30 am
August 13th
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Mad Money Auction
10:30 am
August 31st
Bellwood

12:15 pm
August 31st
Hodgkins

Maywood Park Outing
6:00 pm
August 27th
Melrose Park

Meditation & Centering Class
12:15 pm
August 13th & August 27th
Bellwood

Minute to Win It Game Day
10:30 am
August 4th
Bellwood

10:30 am
August 6th
Hodgkins

Movie Days
12:30 pm
August 3rd, August 10th,
August 17th, August 24th &
August 31st
Bellwood

12:30 pm
August 24th
Hodgkins

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am, at the Senior Citizen Center in Bellwood, and August 23rd, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Guess the Price Game Day Seniors are invited to have fun and the opportunity to win prizes at this event August 11th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. There is no participation fee.

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 10th at 10:30 am.

Health Jamboree This interactive event is scheduled August 27th, 10:00 am to 11:30 am, at the Hodgkins meal site. Additional information is presented in a separate article.

Healthy Vices Is wine bad for your health? Is there healthy chocolate? Seniors find out answers to these and other questions during a program August 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Elmhurst Memorial Healthcare is the presenter.

Home Safety Checklist This program is designed to decrease the risk of seniors' getting injured in their home. It is scheduled August 3rd, 12:15 pm to 1:15 pm, at the Hodgkins meal site. University of Illinois Extension is the presenter.

Later Life Housing Options This program helps seniors explore housing options including retirement communities, assisted living and nursing homes. University of Illinois Extension is sharing this information August 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Line Dancing Senior citizens 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 require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

Mad Money Auction Seniors who participate in the agency's congregate lunch program this month are eligible for this activity August 31st at the Senior Citizen Center in Bellwood and the congregate meal site in Hodgkins. Additional information is presented in a separate article.

Maywood Park Outing West Suburban Senior Services is hosting this event August 27th at 6:00 pm. Additional information is presented in a separate article.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class August 13th and August 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Minute to Win It Game Day Modeled after the popular television show, seniors test their skills playing games with common household objects. The fun is scheduled August 4th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and August 6th, 10:30 am to 11:15 am, at the meal site in Hodgkins.

Movie Days Seniors are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Re-*

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Exercise Station – An Arthritis Foundation Exercise class takes place between 10:00 am and 11:00 am. Also, senior citizens receive an Estimated Average Glucose Monitor and instructions for using it.

Home Safety Station – Information for aging safely at home, severe weather preparation and radon testing is available. While supplies last, seniors receive a radon testing kit and a severe weather preparation kit.

Physical Health Station – Senior citizens test their grip strength and receive help for improving it.

Planting Station – To improve their physical dexterity and coordination, participants prepare potting soil mixtures and receive a seedling for planting.

Lunch is served at 11:30 am for the suggested donation of \$2.00. Meal reservations are required.

'Mad Money' Days

Everyone enjoys some extra spending money, and West Suburban Senior Services invites senior citizens to participate in *Mad Money Days* this month at the Senior Citizen Center in Bellwood and at the congregate meal site in Hodgkins.

West Suburban Senior Services is issuing its own currency in the form of *Mad Money* coupons August 2nd through August 27th at its two nutrition sites. Here's how the coupons work: Each time seniors have lunch at the Bellwood site or at the Hodgkins site in this time period, they will receive a *Mad Money* coupon. *Only these mad Money coupons* can then be used to purchase items at an auction August 31st. At the Senior Center, the auction begins at 10:30 am; sale time at Hodgkins is

12:30 pm. Coupons must be used at the site where they were earned, and seniors may not pool their coupons. Any coupons not used at the auction will be void. Note: To help seniors earn more *Mad Money* coupons for the auction, the agency has designated Tuesday as *Double Coupon Day*. Seniors having lunch on Tuesdays receive two *Mad Money* coupons.

Lunch reservation for the Bellwood and Hodgkins nutrition sites are required by 12:00 noon on the business day before seniors plan to eat. Suggested meal donation is \$2.00.

