

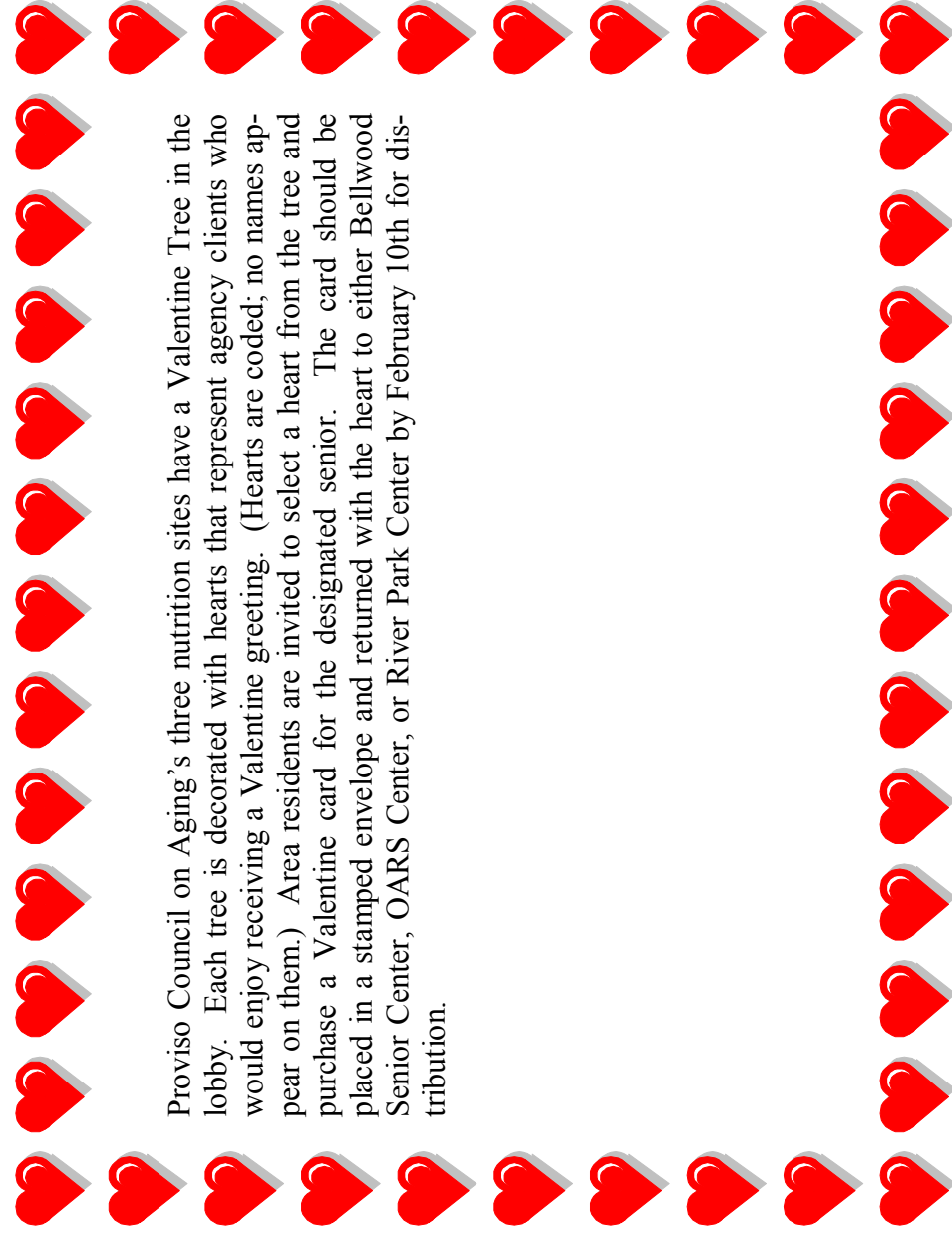
(Continued from page eleven)

reservation, please contact us at (708) 547-5600 or (708) 771-0101.

reservations are needed by 12:00 noon February 9<sup>th</sup>. Special activities and refreshments are planned.

