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ice predicts three or more inches of snow. To participate in this program, seniors must telephone their boxed lunch reservation to the Senior Citizen Center in Bellwood forty-eight hours before the storm is predicted to arrive. They can then pick up their boxed lunch there the next day between 10:30 am and 12:30 pm. For example, if a storm is predicted on a Thursday, seniors may order a boxed lunch through 9:30 am on Tuesday and pick it up Wednesday between 10:30 am and 12:30 pm. The suggested meal donation is \$1.75.

### Don't Miss the Winter Meal Special

Seniors age 60 and older are invited to participate in West Suburban Senior Services' lunch special during February. For every three lunches seniors purchase this month for the suggested donation of \$1.75 each, they are receiving their fourth lunch **free!** Lunches are served at 11:30 am Monday through Friday at the Sen-

ior Citizen Center in Bellwood and at OARS Center. The Forest Park bistro serves lunch Monday, Wednesday and Friday at 11:30 am. The February menu is included in this edition of *The Senior Chronicle*. Because the lunches are catered, reservations are required by 12:00 noon on the business day before seniors plan to eat.

### Your Kindness Is Appreciated

Thanks to everyone who took ornaments from the Sharing Tree. Your generosity helped to brighten the holiday season for many seniors, all of whom enjoyed their gift from their "Secret Santa."

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

WSSSS

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

### Black History Month Celebration

West Suburban Senior Services is celebrating Black History Month with a variety of programs and activities at the Senior Citizen Center in Bellwood:

- February 6<sup>th</sup>, 12:15 pm, *The Quiltmakers of Gee's Bend*: This movie tells the story of the women of Gee's Bend, Alabama, who have been making quilts that reflect their history and daily life for more than 150 years. Current critics compare them to the great artists of the Italian Renaissance.
- February 12<sup>th</sup>, 10:30 am, *Cooking With Soul*: University of Illinois Extension is sharing recipes for creating healthy and tasty soul food. Participants may also sample foods.
- February 15<sup>th</sup>, 10:00 am, *Black History Month Program*: Members of the Proviso East African American Heritage Club and other students are presenting a tribute to African American history, culture, music, prose and poetry.

In addition, West Suburban Senior Services is hosting an outing to a Mowtown concert at Triton College on February 3<sup>rd</sup> at 8:00 pm. The

show is being presented by professional impersonators of Gladys Knight and the Pips, the Temptations, Barry White and Smokey Robinson. Tickets are \$13.00, and participants must furnish their own transportation. Seniors planning to participate should contact the Senior Center Director as soon as possible.

### Circuit Breaker Applications

The 2006 Circuit Breaker Illinois Cares Rx applications/booklets are not yet available. The 2006 Circuit Breaker Illinois Cares Rx internet filing is available after February 14<sup>th</sup>. Questions should be directed to 1-800-624-2459.

### Fun Facts About Romance

If you ever wonder what love is, consider what some children between ages five and ten have to say:

- "Once I'm done with kindergarten, I'm going to find me a wife."
- Falling in love is "like an avalanche where you have to run for your life," and "If falling in love is anything like learning how to spell, I don't want to do it. It takes too long."
- "You should never kiss a girl unless you have

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## The Senior Chronicle

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

### Funding

West Suburban Senior Services 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 the 34<sup>th</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

Honorable Gary Woll, President  
Ms. Carole Kulinski, Vice President  
Mrs. Lois Albers, Treasurer  
Mrs. Elaine Reno, Secretary

#### Directors

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

#### Honorary Directors

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

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1<sup>st</sup> through April 5<sup>th</sup>, 8:30 am to 12:30 pm. Appointments are required. Seniors should bring their 2005 tax returns, all records that show income for 2006, and documents for possible deductions if they plan to itemize on their returns.

