

(Continued from page eleven)

December 28th Bellwood & OARS
December 29th Forest Park

**Nutritional Supplements
and Medication Interactions**
10:00 am
December 20th
OARS

Officers' Club
10:30 am
December 18th
Bellwood

Ornament Class
10:30 am
December 11th
Forest Park

Oreo Frosty Parfaits
12:15 pm
December 21st Bellwood & OARS
December 22nd Forest Park

Peppermint Ice Cream Cake Delight
12:15 pm
December 14th Bellwood & OARS

December 15th Forest Park

Podiatry Clinic
9:30 am
Thursdays in Bellwood
December 8th in Forest Park

Pokeno
12:15 pm
December 1st & December 22nd
Bellwood
December 11th Forest Park

Pulmonary Function Screening
10:00 am
December 13th
Bellwood

Rules of the Road Review Class
1:30 pm
December 11th
Bellwood

Sharing Tree
8:30 am
Through December 8th
Bellwood

Spa Day
10:00 am
December 8th
Bellwood
Spanish Class
10:30 am
December 7th, December 14th,
December 21st & December 28th
Bellwood

Spanish Club
11:00 am
December 1st & December 15th
Bellwood

Tax Aide Training
Weeks of January 8th & January 15th
Hinsdale

Terrific Bingo
12:15 pm
December 26th
Bellwood

Volunteer Appreciation Lunch
11:00 am
December 27th
Bellwood

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

Basic Foods to Keep on Hand

With winter approaching, and for preparing quick, simple and healthful meals at any time, the University of Illinois Extension recommends keeping a supply of basic foods on hand.

Examples of Canned Foods

- tomatoes
- fruits
- tomato sauces
- beans
- canned fish or meats
- vegetables such as corn
- soups

Examples of Freezer Foods

- meats such as ground beef
- breads
- vegetables
- cheeses

Examples of Cupboard Foods

- pasta
- rice
- noodles
- potatoes
- onions

- seasonings
- Examples of Refrigerator Foods*
- eggs
 - fresh vegetables such as carrots
 - milk
 - margarine
 - low-fat salad dressing
 - condiments including ketchup and mustard

Be Sure to Visit the Sharing Tree

West Suburban Senior Services announces its Fourth annual Sharing Tree in the lobby of the Senior Citizen Center in Bellwood. 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 Sharing Tree November 16th through December 8th 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 the Senior Citizen Center by December 11th for distribution. Additional information is available from the Senior Center Director.

Cell Phone Collection

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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 the 34th 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
Mrs. Lois Albers, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Lela Grimble
Honorable Noreen Love
Ms. Debbie Noweder
Honorable Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Ms. Catherine Swan
Ms. Helen Tate
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Dorothy Lindsey
Mr. John O'Sullivan
Mr. Michael Sturino

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Haircuts
10:30 am
December 13th
Bellwood

Holidays Around the World
10:30 am
December 7th India
December 12th Poland
December 14th Japan
Bellwood

10:30 am
December 13th Brazil
December 15th Czechoslovakia
Forest Park

Holiday Concert
10:30 am
December 6th
Bellwood

Holiday Luncheon
11:30 am
December 19th
Bellwood, Forest Park & OARS

Holiday Madness
9:30 am
December 29th

Bellwood

Holiday Open House
1:30 pm
December 8th
Oak Park

Holiday Shopping Trip
Time to be announced
December 2nd
Geneva

Holiday Tea Party
10:00 am
December 6th
Forest Park

Ice Cream Floats
12:15 pm
December 7th Bellwood & OARS
December 8th Forest Park

Jingle Bell Bingo Party
10:00 am
December 12th
OARS

12:15 pm
December 18th
Bellwood & Forest Park

Legal Assistance
9:00 am
December 19th
Bellwood

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

Mercury Thermometer Exchange Program
10:45 am
December 21st
Bellwood

Movie Day
12:15 pm
December 12th Bellwood
December 13th OARS
December 20th Forest Park

Mystery Reading Club
9:30 am
December 5th
Bellwood

New Year's Party
11:00 am

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(Continued from page ten)

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 8th and January 15th, 2007, at Katherine Legge facility in Hinsdale and to pass an examination. The Tax Aide program runs February 1st through April 5th. The Tax Aide service is again being offered at the Senior Citi-

zen Center in Bellwood beginning February 2007.