**Volunteer Get-Together** Proviso Council on Aging volunteers are invited to a coffee March 15<sup>th</sup>, 9:30 am, at Bellwood Senior Center. Reservations are needed by March 11<sup>th</sup>.

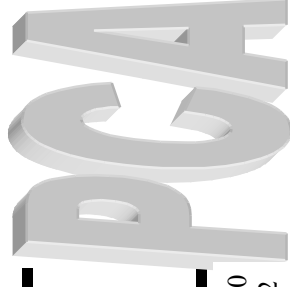
*For additional information on any activity or program or to make an appointment or*



Proviso Council on Aging's three nutrition sites have a Valentine Tree in the lobby. Each tree is decorated with hearts that represent agency clients who would enjoy receiving a Valentine greeting. (Hearts are coded; no names appear on them.) Area residents are invited to select a heart from the tree and purchase a Valentine card for the designated senior. The card should be placed in a stamped envelope and returned with the heart to either Bellwood Senior Center, OARS Center, or River Park Center by February 10th for distribution.

# The Senior Chronicle

Proviso Council on Aging 439 Bohland Avenue Bellwood, Illinois 60104 (708) 547-5600  
February, 2004 Volume XVII, Issue 2



## Avoiding Back Injuries in the Snow

Physical therapists offer these tips to avoid back injuries when removing ice and snow:

- Try to lift while keeping your back straight or a bit arched, and lift with your legs rather than with your back.
- Use a back-saver shovel with a handle that curves up and back. The scoop is lower, and you don't have to bend as far.
- Stop frequently and stand up straight, bend backwards, or just walk around to change your back position.
- Avoid twisting your back. As you unload the shovel, move one foot in the direction that you will throw the snow. This keeps your back straight.
- Pick up small loads of snow each time.

If an injury does occur and you are not feeling well within thirty-six hours, consult your physician.

## From Dust to Dust

Although it is not generally an aspect of the life cycle on which we wish to dwell, death is the natural and inevitable final experience of life. Loved ones are often vulnerable to inflated and/or unnecessary funeral expenses, as they may feel driven to make up for real or imagined shortcomings by buying the deceased an expensive send-off. Most people do not want to feel that they are "skimping" on this final ceremony. After paying for a loved one's nursing home care, private caregivers, and prescription medicines, you might not have much money left for a lavish funeral or memorial service. But with a little planning, and some traditions set aside, you might have all that you need. First, ask yourself, "What is most valuable? What do we want to say about our loved one in the presence of family and friends?" A service should remember the person and their role in our lives, as well as assist us in putting our own lives in perspective.

Here are some ideas that can add meaning but save dollars.

- Use a church or hall for a memorial service. With a little planning you should be able to work with clergy to provide anywhere from 30 minutes to an hour of meaningful music and spoken words, in which the focus will not be on the casket.
- You can now enlarge photographs for a reasonable cost. A cluster of framed photographs, or poster-sized pictures of your

(Continued on page 3)

## The Senior Chronicle

The *Senior Chronicle* is published by Proviso Council on Aging 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

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, Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn and Cicero, the Community Development Block Grant program of the City 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

Proviso Council on Aging 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 additional information, telephone (800) 252-8966 or telephone Proviso Council on Aging at (708) 547-5600.

### Mission

The mission of Proviso Council on Aging is to prevent premature and inappropriate nursing home placement by providing direct community services to senior citizens aged 60 and above. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

### Board of Directors

The Board of Directors elected, during their 30<sup>th</sup> Annual Meeting held in Rosemont, Illinois, the following individuals as members, directors and officers of Proviso Council on Aging:

#### Officers

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

#### Directors

Mrs. Lois Albers  
 Mrs. Annette Barker  
 Honorable Anthony Calderone  
 Mrs. Mary Conti  
 Ms. Carole Kulinski  
 Mrs. Dorothy Lindsey  
 Mr. John O'Sullivan  
 Honorable Lawrence Terrell  
 Mr. Gary Woll  
 Mrs. Sandra T. Zsuppon

#### Honorary Directors

Mr. Arthur Diaz  
 Rev. Willie Dugan  
 Mrs. Alberta Steele

(Continued from page ten)

February 20<sup>th</sup>, and February 27<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and February 5<sup>th</sup>, February 19<sup>th</sup>, and February 26<sup>th</sup> at River Park Center. Cost is \$1.00 per card; the fee includes prizes and refreshments. Persons planning to have lunch beforehand need a reservation by 12:00 noon the day before each Pokeno party. Lunch donation is \$1.50.

