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### Holiday Tea

**W**est Suburban Senior Services invites its volunteers to a Holiday Tea and Brunch on Friday, December 3<sup>rd</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Reservations are required by December 8<sup>th</sup>.



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

More information may be available in a separate article.

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

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

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

*The Hodgkin's Meal Site is located at 9301 63<sup>rd</sup> in Hodgkins.*

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

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

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

### Why Meditate?

**T**he practice of meditation is becoming increasingly prescribed by doctors for their patients over the age of 60. The benefits of meditation have been documented: enhanced focus and cognitive ability, heightened awareness, stress reduction, decreased blood pressure, improved heart and breathing rates, emotional well-being, spiritual maintenance and just feeling better overall. In addition, studies are being conducted by the National Institute of Health to measure the effects of meditation on rheumatoid arthritis, binge-eating and coronary heart disease.

West Suburban Senior Services invites seniors to its meditation class on the second and fourth Fridays of each month from 12:30 pm to 1:30 pm at the Senior Citizen Center in Bellwood. There is no charge for the class, but registration is encouraged.

# The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525  
OARS Center 712 East Elm LaGrange, Illinois 60525  
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130  
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

### Check Out Our Kris Kringle Market for Your Holiday Gift Needs

**F**ood treats, holiday decorations, handmade crafts and other inexpensive gift items are being sold at West Suburban Senior Services' First Annual Kris Kringle Market at the Senior Citizen Center in Bellwood. The market is open weekdays December 3<sup>rd</sup> through December 10<sup>th</sup>, 9:30 am to 1:30 pm. All market merchandise is new. Come and check out our bargains!

### Diabetic Foot Care

**A**s most diabetics are aware, the disease can be especially rough on their feet. Difficult to heal sores, pain, lack of sensation and infection are a few of the problems that are possible pedal manifestations of diabetes. Here are some important things for diabetics to remember:

*Diabetes and Circulation* – Diabetics may harden the small arteries in the feet at a greater rate than the general population. This decreased arterial flow can cause pain and affect the ability to heal.

*Diabetes and Sensation* – Pain is a protective mechanism that keeps us from injury. The pain of touching a hot stove, for instance, tells us to move so that we don't continue to injure ourselves.

Diabetics may suffer from *peripheral neuropathy*, a disorder of the nerves in the feet. This can be felt as burning, pain or frank numbness. Diabetics are at a higher risk for injury and non-healing sores, or ulcers, because of the lack of sensation.

*Infection* – Their disease makes diabetics more susceptible to infection.

Regular care of nails, corns and calluses, and an exam by a podiatrist, should be a part of a diabetic's regular medical care. Understanding the disease, and having a good relationship with the primary care physician and podiatrist cannot be over emphasized.

Dr. Gary Trent, DPM, has been the staff podiatrist at West Suburban Senior Services for nineteen years. Medicare covers the care of many diabetics' nails, corns and calluses. Also, Medicare covers the cost of shoes and protective insoles for most diabetics. Senior citizens - and especially those with diabetes - are encouraged to make an appointment with Dr. Trent by contacting the agency. Dr. Trent sees patients every Thursday morning at the Senior Citizen Center in Bellwood. He also makes house calls.

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

#### Officers

- Mrs. Lela Grimble, President
- Mr. Arthur Grapenthein, Vice President
- Mr. Robert A. Jones, Treasurer
- Mr. Ted Griffin, Secretary

#### Directors

- Mrs. Janice Carter
- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Mr. Luigi Mazzei
- Mrs. Debbie Nowader,
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

#### Honorary Directors

- Mrs. Jann Beauchamp

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- Maintain your diet and a good level of hydration. Drink at least four or five glasses of fluid every day.
- Keep your skin hydrated. Wear more protective creams and lotions to prevent the dry and itchy skin commonly experienced in the colder months when humidity levels drop.
- Get a programmable phone with emergency numbers entered. Another good idea for older persons living alone is a personal emergency response device. Worn around the neck or on a bracelet, this device allows senior citizens to call for help when needed.

(Adapted from New York Presbyterian Hospital)

### Terrific Tuesdays

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

12:30 pm to seniors age 60 and older.

