

(Continued from page eleven)

Tornadoes in Illinois Triton College staff are coming to Bellwood Senior Center March 21st, 12:15 pm, to present a program about these severe storms: history, causes and formation. Attention is being given to last year's tornado in Utica, Illinois. Program reservations are recommended.

Valentine's Party/Luncheon West Suburban Senior Services is hosting a Valentine's Party February 14th, 11:00 am, at its three nutrition sites. Lunch is served at 11:30 am for the suggested donation of \$1.50; the menu features chicken Kiev, rice pilaf, asparagus, tossed salad, German chocolate cake, and milk and coffee. Reservations are required by 12:00 noon on February 9th.

Weight Loss Program/Meeting West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center. Additional information is available from the agency's community outreach nurse: (708) 547-

5600, extension 235.

Winter Delight Dessert This tasty ice cream and cake dessert is being served February 17th, 12:15 pm, at Bellwood Senior Center, and February 18th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are required by February 16th.

WSSS Choral Group West Suburban Senior Services announces a new choral group for seniors who enjoy singing favorite tunes. Under the direction of Elizabeth Brown, the group is holding its first session February 14th, 12:15 pm, at Bellwood Senior Center.

Yahtzee Party Friendly competition, prizes and refreshments are featured February 1st, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Cost is 50 cents, and reservations are needed by January 31st.

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

Your Kindness Is Appreciated

Thanks to everyone who took ornaments from this year's Sharing Tree. Your generosity helped to brighten the holiday season for more than eighty seniors, all of whom enjoyed the gifts from their "Secret Santa."

Women's Health Day

West Suburban Senior Services is sponsoring a Women's Health Day this spring. The event is featuring a tea, information about various health issues of special interest to women, screenings, and other activities. Additional information is being published in the March edition of *The Senior Chronicle*.

Jazz Quiz

1. Jazz emerged in what has been called America's most musical city:

Memphis.
New Orleans
Chicago

2. The most famous jazz nightclub in Harlem

was called

The Cotton Club
El Morocco
Studio 54

3. At the turn of the 20th century, the term "jazz" was used interchangeably with

Swing
Blues
Ragtime

4. Who performed the first jazz recording?

"Jelly Roll" Martin
Joseph "King" Oliver
The Original Dixieland Jazz Band

5. Known as "the Divine One," who won an amateur singing contest as a teenager and quickly became a leading jazz vocalist?

Billie Holiday
Sarah Vaughan
Mamie Smith

6. By the 1800s, African-American ballads and songs sung by farm workers, "field hollers," had evolved into blues, an important influ-

(Continued on page four)

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

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

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

The OARS Center is located at 712 Elm in LaGrange

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

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

The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 31st Annual Meeting held in Forest Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

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

Directors

Mrs. Lois Albers
 Honorable Anthony Calderone
 Mrs. Mary Conti
 Ms. Carole Kulinski
 Mrs. Dorothy Lindsey
 Honorable Noreen Love
 Honorable Anthony Peraica
 Mr. John O'Sullivan
 Mr. Gary Woll

Honorary Directors

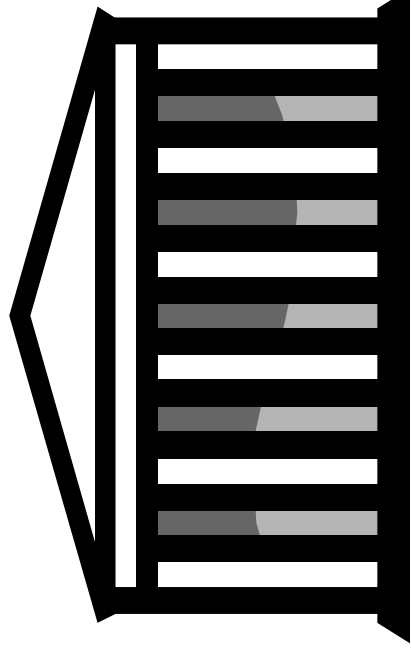
Mrs. Annette Barker
 Honorable Lawrence Terrell

(Continued from page ten)

needles. There is no fee for the class, but reservations are needed by February 18th.