**Pokeno Bash** A double session of Pokeno is planned February 9<sup>th</sup> at Bellwood Senior and River Park Center. For \$1.00, seniors can play from 10:15 to 11:15 am and from 12:15 to 1:15 pm. The fee includes prizes and refreshments. Persons planning to stay for lunch need a reservation by 12:00 noon January 9<sup>th</sup>. Lunch donation is \$1.50.

**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. This class is scheduled February 23<sup>rd</sup>, 1:00 pm, at Bellwood Senior Center. Please call in advance for reservations.

**Safety Awareness for Seniors** The Cook County Sheriff's staff is sharing information on steps seniors can take to avoid being a crime victim. This informative program is scheduled February 19<sup>th</sup>, 11:00 am, at Bellwood Senior Center, and February 20<sup>th</sup>, 11:00 am, at River Park Center. Seniors planning to have lunch after the program need a reservation by 12:00 noon February 18<sup>th</sup> and February 19<sup>th</sup>, respectively. Lunch donation is \$1.50.

**Scrabble Party** Seniors are invited to get together for Scrabble February 3<sup>rd</sup>, 12:15 pm, at Bellwood Senior Center. Reservations are recommended.

**Senior Deferrals for Property Taxes** The Cook

County Treasurer is sharing information about a state loan program to help seniors stay in their homes if they can't afford to pay their property tax bills. This important meeting is set for February 17<sup>th</sup>, 11:00 am, at Bellwood Senior Center, and 11:45 am at River Park Center.

**Spanish Club** Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held at 11:00 am, February 6<sup>th</sup>, February 17<sup>th</sup>, and February 27<sup>th</sup> at Bellwood Senior Center.

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

**Steppers Dance Class** This class is held weekly from 11:00 am to 12:00 noon at Bellwood Senior Center. The schedule varies, so interested seniors should telephone the agency for specific dates. Both new and experienced steppers are welcome.

**Tax Filing Assistance** The American Association of Retired Persons (AARP) is providing free income tax filing assistance for low-and middle-income seniors age 60 and older at Bellwood Senior Center Thursdays February 5<sup>th</sup> through April 8<sup>th</sup>, 9:00 am to 12:00 noon. Appointments are required. Persons should bring their 2002 tax records, all documents that show income for 2003, and documents for possible deductions if they plan to itemize on their returns.

**Valentine's Party** Give your friends a special Valentine by inviting them to lunch February 13<sup>th</sup>, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. Lunch donation is \$1.50;

(Continued on back cover)

(Continued from front page)

family and the deceased's life can be a very touching tribute. They can be especially helpful if you choose not to have a viewing of the body.

- Incorporate a luncheon or dinner into your memorial plans. Sharing time with friends and loved ones after the funeral or memorial service has been a tradition more important and valuable than any expensive casket or shiny new hearse.
- Consider the cost of a funeral director and their facilities versus using an alternative plan, such as direct cremation with a memorial service, at a later date, that you plan yourself. People typically plan and orchestrate important life events such as weddings and anniversaries on their own. Those services aren't much different from a memorial service.

When considering the costs of a funeral, remember that regardless of what you pay for a casket or vault, it will not prevent the decomposition of a loved one's earthly remains. The supposed "protective" features of caskets and vaults will not stop what Mother Nature intends for us all.

- If you decide to purchase a casket, remember, the product you are being shown represents what someone wants to sell you. If you want a plain wood casket, ask to see a "cremation" casket. Some are very simple wood containers suitable for burial or cremation. If the deceased is a veteran, he or she is entitled to have the casket flag-draped, which will cover most of it at a wake or viewing. Caskets are marked up anywhere from 20% to 400%. The sellers of caskets tend to show the

most choices in the price range from which they want you to consider buying. Don't accept what they show you as being all there is. If necessary, ask to see the manufacturer's catalog.

