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**Terrific (Free) Bingo Party** Westchester Health and Rehabilitation Center (formerly Mariner Health of Westchester) is hosting complimentary party bingo December 27th, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on December 23<sup>rd</sup>. Suggested meal donation is \$1.50.

**Veterans' Information** A representative from the Illinois Department of Veterans Affairs is coming to Bellwood Senior Center December 5<sup>th</sup>, 10:45 am to 12:00 noon, to share information about benefits and to answer related questions. Veterans are encouraged to bring their military discharge papers to the appointment; the department representative can secure the discharge papers for any veterans who cannot locate their documents.

**Volunteer Holiday Coffee** West Suburban Senior Services' volunteers are invited to a holiday coffee December 2<sup>nd</sup>, 9:00 am to 10:30 am, at Bellwood Senior Center. Reservations are re-

quested.

**Weight Loss Meeting** West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center.

**Winter Skin Protection and Seniors** Dr. Allen Parungao, MD, plastic surgeon at Rush Oak Park Hospital, is coming to Bellwood Senior Center December 1<sup>st</sup> to discuss special skin -related problems seniors encounter during cold weather. His presentation is scheduled from 10:30 am to 11:15 am, and reservations are recommended.

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

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

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

*The OARS Center is located at 712 Elm in LaGrange*

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations.. Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

# The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

OARS Center 712 East Elm LaGrange, Illinois 60525  
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130  
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

## West Suburban Senior Services Hosts Federal Town Hall Meeting

Congressman Danny Davis is coming to Bellwood Senior Center December 14<sup>th</sup>. In addition to discussing recent federal legislation affecting seniors, the congressman is seeking seniors' input on Social Security, Medicare Part D and other issues of special interest. A representative from the Social Security Administration is also participating.

The meeting opens with a breakfast snack bar at 10:00 am and concludes at 12:00 noon. Lunch is being served at 11:30 am for the suggested donation of \$1.50. Meal reservations are required by 12:00 noon on December 13<sup>th</sup>.

## Medicare Part D: Anxious and Unsure

The time is rapidly approaching for seniors to make choices regarding prescription drug coverage under Medicare Part D. For many, this is a time of anxiety, uncertainty, and having that "deer-in-the-headlights" feeling. As with many federal government plans that will cover millions of Americans, this program has a certain, "We'll work out the bugs as we go" tenor. The most important action one can take, in terms of preparing for this change, is to acquire as much information as possible. It has often been said that knowledge is power, and this situation is no exception. If one

is being more or less forced to make a decision, one should make the most informed decision possible. There are certain proscribed penalties, after an initial period, for making changes regarding your decisions. Also, a key factor in making a decision of this magnitude is not to let the anxiety or worry make the decision for you. Worse yet, do not procrastinate and do nothing out of a sense of feeling lost or frustrated.

There are several avenues you may pursue to obtain the necessary information you need to make an informed choice. Public libraries, senior organizations like AARP, and the Internet are all viable options for learning more about Medicare Part D, what it covers, what it does not cover, and what actions you will have to take to participate in this program. Area senior centers will most likely have staff that received specialized training in helping seniors navigate the labyrinth of choices they are facing. Speak to other seniors, and get their opinions, but be sure you cross-check any information you glean from others against other sources, as there is bound to be a certain amount of misinformation out there concerning a new government program. Lastly, don't be afraid to ask questions. As college professors often remind their students, "The only stupid question is the one you don't ask." We are sometimes reticent to ask questions out of a fear of looking ignorant, indeci-

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## The Senior Chronicle

*The Senior Chronicle* is published by West Suburban Senior and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

### Funding

West Suburban Senior Services (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 32<sup>nd</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

Honorable Gary Woll, President  
Ms. Carole Kulinski, Vice President  
Mr. John O'Sullivan, Treasurer  
Mrs. Elaine Reno, Secretary

#### Directors

Mrs. Lois Albers  
Honorable Anthony Calderone  
Mrs. Mary Conti  
Mrs. Dorothy Lindsey  
Honorable Noreen Love  
Honorable Anthony Peraica  
Mr. Michael Sturino

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perts suggest people start each morning with a glass of water to replace the water they lose when they sleep and end each day by drinking at least a half glass of water before bedtime. People should not wait until they feel thirsty because thirst awareness means they have probably lost about two or more cups of their total body water. Also, water is quite possibly the single most important catalyst in weight loss. Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake causes fat deposits to increase while an increase in water intake actually reduces fat deposits.