Roaming Through Rosehill West Suburban Senior Services and Memorial Park District invite seniors to see the graves of Chicago notables including Schwinn, Hinkley and Schmitt, Sears, Florsheim, and Brickhouse at Rosehill Cemetery on Chicago's north side. The cemetery also features a castle-like entranceway and a gravestone shaped like a miniature train car. The outing is set for May 7th, 9:00 am to 2:00 pm. Participants depart from Eisenhower Center, 700 Speechley, Hillside. The \$10.00 fee includes transportation and a program by park district staff. Seating is limited, and prepaid reservations are being accepted on a first come, first serve basis: (708) 547-3900.

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. The class is scheduled March 28th, 1:00



pm, at Bellwood Senior Center.

Saturday Lunch Outing West Suburban Senior Services is hosting a lunch outing February 26th, 11:30 am, at Old Country Buffet, 139 West North

Avenue, Northlake. The \$7.44 per-person price includes tax; this price is available to those seniors who are part of the agency's get-together. Participating seniors are responsible for paying their own lunch bill at the restaurant. Reservations are required by February 23rd and may be made by telephoning West Suburban Senior Services, (708) 547-5600, extension 238.

Snack Food Party February is National Snack Food Month, and seniors are invited to enjoy an assortment of tasty treats February 24th, 12:15 pm, at Bellwood Senior Center, and February 25th, 12:15 pm, at OARS and River Park Centers. Cost is 50 cents; reservations are required by February 23rd.

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 4th and February 18th, at Bellwood Senior Center.

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

Tax 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 3rd through April 7th, 8:30 am to 12:30 pm. Appointments are required. Persons should bring their 2003 tax records, all documents that show income for 2004, and documents for possible deductions if they plan to itemize on their returns.

(Continued on back cover)

(Continued from front cover)

ence on jazz. Who is the Father of the Blues?

- W. C. Handy
- John Birks
- “Dizzy” Gillespie
- “Blind” Lemon Jackson

7. The Jim Crow laws fostered the development of jazz by forcing classically trained black musicians to perform in black clubs, where they imposed European techniques on the blues. The original Jim Crow was

A civil rights worker lynched in Mississippi in 1881
Alabama governor from 1880 to 1888, and author of the first Jim Crow law
A minstrel character.

8. In the 1930s, clarinetist Benny Goodman helped popularize what type of jazz?

- Bop
- Swing
- Afro-Latin

9. In 1997, the jazz composition *Blood on the Fields* became the first non-classical piece to win a Pulitzer Prize in music. Who composed it?

- Tito Puente
- Joshua Redmond
- Wynton Marsalis

10. Considered the greatest female blues vocalist of the 1920s, who was the “Empress of the Blues?”

- Bessie Smith
- Gertrude Ma Rainey
- Billie Holiday

Answers

1. New Orleans
2. The Cotton Club
3. Ragtime
4. The Original Dixieland Jazz Band
5. Sarah Vaughn
6. W. C. Handy
7. A minstrel character
8. Swing
9. Wynton Marsalis
10. Bessie Smith

Volunteers Needed for Senior Health Insurance Program

Volunteers are needed to participate in the Senior Health Insurance Program (SHIP) at Bellwood Senior Center. The Illinois Department of Insurance trains these volunteers to help file Medicare claims, and to process appeals to Medicare and Medicare supplement insurance companies. Also, the volunteers objectively counsel Medicare beneficiaries about Medicare, Medicare supplement, Medicare managed care, and long-term care insurance. They also answer questions about other facets of Medicare. Interested persons should telephone the agency, (708) 547-5600, extension 238.

Seniors Invited to Spanish Club

(Continued on page eight)