**Tea Tasting** Seniors are invited to enjoy a different tea each week during February at the Senior Citizen Center in Bellwood. Tea days are February 6<sup>th</sup>, February 13<sup>th</sup>, February 20<sup>th</sup> and February 27<sup>th</sup> between 10:30 am and 11:00 am. The weekly 25 cent charge includes an unlimited cup of tea and a sweet treat.

**Vaccines for Adults** The University of Illinois College of Pharmacy is presenting this program February 8<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood. Discussion includes the vaccine for shingles.

**Valentine Craft Class** Seniors are invited to make Valentine napkin holders February 6<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents, and reservations are required by February 5<sup>th</sup>.

**Valentine Party and Luncheon** Seniors (age 60 and older) are invited to this special meal February 14<sup>th</sup>, 11:00 am, at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers. The menu features seasoned chicken breast, herb potatoes, baby carrots, garden salad, wheat roll, German chocolate cake, and milk and coffee. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on February 12<sup>th</sup>. Other treats, bingo and door prizes are planned.

**Valentine Sundaes** This sweet treat is being served February 12<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood and at River Park Center, and February 13<sup>th</sup>, 12:15 pm, at OARS

Center. Cost is \$1.00.

**Valentine Tea Party** This event is scheduled February 9<sup>th</sup>, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood, and February 12<sup>th</sup>, 10:00 am to 10:30 am, at River Park Center. The \$1.00 cost includes refreshments and a program. Participants are asked to bring a small and inexpensive (\$2.00 limit) wrapped gift--- something that they would choose for themselves. The gift should then be placed in a brown bag for a gift exchange. Tea party reservations are due by February 7<sup>th</sup>.

**Vegetable Carving** Seniors may participate in this unique craft class February 26<sup>th</sup>, 10:30 am, at River Park Center. The \$2.00 cost includes lunch. Reservations are required by 12:00 noon on February 22<sup>nd</sup>.

**Wedding Vow Renewal Ceremony** West Suburban Senior Services invites seniors to renew their wedding vows during a ceremony February 20<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood. Additional information appears in a separate article in this newsletter.

**Wild Wednesday** Fifty -cent party bingo and a 50- cent dessert highlight this event February 28<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood and at River Park Center. A minimum participation is required for this activity to take place. Lunch is served at 11:30 am for the suggested donation of \$1.75.

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Bellwood. It is free.

**Concord Place Bingo Party** Seniors are invited to this complimentary event February 13<sup>th</sup>, 1:00 pm to 2:00 pm, at Concord Place in Northlake. A limited number of seats are available for seniors requiring bus transportation. The bus leaves the Senior Citizen Center in Bellwood at 12:30 pm and returns there at 2:30 pm. All seniors planning to participate in the bingo party are asked to register.

**Consumer Protection** February is Consumer Awareness Month, and staff from the Attorney General's office are speaking with seniors February 7<sup>th</sup>, 10:00 am, at OARS Center. Topics include fraud, identity theft, and senior and health care bureaus.

**Cooking With Soul** University of Illinois Extension is presenting this interactive program February 12<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood, and February 23<sup>rd</sup>, 10:00 am, at OARS Center. In addition to learning ways to create healthy soul food dishes, participants can sample recipes. This event is part of West Suburban Senior Services' month-long observance of Black History Month.

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

**Fruit and Ice Cream Parfaits** This tasty dessert is being served February 8<sup>th</sup>, 12:15 pm, at the Senior Citizen Center and at OARS Center, and February 9<sup>th</sup>, 12:15 pm, at River Park Center. Cost is \$1.00.

**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.

**Gourmet Dinner Party** Weather permitting, West Suburban Senior Services is hosting a gourmet dinner party February 16<sup>th</sup>, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. The menu features sausage, chicken, mashed potatoes, vegetable, salad and rolls. Coffee and dessert are also included. Cost is \$7.00 per person, and no refunds are available if the dinner takes place. Paid reservations are due at the Senior Citizen Center by February 13<sup>th</sup>. Seating is limited, and a minimum registration is available for this activity to take place.