For these reasons, the body needs water year round regardless of outdoor temperatures.

### Holiday Traditions from Around the World

Various countries and cultures are being represented during a month-long holiday celebration at Bellwood Senior Center. Seniors are invited to learn about holiday customs and to enjoy a traditional holiday refreshment from each area.

At the time *The Senior Chronicle* went to press, the following events were scheduled; however, plans for representatives from other countries are still being finalized.

- December 6<sup>th</sup>, 10:45 am, Czechoslovakia
- December 13<sup>th</sup>, 12:00 noon, Philippines
- December 19<sup>th</sup>, 10:45 am, Canada
- December 22<sup>nd</sup>, 10:45 am, Ireland
- December 27<sup>th</sup>, 10:45 am, Cuba
- December 29<sup>th</sup>, 10:45 am, Brazil

Seniors are encouraged to telephone West Suburban Senior Services for additional information.

## Ponderables

Why does one press harder on a remote control when one knows the batteries are getting weak?

Why do banks charge a fee on "insufficient funds" when they already know there is not enough?

Why does one believe a person when they say there are four billion stars, but checks when one says the paint is wet?

Why doesn't glue stick to the bottle?

Why do they use sterilized needles for death by lethal injection?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when a revolver is thrown at him?

Why do kamikaze pilots wear helmets?

Whose idea was it to put an "S" in the word "lisp"?

Why is it that no matter what color bubble bath one uses the bubbles are always white?

Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people keep running over a string a dozen times with their vacuum cleaner, bend down, pick it up, examine it, put it down to give the vacuum cleaner one more chance?

Why is it that a plastic bag will not open from the end first tried?

**Briefly Stated**

**Advisory Council Meeting**  
10:30 am  
December 7<sup>th</sup>  
Bellwood

**Art Class**  
9:00 am  
Tuesdays  
Bellwood

**Beginning Spanish Class**  
10:30 am  
December 1<sup>st</sup>, December 8<sup>th</sup>,  
December 15<sup>th</sup> &  
December 22<sup>nd</sup>  
Bellwood

**Bellwood Police and Fire Academy**  
10:30 am  
December 15<sup>th</sup>  
Bellwood

**Bingo**  
12:15 pm  
Thursdays in Bellwood  
Fridays in Forest Park

**Bingo Bonanza**  
10:15 am  
December 5<sup>th</sup>  
Bellwood

**Birthday Celebration**  
Noon  
December 13<sup>th</sup>  
Bellwood, Forest Park &  
OARS

**Caregiver Support Group**  
11:00 am  
December 20<sup>th</sup>  
Forest Park

**Craft Co-op**  
12:15 pm  
Fridays  
Bellwood

**Decorating Your Home for the Holidays**  
12:15 pm  
December 9<sup>th</sup>  
Bellwood

**Edible Art**  
10:30 am  
December 7<sup>th</sup>  
Bellwood

**Exercise Class – Audio Tape**  
10:30 am  
Monday through Friday  
Bellwood

**Federal Town Hall Meeting**  
10:00 am  
December 14<sup>th</sup>  
Bellwood

**Foster Grandparents**  
10:30 am  
Monthly  
Bellwood

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

**Gifts from the Kitchen**  
10:30 am  
December 8<sup>th</sup>  
Bellwood

**Haircuts**  
10:30 am  
December 14<sup>th</sup> & December  
27<sup>th</sup>  
Bellwood

**Healthy Holiday Eating**  
10:45 am  
December 12<sup>th</sup>  
Bellwood

**Hearing Screenings**  
9:00 am  
December 8<sup>th</sup>  
Bellwood

**Holiday Desserts**  
12:15 pm  
December 1<sup>st</sup>, December 8<sup>th</sup>  
& December 22<sup>nd</sup>  
Bellwood