12:15 pm
February 8th
Bellwood

Briefly Stated

Advisory Council Meeting

10:30 am
February 9th
Bellwood

Art Class

9:00 am
Tuesdays
Bellwood

Beginning Genealogy Class

10:45 am
March 14th
Bellwood

Beginning Spanish Class

10:30 am
February 3rd, February 10th,
February 17th & February 24th
Bellwood

Bingo

12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza

10:00 am
February 7th
Bellwood

Bingo Week Extravaganza

Times Vary
February 22nd, February 23rd,
February 24th & February 25th
Bellwood

Birthday Celebration

12:15 pm
February 1st
Bellwood, Forest Park &
OARS

Black History Exhibit

11:00 am
February 24th
Bellwood

Body Mass Index Workshop

10:45 am
February 17th
Bellwood
Bunco Party

Monday through Friday
Bellwood, Forest Park &
OARS

Getting Off Tobacco Road

11:00 am
February 28th
Bellwood

Gift Shop

10:30 am to 1:30 pm
Monday through Friday
Bellwood

Crocheting Class

10:30 am
February 9th & February 22nd
Bellwood

Declutter Club

12:15 pm
February 28th
Bellwood

Digital Camera Class

6:30 pm
February 8th & February 15th
Hillside

Double Dip Ice Cream Cones

12:15 pm
February 3rd Bellwood
February 4th Forest Park &
OARS

Exercise Class – Audio Tape
and Video Tape

10:30 am
Monday through Friday
Bellwood

Fall Prevention

11:00 am
March 8th Bellwood
March 11th Forest Park

Foster Grandparents

10:30 am
Monthly
Bellwood

Fun and Fitness

10:30 am

Bellwood, Forest Park &
OARS

Officers' Club

10:30 am
February 28th
Bellwood

Outlet Mall Trip

9:30 am
May 19th
Aurora

Pinochle Party

12:15 pm
February 7th, February 14th &
February 28th
Bellwood

Podiatry Clinic

Thursdays in Bellwood
February 11th in Forest Park

Pokeno

12:15 pm
February 4th, February 11th
& February 18th
Bellwood

Pokeno Bash

10:15 am
February 15th
Bellwood

Quilting Class

10:30 am
February 22nd
Bellwood

Roaming Through Rosehill

9:00 am
May 7th
Chicago

Rules of the Road

1:00 pm
March 28th
Bellwood

Saturday Lunch Outing

11:30 am
February 26th

(Continued on page eight)

Mystery Wednesday

11:00 am
February 9th

Mystery Reading Club

9:30 am
February 1st
Bellwood

Mystery Wednesday

11:00 am
February 9th

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	February 1, 2005 Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	February 2, 2005 Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	February 3, 2005 Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	February 4, 2005 Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
February 7, 2005 Hamburger on Bun Baked Beans Beet and Onion Salad Tomato Soup Tangerine	February 8, 2005 Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	February 9, 2005 Polish Sausage on Bun Whipped Potatoes Sauerkraut Cranberry Juice Apple	February 10, 2005 Meatballs Mashed Potatoes California Vegetables Pineapple Orange Gelatin Salad Vanilla Pudding	February 11, 2005 Oven Fried Chicken Leg Quarter Au Gratin Potatoes Seasoned Greens Cream of Broccoli Soup Peanut Butter Cookie
February 14, 2005 Chicken Kiev Rice Pilaf Asparagus Tossed Salad German Chocolate Cake	February 15, 2005 Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	February 16, 2005 Roast Beef Mashed Potatoes Seasoned Greens Orange Pineapple Juice Apple	February 17, 2005 Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup Marble Pound Cake	February 18, 2005 BBQ Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
February 21, 2005 Closed for Presidents' Day	February 22, 2005 BBQ Chicken Macaroni and Cheese Carrots Coleslaw Banana	February 23, 2005 Pepper Steak Rice Italian Green Beans Vegetable Soup Chocolate Angel Food Cake	February 24, 2005 Chili Tossed Salad Apple Juice Butterscotch Pudding	February 25, 2005 Seafood Salad on Bun Pickled Cucumbers Split Pea Soup Hot Cinnamon Apples
February 28, 2005 Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way, Veteran's Administration, Proviso Township, Lyons Township, the 708 Mental Health Commission of Berwyn, local villages, and donations			

Senior Citizen Center
439 Bohlard
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 five)

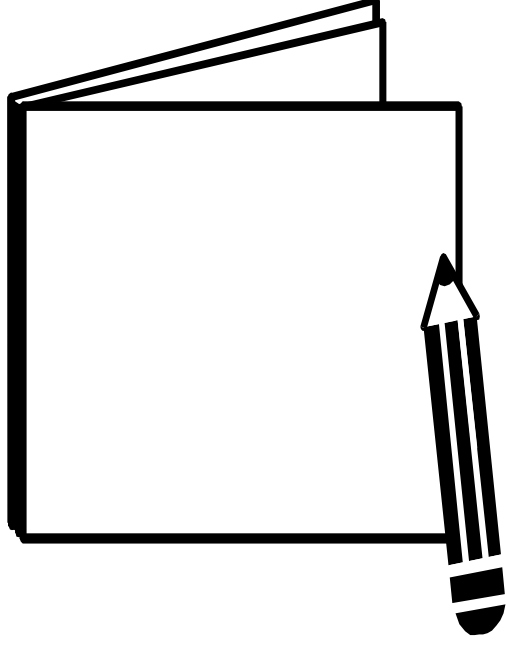
at Bellwood Senior Center, and February 4th, 12:15 pm, at OARS and River Park Centers. Reservations are required by February 3rd.

