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Swap Meet Spring cleaning and fun are rolled into one with this event February 18th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and February 25th, 10:00 am to 11:00 am, at the meal site in Hodgkins. Here's how it works: Seniors may bring up to five items from their closets that they no longer want. This can be clothing, accessories or miscellaneous items. Participating seniors may then swap items at the meet. There is no fee to participate.

Thinking Green with Everyday Activities Participants learn about simple solutions they can implement in everyday activities to help improve the environment. This program is scheduled February 4th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and February 19th, 10:30 am to 11:30 am, at the congregate meal site in Hodgkins. University of Illinois Extension is the presenter.

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

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

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

More information may be available in a separate article.

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

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

The OARS Center is located at 712 Elm in LaGrange.

The Hodgkin's Meal Site is located at 9301 63rd in Hodgkins.

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

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

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

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

Be Counted in 2010!

Next month, census questionnaires will be delivered to or mailed to households nationwide. As a partner with the U.S. Census Bureau, West Suburban Senior Services is reminding seniors to complete the ten-question form. Households are asked to provide key demographic information, including whether a housing unit is rented or owned; the address of the residence; and the names, genders, ages and races of others living in the household. Households should complete and mail back their questionnaires upon receipt. Households that do not respond may receive a replacement questionnaire in early April. Census takers will visit households that do not return questionnaires to take a count in person.

Everyone residing in the United States ---both citizens and non-citizens --- must be counted in the 2010 census. By law, the Census Bureau cannot share an individual's census questionnaire responses with anyone, including other federal agencies and law enforcement agencies.

In addition to determining the number of seats each state will have in the U.S. House of Representatives, census numbers are used in a variety of other ways. For example, when hurricanes, tornados, snowstorms, fires and other disasters strike, emergency preparedness agencies use Census Bureau data to determine how many people will be affected, and to plan for their safety and

security. Also, community planners and governments rely on census data to receive federal dollars and to foster community development.

Black History Month

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

Black Enterprise, February 8th, 10:30 am to 11:00 am. Mary McCroy shares how her coking passion has expanded from her kitchen into a successful family-run business.

Local Civil Rights' Pioneers, February 22nd, 10:30 am to 11:30 am. Geri Stenson of the West Town Museum of Cultural History in Maywood is introducing participants to individuals who were active in the civil rights movement in Proviso Township during the 1930s and 1940s.

Movie Days The series begins February 2nd at 12:30 pm with *Respect Yourself, the Stax Records Story*. The film chronicles the history of one of the largest and most successful Black-owned companies in the country between 1959 and 1975. The label's artists included Otis Redding, Booker T and the MG's and Isaac Hayes. Laurence Fishburne stars in the

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The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Website

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

Board of Directors

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

Officers

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

Directors

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

Honorary Directors

Mrs. Lois Albers
Commissioner Anthony Peraica

Be Sure to Visit Our New Senior Lunch Site Open Now



Salerno Pincente Ristorante
9301 West 63rd Street in Hodgkins

Seniors age 60 and older may enjoy lunch between 11:30 am and 12:30 pm Monday through Friday for the suggested donation of \$2.00. Reservations are needed by noon on the business day before seniors plan to eat and may be made by calling (708) 547-5600.

The site is operated in a partnership between the Village of Hodgkins and West Suburban Senior Services.

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Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets February 3rd and February 17th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Chair Yoga Class This activity is scheduled every Thursday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. New students are welcome.

Dessert Days February is *National Chocolate Month*, and the agency invites seniors to enjoy an assortment of chocolate desserts at the Senior Citizen Center in Bellwood between 12:15 pm and 12:30 pm on the designated dates. Cost is \$1.00 per dessert. The menu is chocolate cream pie on February 4th, brownie sundaes on February 8th, chocolate cake with chocolate ice cream on February 18th and cookie man sundaes on February 25th.

English as a Second Language Class This class meets February 1st, February 8th and February 22nd from 10:00 am to 11:00 am at the Senior Citizen Center in Bellwood. There is no fee.

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

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

Citizen Center in Bellwood. Gift certificates are also available.

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meeting is February 1st from 1:00 pm to 3:00 pm.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site February 9th and February 23rd at 10:30 am.