December 2<sup>nd</sup>, December 9<sup>th</sup>  
& December 23<sup>rd</sup>  
Forest Park

**Holiday Lunch**  
11:30 am  
December 16<sup>th</sup>  
Bellwood, Forest Park &  
OARS

**Holiday Madness**  
11:30 am  
December 19<sup>th</sup>  
Bellwood

**Legal Assistance**  
9:00 am  
December 20<sup>th</sup>  
Bellwood

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

**Managing Your Arthritis Pain**  
10:30 am  
December 13<sup>th</sup>  
Bellwood

**Movie Day**  
12:15 pm  
December 6<sup>th</sup>  
Bellwood

**Mystery Reading Club**  
9:30 am  
December 6<sup>th</sup>  
Bellwood

**Mystery Wednesday**  
11:00 am  
December 21<sup>st</sup>  
Bellwood & Forest Park

**New Year's Party**  
11:00 am  
December 29<sup>th</sup> Bellwood  
December 30<sup>th</sup> Forest Park

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

**Podiatry Clinic**  
Thursdays in Bellwood  
December 2<sup>nd</sup> in Forest Park

**Pokeno**  
12:15 pm  
December 2<sup>nd</sup> & December  
23<sup>rd</sup>  
Bellwood

**Quilting Class**  
10:30 am  
December 13<sup>th</sup> & December  
27<sup>th</sup>  
Bellwood

**Robber Bingo**  
12:15 pm  
December 14<sup>th</sup>  
Bellwood

**Sharing Tree**  
8:30 am to 4:00 pm  
Through December 9<sup>th</sup>  
Bellwood

**Spanish Club**  
11:00 am  
December 2<sup>nd</sup> & December  
16<sup>th</sup>  
Bellwood

**Tax Aide Training**  
Weeks of January 9<sup>th</sup> and  
January 16<sup>th</sup>  
Hinsdale

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- For people who have Medicare, Illinois Cares Rx helps pay the prescription costs that Medicare does not cover.
- To receive Illinois Cares Rx, Medicare beneficiaries **must** apply to Social Security for extra help with Medicare Part D Prescription Drug Plan costs.
- If seniors have Medicare, Illinois Cares Rx enrolls them in either PacifiCare Saver Plan or United MedicareRx. With these plans, Illinois Cares Rx pays a senior's premiums, coinsurance and deductibles. The plan mails new member information to the enrolled senior.
- Seniors may switch to a different Medicare drug plan than the one the state enrolls them in. However, if seniors do not choose United MedicareRx or PacifiCare Saver Plan, the state will pay only monthly insurance premiums. The state will not pay seniors' Medicare prescription drug plan deductible and coinsurance.

Additional information is available from West Suburban Senior Services, (708) 547-5600, extension 235.

**Low Income Home Energy Assistance Program**

West Suburban Senior Services is accepting applications from income-qualified seniors age 60 and older for the Low Income Home Energy Assistance Program (LIHEAP). This program helps homeowners and renters alike. A one-time payment is made to utility companies who then credit the accounts of eligible clients for the amount of the LIHEAP grant.

To qualify, the monthly income limit for a one-person household is \$1,196. The monthly income limit for a two-person household is \$1,604.

When filing a LIHEAP application, seniors **must** bring the following documentation:

- Social Security cards for all household members.
- Proof of income for the last 30 days for all household members. This can be monthly Social Security benefits, private pensions and so forth.
- Entire current gas (heating) bill under the name of the applicant.
- Entire current light bill under the name of the applicant.
- A current lease (for renters).
- Medicare and current Medicaid cards.
- TANF card, if applicable.

Additional information is available by telephoning West Suburban Senior Services, (708) 547-5600, extension 231.