All things considered, it's not the casket, vault, marker, or other accoutrements that make a difference. Instead, it is the sincerity of the love that is shown in the tribute as family and friends gather together to mourn the loss of their loved one. A well-planned spoken message can carry all the meaning, love, and hope desired in funerals and memorial services, and that is ultimately what is most valued by and most important to the deceased's family and friends.

### State Programs Help Seniors Pay for Medications

The State of Illinois offers three programs to help you pay for your medications. Your application automatically places you in the best program for you.

*Illinois Rx Buying Club* covers all categories of prescription drugs ordered by your doctor. You qualify if you are at least 65 years old or are a person with a disability. To join, you must pay a membership fee of \$25.00. This entitles you to twelve months of savings. After signing up, no further paperwork is needed. To receive the price discount, you simply present the card to a participating pharmacy or use the mail-order option.

*Circuit Breaker/Pharmaceutical Assistance* provides prescription drug coverage for specific diseases. Members are automatically members of the Rx Buying Club as well --- no application required.

*Illinois SeniorCare* covers most prescription drugs and some over-the-counter drugs if a doc-

(Continued on page eight)

(Continued from page five)

February 23<sup>rd</sup> Bellwood  
February 27<sup>th</sup> Forest Park

#### Legal Assistance

9:00 am  
February 17<sup>th</sup>  
Bellwood

#### Luncheon

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

#### Mystery Reading Club

9:30 am  
February 3<sup>rd</sup>  
Bellwood

#### Mystery Wednesdays

11:00 am  
February 11<sup>th</sup> and February  
25<sup>th</sup>

Bellwood & Forest Park &  
OARS

#### Officers' Club

10:30 am

February 23<sup>rd</sup>  
Bellwood  
Bellwood & Forest Park &  
OARS

#### Pinochle Party

12:15 pm  
February 2<sup>nd</sup>, February 9<sup>th</sup>,  
and February 23<sup>rd</sup>  
Bellwood

#### Podiatry Clinic

Thursdays in Bellwood  
February 20<sup>th</sup> Forest Park

#### Pokeno

12:15 pm  
February 6<sup>th</sup>, February 20<sup>th</sup>,  
and February 27<sup>th</sup>  
Bellwood

February 5<sup>th</sup>, February 19<sup>th</sup>,  
and February 26<sup>th</sup>  
Forest Park

#### Senior Deferrals for Property Taxes

11:00 am Bellwood  
11:45 am Forest Park  
February 17<sup>th</sup>

#### Spanish Club

11:00 am  
February 6<sup>th</sup>, February 17<sup>th</sup>,  
and February 27<sup>th</sup>

Bellwood  
Bellwood

#### Steppers Dance Class

11:00 am  
Weekly  
Bellwood

#### Tax Filing Assistance

By Appointment  
Thursdays, February 5<sup>th</sup>  
through April 8<sup>th</sup>  
Bellwood

#### Valentine Party

11:00 am  
February 13<sup>th</sup>  
Bellwood & Forest Park &  
OARS

#### Volunteer Get-Together

March 15<sup>th</sup>  
9:30 am  
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. 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. Proviso Council on Aging 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.

## Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Proviso Council on Aging is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, United Way, Veteran's Administration, Proviso Township, Lyons Township, the 708 Mental Health Commissions of Berwyn and Cicero, local villages, and donations</i></p>				
<p><b>February 2, 2004</b> Hamburger with Bun Baked Beans Tomato Soup Beet and Onion Salad Fresh Tangerine</p>	<p><b>February 3, 2004</b> Chicken Fillet Noodles Sliced Carrots Tossed Salad Wheat Bread Hot Fruit Compote</p>	<p><b>February 4, 2004</b> Hot Dog with Bun Whipped Potatoes Smothered Cabbage Apple</p>	<p><b>February 5, 2004</b> Bar-B-Que Meatballs Mashed Potatoes California Blend Vegetables Pineapple Orange Gelatin Vanilla Pudding</p>	<p><b>February 6, 2004</b> Oven Fried Chicken Leg Au Gratin Potatoes Cream of Broccoli Soup Seasoned Greens Corn Bread Peanut Butter Cookie</p>
<p><b>February 9, 2004</b> Beef Burgundy Mashed Potatoes Carrots and Brussels Sprouts Lettuce Wedge Wheat Roll Fresh Orange</p>	<p><b>February 10, 2004</b> Turkey ala King White Rice Beef Noodle Soup Broccoli Spears Biscuit Pineapple Chunks</p>	<p><b>February 11, 2004</b> Roast Beef with Mushrooms Mashed Potatoes Seasoned Greens Corn Bread Apple</p>	<p><b>February 12, 2004</b> Italian Baked Chicken Rice Pilaf Minestrone Soup Italian Mixed Vegetables Italian Bread Pound Cake</p>	<p><b>February 13, 2004</b> Bar-B-Que Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Corn Bread Peach Pie</p>
<p><b>February 16, 2004</b> <b>Closed</b> <b>Presidents' Day</b></p>	<p><b>February 17, 2004</b> Chicken Mole Spanish Rice Mexican Corn Lettuce Salad Wheat Bread Banana</p>	<p><b>February 18, 2004</b> Pepper Steak White Rice Vegetable Soup Sliced Carrots Italian Bread Angel Food Cake</p>	<p><b>February 19, 2004</b> Chili with Beef and Beans Tossed Salad Biscuit Pudding</p>	<p><b>February 20, 2004</b> Beef Stew Cottage Cheese and Peaches Biscuit Banana</p>
<p><b>February 23, 2004</b> Chicken Parmesan Rotini with Sauce Green Beans Tossed Salad Italian Bread Chocolate Pudding</p>	<p><b>February 24, 2004</b> Stuffed Green Peppers Creamed Potatoes Mushroom Soup Sliced Carrots Rye Bread Lemon Cake</p>	<p><b>February 25, 2004</b> Seafood Salad with Bun Split Pea Soup Pickled Cucumbers Hot Cinnamon Apples</p>	<p><b>February 26, 2004</b> Salisbury Steak Whipped Potatoes Cream Chicken Soup Stewed Tomatoes Rye Bread Banana</p>	<p><b>February 27, 2004</b> Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Wheat Roll Fruit Yogurt</p>

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

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

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

(Continued from page three)

ervations are required by 12:00 noon February 5<sup>th</sup>.

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

**Declutter Club** How are you decluttering your home and life? Seniors are invited to share their ideas at Proviso Council on Aging's new Declutter Club. The group is meeting February 23<sup>rd</sup>, 12:15 pm, at Bellwood Senior Center. Seniors planning to eat lunch before the club meeting need a reservation; lunch donation is \$1.50.

**Dining and Diabetes** The University of Illinois Extension is presenting this three-part cooking school for individuals with diabetes, interested family members, and others wanting information on healthy eating. Each of the three consecutive classes is scheduled from 9:30 am to 11:30 am at Bellwood Senior Center. The dates are April 19<sup>th</sup>, and May 10<sup>th</sup> and May 17<sup>th</sup>. The \$10.00 nonrefundable registration fee covers the six hours of instruction, educational materials, and foods. A minimum registration is required for this program to take place. Paid reservations are required by April 12<sup>th</sup>. Additional information is available from the Senior Center director.

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

**Exercise Class – Video Tape** This arm chair aerobics class is held Tuesdays and Thursdays, 10:30 to 11:00 am, at Bellwood Senior Center. The routines of lively stretching and strengthening motions are set to music.

**Foster Grandparents** Proviso Council on Aging is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the

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

**Gift Shop** Proviso Council on Aging's Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reasonable price. The Gift Shop is a great place to find a one-of-a-kind gift for that hard to buy for person. New items have been added, so please make sure to stop by and check out the selection. *Gift Certificates* are now available in any denomination, making gift giving so much easier. The Gift Shop is open Monday through Friday from 10:30 am to 1:30 pm.