Helping Hands Workshops Volunteers are needed to make Valentine gift bags for the agency's Home Delivered Meal clients. Bags are being assembled February 2nd and February 3rd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Project materials are furnished.

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

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

Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 am, and Mondays, 12:30 pm to 1:30 pm, at the congregate meal site in Hodgkins. There is no charge.

Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the loca-

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Making the Most of Your Medicare
12:30 pm
February 22nd
Hodgkins

Mardi Gras
10:30 am
February 16th
Bellwood & Hodgkins

Meditation & Centering Class
12:15 pm
February 12th & February 26th
Bellwood

Mystery Bingo
12:15 pm
February 8th
Bellwood

10:30 am
February 1st
Hodgkins



Mystery Reading Club
9:30 am
February 2nd
Bellwood

Planning Meals with Carbohydrates in Mind
10:30 am
February 25th
Bellwood

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Blow-out
10:30 am
February 5th
Bellwood

Pokeno Parties
12:30 pm
February 22nd
Bellwood

12:30 pm
February 26th
Hodgkins

Senior Talent Quest
10:30 am
February 26th
Hodgkins

Spanish Club
11:00 am
February 12th & February 26th
Bellwood

Stepper Dance Class
10:30 am
Thursdays
Bellwood

Swap Meet
10:00 am
February 18th
Bellwood

10:00 am
February 25th
Hodgkins

Thinking Green with Everyday Activities
10:30 am
February 4th
Bellwood

10:30 am
February 19th
Hodgkins

Wii Bowling
9:30 am & 12:30 pm
Tuesdays
Bellwood

9:30 am
Wednesdays
Bellwood

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

Briefly Stated

Advisory Council

10:00 am
February 10th
Bellwood

11:00 am
February 10th
Hodgkins

Art Class

9:00 am
Tuesdays
Bellwood

Bath Salts Class

10:30 am
February 9th
Bellwood

Bean Bag Competition

12:15 pm
February 2nd, February 9th, Febru-
ary 16th & February 23rd
Bellwood & Hodgkins

Bingo

12:15 pm
Thursdays
Bellwood

12:30 pm
Thursdays
Hodgkins

Bingo Bonanza

10:15 am
February 1st
Bellwood

**Black History Month
Observance**

Times & Dates Vary
Bellwood

Brain Games

12:15 pm
February 3rd, February 10th,
February 17th & February 24th
Bellwood & Hodgkins

Breakfast Bingo

9:30 am
February 26th
Bellwood

**Carbohydrates: The Good, the
Better, the Best**

10:30 am
February 22nd
Bellwood

10:30 am
February 23rd
Hodgkins

Caregiver Support Group

2:00 pm
February 3rd & February 17th
Bellwood

Chair Yoga Class

9:00 am
February 4th, February 11th, Febru-
ary 18th & February 25th
Bellwood

Dessert Days

12:15 pm
February 4th, February 8th, February
18th & February 25th
Bellwood

**English as a Second Language
Class**

10:00 am
February 1st, February 8th & Febru-
ary 22nd
Bellwood

Exercise Class

10:00 am
Weekdays
Bellwood

Gift Shop

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

Grief Support Group

1:00 pm
February 1st
Bellwood
Haircuts
10:30 am
February 9th & February 23rd
Bellwood

Helping Hands Workshops

10:30 am
February 2nd & February 3rd
Bellwood

Internet Café

10:00 am
Mondays & Wednesdays
Bellwood

Legal Assistance

By Appointment
Bellwood

Line Dancing

9:30 am
Fridays
Bellwood

Luncheon

12:30 pm
Mondays
Hodgkins
Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

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(Continued from page five)

- 20 Temple
- 21 Brow
- 22 Veins
- 23 Shoulder
- 24 Lip
- 25 Hair
- 26 Mouth
- 27 Nose
- 28 Muscle
- 29 Calf
- 30 Heart
- 31 Joint
- 32 Bridge
- 33 Thumb
- 34 Back
- 35 Brain
- 36 Mouth
- 37 Rib
- 38 Waist
- 39 Jaw
- 40 Wrist

Caregiver Education

Did you know that caregivers who know more about caregiving report lower levels of stress and depression? Caregivers are invited to take the next step in educating themselves by coming to *The Stress of Family Caregiving* February 5th, 1:00 pm, at the Senior Citizen Center in Bellwood. Participants learn how stress affects their health, how to recognize the warning signs of distress and how to cope effectively. Additional information is available by contacting the agency at (708)547-5600, extension 401 or extension 408.