Terrific Bingo Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo December 26th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Volunteer Appreciation Lunch West Suburban Senior Services invites its volunteers to a holiday luncheon December 27th, 11:00 am, at the Senior Citizen Center in Bellwood. The menu features turkey croissant sandwiches and salads. The reservation deadline is 12:00 noon on December 22nd.

(Continued from page three)

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.

Gifts from the Kitchen The University of Illinois Extension is presenting this program December 5th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants are making an inexpensive gift for friends or family members. Cost is \$2.00, and reservations are required by December 1st. A minimum registration is required for this activity to take place.

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.

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 13th at 10:30 am. Appointments are required.

Holidays Around the World Various countries and cultures are being represented during a month-long celebration at the Senior Citizen Center in Bellwood and at River Park Center.

Holiday Concert Student members of the African American Heritage Club at Proviso East High School are presenting this program December 6th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am for the suggested donation of \$1.75.

Holiday Luncheon West Suburban Senior Services is serving a holiday lunch December 19th, 11:30 am, at the Senior Citizen Center in

Bellwood, and at OARS and River Park Centers. The menu features chicken cordon bleu, rice pilaf, green beans, tossed salad, dinner roll, pie, and milk and coffee. Suggested meal donation is \$1.75. Reservations are required by 12:00 noon on December 15th.

Holiday Madness This party bingo marathon is scheduled December 29th at the Senior Citizen Center in Bellwood. Bingo is being played from 9:30 am to 11:30 am, and again from 12:15 pm to 1:15 pm. Lunch is served at 11:30 am. The \$3.00 cost includes lunch and party bingo. Reservations are required by 12:00 noon on December 28th.

Holiday Open House An exhibit of Presidential documents is among the highlights of this special tour December 8th, 1:30 pm to 2:30 pm, at the Historical Society of Oak Park and River Forest in Oak Park. Admission is by donation.

Holiday Shopping Trip Seniors are invited to enjoy the shopping experience in Geneva, Illinois, on December 2nd. Participants are traveling roundtrip on METRA from Bellwood. The downtown Geneva shopping district is within one block of the METRA station, and has about 100 specialty shops and numerous restaurants. Seniors are responsible for the costs associated with this trip.

Holiday Tea Party For \$1.00, seniors may enjoy tea, refreshments and a program December 6th, 10:00 am, at River Park Center. Reservations are required by 12:00 noon on December 5th, and a minimum enrollment is required for this activity to take place.

Ice Cream Floats This holiday treat is being served December 7th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and December 8th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

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Park Center. This month's selection is *The Lake House*.

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

New Year's Party Seniors are invited to join with friends to celebrate the end of 2006 and the beginning of 2007 on December 28th at the Senior Citizen Center in Bellwood and at OARS Center, and December 29th at River Park Center. Festivities begin with appetizers at 11:00 am. Lunch is served at 11:30 am for the suggested donation of \$1.75. Party bingo is scheduled after the meal. Reservations are required by 12:00 noon on December 27th.

Nutritional Supplements and Medication Interactions University of Illinois Extension is presenting this program December 20th, 10:00 am to 11:00 am, at OARS Center. Reservations are recommended.

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 December 18th, 10:30 am, at the Senior Citizen Center in Bellwood.

Ornament Class Seniors are invited to make a holiday ornament December 11th, 10:30 am, at River Park Center. The \$2.00 cost includes lunch at 11:30 am. Reservations are required by 12:00 noon on December 8th.