**Your Body Needs Water During Cold Weather**

Next to oxygen, water is the body's most important nutrient and ranks first as the single most abundant substance in the human body. In fact, a person's brain is 75 percent water, and the rest of a person's body is up to 60 percent water. At normal activity levels, a person loses two to three cups of water each day via perspiration. People lose about a quart of water during an hour of continuous vigorous exercise. Water plays an important role in regulating normal body temperature of 98.6 degrees. Maintaining this temperature allows the water in the body's systems to deliver nutrients and oxygen to cells. In addition to drinking 64 ounces of water each day, many ex-

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**Congregate and Home Delivered Meals Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.</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><i>Please telephone each site by 12:00 p.m. the prior day for lunch reservations.</i></p>				
<b>December 5, 2005</b>	<b>December 6, 2005</b>	<b>December 7, 2005</b>	<b>December 8, 2005</b>	<b>December 9, 2005</b>
Pepper Steak White Rice Mixed Vegetables Pickled Beets Fresh Apple	Swedish Meatballs Mashed Potatoes Zucchini and Tomatoes Garbanzo Bean Salad Fruit Yogurt	Roast Pork Sweet Potatoes Black-eyed Peas Smothered Cabbage Apricot Halves	Chicken Breast White Rice Carrots Orange Juice Fruit Mix	Chicken Salad on Bun Pickled Cucumbers Tomato and Rice Soup Brownie
<b>December 12, 2005</b>	<b>December 13, 2005</b>	<b>December 14, 2005</b>	<b>December 15, 2005</b>	<b>December 16, 2005</b>
Baked Chicken Leg Quarter Au Gratin Potatoes Green Beans Carrot Raisin Salad Chilled Peaches	Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	Stuffed Cabbage Roll Palsied Whole Potatoes Three Bean Salad Fruit Juice Fresh Orange	Chicken Fajitas Mexican Rice Refried Beans Pineapple Chunks	Chicken Cordon Bleu Rice Pilaf Green Beans Tossed Salad Lemon Pie
<b>December 19, 2005</b>	<b>December 20, 2005</b>	<b>December 21, 2005</b>	<b>December 22, 2005</b>	<b>December 23, 2005</b>
Spinach Lasagna Fresh Cut Green Beans Tossed Salad Apple Pie	Spanish Style Chicken Whole Potatoes Carrots Tossed Salad Chocolate Chip Cookies	Turkey Burger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	Roast Beef Sandwich on Bun Mixed Vegetables Coleslaw Fresh Banana	Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
<b>December 26, 2005</b>	<b>December 27, 2005</b>	<b>December 28, 2005</b>	<b>December 29, 2005</b>	<b>December 30, 2005</b>
	Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Apple Juice Cranberry Nut Muffin	Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin	Taco Salad Tortilla Chips Apple Juice Fresh Fruit	Sweet and Sour Chicken Filet Rice Pilaf Broccoli Peach Halves Almond Cookie

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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9<sup>th</sup>; and ice cream floats, December 23<sup>rd</sup>.

**Holiday Lunch** West Suburban Senior Services is serving a holiday lunch December 16<sup>th</sup>, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. The menu features chicken cordon bleu, rice pilaf, green beans, tossed salad, dinner roll, lemon pie, and milk and coffee. Suggested meal donation is \$1.50. Reservations are required by 12:00 noon on December 12<sup>th</sup>.

**Holiday Madness** For \$2.00, seniors can enjoy special bingo and lunch at Bellwood Senior Center. The fun is set from 11:30 am to 1:30 pm on December 19<sup>th</sup>. Reservations are needed by 12:00 noon on December 16<sup>th</sup>. Suggested meal donation is \$1.50.

**Legal Assistance** On December 20<sup>th</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.

**Managing Your Arthritis Pain** Staff from the Rehabilitation and Sports Medicine Center at West Suburban Hospital are coming to Bellwood Senior Center December 13<sup>th</sup>, 10:30 am to 11:30 am, to demonstrate exercises and to share infor-

mation that can help seniors manage arthritis pain. Reservations are recommended.

**Movie Day** Popcorn, soft drinks, good company and an entertaining movie are featured December 6<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. This month's selection is *The Santa Claus* with Tim Allen. Reservations are required by December 5<sup>th</sup>.

**Mystery Reading Club** Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting December 6<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 Center. 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 21<sup>st</sup>.

