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How does the program work?
Do you have to switch to a different plan?
What drugs are covered?
What if I am applying for the first time?
Will there be out-of-pocket expenses?
What if I have other insurance that pays for my drugs?

Additional information and assistance are available from West Suburban Senior Services' Information Specialist Laura Rodriquez.

Volunteer Opportunities

Currently, West Suburban Senior Services has the following volunteer needs:

Adult Day Care Activity Aides – Volunteers assist seniors in the Adult Day Health Care program with games and crafts. Candidates receive training at the Senior Citizen Center and at OARS Center, must pass a criminal background check and a TB test.

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

More information may be available in a separate article.

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

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

The OARS Center is located at 712 Elm in LaGrange.

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

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

Circuit Breaker Filing Aides – Volunteers assist eligible seniors file for Circuit Breaker benefits which include Illinois Cares Rx prescription coverage, reduced license plate fees and a small grant. Candidates receive training at the Senior Citizen Center, must pass a criminal background check and a TB test.

Welcome, Information Specialist Laura Rodriquez

West Suburban Senior Services wants to introduce Laura Rodriquez. Her position is Information Specialist. Laura comes to us with experience working with senior citizens as a health insurance agent and is a certified Senior Real Estate Specialist. She has assisted senior citizens for over nine years. Laura speaks fluent Spanish as well as English. Her office is on the third floor at the Bellwood location. She is available to assist you with questions or problems that you may have.

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

A Reminder...

Bitterly cold, icy and snowy conditions sometimes affect scheduled programs and activities at the Senior Citizen Center in Bellwood and at OARS Center. On such weather days, please call ahead to see if there have been any schedule changes. The safety and well-being of our clients, guests and program presenters are important to us.

Enjoy the Holiday Season with Us!

West Suburban Senior Services has planned at its two nutrition sites a series of holiday activities and events:

*Senior Citizen Center
439 Bohland Avenue
Bellwood*

Concert by McKinley Elementary School, December 15th, 10:00 am to 11:00 am. Members of the school's band and choral group are entertaining.

Gifts from the Kitchen, December 22nd, 10:30 am to 11:30 am. University of Illinois Extension shows how to make unique and inexpensive items for holiday giving. Registration is required by December 16th.

Holiday Luncheon, December 17th, 11:00 am to 12:30 pm. Menu features chicken Cordon bleu,

rice pilaf, green beans, salad, roll, pie, and milk and coffee. Suggested meal donation is \$2.00. Reservations are required by 12:00 noon December 14th.

Holiday Treats from Around the World, Wednesdays in December, 10:00 am to 10:45 am. For 50 cents, seniors may enjoy a special sweet treat. The series begins with a holiday tea and European pastry on December 2nd.

New Year's Eve Party, December 31st, 10:00 am to 12:30 pm. Refreshments, bingo and lunch are featured. Cost for all is \$3.00. Reservations are required by 12:00 noon on December 29th.

Scents of the Holidays, December 29th, 10:30 am to 11:15 am. Participants learn how fragrances affect their mood and behavior, and which scents are especially popular during the holidays.

*OARS Center
712 East Elm
LaGrange*

Christmas Games, December 4th, 10:30 am to 11:15 am. Refreshments are being served.

End of Year Celebration, December 30th, 10:30 am to 12:00 noon. The \$2.00 cost includes lunch and treats.

Holiday Luncheon, December 17th, 11:00 am to 12:00 noon. Suggested meal donation is \$2.00.

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The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Website

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

Board of Directors

The Board of Directors elected, during the 37th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

- Mrs. Debbie Nowader, President
- Mrs. Lela Grimble, Vice President
- Mrs. Tywana Rand, Secretary
- Mrs. Jann Beauchamp, Treasurer

Directors

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

Honorary Directors

- Mrs. Lois Albers
- Commissioner Anthony Peraica

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the physical stress of the holiday season in a program December 1st, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. A limited number of complimentary massages follow for program participants currently experiencing stress-related pain.

Rules of the Road Staff from the Secretary of State's office is offering this review class December 18th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. There is no charge, but reservations are required.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting December 4th and December 18th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

Taking Advantage of Post Holiday Sales Holiday gift buying often means extra stress about expenses, so University of Illinois Extension is sharing tips for stretching your dollars at after-Thanksgiving sales. This program is scheduled December 2nd, 10:30 am to 11:30 am, at OARS Center.