#### December 7<sup>th</sup>

- Vito Sandwich (ham, salami, cheese, tomatoes, onions, lettuce and Italian vinaigrette)
- Tomato and Cucumber Salad
- Apple Sauce
- Cranberry Juice
- Milk and Coffee

Reservation Deadline: 12:00 noon on December 6<sup>th</sup>.

#### December 21<sup>st</sup>

- Mini Italian Beef Sandwich
- Coleslaw
- Grapes
- Orange Juice
- Milk and Coffee

Reservation Deadline: 12:00 noon on December 12<sup>th</sup>.

#### December 28<sup>th</sup>

- Grilled Pork Chop Sandwich
- Garlic Potatoes
- Lettuce Salad
- Banana
- Milk and Coffee

Reservation Deadline: 12:00 noon on December 27<sup>th</sup>.

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**Tips for Staying Healthy During the Winter & Theme Bingo**  
 9:30 am  
 December 10<sup>th</sup>  
 Bellwood

**Today's USO**  
 10:30 am  
 December 13<sup>th</sup>  
 Bellwood

**Volunteer Appreciation Brunch and Tea**  
 10:00 am  
 December 3<sup>rd</sup>  
 Bellwood

**Wii Bowling**  
 10:00 am  
 December 1<sup>st</sup>, December 8<sup>th</sup>,  
 December 15<sup>th</sup>, December  
 22<sup>nd</sup> & December 29<sup>th</sup>  
 Hodgkins

**Wreath Making**  
 10:30 am  
 December 21<sup>st</sup>  
 Bellwood  
 12:15 pm  
 December 20<sup>th</sup>  
 Hodgkins

**Yoga Class**  
 9:00 am  
 Monday, Wednesday &  
 Friday  
 Bellwood

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**Early Bird Pokeno** This activity is scheduled December 17<sup>th</sup> at the Senior Citizen Center in Bellwood. A pancake and sausage breakfast is served at 9:30 am; Pokeno follows at 10:00 am. Cost for all is \$2.00. Reservations are required by 12:00 noon on December 15<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Everything Christmas Bingo** This party bingo is being played December 17<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site. Cost is 50 cents per card.

**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 shares ideas for making inexpensive and healthy holiday gifts December 1<sup>st</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and December 3<sup>rd</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site. Also, participants make one gift. There is no participation fee.

**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.

**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 6<sup>th</sup> and December 20<sup>th</sup> 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 14<sup>th</sup> and December 28<sup>th</sup> at 10:30 am.

**Koffee Klatch/Tea Party and Story Telling** The holidays are the perfect time to share memories, and seniors are invited to tell their favorite holiday story December 6<sup>th</sup>, 10:00 am to 11:00 am, at the Hodgkins meal site. Coffee, tea and treats are being served.

**Kris Kringle Market** West Suburban Senior Services invites area residents to shop for food treats, handmade crafts, holiday decorations and other inexpensive gifts at its new Kris Kringle Market at the Senior Citizen Center in Bellwood. Market hours are 9:30 am to 1:30 pm, weekdays, December 3<sup>rd</sup> through December 10<sup>th</sup>.

**Legacy: Getting Ready to Tell Your Story** During the holiday season, many seniors begin thinking about the lasting impression they want to leave with family and friends, and Rainbow Hospice is sharing information to help them achieve their desired legacy. This program is scheduled December 2<sup>nd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and December 13<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site. In addition, program participants will have the opportunity to tape their legacy. Taping arrangements were being finalized when *The Senior Chronicle* went to press. Seniors interested in taping their legacy are asked to sign up at the Senior Center.

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

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**Briefly Stated**

**Advisory Council**  
10:00 am  
December 8<sup>th</sup>  
Bellwood

10:00 am  
December 8<sup>th</sup>  
Hodgkins

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

**Bingo**  
12:15 pm  
Thursdays  
Bellwood & Hodgkins

**Bingo Bonanza**  
10:15 am  
December 6<sup>th</sup>  
Bellwood

**Bowling Party**  
10:30 am  
December 15<sup>th</sup>  
Bellwood

**Brain Games**  
12:15 pm  
December 1<sup>st</sup>, December 8<sup>th</sup>,  
December 15<sup>th</sup>, December  
22<sup>nd</sup> & December 29<sup>th</sup>  
Bellwood