**Hearing Screenings** The audiologist from Westlake Hospital is coming to the Senior Citizen Center February 26<sup>th</sup>, 1:00 pm, to conduct hearing screenings. There is no fee for this service, but appointments are required by February 22<sup>nd</sup>.

**Ice Cream Cones** for 50 cents, seniors may enjoy an ice cream cone February 15<sup>th</sup>, 12:15 pm, at OARS Center, and 12:15 pm, at the Senior Citizen Center in Bellwood, and February 28<sup>th</sup>, 12:15 pm, at River Park Center. Reservations are required.

**Legal Assistance** On February 20<sup>th</sup> from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

**Lunch Reservations** Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe

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- worth) to charity.
- Calvin Coolidge was the only president born on July 4<sup>th</sup>.
  - Philadelphia, PA, was a city that did not have an assassination.
  - Because Zachary Taylor was a staunch Episcopalian and refused to be sworn in on a Sunday, David Atchinson was president for a day.
  - John Q. Adams was the only president to be married to a foreign born first lady.
  - President Harry S. Truman was the only president to fire a five-star general.
  - Warren Harding was the first president to ride to his inauguration in an automobile.
  - Ronald Regan was the president who appointed the first woman to the Supreme Court.
  - William Jefferson Blythe was Bill Clinton's birth name.
  - James Madison and Zachary Taylor were second cousins.

### Senior Health Fair

**W**est Suburban Senior Services is hosting a Senior Health Fair March 14<sup>th</sup>, 9:30 am to 11:30 am, at its River Park Center, 8300 Roosevelt Road, in Forest Park. Various complimentary screenings are being offered. Additional information is being shared in the March edition of *The Senior Chroni-*

cle.

**West Suburban Senior Services  
invites you to participate  
in a wedding vow renewal ceremony**

**Tuesday, February 20<sup>th</sup>  
10:30 am  
Senior Citizen Center  
439 Bohland Avenue  
Bellwood**

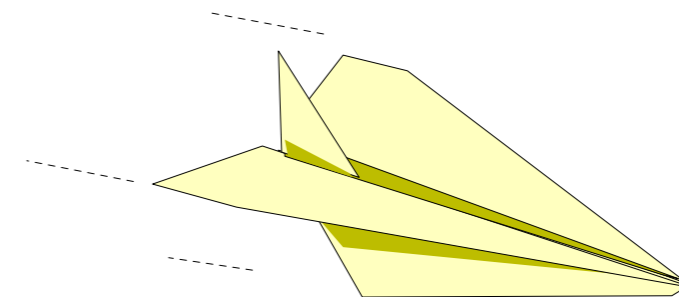
**Honorable Noreen Love officiating**

**RSVP by February 15<sup>th</sup>:  
(708) 547-5600**

### West Suburban Senior Services Continues New Winter Emergency Lunch Program

**T**o help ensure that seniors' nutritional needs are not interrupted during winter storms, West Suburban Senior Services is continuing an experimental program in February that affords seniors (age 60 and older) the opportunity to purchase a boxed lunch on the day before a storm is predicted. This emergency lunch program takes effect weekdays when the National Weather Serv-

