

(Continued from page eleven)

for its Tax Aide program. (The Tax Aides receive no compensation for their service.) Applicants are required to complete two weeks of training during the weeks of January 10<sup>th</sup> and January 17<sup>th</sup>, 2005, at Katherine Legge facility in Hinsdale and to pass an examination. Additional information is available from Dick Greenberg, (630) 323-1807, or Wally Lach, (708) 352-7189. The Tax Aide program runs February 1<sup>st</sup> through April 15<sup>th</sup> and is geared to help low- and middle-income seniors age 60 and older. The Tax Aide service is again being offered at Bellwood Senior Center beginning February 2005.

**Terrific Bingo Party** Mariner Health of Westchester is hosting this complimentary bingo party December 28th, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Refreshments are being served. Reservations are required by December 23rd.

**Volunteer Holiday Get-Together** West Suburban Senior Services invites its volunteers to a

coffee December 14<sup>th</sup>, 9:30 to 10:30 am, at Bellwood Senior Center. Volunteers are asked to make their reservations with the Senior Center director by December 10<sup>th</sup>.

**Yahrtzee Party** Friendly competition, prizes, and refreshments are featured December 8th, 10:15 am to 11:15 am, at Bellwood Senior Center. Cost is 50 cents, and reservations are needed by December 6<sup>th</sup>.

**Yuletide Dessert** This peppermint ice cream and cake dessert is being served December 9<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and December 10<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00. Reservations are required by December 8<sup>th</sup>.

# 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

## Be Careful Mixing Alcohol and Medications

The holidays often mean parties and other gatherings where alcohol is served, and seniors can suffer severe reactions when alcohol reacts adversely with over-the-counter and prescription drugs.

- Drugs taken for colds, sinus problems, and allergies can combine with alcohol to make you sleepy. For example, the combination of alcohol and Benadryl (an antihistamine) can result in greater sedative effects, drowsiness, and confusion.
- Narcotic pain relievers --- such as Codeine and Darvon --- and sedatives such as valium can also be harmful and even fatal if combined with alcohol.
- Non-steroidal, anti-inflammatory drugs (NSAID's) are pain relievers that include aspirin, Advil (ibuprofen) and Aleve. These drugs can cause stomach bleeding; alcohol irritates the stomach and the lining of the esophagus (food pipe). Thus, mixing alcohol and NSAID's increases the risk of bleeding.

Also, alcohol can cause or worsen such conditions as diabetes, stroke, osteoporosis, depression, and

cardiovascular disease.

In addition, seniors should exercise caution with alcohol and caffeine because the two substances have opposite effects on the central nervous system. Alcohol is a depressant while caffeine is a stimulant.

Giving caffeine to someone who is intoxicated will not help the person sober up. Caffeine and other stimulants may make the person feel more alert but will not lower the person's blood alcohol content. If you drink, don't try to sober up with caffeine and drive! It is the blood alcohol content which determines the level of impairment. In fact, caffeine can make a drunk driver even more dangerous by increasing alertness. Drivers believe that they can do things they aren't capable of doing because of their blood alcohol content.

## Circuit Breaker Reminder

The deadline for filing Circuit Breaker applications is December 31<sup>st</sup>. For additional information or for assistance filling out an application, seniors may call Senior Advocate Consuelo LeZama at (708) 547-5600, extension 231.

## Hibernate With Us This Winter!

(Continued on page four)

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. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

### Funding

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

### Non-Discrimination

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

### Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

### Board of Directors

The Board of Directors elected, during their 31<sup>st</sup> Annual Meeting held in Forest Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

Mr. Michael Sturino, Esq., President  
 Ms. Carole Kulinski, Vice President  
 Honorable Gary Woll, Treasurer  
 Mrs. Elaine Reno, Secretary

#### Directors

Mrs. Lois Albers  
 Honorable Anthony Calderone  
 Mrs. Mary Conti  
 Ms. Carole Kulinski  
 Mrs. Dorothy Lindsey  
 Honorable Noreen Love  
 Honorable Anthony Peraica  
 Mr. John O'Sullivan  
 Mr. Gary Woll

#### Honorary Directors

Mrs. Annette Barker  
 Honorable Lawrence Terrell

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**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (December 3<sup>rd</sup>), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno** Pokeno is being played December 3<sup>rd</sup>, December 10<sup>th</sup>, and December 17<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Pokeno Bash** A double session of Pokeno is planned December 20<sup>th</sup> at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. The class is scheduled December 20<sup>th</sup>, 1:00 pm, at Bellwood Senior Center.