Maywood Park Outing

West Suburban Senior Services is planning an outing to Maywood Park August 27th at 6:00 pm. For \$5.00, seniors receive admission to the park, parking, a race dedication and a photo in the Winner's Circle. Senior citizens may then enjoy barbecue items in the first floor Saddle and Saluki Grill. Food items may be purchased for \$2.00 each. Seniors are responsible for paying their own bill at the race track, and for providing their own transportation. Senior citizens planning to participate in this activity must register at West Suburban Senior Services by August 13th. Payment of the \$5.00 admission package fee is due at the time of registration, and this fee is nonrefundable.

Respite Care-Help for Caregivers

For many, the challenges of caring for a loved one are part of daily life. Caregiving is a demanding, difficult job, and no one is equipped to do it alone. Getting help is essential for your health, and your resilience is critical for your loved one.

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Respite care provides short term breaks that relieve stress, restore energy, and promote balance in your life. Working with family members or friends may be difficult, but there are many respite care options and strategies of which you may not be aware. Seeking support and maintaining one's own health are keys to managing the caregiving years. Using respite care before you become exhausted, isolated, or overwhelmed is ideal, but just anticipating regular relief can become a lifesaver. Respite can take many forms, but boils down to two basic ideas: sharing the responsibility for caregiving and getting support. Finding the right balance requires persistence, patience, and preparation.

Planning starts with analyzing needs...both yours and your loved ones. As a caregiver, is support what you need most? Some free time? Help with transportation? Keep track of your daily activities; then make a list of the areas and times when you most need help. Identifying your loved one's requirements, abilities, and preferences will also help you find the right match. Are social activities primary? Assistance with walking, eating or medications? Mental stimulation? Exercise? Answering these questions will help you determine which respite options to pursue.

When you have identified potential out-of-home programs, plan to visit at least three. Observe the care participants and their interactions with the staff. Try to picture your loved one there, and check your instincts to see if you're on the right track.

Be sure to ask the following questions

How are care providers screened?
What is the training and level of experience of the care providers?
Will care providers need additional training to meet specific family needs?

How, and by whom, are the care providers supervised?

What procedures does the program have for emergencies?

Are families limited to a certain number of hours of services?

Does the program provide transportation and meals?

What is the cost of services?

How is payment arranged?

Senior Law Enforcement Academy

Senior citizens interested in law enforcement and crime awareness issues are invited to enroll in the Cook County Sheriff's Senior Citizen Law Enforcement Academy to be held at the Senior Citizen Center in Bellwood.

The academy begins September 30th and meets on consecutive Thursdays through November 4th from 9:30 am to 11:30 am. Participants are honored at a graduation ceremony and reception after the final class session. The Law Enforcement Academy is designed to open the lines of communication between senior citizens and law enforcement officials. Participants gain a better understanding of the responsibilities and duties of law enforcement officials, and receive advice on personal safety and crime prevention. Discussion topics include crimes against seniors, gang and drug awareness, the sheriff's role in the criminal justice system, an overview of alternative sentencing programs and functions of the Cook County jail.

The program is free to all Cook County seniors, but pre-registration is required. Reservations may be made by telephoning West Suburban Senior Services.

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Things You Can Do to Prevent Falls

Exercise regularly. Exercise makes you stronger and improves your balance and coordination. Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy. Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling. Get up slowly after you sit or lie down. Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers. Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use. It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare. Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use light color paint on dark wood.

2005 Center for Disease Control and Prevention

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

The *Fourth Annual Family and Senior Citizen Health Fair* is being held August 14th, 9:00 am to 1:00 pm, at Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park.

Senior citizens may enjoy a turkey boxed lunch between 11:00 am and 11:45 am for the suggested donation of \$2.00. Lunch reservations are required and may be made by telephoning West Suburban Senior Services by August 10th.

For adults, the health fair features blood pressure,

bone density, cholesterol, glucose, hearing, prostate cancer and vision screenings. In addition, line dancing is scheduled from 10:45 am and 11:15 am, and senior party bingo is being played 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 Proviso 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 health screens, participants may visit with other area health services providers.