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### Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local		All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements	<b>February 1, 2007</b>  Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup	<b>February 2, 2007</b>  Baked Chicken Breast Herb Stuffing Peas & Carrots Spiced Apple Rings Fruit Yogurt
<b>February 5, 2007</b>  Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	<b>February 6, 2007</b>  Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	<b>February 7, 2007</b>  Polish Sausage on Bun Whipped Potatoes Sauerkraut Applesauce	<b>February 8, 2007</b>  Meatballs Mashed Potatoes California Vegetables Pineapple Orange Gelatin Salad	<b>February 9, 2007</b>  Oven Fried Chicken Leg Quarter Au Gratin Potatoes Peas & Carrots Cream of Broccoli Soup
<b>February 12, 2007</b>  Spinach Ravioli With Meat Sauce California Vegetables Lettuce Wedge Orange	<b>February 13, 2007</b>  Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	<b>February 14, 2007</b>  Seasoned Chicken Breast Herb Potatoes Baby Carrots Garden Salad German Chocolate	<b>February 15, 2007</b>  Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup	February 16, 2007  Barbecued Roast Pork Macaroni & Cheese Sweet Potatoes Seasoned Greens Peach Pie
<b>February 19, 2007</b>  <i>Closed for Presidents' Day</i>	<b>February 20, 2007</b>  Barbecued Chicken Macaroni & Cheese Carrots Coleslaw	<b>February 21, 2007</b>  Spinach Lasagna Green Beans Garden Salad Apple Sauce	<b>February 22, 2007</b>  Chili Mac Tossed Salad Apple Juice Butterscotch Pudding	<b>February 23, 2007</b>  Seafood Salad on Bun Pickled Cucumbers Pineapple Juice Split Pea Soup
<b>February 26, 2007</b>  Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	<b>February 27, 2007</b>  Stuffed Green Peppers Creamed Potatoes Carrot Slices Cream of Mushroom Soup Lemon Cake	<b>February 28, 2007</b>  Beef Stroganoff White Rice Broccoli Cottage Cheese & Peaches Chilled Pears	Please telephone each site by 12:00 p.m. the prior day for lunch reservations	* An egg salad boxed lunch may be ordered. Orders needed by 12:00 noon on February 21 <sup>st</sup> .

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

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

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

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done.  
Washing my hair has turned it all white,  
But don't call it gray...saying "blond" is just right.

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

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

#### Ode to a Little Pill

O, Little Pill, here in my hand;  
O wonder how you understand...  
Just what to do, or where to go  
To stop the aches that hurt me so!

Within your cover lies relief;  
You work alone in unbelief;  
Down my throat you quickly go  
And sink to regions there below!

But, what I wonder, Little Pill,  
Is how you know where I am ill?  
When my head aches, how do you know  
Just where you are supposed to go?

And, how can anything so small,  
End all my aches – no time at all?  
D'you work alone...or hire a crew  
To do the things that you must do?

I count on you...so mighty, strong,  
To get right there, where you belong!  
Don't let me down, and please don't shirk,  
But do your undercover work!

So-o-o, down my throat, be on your way;  
Please end my aches and pains today!  
Don't make a wrong turn, is my plea;  
My next pill isn't due till three!

#### Presidential Trivia

**W**est Suburban Senior Services is closed in honor of Presidents' Day, February 19<sup>th</sup>. However, here is some trivia to help you commemorate the observance.

- Marine One is the radio call for the President's helicopter.
- Claudia was Lady Bird Johnson's real first name.
- Leslie Lynch, King, Jr., was the birth name given to Gerald Rudolph Ford.
- Martha Randolph was the first woman to give birth in the White House.
- John Tyler was the first president *not* to give an inaugural address.
- Grover Cleveland was the only president to be married in the White House.
- James Garfield was the last president born in a log cabin.
- Lyndon Baines Johnson was the first president to appoint an African American as a cabinet member.
- Andrew Jackson was a prisoner of war. Also, he was the only president to serve in both the Revolutionary War and the War of 1812. His capture by the British during the Revolutionary War contributed to his hate for the British.
- Jimmy Carter was the first president to be born in a hospital.
- Herbert Hoover was the only president to give all his federal pay checks (47 years

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meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

**Make Up for Seniors** This class is being held February 9<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood. It is free, but reservations are required.

**Mardi Gras** Refreshments, lunch and other activities highlight this celebration March 9<sup>th</sup>, 10:30 am, at River Park Center; March 20<sup>th</sup>, 10:30 am, at OARS Center; and March 22<sup>nd</sup>, 10:30 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes lunch, and reservations are required.

**Monday Madness** Fifty-cent party bingo and 50 cent-ice cream cones highlight this event February 12<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. Lunch is served at 11:30 am for the suggested donation of \$1.75.