Oreo Frosty Parfaits This holiday dessert is be-

ing served December 21st, 12:15 pm, at the Senior Citizen Center in Bellwood at OARS Center, and December 22nd, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

Peppermint Ice Cream Cake Delight For \$1.00, seniors may enjoy this dessert December 14th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and December 15th, 12:15 pm, at River Park Center. Reservations are required.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (December 8th), 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 1st and December 22nd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and December 11th, 12:15 pm, at River Park Center. Cost is \$1.00 per card; the fee includes prizes and refreshments. A minimum participation is required for this activity to take place.

Pulmonary Function Screening RML Specialty Hospital is conducting free lung function screenings December 13th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. Registration is limited, and appointments are being accepted on a first come, first serve basis.

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 participant receives an instructional book. The class is scheduled, December 11th, 1:30 pm, at the Senior Citizen Center in Bellwood.

Sharing Tree West Suburban Senior Services

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements		Please telephone each site by 12:00 p.m. the prior day for lunch reservations		December 1, 2006 BBQ Boneless Pork Ribbete Macaroni and Cheese Seasoned Greens Coleslaw
December 4, 2006 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup	December 5, 2006 Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Apple Juice	December 6, 2006 Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin	December 7, 2006 Taco Salad Tortilla Chips Apple Juice Tropical Fruit	December 8, 2006 Sweet and Sour Chicken Filet Rice Pilaf Broccoli Peach Halves
December 11, 2006 Pepper Steak White Rice Mixed Vegetables Pickled Beets Applesauce	December 12, 2006 Swedish Meatballs Mashed Potatoes Zucchini and Tomatoes Fruit Gelatin Fruit Yogurt	December 13, 2006 Roast Pork Sweet Potatoes Black-eyed Peas Smothered Cabbage Apricot Halves	December 14, 2006 Chicken Breast White Rice Carrots Orange Juice Fruit Mix	December 15, 2006 Chicken Salad on Bun Pickled Cucumbers Tomato-Rice Soup Brownie
December 18, 2006 Baked Chicken Leg Quarter Au gratin Potatoes Green Beans Carrot-Raisin Salad	December 19, 2006 Chicken Cordon Bleu Rice Pilaf Green Beans Tossed Salad Pie	December 20, 2006 Stuffed Cabbage Roll Whole Potatoes Three-Bean Salad Fruit Juice Orange	December 21, 2006 Chicken Fajitas Mexican Rice Refried Beans Pineapple Chunks	December 22, 2006 Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
December 25, 2006 <i>Closed for Christmas</i>	December 26, 2006 Spanish Style Chicken Potatoes Carrots Tossed Salad Chocolate Chip Cookies	December 27, 2006 Cheeseburger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	December 28, 2006 Meatball Sandwich Whole Potatoes Mixed Vegetables Tossed Salad Banana	December 29, 2006 BBQ Boneless Pork Ribbete Macaroni and Cheese Seasoned Mixed Greens
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.				

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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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.

Senior Citizen Center in Bellwood

- December 7th, 10:30 am, India
- December 12th, 10:30 am, Poland
- December 14th, 10:30 am, Japan

River Park Center in Forest Park

- December 15th, 10:30 am, Czechoslovakia
- December 13th, 10:30 am, Brazil

I'm Not Old...Just Mature

Today at the drugstore, the clerk was a gent. From my purchase he subtracted ten percent. I asked for the reason of this lesser amount; He cheerfully answered, "The Seniors' Discount."

I went to McDonald's for a burger and fries; And there, once again, got a pleasant surprise. The boy poured some coffee, he handed to me. He said, "For you seniors, the coffee is free."

Understand – I'm not old – I'm merely mature; But some things are changing, of that I am sure. The newspaper print gets smaller each day, And people speak softer – can't hear what they say.

My teeth are my own (I have the receipt), And I almost remember all the people I meet. Oh, I've slowed down a bit...not a lot, I am sure. You see, I'm not old...I am merely mature. The gold in my hair has been bleached by the sun. You should see all the damage the chlorine has done.