**Safety Presentation** Bellwood Police Chief Gregory Moore is presenting this informative program December 14<sup>th</sup>, 10:30 am, at Bellwood Senior Center. Home, holiday, and street safety are among the topics to be discussed. Reservations are recommended.

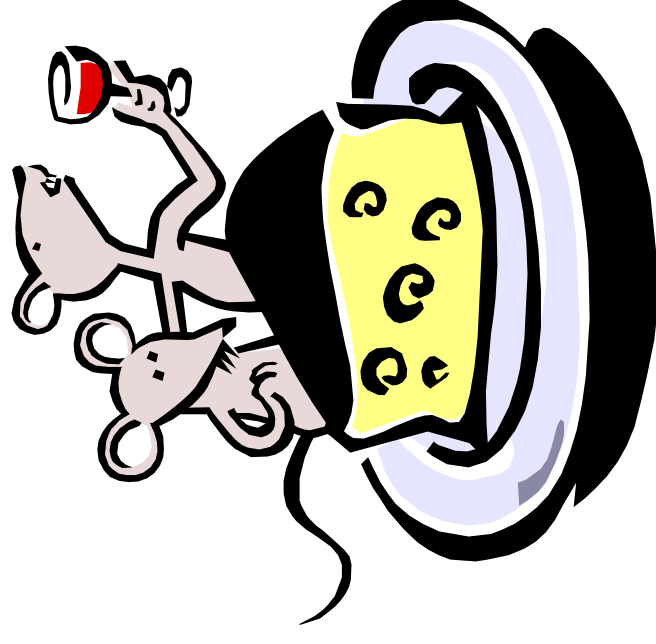
**Sharing Tree** West Suburban Senior Services announces its second annual Sharing Tree in the lobby of Bellwood Senior Center. The tree is decorated with ornaments that indicate items designated agency clients would enjoy. All gift suggestions are \$3.00 or less. Ornaments are coded; no names appear on them. Area residents are invited to select an ornament from the Sharing Tree through December 10<sup>th</sup> between 8:30 am and 4:00 pm, and purchase one of the listed items. The wrapped gift should then be tagged with the tree ornament and returned to Bellwood Senior Center by December 11<sup>th</sup> for distribution. Additional information is available from the Senior Center director.

**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 at 11:00 am, December 3<sup>rd</sup>, December 14<sup>th</sup>, and December 28<sup>th</sup>, at Bellwood Senior Center.

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

**Tax Aide Training** The American Association of Retired Persons (AARP) is seeking volunteers

(Continued on back cover)



(Continued from front cover)

**W**est Suburban Senior Services is offering expanded activities during January and February to help seniors weather the winter months. A complete activity guide is being published in the January edition of *The Senior Chronicle*; however, here is a sneak preview of some special events:

- Breakfast Bingo
- A buy three, get one free lunch program
- A candlelight snowball luncheon
- Workshops to help seniors keep their New Year's resolutions
- New craft classes ... and so much more!

The lunch program is open to seniors aged 60 and older; reservations are required by 12:00 noon on the business day before seniors plan to eat. When making reservations, seniors should specify the site where they are having lunch: Bellwood, Forest Park, or LaGrange. The suggested meal donation is \$1.50.

Additional information is available from the Senior Center Director at (708) 547-5600, extension



238.

### A Reminder

**S**eniors with Medicare Part B who are diabetic may be eligible for shoes and insoles. Additional information and screenings are available from agency podiatrist Dr. Gary Trent. Appointments may be made by calling (708) 547-5600.

### Test Your Holiday Trivia

1. In *Frosty the Snowman*, who brought Frosty back to life?
2. Who lost \$8,000 in *It's a Wonderful Life*?
3. Who tells you she's in town by tap, tap, tap-pin' at your windowpane?
4. What is the biggest selling Christmas single of all time?
5. Where was I when I saw Mommy kissing Santa Claus?
6. What was the name of Rudolph's dogsled driving friend?
7. Name the three reindeer whose names begin with a "D."
8. What was the first gift my true love sent on the sixth day of Christmas?
9. In what city did *Miracle on 34<sup>th</sup> Street* take place?
10. What is the last ghost called in *A Christmas Carol*?