**Mowtown Concert** West Suburban Senior Services is arranging an outing to this event February 3<sup>rd</sup>, 8:00 pm, at Triton College. The show is performed by professional impersonators of Gladys Knight and the Pips, the Temptations, Barry White and Smokey Robinson. Tickets are \$13.00 and may be purchased in advance or at the door. Seniors are responsible for their own transportation to the concert. Persons planning to attend should contact the Senior Center director as soon as possible. The concert outing is part of West Suburban Senior Services' month-long celebration of Black History Month.

**Movie Day** Popcorn, soft drinks, good company

and an entertaining movie are planned February 20<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood, and February 21<sup>st</sup>, 12:15 pm, at River Park Center. This month's selection is *Rumor Has It*, a romantic comedy featuring Jennifer Aniston, Kevin Costner and Shirley MacLaine. Reservations are required by February 19<sup>th</sup>.

**Mystery Reading Club** Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Public Library. The group is meeting February 6<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

**Nutritional Supplements and Medication Interactions** University of Illinois Extension is presenting this program February 16<sup>th</sup>, 10:45 am, at River Park Center. Reservations are recommended.

**Organ Donations** February is National Organ Donor Month, and staff from the Secretary of State's office, a nurse coordinator for lung transplants at Loyola University Medical Center and an organ transplant recipient are coming to the Senior Citizen Center in Bellwood February 26<sup>th</sup>, 10:30 am, to discuss the organ donation and transplant programs in Illinois.

**Pie A la Mode** Cherry pie and vanilla ice cream highlight the dessert menu February 22<sup>nd</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and February 23<sup>rd</sup>, 12:15 pm, at River Park Center. Cost is \$1.00.

**Pink Flamingo Sundae** This ice cream creation stemmed from the Disney Company's request for something special for its restaurant inside its Florida theme park. It is being served February 1<sup>st</sup>, 12:15 pm, at the Senior Citizen Center in

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enough bucks to buy her a big ring and her own VCR cause she'll want to have videos of the wedding."

- "No one is sure why it (falling in love) happens, but I heard it has something to do with how you smell. That's why perfume and deodorant are so popular."
- Lovers often hold hands because "they want to make sure their rings don't fall off because they paid good money for them."
- "One way (to make a person fall in love with you) is to take the girl out to eat. Make sure it is something she likes to eat. French fries usually work for me."
- "I'm in favor of love as long as it doesn't happen when *The Simpsons* are on television."
- And to make love endure, "spend most of your time loving instead of going to work."

### Gourmet Dinner Party

**W**eather permitting, West Suburban Senior Services is hosting a gourmet dinner party February 16<sup>th</sup>, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. The menu features chicken and sausage, mashed potatoes, vegetable, salad and rolls. Dessert and coffee are also included.

Cost is \$7.00 per person, and no refunds are available if the dinner takes place. Paid reservations are due at the Senior Citizen Center by February 13<sup>th</sup>. Seating is limited, and a minimum registration is required for this activity to take place. Additional information is available from the Senior Center Director.

### Hispanic Family Health Fair

**W**est Suburban Senior Services and Proviso Township are co-sponsoring a Hispanic Family Health Fair March 10<sup>th</sup>, 9:00 am to 2:00 pm, in the gymnasium at the Melrose Park Civic Center, 1000 North 25<sup>th</sup> Street in Melrose Park. Complimentary health information and screenings are available for the entire family --- children through senior citizens. Additional information is being shared in the March edition of *The Senior Chronicle*.

### I'm Not Old...Just Mature

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

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

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

My teeth are my own (I have the receipt), And I almost remember all the people I meet. Oh, I've slowed down a bit...not a lot, I am sure. You see, I'm not old...I am merely mature.

The gold in my hair has been bleached by the sun. You should see all the damage the chlorine has

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Bellwood and at OARS Center, and February 2<sup>nd</sup>, 12:15 pm, at River Park Center. Cost is \$1.00.