**Caregiver Support Group**  
2:00 pm  
December 1<sup>st</sup> &  
December 15<sup>th</sup>  
Bellwood

**Christmas Program**  
10:30 am  
December 9<sup>th</sup>  
Bellwood

**Colorful Lunch Series**  
11:00 am  
December 7<sup>th</sup>  
Bellwood

**Dessert Days**  
12:15 pm  
December 2<sup>nd</sup>, December  
9<sup>th</sup>, December 13<sup>th</sup> &  
December 23<sup>rd</sup>  
Bellwood

**Early Bird Pokeno**  
9:30 am  
December 17<sup>th</sup>  
Bellwood

**Everything Christmas  
Bingo**  
12:15 pm  
December 17<sup>th</sup>  
Hodgkins

**Exercise Class**  
10:00 am  
Weekdays  
Bellwood

**Gifts from the Kitchen**  
10:30 am  
December 1<sup>st</sup>  
Bellwood

12:15 pm  
December 3<sup>rd</sup>  
Hodgkins

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

**Grief Support Group**  
1:00 pm  
December 6<sup>th</sup> &  
December 20<sup>th</sup>  
Bellwood

**Haircuts**  
10:30 am  
December 14<sup>th</sup> &  
December 28<sup>th</sup>  
Bellwood

**Koffee Klatch  
Tea Party & Story Telling**  
10:00 am  
December 6<sup>th</sup>  
Hodgkins

**Kris Kringle Market**  
9:30 am  
December 3<sup>rd</sup> through  
December 10<sup>th</sup>  
Bellwood

**Legacy: Getting Ready to  
Tell Your Story**  
10:30 am  
December 2<sup>nd</sup>  
Bellwood

12:15 pm  
December 13<sup>th</sup>  
Hodgkins

**Legal Assistance  
By Appointment**  
Bellwood

**Line Dancing**  
9:30 am  
Fridays  
Bellwood

**Luncheon**  
11:30 am  
Weekdays  
Bellwood & Hodgkins

**Making a Bird Feeder**  
10:30 am  
December 7<sup>th</sup>  
Bellwood

12:15 pm  
December 14<sup>th</sup>  
Hodgkins

**Meditation &  
Centering Class**  
12:15 pm  
December 10<sup>th</sup>  
Bellwood

**Memory Games**  
11:00 am  
December 27<sup>th</sup>  
Hodgkins

**Movie Days**  
12:30 pm  
December 7<sup>th</sup>, December  
14<sup>th</sup>, December 21<sup>st</sup> &  
December 28<sup>th</sup>  
Bellwood

12:30 pm  
December 10<sup>th</sup>  
Hodgkins

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

**New Year's Party**  
10:00 am  
December 30<sup>th</sup>  
Bellwood & Hodgkins

**Party Bingo Days**  
12:15 pm  
December 13<sup>th</sup>, December  
20<sup>th</sup> & December 27<sup>th</sup>  
Bellwood

**Podiatry Clinic**  
9:00 am  
Thursdays  
Bellwood

**Pokeno Party**  
12:30 pm  
December 3<sup>rd</sup>  
Bellwood

**Rules of the Road**  
1:30 pm  
December 17<sup>th</sup>  
Bellwood

**Spa Day**  
10:00 am  
December 20<sup>th</sup>  
Bellwood

**Spanish Club**  
10:00 am  
December 3<sup>rd</sup> &  
December 17<sup>th</sup>  
Bellwood

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

**Making a Bird Feeder** Due to continued interest, University of Illinois Extension is again helping seniors to construct a simple bird feeder December 7<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and December 14<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site. There is no participation fee, but each class is limited to fifteen participants. Reservations are being accepted on a first come, first serve basis.

**Meditation and Centering Class** Basic meditation and relaxation techniques are the focus of this class December 10<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Memory Games** Seniors learn fun ways to improve their memory skills December 27<sup>th</sup>, 11:00 am to 11:30 am, at the Hodgkins meal site.

**Movie Days** Senior citizens are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *The Christmas Card* on December 7<sup>th</sup>, *Joyeux Noel* on December 14<sup>th</sup>, *A Christmas Tale* on December 21<sup>st</sup> and *Noel* on December 28<sup>th</sup>. In addition, a holiday movie is being shown at the Hodgkins meal site December 10<sup>th</sup> at 12:30 pm.