What's in a Serving: Idaho Plate Method Seniors learn simple ways to calculate the nutritional and caloric values of what they eat December 18th, 10:30 am to 11:30 am, at OARS Center. University of Illinois Extension is the program presenter.

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

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

West Suburban Senior Services
Wishes You and Yours
A
Wonderful and Joyous
Holiday Season

Briefly Stated

<p>Advisory Council 10:00 am December 9th Bellwood</p> <p>11:00 am December 9th OARS</p> <p>Art Class 9:00 am Tuesdays Bellwood</p> <p>Benefits of Yoga 10:45 am December 3rd Bellwood</p> <p>Bingo 10:00 am Thursdays OARS</p> <p>12:15 pm Thursdays Bellwood</p> <p>Bingo Bonanza 10:15 am December 7th Bellwood</p> <p>10:15 am December 8th OARS</p> <p>Brain Games 12:15 pm December 2nd, December 9th, December 16th, December 23rd & December 30th Bellwood</p> <p>Caregiver Support Group 2:00 pm December 2nd & December 16th Bellwood</p>	<p>Chair Yoga Class 9:00 am December 3rd, December 10th & December 17th Bellwood</p> <p>Chicken Fest & Party Bingo 4:30 pm December 18th Bellwood</p> <p>Christmas Games 10:30 am December 4th OARS</p> <p>Continental Breakfast Bingo 9:30 am December 4th Bellwood</p> <p>End of Year Celebration 10:30 am December 30th OARS</p> <p>Exercise Class 10:00 am Weekdays Bellwood</p> <p>Gifts from the Kitchen 10:30 am December 22nd Bellwood</p> <p>Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood</p> <p>Grab Bag Bingo 12:15 pm December 14th Bellwood</p> <p>10:30 am December 15th OARS</p>	<p>Grief Support Group 1:00 pm December 7th & December 21st Bellwood</p> <p>Haircuts 10:30 am December 8th & December 22nd Bellwood</p> <p>Helping Hands Workshop 10:30 am December 2nd & December 9th Bellwood</p> <p>Holiday Concert 10:00 am December 15th Bellwood</p> <p>Holiday Ice Cream Floats 12:15 pm December 10th Bellwood & OARS</p> <p>Holiday Luncheon 11:00 am December 17th Bellwood & OARS</p> <p>Holiday Madness 9:30 am December 11th Bellwood</p> <p>Holiday Treats from Around the World 10:00 am Wednesdays Bellwood & OARS</p> <p>Internet Café 10:00 am Mondays & Wednesdays Bellwood</p>	<p>Jingle Bell Party Bingo 12:30 pm December 21st Bellwood</p> <p>10:30 am December 23rd OARS</p> <p>Legal Assistance By Appointment Bellwood</p> <p>Line Dancing 9:30 am Fridays Bellwood</p> <p>Luncheon 11:30 am Weekdays Bellwood & OARS</p> <p>Meal Planning Made Easy 10:30 am December 14th Bellwood</p> <p>Meditation & Centering Class 12:15 pm December 11th Bellwood</p> <p>Movie Days 12:15 pm December 1st, December 8th, December 15th, December 22nd & December 29th Bellwood</p> <p>Mystery Reading Club 9:30 am December 1st Bellwood</p> <p>New Year's Eve Party 10:00 am December 31st Bellwood</p>
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Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting December 1st, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

New Year's Eve Party Seniors are invited to celebrate the end of 2009 and the start of 2010 with friends December 31st at the Senior Citizen Center in Bellwood. Festivities begin with appetizers at 10:00 am. Special party bingo follows at 10:30 am; lunch is served at 11:30 am. Cost for all is \$3.00; suggested meal donation for lunch only is \$2.00. Reservations are required by December 29th.

Peppermint Parfaits This ice cream and cake dessert is being served December 3rd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in

Bellwood and at OARS Center. Cost is \$1.00.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Party Pokeno is scheduled December 28th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments.

Properly Disposing of Pharmaceuticals Water Reclamation District of Greater Chicago is presenting this program December 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and December 9th, 10:30 am to 11:30 am, at OARS Center.