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

Grandchildren's Day

West Suburban Senior Services is hosting Grandchildren's Day August 9th, 10:00 am to 11:30 am, at its congregate meal site in Hodgkins. Senior citizens may bring their grandchildren to lunch that day for a meal donation of \$5.00 per grandchild. A coloring contest and an intergenerational sing-along are among the activities planned. Reservations are required by 12:00 noon on August 6th.

Health Jamboree

University of Illinois Extension and West Suburban Senior Services invite seniors to an educational and fun-filled health jamboree August 27th, 10:00 am to 11:30 am, at the congregate meal site in Hodgkins. Senior citizen visit four health stations and participate in activities at each station.

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<p>Mystery Bingo 12:15 pm August 16th Bellwood & Hodgkins</p> <p>Mystery Reading Club 9:30 am August 2nd Bellwood</p> <p>Nickels 10:30 am August 25th Bellwood</p> <p>Podiatry Clinic 9:00 am Thursdays Bellwood</p>	<p>Pokeno Parties 12:15 pm August 13th & August 27th Bellwood</p> <p>Rules of the Road Review 1:30 pm August 20th Bellwood</p> <p>Safely Aging in Place 12:15 pm August 30th Hodgkins</p> <p>Senior Health 10:30 am August 19th Bellwood</p> <p>Should I Move, or Should I Stay? 10:30 am August 3rd Bellwood</p>	<p>Site Anniversary Party 10:00 am August 2nd Hodgkins</p> <p>Spanish Club 11:00 am August 13th & August 27th Bellwood</p> <p>Stepper Dance Class 10:30 am Thursdays Bellwood</p> <p>Summer Madness 10:30 am August 30th Bellwood</p> <p>Twisted Party 10:30 am August 9th Bellwood</p>	<p>Watermelon Festival 10:30 am August 12th Bellwood</p> <p>Wii Bowling 12:15 pm August 17th Hodgkins</p> <p>Yoga Class 9:00 am Monday, Wednesday & Friday Bellwood</p>
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member *Me* on August 3rd, *State of Play* on August 10th, *Our Family Wedding* on August 17th, *The Greatest* on August 24th and *Bounty Hunter* on August 31st. In addition, a movie is being shown at the Hodgkins meal site August 24th at 12:30 pm.

Mystery Bingo This party bingo is scheduled August 16th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood and the meal site in Hodgkins. Cost is \$1.00.

Mystery Reading Club Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting August 2nd, 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.

Nickels A variation of this original game is being played August 25th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. There is no participation fee.

Pokeno Parties These events are scheduled August 13th and August 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card.

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.

Rules of the Road Review This class is scheduled August 20th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. It is conducted by

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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 during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting August 11th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and 1:00 pm to 2:00 pm at the Hodgkins site located in Salerno Pincente Ristorante.

Aging Care Connections Day Aging Care Connections in LaGrange is sharing information about various programs and services available to senior citizens. The program is scheduled August 10th, 10:30 am to 11:15 am, at the Hodgkins meal site.

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 This program continues at the Senior Citizen Center in Bellwood from 10:00 am to 11:00 am on August 24th and August 26th. Class days at Hodgkins are August 25th and August 27th. There is no participation fee.

Bingo Party bingo is held every Thursday beginning at 12:15 pm at both the Bellwood and Hodgkins congregate meal sites.

Bingo Bonanza A double session of party bingo is planned August 2nd, 10:15 am to 1:15 pm, at

the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments. Lunch is served at 11:30 am for the suggested donation of \$2.00.

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

Bring a Friend Month West Suburban Senior Services has designated August as Bring a Friend Month at its two congregate meal sites. Additional information is presented in a separate article.

Card Bingo This party bingo without a board is being played August 18th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no participation fee.

Card Games This activity is being offered August 20th, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. A variety of games are being played.

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 4th and August 18th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

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