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(Continued from page five)

17. What song was originally titled "One Horse Open Sleigh"?
18. What country started the tradition of exchanging gifts?
19. What World War II First Lady wrote a Christmas story about a girl named Marta?
20. Who first recorded "Here Comes Santa Claus"?
21. What men's grooming appliance became a sled for Santa in commercials of the sixties?
22. After red and green, what are the two most popular holiday colors?
23. What holiday film told the plight of a poor mountain family during the days of the Depression?
24. What is the name of the most famous holiday ballet?
25. What is the theme of "I Heard the Bells on Christmas Day"?

### Answers

1. Santa Claus
2. Uncle Billy
3. Suzy Snowflake
4. "White Christmas"
5. On the stairs
6. Yukon Cornelius
7. Dasher, Donder, Dancer
8. Six geese a-laying
9. New York
10. The Ghost of Christmas Yet to Come



11. Could not play in reindeer games

12. Norman Rockwell
13. Rudolph
14. Comet and Cupid
15. It is too commercialized
16. *Yes, Virginia, There is a Santa Claus*
17. "Jingle Bells"
18. Italy
19. Eleanor Roosevelt
20. Gene Autry
21. Norelco electric shaver
22. Silver and gold
23. *The Homecoming*
24. Nutcracker
25. Peace on Earth, goodwill to people

## Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please telephone each site by 12:00 p.m. the prior day for lunch reservations.</i></p> <p><i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements</i></p>				
<p><b>December 6, 2004</b></p> <p>Chicken Salad on Bun Tomato and Rice Soup Sliced Tomatoes Hot Spiced Peaches</p>	<p><b>December 7, 2004</b></p> <p>Swedish Meatballs Mashed Potatoes Zucchini and Tomatoes Garbanzo Bean Salad Brownie</p>	<p><b>December 8, 2004</b></p> <p>Roast Pork Sweet Potatoes Black-Eyed Peas Smothered Cabbage Chilled Peas</p>	<p><b>December 9, 2004</b></p> <p>Chicken Breast with Tomatoes and Mushrooms Noodles Carrots Pound Cake</p>	<p><b>December 10, 2004</b></p> <p>Pepper Steak White Rice Mixed Vegetables Pickled Beets Fresh Apple</p>
<p><b>December 13, 2004</b></p> <p>Stuffed Cabbage Roll Parslief Whole Potatoes Three Bean Salad Fresh Orange</p>	<p><b>December 14, 2004</b></p> <p>Turkey Sausage on Bun Cucumber Salad Peas and Carrots Chocolate Cake</p>	<p><b>December 15, 2004</b></p> <p>Baked Chicken Leg Sliced Potatoes Green Beans Carrot Raisin Salad Chilled Peaches</p>	<p><b>December 16, 2004</b></p> <p>Meatballs Whipped Potatoes Wax Beans Coleslaw Fruit Cocktail</p>	<p><b>December 17, 2004</b></p> <p>BBQ Boneless Pork Ribette Macaroni and Cheese Seasoned Mixed Greens Coleslaw</p>
<p><b>December 20, 2004</b></p> <p>Hamburger on Bun Hash Brown Potatoes Mixed Vegetables Tomato Wedge Chilled Peaches</p>	<p><b>December 21, 2004</b></p> <p>Chicken Cordon Bleu Rice Pilaf Green Beans Almondine Garden Salad Lemon Pie</p>	<p><b>December 22, 2004</b></p> <p>Chili Tossed Salad Chocolate Chip Cookie</p>	<p><b>December 23, 2004</b></p> <p>Roast Beef Sandwich on Bun Mixed Vegetables Cole Slaw Fresh Banana</p>	<p><b>December 24, 2004</b></p> <p><b>Closed for Christmas Eve</b></p>
<p><b>December 27, 2004</b></p> <p>Meatloaf Mashed Potatoes Stewed Tomatoes Lettuce Wedge Fruit Cocktail</p>	<p><b>December 28, 2004</b></p> <p>Chicken Breast Cornbread Stuffing California Blend Vegetables</p>	<p><b>December 29, 2004</b></p> <p>Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin</p>	<p><b>December 30, 2004</b></p> <p>Breaded Chicken Filet on Bun Potato Salad Vegetable Soup Tapioca Pudding</p>	<p><b>December 31, 2004</b></p> <p>Spaghetti with Meatballs Carrots Tossed Salad Fruit Gelatin</p>
<p><i>West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations</i></p>				