**Haircuts** Looking for a trim? Proviso Council on Aging offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site February 11<sup>th</sup> and February 24<sup>th</sup> at 10:30 am. Appointments are required.

**Hearing Aids Workshop** This informative seminar explains how hearing aids work and the expectations hearing aid users should have. In addition, the seminar includes demonstrations on the latest hearing aid technology. Brian Countryman's presentations are scheduled March 25<sup>th</sup>, 11:00 am, at Bellwood Senior Center, and March 26<sup>th</sup>, 11:00 am, at River Park Center. Reservations are encouraged.

**Hearing Clinic** Hearing Specialist Brian Countryman is available the second Thursday of each month. On February 12<sup>th</sup>, he is at Bellwood Senior Center in the morning and River Park Center in the afternoon. Appointments are required.

**Ice Cream Sundaes** For \$1.00, seniors can enjoy this delicious treat February 10<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and February 12<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Reservations are required by February 9<sup>th</sup> and February 11<sup>th</sup>, respectively.

(Continued on page ten)

(Continued from page five)

tor prescribes them. If you are 65 years of age or older and you qualify for Senior Care, you may choose to get a monthly \$25.00 rebate check. Each person must meet income qualifications and have private insurance that pays for prescriptions. You can have either prescription coverage or the rebate, but not both.

To learn more about these and other programs, seniors should contact the Senior Advocate at Proviso Council on Aging, (708) 547-5600, extension 231.

### How Much Do You Know About February?

- What is the meaning of the word februa?

- Winter
  - Purification
  - Bravery
  - Love
- What is the birthstone for February?
- Ruby
  - Diamond
  - Amethyst
  - Sapphire

- How often does February have twenty-nine days?

- Always
- Once every five years
- Once every ten years
- Once every four years

- Was 1900 a leap year?

Yes or No

- February gets its name from the word februa. What language does this word come from?

- Greek
- Latin
- French
- German

- February was originally the last month of the year.

True or False

- Which of these flowers do many people think of as February's flower?

- Lilly
- Orchid
- Primrose
- Gardenia

- Augustus Caesar took a day from February to make August the same length as July.

True or False

### Answers

- Purification
- Amethyst
- Every four years
- No
- Latin
- True
- Primrose
- True

### Would You Like to be Someone's Secret Valentine?

(Continued on back cover)

### Briefly Stated

#### Advisory Council Meetings

- February 11<sup>th</sup>
- 10:00 am OARS
- 11:00 am Bellwood
- 12:00 Noon Forest Park

#### Art Class

- 9:00 am
- Tuesdays
- Bellwood

#### Beginning Spanish Class

- 10:30 am
- February 5<sup>th</sup> and February 19<sup>th</sup>

#### Bingo

- 12:15 pm
- Thursdays in Bellwood
- Fridays in Forest Park

#### Bingo Bonanza

- 10:00 am
- February 2<sup>nd</sup>
- Bellwood & Forest Park & OARS

#### Black History Month

- Craft Co-op
- 12:15 pm

#### Observance

- 11:00 am
- February 24<sup>th</sup>
- Bellwood & Forest Park & OARS

#### Bowling Party

- 9:30 am
- February 13<sup>th</sup>
- Hillside

#### Cancun, Mexico, Send-off

- 11:00 am
- February 4<sup>th</sup>
- Bellwood & Forest Park & OARS

#### Cancun, Mexico, Exploration

- 11:00 am
- February 5<sup>th</sup>
- Bellwood & Forest Park & OARS

#### Cancun, Mexico, Celebration

- 11:00 am
- February 6<sup>th</sup>
- Bellwood & Forest Park & OARS

#### Fridays

Bellwood

#### Declutter Club

- 12:15 pm
- February 23<sup>rd</sup>
- Bellwood

#### Dining and Diabetes

- 9:30 am
- April 19<sup>th</sup>, May 10<sup>th</sup>, and May 17<sup>th</sup>
- Bellwood