**Mystery Reading Club** Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting December 6<sup>th</sup>, 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 Party** Seniors are invited to celebrate the end of 2010 and ring in 2011 with friends December 30<sup>th</sup> at the Senior Citizen Center in Bellwood and at the Hodgkins meal site. Festivities begin at 10:00 am; lunch is served at 11:30 am. Reservations are required. Suggested meal donation is \$2.00.

**Party Bingo Days** The following dates and party bingo themes have been scheduled this month at the Senior Citizen Center in Bellwood: *Jingle Bell* on December 13<sup>th</sup>, *Winter Wonderland* on December 20<sup>th</sup> and *Anything Goes* on December 27<sup>th</sup>. Games are played between 12:15 pm and 1:15 pm. Cost for each session 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** Seniors are invited to participate in this friendly competition December 3<sup>rd</sup>, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

**Rules of the Road Review Class** Illinois Secretary of State is conducting this class December 17<sup>th</sup>, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. There is no charge, but reservations are required.

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and milk and coffee. Suggested meal donation is \$2.00. Reservations are required by 12:00 noon on December 14<sup>th</sup>.

*Holiday Movie*, December 10<sup>th</sup>, 12:15 pm to 2:15 pm. Treats are being served.

*New Year's Party*, December 30<sup>th</sup>, 10:00 am to 12:30 pm. Bingo, lunch and refreshments are featured. Cost for all is \$2.00. Reservations are required by 12:00 noon by December 28<sup>th</sup>.

*Wreath Making*, December 20<sup>th</sup>, 12:15 pm to 1:15 pm. There is no charge, but reservations are required by December 14<sup>th</sup>. University of Illinois Extension is the program presenter.

### Holiday Gift Cards

To help with those last minute gift purchases, West Suburban Senior Services offers holiday gift cards.

The gift cards are available at the Senior Citizen Center, 439 Bohland Avenue in Bellwood, weekdays between 8:30 am and 4:00 pm, and at the Hodgkins meal site, 9301 63<sup>rd</sup> Street, weekdays between 10:00 am and 1:00 pm. The gift cards entitle a senior citizen to five meals at either the Bellwood or Hodgkins meals site.

### Holiday 'Helping Hands'

West Suburban Senior Services' *Helping Hands* programs continue this month to assist residents in area communities:

*Coat Drive* New and gently used winter coats, hats, gloves and scarves are being collected at the Senior Citizen Center in Bellwood through the

end of February. These items are being distributed throughout the winter to local persons in need.

*Food Drive* The agency's annual food drive for local pantries continues through December 31<sup>st</sup>. Donations of nonperishable food, toiletries and cleaning products may be dropped off at the Senior Citizen Center in Bellwood, 439 Bohland Avenue, weekdays between 8:30 am and 4:00 pm, and at the Hodgkins Village Hall, 8990 Lyons Street, weekdays between 8:00 am and 5:00 pm.

*Sharing Tree* Area residents have until December 3<sup>rd</sup> to participate in the agency's Annual Sharing Tree. 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. Participants purchase one of the items listed on the ornaments. The wrapped gift should then be tagged with the ornament and returned to the Senior Citizen Center by December 10<sup>th</sup> for distribution to agency participants and clients.

In addition, the agency is collecting monetary donations to help the USO provide phone cards for military personnel. Donations are being accepted at the Senior Citizen Center during regular business hours through December 11<sup>th</sup>. The agency is purchasing the phone cards on December 12<sup>th</sup>.

### Holidays with Extended Family

The holiday season is often stressful for families trying to please all of the relatives, making sure that everyone is included. For non-traditional families, like those with grandparents raising grandchildren, the holidays can be even more complicated. University of Illinois Extension offers this advice to help celebrate even when family members may not be on speaking terms or

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when they are in constant conflict:

Do that which you will not regret. This means doing what you think is right and not necessarily what seems to be the most comfortable. Put the needs of the involved children first, and put aside your personal differences or resentments.

Focus your decisions on doing what is right and not on pleasing all family members. It is not your responsibility to make sure all of the relatives are happy. Do not allow your anger to influence your decisions.

When making decisions on whom to invite to a holiday gathering, take into consideration any negative aspects, and base your choice on whether the involved children will benefit from the visit.