Senior Citizen Center  
439 Bohland  
Bellwood, Illinois 60104  
(708) 547-5600

River Park Center  
8300 Roosevelt Road  
Forest Park, Illinois 60130  
(708) 771-0101

OARS Center  
712 Elm  
LaGrange, Illinois 60525  
(708) 547-5600

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Bellwood, Forest Park & OARS

December 10<sup>th</sup>  
Chicago

**Legal Assistance**  
9:00 am  
December 21<sup>st</sup>  
Bellwood

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

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

**Rules of the Road**  
1:00 pm  
December 20<sup>th</sup>  
Bellwood

**Safety Presentation**  
10:30 am  
December 14<sup>th</sup>  
Bellwood

**Sharing Tree**  
8:30 am to 4:00 pm  
December 1<sup>st</sup> through  
December 10<sup>th</sup>  
Bellwood

**Spanish Club**  
11:00 am  
December 3<sup>rd</sup>, December 14<sup>th</sup>

**Yahtzee Party**  
10:15 am  
December 8<sup>th</sup>  
Bellwood

**Yuletide Dessert**  
12:15 pm  
December 9<sup>th</sup> Bellwood  
December 10<sup>th</sup> Forest Park & OARS

**Pokeno**  
12:15 pm  
December 3<sup>rd</sup>, December 10<sup>th</sup>  
& December 17<sup>th</sup>  
Bellwood

**Tax Aide Training**  
Weeks of January 10<sup>th</sup> and  
January 17<sup>th</sup>  
Hinsdale

**Terrific Bingo Party**  
12:15 pm  
December 28<sup>th</sup>  
Bellwood

**Volunteer Holiday Get-Together**  
9:30 am  
December 14<sup>th</sup>  
Bellwood

**Volunteer Holiday Get-Together**  
9:30 am  
December 14<sup>th</sup>  
Bellwood

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9:30 am  
December 14<sup>th</sup>  
Bellwood

**Volunteer Holiday Get-Together**  
9:30 am  
December 14<sup>th</sup>  
Bellwood

Bellwood, Forest Park & OARS

December 3<sup>rd</sup>, December 10<sup>th</sup>  
& December 17<sup>th</sup>  
Bellwood

**Pokeno Bash**  
10:15 am  
December 20<sup>th</sup>  
Bellwood

**Rules of the Road**  
1:00 pm  
December 20<sup>th</sup>  
Bellwood

**Safety Presentation**  
10:30 am  
December 14<sup>th</sup>  
Bellwood

**Sharing Tree**  
8:30 am to 4:00 pm  
December 1<sup>st</sup> through  
December 10<sup>th</sup>  
Bellwood

**Spanish Club**  
11:00 am  
December 3<sup>rd</sup>, December 14<sup>th</sup>

**Yahtzee Party**  
10:15 am  
December 8<sup>th</sup>  
Bellwood

**Yuletide Dessert**  
12:15 pm  
December 9<sup>th</sup> Bellwood  
December 10<sup>th</sup> Forest Park & OARS

**West Suburban Senior Services**  
**wishes you and your family**  
**a wonderful**  
**and**  
**joyous holiday**

(Continued from page three)

sistance Foundation of Metropolitan Chicago, serves Cook County's senior residents. Seniors are invited to learn more about this service December 2<sup>nd</sup>, 11:00 am, at Bellwood Senior Center. Reservations are recommended.

**Craft Co-op** Every Friday at 12:15 pm in Bellwood, seniors meet and do various crafts. All crafters are welcome.

**Cream Pie Day** For \$1.00, seniors can enjoy this dessert December 16<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and December 17<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Reservations are required by December 15<sup>th</sup>.

**Declutter Club** How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting December 27<sup>th</sup>, 12:15 pm, at Bellwood Senior Center.

**Diabetes and Hypertension Screening** West Suburban Senior Services and the Access Community Health Network are cosponsoring a free diabetes and hypertension screening December 1<sup>st</sup>, 9:30 am to 11:30 am, at the Maywood Library, 12 South 5<sup>th</sup> Avenue in Maywood. A nine-hour fast is recommended but not required. Registration is not required; additional information is available from West Suburban Senior Services, (708) 547-5600, extension 235.