**New Year's Party** Seniors are invited to join with friends to celebrate the end of 2005 and the beginning of 2006 on December 29<sup>th</sup> at Bellwood Senior Center and December 30<sup>th</sup> at River Park Center. 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 28<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, January 30<sup>th</sup>, at Bellwood Senior Center.

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**Terrific (Free) Bingo Party**  
12:15 pm  
December 27<sup>th</sup>  
Bellwood

**Veterans' Information**  
10:45 am  
December 5<sup>th</sup>  
Bellwood

**Volunteer Holiday Coffee**  
9:30 am  
December 2<sup>nd</sup>  
Bellwood

**Winter Skin Protection and Seniors**  
10:30 am  
December 1<sup>st</sup>  
Bellwood

**Weight Loss Meeting**  
9:30 am  
Fridays  
Bellwood

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sive, or foolish. In the words of Dragnet's Sgt. Joe Friday, if you are going to get "The facts, ma'am, just the facts," you must take the initiative to seek out credible and reliable sources of information about this new and somewhat intimidating program.

### Enrollment for Medicare Part D Prescription Coverage Begins at Bellwood Senior Center

Seniors may come to Bellwood Senior Center and review the approved prescription drug coverage plans under the new Medicare Part D that takes effect January 1<sup>st</sup>. To help ensure that they select coverage that best suites their needs, seniors are encouraged to complete the Medicare Prescription Coverage personal information worksheet before reviewing the plans. These worksheets may be picked up at Bellwood Senior Center Monday through Friday between 8:00 am and 4:00 pm.

After completing the worksheet, seniors may discuss the available plans with Doris Mollette, West Suburban Senior Services' Medicare specialist, and Matt Barnes, Senior Health Insurance Program (SHIP) counselor. Seniors are encouraged to schedule appointments for this assistance: (708) 547-5600. Walk-ins are welcome but may have to wait for this service.

### West Suburban Senior Services

### Announces New Money Management Clinic

Beginning in January, seniors may come to Bellwood Senior Center to receive help with budgeting, spending practices, paying bills in a timely manner, balancing checkbooks, dealing with credit agencies and related money management needs. Also, these trained volunteers are available to assist seniors with problems and questions related to utilities and other businesses, and to provide current information about local consumer scams.

Specific Money Management clinic dates are being published in the January edition of *The Senior Chronicle*.

### State Announces New Program for Pharmaceutical Assistance

The State of Illinois has created a new program, **Illinois Cares Rx**, that can help seniors fill in the gaps in their Medicare drug coverage. Here is how the program works:

- SeniorCare and Circuit Breaker are being combined to form Illinois Cares Rx starting January 1, 2006. For people who cannot get Medicare, Illinois Cares Rx will continue to provide prescription drug coverage similar to SeniorCare or Circuit Breaker.

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

**Decorating Your Home for the Holidays** Staff from the Home Depot in Broadview are coming to Bellwood Senior Center December 9<sup>th</sup>, 12:15 pm to 1:15 pm, to present this workshop. There is no charge, but reservations are recommended by December 7<sup>th</sup>.

**Edible Art** Seniors are invited to participate in this unique art/food class December 7<sup>th</sup>, 10:30 am to 11:15 am, at Bellwood Senior Center. Reservations are required.

**Exercise Class – Audio 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.

**Federal Town Hall Meeting** Congressman Danny Davis is hosting a town hall meeting with seniors December 14<sup>th</sup>, 10:30 am, at Bellwood Senior Center. In addition, a representative from the Social Security Administration is speaking. The meeting opens with a breakfast snack bar at 10:00 am and concludes at 12:00 noon.

**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.

**Gifts from the Kitchen** The University of Illinois Extension is presenting this program December 8<sup>th</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center. Participants are learning how to make inexpensive healthy gifts for family and friends. There is no program fee, but class size is limited. Reservations are needed by December 5<sup>th</sup>.

**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 14<sup>th</sup> and December 27<sup>th</sup> at 10:30 am. Appointments are required.