#### Hair Cuts

- 10:30 am
- February 11<sup>th</sup> and February 24<sup>th</sup>
- Bellwood

#### Exercise Class – Audio Tape

- 10:30 am
- Monday through Friday
- Bellwood

#### Exercise Class – Video Tape

- 10:30 am
- Tuesday and Thursday
- Bellwood

#### Foster Grandparents

- 10:30 am
- Monthly
- Bellwood Senior Center

#### Identity Theft Update

- 11:00 am
- (Continued on page nine)



(Continued from page seven)

**Identity Theft Update** Staff from the Cook County State's Attorney's Office is presenting the latest information about identity theft and how the crime impacts seniors. Interested persons may participate in this program February 23<sup>rd</sup>, 11:00 am, at Bellwood Senior Center, and February 27<sup>th</sup>, 11:00 am, at River Park Center.

**Legal Assistance** On February 17<sup>th</sup> from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone Proviso Council on Aging, (708) 547-5600, extension 232, for more information regarding appointments.

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

tation to the Bellwood, and River Park and OARS Centers can be arranged.

**Mystery Reading Club** Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by Proviso Council on Aging and the Bellwood Library. The group is meeting February 3<sup>rd</sup>, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

**Mystery Wednesdays** Two Wednesdays of each month are designated as Mystery Wednesdays at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for each of these days, and the only way to find out what they are is to be there. (Lunch is served at 11:30 am for a \$1.50 donation.) This month's Mystery Wednesdays are February 11<sup>th</sup> and February 25<sup>th</sup>.

**Officers' Club** Officers from all area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, February 23<sup>rd</sup>, at Bellwood Senior Center.

**Pinochle Party** Seniors are invited to play this challenging card game February 2nd, February 9<sup>th</sup>, and February 23<sup>rd</sup>, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (February 20<sup>th</sup>), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno** Pokeno is being played February 6<sup>th</sup>,

(Continued on page eleven)

# Briefly Noted

**Advisory Council Meetings** Seniors 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 Councils. (Councils are composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The advisory councils are meeting February 11<sup>th</sup>. OARS Center, 10:00 am; Bellwood Senior Center, 11:00 am; and River Park Center, 12:00 noon. Questions should be directed to the Senior Center director.

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

**Beginning Spanish Class** Seniors can learn basic conversational Spanish during this class. This month's sessions are February 5th and February 19th, 10:30 am, at Bellwood Senior Center. Lunch follows the class at 11:30 am for a \$1.50 donation. Reservations for the class and lunch are needed.

**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 February 2<sup>nd</sup> at Bellwood Senior Center, and OARS and River Park Centers. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments. Persons planning

to stay for lunch need a reservation by 12:00 noon January 30<sup>th</sup>. Lunch donation is \$1.50.

**Black History Month Observance** Seniors are invited to celebrate Black History Month February 24<sup>th</sup> at Bellwood Senior Center, and OARS and River Park Centers. The program begins at 11:00 am. Persons planning to have lunch afterward need a reservation by 12:00 noon February 23<sup>rd</sup>. Lunch donation is \$1.50.

**Bowling Party** Proviso Council on Aging is hosting a bowling party February 13<sup>th</sup>, 9:30 am, at Hillside Bowl. Cost per game is \$1.75; there is no shoe rental. Reservations are needed by January 7<sup>th</sup>.

**Cancun, Mexico, Sendoff** This balmy location is the second destination for agency snowbirds during this winter's getaway. The fun begins February 4th, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. Lunch donation is \$1.50; reservations are required by 12:00 noon February 3<sup>rd</sup>.

**Cancun, Mexico, Exploration** Seniors can learn about and enjoy some of the customs and pastimes of this area February 5<sup>th</sup> at Bellwood Senior Center, and OARS and River Park Centers. Activities begin at 11:00 am; Lunch donation is \$1.50; reservations are required by 12:00 noon February 4<sup>th</sup>.

**Cancun, Mexico, Celebration** Refreshments and fun highlight this party February 6<sup>th</sup>, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. Lunch donation is \$1.50; res-

(Continued on page seven)