Reducing Stress During the Holidays Celar Chiropractic is sharing information for lessening

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<p>Peppermint Parfaits 12:15 pm December 3rd Bellwood & OARS</p> <p>Podiatry Clinic 9:00 am Thursdays Bellwood</p> <p>Pokeno Party 12:30 pm December 28th Bellwood</p>	<p>Properly Disposing of Pharmaceuticals 10:30 am December 8th Bellwood</p> <p>10:30 am December 9th OARS</p> <p>Reducing Stress during the Holidays 10:30 am December 1st Bellwood</p> <p>Rules of the Road 1:30 pm December 18th Bellwood</p>	<p>Spanish Club 11:00 am December 4th & December 18th Bellwood</p> <p>Stepper Dance Class 10:30 am Thursdays Bellwood</p> <p>Taking Advantage of Post Holiday Sales 10:30 am December 2nd OARS</p>	<p>What's in a Serving: Idaho Plate Method 10:30 am December 18th OARS</p> <p>Wii Bowling 9:30 am & 12:30 pm Tuesdays Bellwood</p> <p>9:30 am Wednesdays Bellwood</p> <p>Yoga Class Monday, Wednesday & Friday 9:00 am Bellwood</p>
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Congregate Meals Menu

Table with 5 columns: Day, Date, Monday, Tuesday, Wednesday, Thursday, Friday. Lists menu items for each day from Dec 7 to Dec 31, 2009.

West Suburban Senior Services is supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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meticulously. Arch supports can be fabricated, and shoe recommendations can be made.

What Is a Podiatrist? A podiatrist, or doctor of podiatric medicine (DPM), is a physician licensed by the state to care for the foot and ankle.

Coursework consists of basic sciences for the first two years, like traditional medical school, while the last two years consist of clinical study and rotations that focus on the lower extremity.

Sharing Your Holiday Spirit

West Suburban Senior Services is sponsoring three events to help residents in area communities, and invites seniors and their families to share the holiday spirit with their neighbors.

Coat Drive West Suburban Senior Services is collecting new and gently used winter coats, hats, gloves and scarves at the Senior Citizen Center in Bellwood through the end of February.

Food Drive The agency's holiday food drive for local food pantries continues through December 31st. Donations of nonperishable food, toiletries and cleaning products may be dropped off at the Senior Citizen Center in Bellwood, OARS Center

in LaGrange and River Park Center in Forest Park weekdays between 8:30 am and 4:00 pm.

Sharing Tree The agency's annual Sharing Tree is located in the lobby of the Senior Citizen Center in Bellwood. The tree is decorated with ornaments that indicate inexpensive items designated agency clients would enjoy.

Something New: English as a Second Language Class

West Suburban Senior Services is pleased to offer this new class to interested seniors. The class meets every Monday from 10:00 am to 11:00 am at the Senior Citizen Center in Bellwood. There is no fee, but pre-registration is advised.

The Illinois Cares Rx Prescription Drug Benefits

Medicare's open enrollment period begins November 15th and continues through December 31st of each year. During the open enrollment period people with Medicare may choose to switch to a different Medicare Part D drug plan for prescription drug benefits beginning the following January 1.

These are frequently asked questions on Medicare Part D.

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End of Year Celebration Seniors at OARS Center are invited to celebrate the end of 2009 with friends December 30th, 10:30 am to 12:00 noon. The \$2.00 fee includes lunch and treats. Reservations are required.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood.

Gifts from the Kitchen University of Illinois Extension is presenting this program December 22nd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Registration is required by December 16th.

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.



Grab Bag Bingo Holiday surprises and an ice cream treat are featured December 14th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and December 15th, 10:30 am to 11:15 am, at OARS Center. Cost is \$1.00.

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are December 7th and December 21st, from 1:00 pm to 3:00 pm.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site December 8th and December 22nd at 10:30 am.

Helping Hands Workshop Volunteers are needed to assemble holiday gift bags for the agency's home delivered meal clients. Workshops are scheduled December 2nd and December 9th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Holiday Concert McKinley Elementary School's choir and band are entertaining at the Senior Citizen Center in Bellwood from 10:00 am to 11:00 am on December 15th. Lunch follows.

Holiday Ice Cream Floats This treat is being served December 10th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Holiday Luncheon Chicken Cordon bleu, rice pilaf, green beans, salad, roll, pie, and milk and coffee are being served December 17th, 11:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Suggested meal donation is \$2.00, and reservations are required by 12:00 noon December 14th.

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Reservations are required by 12:00 noon on December 14th.

Holiday Treats from Around the World, Wednesdays in December, 10:00 am to 10:45 am. For 50 cents, seniors may enjoy this treat. The series begins with a holiday tea and European pastry on December 2nd.