Exercise Class – Audio Tape and Video 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.

Fall Prevention Seniors are receiving information to increase their bone density and to strengthen their hip muscles March 8th, 11:00 am, at Bellwood Senior Center, and March 11th, 11:00 am, at River Park Center. Dr. Dana Celar of Cellular Chiropractic is presenting the programs. Reservations are recommended.

Foster Grandparents West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

Getting Off Tobacco Road On February 28th at 11:00 am, seniors are invited to hear about the latest treatments to help them and friends and family quit smoking. Staff from St. James Hospital in Chicago Heights are presenting this pro-



gram at Bellwood Senior Center. Reservations are recommended.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts, and seasonal decorations at a reasonable price. Shoppers may purchase items between 10:30 am and 1:30 pm Monday through Friday at Bellwood Senior Center. Gift certificates are also available.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site February 9th and February 22nd at 10:30 am. Appointments are required.

Hearing Screenings The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center February 10th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon February 8th. Seniors should call West Suburban Senior Services, (708) 547-5600, to schedule an appointment.

Legal Assistance On February 15th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone us for more information regarding appointments.

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

(Continued on page ten)

(Continued from page four)

West Suburban Senior Services invites Spanish-speaking seniors to participate in its Spanish Club at Bellwood Senior Center. The club meets twice or three times monthly from 11:00 am until 2:00 pm, and meeting dates are published in each edition of *The Senior Chronicle*.

The suggested lunch donation is \$1.50. Interested seniors should contact Consuelo LeZama at (708) 547-5600, extension 231.

West Suburban Senior Services Sponsors Indoor Walking at Stevenson Center

During February, West Suburban Senior Services is offering seniors age 60 and older a complimentary opportunity to exercise indoors at Memorial Park District's new Stevenson Center in Bellwood.

Interested seniors can receive a pass only when they purchase a lunch at the agency's Bellwood, Forest Park, and LaGrange nutrition sites. They

may use the pass to walk on the Stevenson Center's indoor track on a Tuesday or a Thursday in February between 10:00 and 11:00 am. Each pass is valid for one walking session only, and the pass must be used in February by the senior to whom it is issued. The number of available passes is limited, and West Suburban Senior Services is making them available on a first come, first serve basis in conjunction with its congregational program. No separate passes are being issued. Additional information is available from West Suburban Senior Services, (708) 547-5600, extension 238.

The support of this program is made possible by a grant and participation is limited.

(Continued from page five)

Northlake

Snack Food Party

February 24th Bellwood
February 25th Forest Park & OARS

Spanish Club

February 4th & February 18th Bellwood

Tax Filing Assistance
By Appointment

Thursdays, February 3rd through April 7th Bellwood

Tornadoes in Illinois

February 24th Bellwood
March 21st Bellwood

Valentine's Party

February 14th Bellwood, Forest Park & OARS

Weight Loss Program/Meeting
9:30 am

Fridays
Bellwood

Winter Delight Dessert

February 7th Bellwood
February 18th Forest Park & OARS

WSSS Choral Group

February 14th Bellwood

Yahzee Party
12:15 pm

February 1st
Bellwood

(Continued from page three)

tory in Maywood invites seniors to learn about local Black history February 24th, 11:00 am, at Bellwood Senior Center. Reservations are recommended. This event is part of West Suburban Senior Services' month-long celebration of this annual observance.

Body Mass Index Workshop The University of Illinois Extension is coming to Bellwood Senior Center February 17th, 10:45 am, to present a program on the Body Mass Index (BMI). The pro-



gram is covering what the index is, how it is computed, and how it fits into a senior's total fitness. Reservations are recommended.