**Healthy Holiday Eating** The corporate dietician from Jewel Foods is presenting recipes for holiday treats that are both tasty and healthy. The program is December 12<sup>th</sup>, 10:45 am, at Bellwood Senior Center. Participants may also sample the treats. Reservations are recommended.

**Hearing Screenings** The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center December 8<sup>th</sup>, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on December 6<sup>th</sup>.

**Holiday Desserts** Seniors are invited to enjoy a variety of holiday desserts this month at Bellwood Senior Center and River Park Center. Cost of each is \$1.00, and reservations are required by 12:00 noon the day before the desserts are served. All desserts are being served at 12:15 pm on the designated dates. The schedule at Bellwood Senior Center is peppermint ice cream cake delight, December 1<sup>st</sup>; holiday parfaits, December 8<sup>th</sup>; and ice cream floats, December 22<sup>nd</sup>. At River Park Center, the schedule is peppermint ice cream cake delight, December 2<sup>nd</sup>; holiday parfaits, December

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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 2nd), 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** This game is being played December 2<sup>nd</sup> and December 23<sup>rd</sup>, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Quilting Class** West Suburban Senior Services is pleased to sponsor its free quilting class December 13<sup>th</sup> and December 27<sup>th</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center. Material is provided, but participants should bring their own sewing needles.

**Robber Bingo** This challenging and entertaining form of party bingo is being played December 14<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is 50 cents.

**Sharing Tree** West Suburban Senior Services announces its third 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 selections are \$3.00 or less. Ornaments are coded; no names appear on them. Area residents are invited to select an ornament from the tree through December 9<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 12<sup>th</sup> for distribution.

**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 2<sup>nd</sup> and December 16<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.



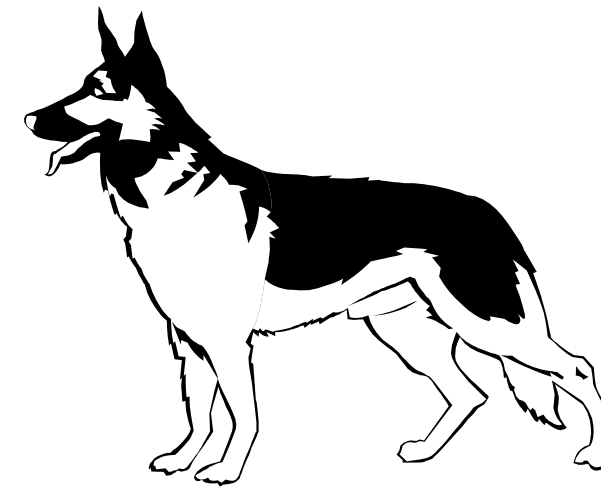
**Tax Aide Training** The American Association of Retired Persons (AARP) is seeking volunteers for its Tax Aide program. (The Tax Aides receive no compensation for their service.) Applicants are required to complete two weeks of training during the weeks of January 9<sup>th</sup> and January 16<sup>th</sup>, 2006, at Katherine Legge facility in Hinsdale and to pass an examination. Additional information is available from Dick Greenberg, (630) 323-1807, and 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 2006.

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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 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 7<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

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



**Beginning Spanish Class** Seniors learn basic conversational Spanish during this class. This month's sessions are December 1<sup>st</sup>, December 8<sup>th</sup>, December 15<sup>th</sup> and December 22<sup>nd</sup>, 10:30 am to

11:30 am, at Bellwood Senior Center.

**Bellwood Police and Fire Academy** This informative workshop concludes December 15<sup>th</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center. The academy is open to seniors age 55 and older, and area seniors may make arrangements for transportation with the Bellwood Police Department.

**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 5<sup>th</sup> at Bellwood Senior Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Birthday Celebration** Seniors who are celebrating a December birthday are invited to this special party December 13<sup>th</sup>, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on December 12<sup>th</sup>.

**Caregiver Support Group** West Suburban Senior Services has a support group for family members who care for seniors with Alzheimer's, dementia or chronic illness. The group provides family members with an opportunity to meet others in similar situations and to discuss a variety of issues related to caring for loved ones. The group's next meeting is December 20<sup>th</sup> from 11:00 am to 12:00 noon at River Park Center.

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