West Suburban Senior Services has help available for grandparents raising grandchildren. Interested senior citizens should contact the agency for additional information.

### Ten Ways to Avoid Winter Hazards

- Get a flu shot. The flu is a serious illness that can be fatal in older adults. Senior citizens may still receive a free flu shot at West Suburban Senior Services. This year's vaccine protects against both the seasonal strains of the flu as well as the H1NI virus. Appointments may be made by telephoning the agency.
- Wear appropriate footwear. Comfortable shoes with anti-slip soles help you navigate through icy streets and walks. If you use a cane, replace the rubber tip before it is worn smooth and becomes slippery on the ice.

- Check your smoke alarms to be sure they are in working order. Also, you should have carbon monoxide alarms in your home or apartment.
- Maintain a comfortable room temperature. Keep your thermostat set to at least 65 degrees, even when you are not at home. This helps to prevent hypothermia and freezing pipes.
- Check the lighting in your home. Make sure there are no great contrasts from one room to another. Older persons have difficulty adjusting to changes in light, and high contrasts increase the risk of slips and falls. Use night lights and tape extension cords to the floor.
- Take your exercise program indoors for the winter. At the Senior Citizens Center in Bellwood, West Suburban Senior Services offers chair exercises Monday through Friday from 10:00 am to 10:30 am, line dancing on Fridays from 9:30 am to 10:30 am, and yoga every Monday, Wednesday and Friday from 9:00 am to 10:00 am. All of these classes are free.
- Try to avoid strenuous activities like shoveling snow. Many villages remove snow for senior citizens either without charge or for a discounted fee. Check with your village hall. If you must shovel snow this winter, warm up your body with a few stretching exercises before you begin, and be sure to take frequent breaks throughout.
- Check your rugs. Make sure they are not wrinkled or torn in a way that can trip you as you walk. Use padding or a special tape underneath them to prevent from sliding.

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### Enjoy the Holiday Season with Us!

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

*Senior Citizen Center  
439 Bohland Avenue  
Bellwood*

*Christmas Music*, December 9<sup>th</sup>, 10:30 am to 11:30 am. Students from Living Word Christian Academy in Bellwood are performing.

*Gifts from the Kitchen*, December 1<sup>st</sup>, 10:30 am to 11:30 am. University of Illinois Extension shows how to make a unique and inexpensive item for holiday giving.

*Holiday Desserts*, 12:15 pm to 12:30 pm, on the designated dates. Deluxe Sundaes, December 2<sup>nd</sup>; Holiday Banana Splits, December 9<sup>th</sup>; Cheesecake Sundaes, December 13<sup>th</sup>; and Candy Store Sundaes, December 23<sup>rd</sup>. Cost of each dessert is \$1.00.

*Holiday Luncheon*, December 16<sup>th</sup>, 11:00 am to 12:30 pm. Menu features chicken cordon bleu, rice pilaf, green beans, salad, carrot cake, and milk and coffee. Suggested meal donation is \$2.00. Reservations are required by 12:00 noon on December 14<sup>th</sup>.

*Jingle Bell Party Bingo*, December 13<sup>th</sup>, 12:15 pm to 1:15 pm. Cost is \$1.00, and prizes are related to the theme.

*Kris Kringle Market*, December 3<sup>rd</sup> through December 10<sup>th</sup>, 9:30 am to 1:30 pm. Food treats, handmade crafts, holiday decorations and other

inexpensive gifts are available to purchase.

*New Year's Party*, December 30<sup>th</sup>, 10:00 am to 12:30 pm. Bingo, lunch and refreshments are featured. Cost for all is \$2.00. Reservations are required by 12:00 noon on December 28<sup>th</sup>.

*Today's USO*, December 13<sup>th</sup>, 10:30 am to 11:30 am. United Service Organization of Chicago shares information about the challenges and rewards of assisting men and women serving in the Armed Forces, especially during the holiday season. West Suburban Senior Services is collecting monetary donations through December 11<sup>th</sup> to help the USO provide telephone cards for military personnel through its *Operation Phone Home* program. Donations may be brought to the Senior Citizen Center during regular business hours. Donations of all amounts are appreciated. The agency is purchasing the phone cards on December 12<sup>th</sup>.