Washing my hair has turned it all white,

But don't call it gray...saying "blond" is just right.

My friends all get older...much faster than me. They seem much more wrinkled, from what I can see. I've got "character lines," not wrinkles...for sure, But don't call me old...just call me mature.

But I'm keeping up on what's hip and what's hot. I think I can dance...on second thought, not. But I'm still in the running...in this I'm secure, I'm not really old... I'm only mature.

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 that then credit the accounts of eligible clients for the amount of the LIHEAP grant. To qualify, the monthly income for a one-person household is \$1,225. The monthly income for a two-person household is \$1,650.

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

- Social Security cards for all household members.
- Proof of 2006 monthly income, including Social Security benefits, pension, wages and so forth for all household members over 16 years old
- Current light bill under the applicant's name
- Current gas (heating) bill under the applicant's name.

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- Current lease. No rent receipts will be accepted.

Additional information is available by telephoning West Suburban Senior Services. Persons under age 60 should apply for LIHEAP at Proviso-Leyden Council for Community Action in Maywood.

New Reading Club

West Suburban Senior Services and the Bellwood Public Library are pleased to announce the formation of a Best Sellers reading group at the Senior Citizen Center.

Each month, seniors may read a recent selection from the Best Sellers' list, alternating fiction and non-fiction. The reading group's first meeting is scheduled for January 30th, 9:30 am to 10:30 am. Seniors planning to participate should telephone the agency to sign out copies of the first reading selection.

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Jingle Bell Bingo Party Holiday music, treats and party bingo are featured at this event December 12th, 10:00 am to 11:00 am, at OARS Center, and December 18th, 12:15 pm to 1:15 pm, at River Park Center and at the Senior Citizen Center in Bellwood. The \$2.00 fee includes lunch at 11:30 am. A minimum registration is required for this activity to take place. Reservations are required by 12:00 noon on December 11th and December 15th, respectively.

Legal Assistance On December 19th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services 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 \$1.75. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

Mercury Thermometer Exchange Program The Illinois Environmental Protection Agency is coming to the Senior Citizen Center in Bellwood December 21st, 10:45 am to 11:30 am, to discuss the hazards of using mercury fever thermometers. Also, the agency is providing a new fever thermometer to those seniors who bring in a mercury fever thermometer that day.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned December 12th, 12:15 pm, at the Senior Citizen Center in Bellwood, December 13th, 12:15 pm, at OARS Center, and December 20th, 12:15 pm, at River

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(Continued from front cover)

West suburban residents wanting to donate working and non-working cell phones for the Cook County Sheriff's Cell Phones for Seniors program may bring them to the Senior Citizen in Bellwood between 8:00 am and 4:00 pm Monday through Friday. The program accepts any brand, make or model of cellular telephone and components thereof.

On December 11th, the sheriff's department is coming to the Senior Citizen Center and giving away free 911 emergency cell phones to registered seniors over age 65.

Cell Phones for Seniors

West Suburban Senior Services and the Cook County Sheriff's Department invite seniors to register and receive a free 911 emergency cell phone December 11th, 10:30 am, at the Senior Citizen Center in Bellwood. In addition to the phone, participating seniors are receiving two batteries, a charger and instructions on how to access the 911 service on their cell phone. Reservations for the phone distribution are required. The sheriff's Cell Phone for Seniors program is designed to give Cook County residents over age 65 an extra measure of security as they are driving, taking public transportation or participating in outdoor activities.

West suburban residents wanting to donate working and non-working cell phones for this program may bring them to the Senior Citizen Center between 8:00 am and 4:00 pm Monday through Friday. The program accepts any brand, make or model of cellular telephone and components thereof.

Have You Visited Our New Senior Bistro in Forest Park?