Making the Most of Your Medicare

AgeOptions is presenting this workshop at the congregate meal site in Hodgkins to help seniors be informed consumers about Medicare and the changes that took effect January 1st of this year. The meeting date is February 22nd at 12:30 pm. Lunch is served at 11:30 am to senior citizens age 60 and older for the suggested donation of \$2.00. Reservations are required by 12:00 noon on February 19th.

Something New: WSSS Choral Group

Several seniors have expressed an interest in forming a choral group at the Senior Citizen Center in Bellwood. Interested participants should call the agency for additional information.

**Mark Your Calendar for These
Upcoming Events!**

March 25th, *Spring Fashion Show*, Senior Citizen Center in Bellwood

April 10th, *Hispanic Family Health Fair*, Civic Center in Melrose Park

May 22nd, *Greek Night Themed Dinner*, Senior Citizen Center in Bellwood

Food Pantry Donations

West Suburban Senior Services delivered the equivalent of more than two shopping carts of groceries to area food pantries. The food was collected during the agency's recent holiday food drive. The St. Eulalia Parish food pantry sent the following note:

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Thank you all very much for your recent donation to the St. Eulalia E.C.H.O. Food Pantry. Your generosity went a long way in replenishing the pantry after our holiday distributions. Please know that your kindness does not go unnoticed. Again, thank you for reaching out to the people in need in this community.

West Suburban Senior Services thanks everyone who donated food at its Bellwood, Forest Park and LaGrange sites.

Tax Filing Assistance

American Association of Retired Persons (AARP) is providing free tax filing assistance at the Senior Citizen Center in Bellwood for low- and middle-income seniors age 60 and older. The service is available on Thursdays, February 4th through April 8th, 8:30 am to 12:30 pm. *Appointments are required.*



Seniors should bring their 2008 tax return, all records that show income for 2009 and documents for possible deductions if they plan to itemize on their returns.

Triton Dinner Outing

West Suburban Senior Services is hosting a dinner outing to Triton College February 24th, 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary arts students, the meal features an all-you-can-eat buffet, dessert and beverage. Cost is \$9.50 per person. Reservations must be paid for, cash only, at the time they are made. Interested seniors should telephone West Suburban Senior Services.

Valentine's Lunch

West Suburban Senior Services is hosting its annual Valentine's lunch February 11th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood. For the suggested donation of \$2.00, seniors may enjoy seasoned chicken fillet, herb flavored potatoes, baby carrots and Brussels sprouts, salad, pound cake and strawberries, and milk and coffee. Reservations are required by 12:00 noon on February 9th.

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second feature, *The Tuskegee Airmen*, February 9th at 12:30 pm. The film is an exciting and accurate historical account of America's first black military airmen. The third selection is Tyler Perry's *I Can Do Battle by Myself* February 23rd at 12:30 pm.

Soul Food and Stepper Party, February 19th, 4:30 pm to 6:00 pm. Catered by *Southern Exposure Restaurant and Catering*, the menu features two pieces of chicken (leg and thigh), spaghetti with meat sauce, green beans, cornbread, pound cake and coffee. Cost is \$5.00, and a minimum registration is required. *Non-refundable cash reservations are due at the Senior Center by 4:00 pm February 16th.*

Body Parts

The answer to each question is a part of the human body. The first one has been done for you. Good luck!