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

**Pokeno** This game is being played February 2<sup>nd</sup> and February 9<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood; February 7<sup>th</sup>, 12:15 pm, at River Park Center; and February 26<sup>th</sup>, 10:00 am, at OARS Center. Cost is \$1.00 per card; the fee includes prizes and refreshments. A minimum participation is required for this activity to take place.

**Progressive Lunch** Seniors are invited to participate in this unique dining experience February 26<sup>th</sup>, 11:30 am, at the Senior Citizen Center in Bellwood. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on February 23<sup>rd</sup>.

**Quiltmakers of Gee's Bend** For more than 150 years, the women of Gee's Bend, Alabama, have made quilts reflecting their history and daily lives. Today, art critics worldwide compare them to the great creative forces of the Italian Renaissance. Their powerful story is being shown February 6<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. The movie is part of West Suburban Senior Services' month-long celebration of Black History Month.

**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each participant receives an instructional book. The class is scheduled March 26<sup>th</sup>, 1:30 pm, at the Senior Citizen Center in

Bellwood.

**Senior Jazzercise** This new class provides seniors an enjoyable way to become and stay physically fit. Taught by a trained instructor, the class features movement exercises that increase flexibility, strength and endurance. The class is being offered Monday, Wednesday and Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. (On Tuesdays and Thursdays, seniors exercise with taped instruction.)

**Spanish Class** Seniors receive instruction in basic conversational Spanish during this class. The class meets February 1<sup>st</sup>, February 8<sup>th</sup>, February 15<sup>th</sup> and February 22<sup>nd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is free.

**Spanish Club** Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held February 9<sup>th</sup> and February 23<sup>rd</sup>, 11:00 am, at the Senior Citizen Center in Bellwood.

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

**Strokes: Risk Factors and Prevention** February is Stroke Prevention Month, and Dr. Modupe Oladeinde, MD, is coming to the Senior Citizen Center in Bellwood February 27<sup>th</sup>, 10:30 am, to discuss seniors' stroke risk factors and related topics. Reservations are recommended.

**Tax Filing Assistance** The American Association of Retired Persons (AARP) is providing free income tax filing assistance at the Senior Citizen Center in Bellwood for low-and middle-income seniors age 60 and older on Thursdays, February

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# Briefly Noted

**Advisory Council Meeting** Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering, and agency staff. The Advisory Council is meeting February 21<sup>st</sup>, 10:00 am, at the Senior Citizen Center in Bellwood, and 11:00 am at OARS Center.

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

**Best Sellers Reading Club** West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's next meeting is February 27<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center. Seniors planning to participate should telephone the agency now to sign out copies of the February reading selection.

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

**Bingo Madness** On February 23<sup>rd</sup> at the Senior Citizen Center in Bellwood, seniors may have

lunch and play three hours of party bingo for \$3.00. Bingo is played from 10:00 am to 11:30 am, and again from 12:15 pm to 1:45 pm. Lunch is served at 11:30 am. A minimum registration is required for the bingo madness to take place. Reservations are required by 12:00 noon on February 22<sup>nd</sup>.

**Black History Month Celebration** West Suburban Senior Services is hosting a month-long observance of Black History Month. Events are detailed in a separate newsletter article.

**Breakfast Bingo** Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party February 16<sup>th</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on February 14<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Bunco Party** For 50 cents, seniors play this game February 7<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. A minimum participation is required.

**Candy Making** This is the perfect way to make a sweet Valentine for family and friends. The class is scheduled February 13<sup>th</sup>, 10:30 am, at the Senior Citizen Center. There is no fee, but registration is required by February 9<sup>th</sup>.

**Coffee Education** Starbucks in Forest Park is conducting a workshop to help seniors pair coffees with foods. The class is being held February 1<sup>st</sup>, 10:30 am, at the Senior Citizen Center in

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