**Exercise Class – Audio Tape and Video Tape** This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at Bellwood Senior Center.

**Foster Grandparents** West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is

held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

**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 Bellwood Senior Center. Gift certificates are also available.

**Haircuts** Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site December 8<sup>th</sup> and December 28<sup>th</sup> at 10:30 am. Appointments are required.

**Holiday Carnival** Enjoy this seasonal fun December 9<sup>th</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center. Games, prizes, and treats are featured.

**Holiday Casino Trip** West Suburban Senior Services is sponsoring a one-day trip to the Pawtawatomie Bingo Hall and Casino in Milwaukee, Wisconsin, on December 7<sup>th</sup>. The bus leaves Bellwood Senior Center at 8:30 am and returns at approximately 6:30 pm. The \$20.00 per person fee includes bus transportation, gaming and bingo action, an all-you-can-eat buffet, and a tour of the Milwaukee Festival of Lights. The fee is non-refundable. Reservations are required.

**Holiday Centerpiece Class** Seniors are invited to make a holiday silk floral arrangement December 7<sup>th</sup>, 9:30 am, at Bellwood Senior Center. The \$5.00 fee includes supplies and instruction. Pre-paid reservations are required, and the fee is non-refundable.

**Holiday Luncheon** Seniors age 60 and older are

(Continued on page ten)

## Briefly Stated

### Advisory Council Meeting

10:30 am

December 8<sup>th</sup>  
Bellwood

### Art Class

9:00 am

Tuesdays  
Bellwood

### Banana Splits

12:15 pm

December 2<sup>nd</sup> Bellwood  
December 3<sup>rd</sup> Forest Park &  
OARS

### Basics of Chicago Weather

11:00 am

December 22<sup>nd</sup>  
Bellwood

### Beginning Sewing Class

9:30 am

December 2<sup>nd</sup>, December  
9<sup>th</sup>, December 16<sup>th</sup>, Decem-  
ber 23<sup>rd</sup> & December 30<sup>th</sup>  
Bellwood

### Beginning Spanish Class

10:30 am

December 2<sup>nd</sup>, December  
9<sup>th</sup>, December 16<sup>th</sup>, Decem-  
ber 23<sup>rd</sup> & December 30<sup>th</sup>  
Bellwood

### Cream Pie Day

12:15 pm

Fridays  
Bellwood

11. What was Rudolph's punishment for his red nose?

12. What *Saturday Evening Post* artist was known for his whimsical pictures of Santa Claus?

13. What one reindeer is never mentioned in "The Night Before Christmas"?

### Bingo

12:15 pm

Thursdays in Bellwood  
Fridays in Forest Park

### Bingo Bonanza

10:00 am

December 6<sup>th</sup>  
Bellwood

### Birthday Celebration

12:15 pm

December 14<sup>th</sup>  
Bellwood, Forest Park &  
OARS

### Bunco Party

10:15 am

December 27<sup>th</sup>  
Bellwood

### Chocolate Day Observance

11:00 am

December 29<sup>th</sup>  
Bellwood

### Consumer Legal Assistance for the Elderly

11:00 am

December 2<sup>nd</sup>  
Bellwood

### Craft Co-op

12:15 pm

Fridays  
Bellwood

### Gift Shop

10:30 am to 1:30 pm

12:15 pm

December 16<sup>th</sup> Bellwood  
December 17<sup>th</sup> Forest Park  
& OARS

### Declutter Club

12:15 pm

December 27<sup>th</sup>  
Bellwood

### Diabetes and Hypertension Screening

9:30 am

December 9<sup>th</sup>  
Bellwood

### Diabetes and Hypertension Screening

9:30 am

December 1<sup>st</sup>  
Maywood

### Exercise Class

10:30 am

Monday through Friday  
Bellwood

### Audio Tape and Video Tape

10:30 am

Monday through Friday  
Bellwood

### Foster Grandparents

10:30 am

Monthly  
Bellwood

### Fun and Fitness

10:30 am

Monday through Friday  
Bellwood, Forest Park &  
OARS

14. Name the two reindeer whose name begins with a "C."

15. What is Charlie Brown's complaint about Christmas?

16. What Emmy Award winning cartoon was based on a newspaper editorial?

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(Continued from page four)

Lake Michigan Cruise and Lunch  
(Continued on page five)

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invited to a holiday luncheon December 21<sup>st</sup>, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. The menu features egg nog, chicken cordon bleu, rice pilaf, green beans almondine, garden salad, a dinner roll, lemon pie, milk, and coffee. The suggested meal donation is \$1.50; reservations are required by 12:00 noon December 17<sup>th</sup>.