*Wreath Making*, December 21<sup>st</sup>, 10:30 am to 11:30 am. There is no charge, but reservations are required by December 14<sup>th</sup>. University of Illinois Extension is the program presenter.

*Salerno Pincente Ristorante  
9301 63<sup>rd</sup> Street  
Hodgkins*

*Everything Christmas Bingo*, December 17<sup>th</sup>, 12:15 pm to 1:15 pm. Cost is 50 cents per card.

*Gifts from the Kitchen*, December 3<sup>rd</sup>, 12:15 pm to 1:15 pm. University of Illinois Extension shows how to make a unique but inexpensive gift for holiday giving.

*Holiday Luncheon*, December 16<sup>th</sup>, 11:30 am to 12:30 pm. Menu features chicken parmesan, mostaccioli, romaine salad, tomato juice, peaches,

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**Spa Day** Seniors are invited to unwind from the holiday rush during a morning of relaxation December 20<sup>th</sup> at the Senior Citizen Center in Bellwood. The day's schedule includes a continental breakfast, arts and crafts, relaxation techniques and other activities between 10:00 am and 12:00 noon. There is no charge, but reservations are required by December 16<sup>th</sup>, and a minimum registration is required.

**Spanish Club** This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting December 3<sup>rd</sup> and December 17<sup>th</sup>, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

**Tips for Staying Healthy During the Winter and Theme Bingo** Converge Home Health Care LLC is hosting this event December 10<sup>th</sup> at the Senior Citizen Center in Bellwood. Activities begin with a continental breakfast at 9:30 am. A winter health program begins at 10:00 am. Party bingo, with prizes related to the theme, is scheduled from 10:30 am to 11:00 am. Reservations are required by December 8<sup>th</sup>.



**Today's USO** United Service Organization shares information about the challenges and rewards of assisting men and women serving in the

Armed Forces, especially during the holiday season. The program is scheduled December 13<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Volunteer Appreciation Brunch and Tea** West Suburban Senior Services is hosting a holiday brunch and tea for its volunteers December 3<sup>rd</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The program includes violin music performed by agency staff. Brunch reservations are required by December 1<sup>st</sup>.

**Wii Bowling** Seniors are invited to participate in this computerized bowling at the congregate meal site in Hodgkins December 1<sup>st</sup>, December 8<sup>th</sup>, December 15<sup>th</sup> (candlelight), December 22<sup>nd</sup> and December 29<sup>th</sup>. Participants bowl between 10:00 am and 11:00 am, and again from 12:15 pm to 1:15 pm.

**Wreath Making** University of Illinois Extension is presenting this hands-on workshop December 21<sup>st</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and December 20<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site. There is no charge, but reservations are required by December 15<sup>th</sup>.

**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.

# Briefly Noted

**Advisory Council Meeting** Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting December 8<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and December 8<sup>th</sup>, 10:00 am to 11:00 am, at the Hodgkins site located in Salerno Pincente Ristorante.

**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.

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

**Bingo Bonanza** A double session of party bingo is planned December 6<sup>th</sup>, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments. Lunch is served at 11:30 am for the suggested donation of \$2.00.

**Bowling Party** West Suburban Senior Services is hosting a computerized bowling party December 15<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Hands-on instruction is being provided, and refreshments are being served. Bowlers of all skill levels are welcome.

**Brain Games** Senior citizens are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:15 pm at the Senior Citizen Center in Bellwood.

**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 1<sup>st</sup> and December 15<sup>th</sup> from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

**Christmas Program** Seniors are invited to enjoy the music of the season December 9<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Students from Living Word Christian Academy are performing.

**Colorful Lunch Series** This new program at the Senior Citizen Center in Bellwood continues December 7<sup>th</sup> at 11:00 am. Each month, the activity, decorations and dessert are centered on one color on the designated date. The December color is red. Participants who wear red attire to lunch on December 7<sup>th</sup> are eligible to enter a door prize drawing.

**Dessert Days** Senior citizens may enjoy the following treats at the Senior Citizen Center in Bellwood for the cost of \$1.00 each: Deluxe Sundaes, December 2<sup>nd</sup>; Holiday Banana Splits, December 9<sup>th</sup>; Cheesecake Sundaes, December 13<sup>th</sup>; and Candy Sundaes, December 23<sup>rd</sup>.

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