Adult Day Health Care Corner Wish List

The Adult Day Health Care Program is wishing and hoping to accept the following items as donations:

- CD Player or Boom Box
- Battery run candles Votive Size
- Rolls of Felt
- Games
- Bingo Prizes

Making Family Memories

During the holiday season, many families gather for special traditions and share memories. However, for grandparents who are parenting again, the holidays may bring a sense of sadness. Families who are separated by military deployment may find the holidays especially difficult. University of Illinois Extension suggests using this holiday season as an opportunity to discuss traditions your family has enjoyed, and even to start some new traditions to build memories of your family as it is now. Here are some tips for simple family activities that could become your own holiday traditions:

- Include children in holiday baking. Make cookies or quick breads to eat together and

share with others.

- Go caroling as a family or with a group. Visit neighbors, friends or shut-ins.
- Prepare a special recipe that has been handed down through the generations for holiday meals, and let the children help.
- Set aside a time to watch holiday television specials together or rent holiday movies to watch together.
- Read special holiday poems or books. Look for stories that have meaning for your family.
- If your grandchild's parent is in the military, take pictures or videos of the family participating in holiday traditions to send to the deployed parent.

Traditions don't have to cost extra money. The important thing is to do activities together as a family to build memories, a sense of belonging and stability.

Meet Our Podiatrist, Dr. Gary Trent

West Suburban Senior Services provides a once weekly foot clinic on Thursday mornings at the Senior Citizen Center in Bellwood. Gary Trent, DPM, treats seniors in his third floor office and has been proudly affiliated with the agency for seventeen years.

Medicare assignment is accepted for any covered service, and there is a very reasonable fee for services not covered by Medicare. Most first-time visits, as well as some diabetic foot care, are approved by Medicare. Dr. Trent practices a gentle, conservative style of podiatry. Nail care, callus and corn care and diabetic foot care are provided

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Holiday Madness A party bingo marathon is scheduled December 11th at the Senior Citizen Center in Bellwood. The event begins with a French toast and sausage breakfast at 9:30 am. Bingo is played from 10:00 am to 11:00 am. Following lunch at 11:30 am, party bingo continues from 1:00 pm to 3:00 pm. Cost for all is \$3.00. Reservations are required by December 8th, and a minimum registration is required for this activity to take place.

Holiday Treats from Around the World For 50 cents, seniors may enjoy a special treat each Wednesday between 10:00 am and 10:45 am at the Senior Citizen Center in Bellwood and at OARS Center. On December 2nd, holiday tea and a European pastry are being served.

Internet Café West Suburban Senior Services is hosting basic computer classes Mondays and Wednesdays, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. There is no charge. The Wednesday class is taught in Spanish.



Jingle Bell Party Bingo With prizes related to the holiday theme, this activity takes place December 21st, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood, and December 22nd, 10:30 am to 11:30 am, at OARS Center. Cost is \$1.00.

Legal Assistance Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact West Suburban Senior Services for more information.

Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 am. There is no charge.

Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Meal Planning Made Easy University of Illinois Extension is the program presenter December 14th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors may sample a recipe.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class December 11th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *Nothing Like the Holidays* on December 1st, *Four Christmases* on December 8th, *My Sister's Keeper* on December 15th, *My One and Only* on December 22nd, and *Julie & Julia* on December 29th.

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting December 9th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

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

Benefits of Yoga The mental and physical benefits of yoga are being presented in a program December 3rd, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood. Seniors may also participate in a yoga demonstration.

Bingo Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm at the Senior Citizen Center and 10:00 am at the OARS Center.

Bingo Bonanza A double session of party bingo is planned December 7th at the Senior Citizen Center in Bellwood and December 8th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments.

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

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets December 2nd and December 16th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Chair Yoga Class This activity is scheduled December 3rd, December 10th and December 17th, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. New students are welcome.

Chicken Fest & Party Bingo This activity is scheduled at the Senior Citizen Center in Bellwood December 18th from 4:30 pm to 6:00 pm. The \$5.00 fee includes the meal and bingo. Reservations are required by December 16th.

Christmas Games A variety of seasonal activities are planned December 4th, 10:30 am to 11:15 am, at OARS Center. Refreshments are served.

Continental Breakfast Bingo Concord Place is hosting this event December 4th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. There is no charge, but reservations are required by December 2nd.

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