**Lake Michigan Cruise and Lunch** West Suburban Senior Services announces a luncheon and Lake Michigan cruise aboard the *Mystic Blue*. The outing is set for December 10<sup>th</sup> depending on interest. The \$45.50 per person cost is based on a minimum participation of forty persons.

**Legal Assistance** On December 21<sup>st</sup> from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone us for more information regarding appointments.

**Lunch Reservations** Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

**Movie Day** Popcorn, soft drinks, good company, and an entertaining movie are being featured December 15<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Reservations are required by December 13<sup>th</sup>.

**Mystery Reading Club** Seniors who enjoy figuring out *who did it* are invited to join this reading

group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting December 7<sup>th</sup>, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

**Mystery Wednesday** One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is December 1st.

**New Year's Party** Join with friends to celebrate the end of 2004 and the beginning of 2005 at Bellwood Senior Center, and OARS and River Park Centers on December 30th. Festivities begin with appetizers at 11:00 am. Lunch is served at 11:30 am for the suggested donation of \$1.50. Party bingo is scheduled after the meal. Reservations are required by 12:00 noon on December 29<sup>th</sup>.

**Officers' Club** Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, December 27<sup>th</sup>, at Bellwood Senior Center.

**Pearl Harbor Day Observance** A special ceremony marking this historic day is planned December 7<sup>th</sup>, 10:45 am, at Bellwood Senior Center. Reservations are recommended.

**Pinochle Party** Seniors are invited to play this challenging card game December 6th, December 13<sup>th</sup>, December 20<sup>th</sup>, and December 27<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

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# Briefly Noted

**Advisory Council Meeting** Seniors are invited to give their input about the agency's congregational meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The Advisory Council is meeting December 8<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**Art Class** The Bellwood Senior Center offers seniors a chance to paint for pleasure. Classes take place every Tuesday at 9:00 am and cost only \$20.00 for ten lessons. Both beginners and experienced students are welcome.

**Banana Splits** This tasty dessert is being served December 2<sup>nd</sup>, 12:15 pm, at Bellwood Senior Center, and December 3<sup>rd</sup>, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are needed by December 1<sup>st</sup>.

**Basics of Chicago Weather** This is an excellent opportunity to learn about the factors that influence our weather. Staff from Triton College are presenting this informative workshop December 22<sup>nd</sup>, 11:00 am, at Bellwood Senior Center. Reservations are recommended.

**Beginning Sewing Class** West Suburban Senior Services is pleased to announce a beginning sewing class at Bellwood Senior Center. The class is meeting December 2<sup>nd</sup>, December 9<sup>th</sup>, December 16<sup>th</sup>, December 23<sup>rd</sup>, and December 30<sup>th</sup>, 9:30 am to 11:30 am, at Bellwood Senior Center. There is no fee for the class, but pre-registration is required.

**Beginning Spanish Class** Seniors learn basic conversational Spanish during this class. This month's sessions are December 2nd, December 9<sup>th</sup>, December 16<sup>th</sup>, December 23<sup>rd</sup> and December 30<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**Bingo** Party bingo is held every Thursday at the Bellwood site and every Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

**Bingo Bonanza** A double session of party bingo is planned December 6th at Bellwood Senior Center. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Birthday Celebration** Seniors who are celebrating a December birthday are invited to this special party December 14<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by December 10<sup>th</sup>.

**Bunco Party** Seniors are invited to play this game December 27<sup>th</sup>, 10:15 am to 11:15 am, at Bellwood Senior Center. Cost is 50 cents; the event features prizes and refreshments. Reservations are needed by December 22<sup>nd</sup>.

**Chocolate Day Observance** Seniors are invited to celebrate National Chocolate Day December 29<sup>th</sup>, 11:00 am, at Bellwood Senior Center. For \$1.00, they can enjoy three chocolate desserts. Reservations are needed by December 27<sup>th</sup>.

**Consumer Legal Assistance for the Elderly** This special project, sponsored by the Legal As-

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