- 1 Something to keep tools in chest
- 2 Part of a wagon
- 3 Grown on a cornstalk
- 4 A type of macaroni
- 5 School children
- 6 Tropical trees
- 7 Part of an apple
- 8 Edge of a saw
- 9 Used by carpenters
- 10 Weapons of war
- 11 Part of a clock
- 12 What dogs bury
- 13 Part of a bed
- 14 Two sailors answering yes
- 15 Branches of a tree
- 16 Opposite of the head
- 17 A cad
- 18 What a wrecking car does
- 19 The biggest part of a giraffe

- 20 Place of worship
- 21 Top of a hill
- 22 Weathercocks
- 23 What you put to the wheel
- 24 The edge of a cup or glass
- 25 What the tortoise raced with
- 26 Part of a river
- 27 What you should keep out of other people's business
- 28 A clam
- 29 A young cow
- 30 Used on Valentine's Day
- 31 When two pipes are joined
- 32 Used to cross a river
- 33 Used to hail a ride
- 34 A term applied to a football player
- 35 What we think with
- 36 An entrance
- 37 Part of an umbrella
- 38 Another term for blouse
- 39 Sometimes it locks
- 40 A type of watch

Answers

- 1 Chest
- 2 Tongue
- 3 Ear
- 4 Elbow
- 5 Pupils
- 6 Palms
- 7 Skin
- 8 Teeth
- 9 Nail
- 10 Arms
- 11 Hand
- 12 Bone
- 13 Head
- 14 Eyes
- 15 Limbs
- 16 Foot
- 17 Heel
- 18 Toes
- 19 Neck

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

Making the Most of Your Medicare AgeOptions is presenting this workshop February 22nd, 12:30 pm to 1:30 pm, at the congregate meal site in Hodgkins to help seniors be informed consumers about Medicare and the changes that took effect January 1st.

Mardi Gras Food, music and fun highlight this event February 16th, 10:30 am to 1:00 pm, at the Senior Citizen Center in Bellwood and the congregate meal site in Hodgkins. Lunch is served at 11:30 am for the suggested donation of \$2.00.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class February 12th and February 26th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Mystery Bingo This entertaining form of party bingo is scheduled February 8th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and February 1st, 10:30 am to 11:30 am, at the congregate meal site in Hodgkins. The \$1.00 cost includes prizes.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting February 2nd, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

Planning Meals with Carbohydrates in Mind

This program is scheduled February 25th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. University of Illinois Extension is the program presenter.

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

Pokeno Blow-out This double session of Pokeno is scheduled February 5th from 10:30 am to 11:30 am and from 12:30 pm to 1:30 pm at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments.

Pokeno Parties The schedule is February 22nd, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood, and February 26th, 12:30 pm to 1:30 pm, at the congregate meal site in Hodgkins.

Senior Talent Quest This senior talent competition is being held February 26th, 10:30 am to 11:30 am, at the congregate meal site in Hodgkins. Categories of competition are vocal, instrumental, dance and other. Individuals and groups are welcome to perform; performances are limited to ten minutes each. Prizes are being awarded.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting February 12th and February 26th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

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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 during this month's meeting of the Advisory Council. The council is composed of senior and community representatives, and agency and catering staff. The Advisory Council is meeting February 10th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at the Hodgkins' site located in Salerno Pincente Ristorante.

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

Bath Salts Class Seniors are invited to make their own scented bath salts at a workshop February 9th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. The salts are an evening relaxant and can be a Valentine gift for a friend. To facilitate planning, registration is recommended by February 5th. There is no fee.

Bean Bag Competition For seniors who enjoy friendly competition, this is the perfect activity. Points are tallied throughout the month, with a winner crowned on February 23rd. Bean bag toss is scheduled every Tuesday, 12:15 pm to 1:00 pm, at the Senior Citizen Center in Bellwood and at the congregate meal site in Hodgkins..

Bingo Party bingo is held every Thursday at the Bellwood and Hodgkins sites. Friends can join together for a lively game beginning at 12:15 pm

at the Senior Citizen Center and 12:30 pm at the congregate meal site in Hodgkins.

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

Black History Month Observance West Suburban Senior Services has planned a variety of programs and activities to commemorate *Black History Month*. Specific information is presented in a separate article.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood, and 12:30 pm to 1:30 pm at the congregate meal site in Hodgkins.. There is no charge for this activity.

Breakfast Bingo Pancakes and sausage, and party bingo are featured at this activity February 26th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Cost for all is \$2.00, and a minimum registration is required by February 24th.

Carbohydrates: The Good, the Better, the Best University of Illinois Extension is sharing this important dietary information February 22nd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and February 23rd, 10:30 am to 11:30 am, at the Hodgkins meal site.

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