West Suburban Senior Services is pleased to offer this dining experience for senior citizens age 60 and older. For the suggested meal donation of \$1.75, seniors enjoy a catered meal Monday, Wednesday and Friday, 11:30 am, at the newly refurbished River Park Center, 8300 Roosevelt Road. Activities and programs are planned each day the Bistro is open. Seating is limited, and lunch reservations are required by 12:00 noon on the business day before the senior citizen plans to eat: (708) 547-5600. Menu information is included in *The Senior Chronicle*, the agency's monthly newsletter. Newsletters may be picked up at the Bistro and at other community locations.

Holiday Concert

The Proviso East High School African-American Heritage Club is presenting a holiday concert and program December 6th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Refreshments are being served.

Holiday Traditions from Around the World

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

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(Continued from page nine)

announces its fourth annual Sharing Tree in the lobby of the Senior Citizen Center in Bellwood. 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 Sharing Tree through December 8th weekdays 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 the Senior Center by December 11th for distribution.

Spa Day Seniors are invited to relieve holiday stress December 8th at the Senior Citizen Center in Bellwood. Festivities begin with a holiday tea party at 10:00 am. Celar Chiropractic is giving complimentary neck and shoulder massages between 10:30 am and 11:15 am. Following lunch at 11:30 am, spa participants are making white marshmallow candy. The \$2.00 fee includes lunch. Space is limited, and reservations are be-

ing accepted on a first come, first serve basis.

Spanish Class Seniors receive instruction in basic conversational Spanish during this class. The class meets December 7th, December 14th, December 21st and December 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is free.

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 December 1st and December 15th, 11:00 am, at the Senior Citizen Center in Bellwood.

El Nuevo Club Latino invita cordialmente a

(Continued on page eleven)

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, Open Kitchens catering, and agency staff. The Advisory Council is meeting December 13th, 10:30 am, at the Senior Citizen Center in Bellwood.

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, and are instructed by a competent artist and sculptor. There is a fee for enrollment.

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 4th at the Senior Citizen Center in Bellwood and at River Park Center, and December 5th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Blue Plate Special This holiday recuperation event is scheduled December 26th, 11:30 am, at the Senior Citizen Center in Bellwood and at OARS Center, and December 27th, 11:30 am, at River Park Center. Lunch is being served for the suggested donation of \$1.00. Reservations are

required by 12:00 noon on December 22nd.

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party December 15th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on December 13th, and a minimum registration is required for this activity to take place.

Cell Phones for Seniors West Suburban Senior Services and the Cook County Sheriff's Department invite seniors age 65 and older to register and to receive a free 911 emergency cell phone December 11th, 10:30 am, at the Senior Citizen Center in Bellwood. In addition to the cell phone, participating seniors are receiving two batteries, a charger and instructions on how to access the 911 service on their cell phone. Reservations for the phone distribution are required.

Crimes Against the Elderly Staff from the Cook County State's Attorney's office is presenting this program December 8th, 10:30 am to 11:30 am, at River Park Center, and December 11th, 10:00 am to 11:00 am, at OARS Center. Reservations are recommended.

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 the Senior Citizen Center in Bellwood.

Foster Grandparents West Suburban Senior Services is pleased to co-sponsor the Foster

(Continued on page four)

Briefly Stated

Advisory Council Meeting 10:30 am December 13th Bellwood	Blue Plate Special 11:30 am December 26th Bellwood & OARS December 27th Forest Park	Exercise Class – Audio Tape 10:30 am Monday through Friday Bellwood
Art Class 9:00 am Tuesdays Bellwood	Breakfast Bingo 9:30 am December 15th Bellwood	Foster Grandparents 10:30 am To Be Announced Bellwood
Bingo 12:15 pm Thursdays in Bellwood Fridays in Forest Park	Cell Phones for Seniors 10:30 am December 11th Bellwood	Gifts from the Kitchen 10:00 am December 5th Bellwood
Bingo Bonanza 10:15 am December 4th Bellwood & Forest Park December 5th OARS	Crimes Against the Elderly 10:30 am December 8th Forest Park	Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood
	10:00 am December 11th OARS	(Continued on page eleven)