Bunco Party Seniors are invited to play this game February 8th, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Cost is 50 cents; the event features prizes and refreshments. Reservations are needed by February 4th.

Casino Trip West Suburban Senior services is

sponsoring a one-day trip to the Diamond Joe Casino in Dubuque, Iowa, on March 9th. The bus leaves Bellwood Senior Center at 7:30 am and returns there at approximately 7:30 pm. The \$25.00 per-person fee includes round trip transportation, four hours of gaming, and an all-you-can eat buffet. Also, seniors who play \$40.00 in slots get \$10.00 back from the casino. Prepaid reservations are due by March 1st, and the fee is nonrefundable. A minimum registration is required for this trip to take place.

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

Crocheting Class This basic class is being offered February 10th, 10:30 am to 11:30 am, at Bellwood Senior Center. There is no fee for the instruction, but reservations are required by February 9th.

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting February 28th, 12:15 pm, at Bellwood Senior Center.

Digital Photography Class This class is designed to help seniors make the most of their digital camera by explaining how to use camera settings and how to download to a computer. It is scheduled February 8th and February 15th, 6:30 pm, at Eisenhower Center, 700 Speechley, Hillside. Cost is \$26.00. Reservations may be made by telephoning (708) 547-3900. The class is co-sponsored by Memorial Park District and West Suburban Senior Services.

Double Dip Ice Cream Cones For 50 cents, seniors may enjoy this treat February 3rd, 12:15 pm,

(Continued on page seven)

(Continued from page seven)

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

Mardi Gras Seniors are invited to join in this annual celebration February 8th, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. The fun begins at 11:00 am. Lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are required by 12:00 noon February 7th.

Movie Day Popcorn, soft drinks, good company, and an entertaining movie are being featured February 16th, 12:15 pm, at Bellwood Senior Center. This month's selection is *Lillies of the Field* with Sidney Poitier. Reservations are required by February 15th.

Mystery Reading Club Seniors who enjoy figuring out *who did it* are invited to join this reading group sponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting February 1st, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is February 9th.

Officers' Club Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, February 28th, at Bellwood Senior Cen-

Briefly Noted

Advisory Council Meeting 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 Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The Advisory Council is meeting February 9th, 10:30 am, at Bellwood Senior Center.

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 Genealogy Class Seniors interested in tracing their family roots are invited to this class March 14th, 10:45 am, at Bellwood Senior Center. Reservations are recommended.



Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are February 3rd, February 10th, February 17th and February 24th, 10:30 am, at

Bellwood Senior Center.

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 7th at Bellwood Senior Center. 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.

Bingo Week Extravaganza This is the ultimate week for bingo lovers at Bellwood Senior Center. Mariner Health of Westchester is hosting a complimentary game February 22nd at 12:15 pm. On February 23rd at 12:15 pm, seniors are invited to play Loteria (Spanish bingo). There is no charge for this event. The weekly party bingo is scheduled at 12:15 pm on February 24th. Cost is \$1.00 per card. The week concludes with breakfast bingo on February 25th at 9:00 am. Waffles, juice and sausage are being served. The \$2.00 fee includes bingo and breakfast. Reservations for this event are required by 12:00 noon on February 23rd.

Birthday Celebration Seniors who are celebrating a February birthday are invited to this special party February 1st, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by January 31st.

Black History Exhibit In honor of Black History Month, the West Town Museum of Cultural His-

(Continued on page five)

ter.

Outlet Mall Shopping Trip West Suburban Senior Services and Memorial Park District are cosponsoring a trip to the Chicago Premium Outlet Mall near Aurora May 19th. Participants depart from Eisenhower Center, 700 Speechley, Hillside, at 9:30 am and return there at 2:30 pm. The \$8.00 fee is for transportation only. Seating is limited, and prepaid reservations are being accepted on a first come, first serve basis: (708) 547-3900.

Pinochle Party Seniors are invited to play this challenging card game February 7th, February 14th, and February 28th, 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 11th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno This game is being played February 4th, February 11th, and February 18th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Pokeno Bash A double session of Pokeno is planned February 15th at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Quilting Class This class is designed for seniors who want to learn the basics of quilting. It begins February 22nd, 10:30 am to 11:30 am, at Bellwood Senior Center. Participants should bring pieces of cotton material, number eight thread, and sewing

(Continued on page eleven)