

(Continued from eleven)

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. This service is available on Thursdays February 5th through April 9th, 8:30 am to 12:30 pm. Appointments are required and may be made by telephoning the agency.

Tool Kit for Seniors Who Interact with Persons Suffering from Dementia Rainbow Hospice is presenting this program February 10th, 10:00 am to 11:00 am, at OARS Center. Topics include communication strategies.

Twenty First Century Aging Rainbow Hospice is presenting this program February 19th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The program defines healthy aging, and provides suggestions for successfully dealing with frailty.

Valentine Lunch West Suburban Senior Services is hosting a Valentine lunch February 13th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Additional information is presented in a separate article.

Volunteer Breakfast Meeting West Suburban Senior Services is hosting a breakfast meeting for its volunteers February 18th from 9:30 am to 10:30 am at the Senior Citizen Center in Bellwood. The RSVP program at Triton College is the program presenter. Volunteers planning to attend are asked to RSVP by February 13th: (708) 547-5600.

Wedding Vow Renewal Ceremony Seniors may renew their wedding vows at the Senior Citizen Center in Bellwood on February 24th. Additional information is presented in a separate article.

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

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

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

A Special Thank You

West Suburban Senior Services expresses appreciation to Virginia Burger for coordinating the holiday quilt making project. She and a host of volunteers made personalized lap quilts for the agency's home delivered meal clients. Thank you, Virginia and all project volunteers, for sharing your time, talent, and creativity!

Discussing Alzheimer's Disease with Teenagers

Teenagers have many conflicting needs and emotions to deal with as they pass through the confusing and ambivalent stage of adolescence. While their own feelings may produce a strong emotional reaction to an Alzheimer's adult, they also provide a way to help them relate to "Grandma", who is herself experiencing confusion and mood swings. Teenagers, of course, will eventually grow out of this, but "Grandma's condition will not go away. Alzheimer's will continue to change "Grandma's" usual responses into unexpected or even unpleasant ones.

By pointing out the similarities that exist between an Alzheimer's adult and an adolescent, a teenager may be helped to understand that "Grandma" may cry, yell, be angry, laugh, stare or withdraw at any time for no apparent reason. Explain that

since she cannot communicate as she used to, she cannot tell them what is wrong or right and is often unaware of her own behavior.

When discussing Alzheimer's disease with an adolescent, you may use precise terms, but be ready to define or interpret if the teen shows signs of not understanding. Continue to use concrete explanations and examples whenever possible. It is recommended that you be direct when explaining the effects of the disease on Grandma's abilities. Discuss the areas of movement, memory, emotions, language and hearing that will be affected over time. Teens can be helped to master their feelings about all of this through an active coping mechanism: tell them all the ways in which the Alzheimer's adult will need their help.

Adolescents can learn appropriate care giving techniques, such as distracting or comforting "Grandma", if shown how. Ask for the teen's assistance with specific activities, such as creating large, black print words on cards to help "Grandma" remember things like chair, salt, bed, closet and bathroom. Teens can assist Alzheimer's adults to and from various rooms or spend time with them doing planned activities.

If you include teens in discussions and planning sessions as a respected member of the family, their feelings of resentment may be minimized. Such feelings will not be totally eliminated. However, your acceptance of the teenager's negative

(Continued on page five)

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 36th 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. Lois Albers, Treasurer

Directors

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

Honorary Directors

Ms. Carole Kulinski
Judge Noreen Love
Mrs. Elaine Reno

(Continued from page eight)

Movie Days Each Tuesday, seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *Barack Obama: Who Is This Guy?* on February 3rd; *Tyler Perry's The Family That Preys* on February 10th, *Akeelah and the Bee* on February 17th and *Traitor* on February 24th.

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 3rd, 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.

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-Outs A double session of Pokeno is planned February 6th and February 20th at the Senior Citizen Center in Bellwood. For \$1.00, seniors play from 10:15 am to 11:15 am, and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments. A minimum registration is required for this activity to take place.

Pokeno Parties A one- hour Pokeno party is planned February 18th, 10:00 am to 11:00 am, at OARS Center, and February 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card. The fee includes prizes and refreshments.

Resiliency: Bouncing Back from Adversity White Crane Wellness Center is presenting practi-

cal tips to help seniors move beyond personal challenges. The program is scheduled February 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Robber Bingo This challenging form of party bingo is scheduled February 4th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents.

Rules of the Road Class Illinois Secretary of State staff are conducting this review class February 6th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is given. The class is free, but reservations are required and may be made by telephoning the agency.

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 13th and February 27th, 11:00 am to 2:00 pm, 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.

Sweetheart Sundaes This special treat is being served February 4th, 12:00 noon to 12:15 pm, at OARS Center, and February 5th, 12:00 noon to 12:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Take Charge of Your Health This program continues February 3rd and February 10th, 10:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood.

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Briefly Stated

Advisory Council

10:00 am
February 11th
Bellwood

11:00 am
February 11th
OARS

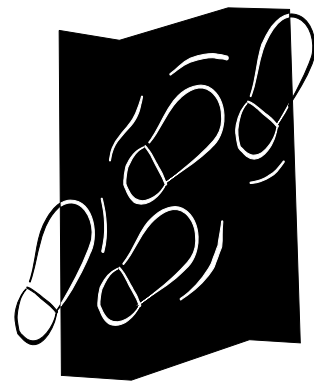
Art Class

9:00 am
Tuesdays
Bellwood

Arthritis Foundation

Exercise Class

10:00 am
February 2nd, February 9th &
February 23rd
OARS



Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
February 2nd
Bellwood

10:15 am
February 3rd
OARS

Black Cows (Root Beer Floats)

12:00 pm
February 26th
Bellwood & OARS

Black History Month

Various Dates in February
Bellwood & OARS

Brain Games

12:15 pm
February 4th, February 11th,
February 18th & February 25th
Bellwood

Breakfast Bingo

9:30 am
February 9th
Bellwood

Casino Trip

8:30 am
March 25th
Milwaukee, WI

Chair Exercises

10:00 am
Fridays
OARS

Chocolate Spa Day Party

10:00 am
February 25th
Bellwood

Cream Pie Day

12:15 pm
February 12th
Bellwood & OARS

Exercise Class

10:00 am
Monday through Friday
Bellwood

Gift Shop

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

Grief Support Group

2:00 pm
February 2nd
Bellwood

Haircuts

10:30 am
February 10th & February 24th
Bellwood

Legal Assistance

By Appointment
Bellwood

Lincoln's Birthday Party

10:30 am
February 12th
Bellwood

Line Dancing

10:30 am
February 11th
OARS

Line Dancing

9:30 am
Fridays
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

Mardi Gras

10:00 am
February 23rd
Bellwood

Mardi Gras

10:00 am
February 24th
OARS

Meditation & Centering Class

12:15 pm
February 13th & February 27th
Bellwood

Movie Days

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

Mystery Reading Club

9:30 am
February 3rd
Bellwood

Podiatry Clinic

9:00 am
Thursdays
Bellwood

Pokeno Blow-Outs

12:15 pm
February 6th & February 20th
Bellwood

Pokeno Parties

12:15 pm
February 27th
Bellwood

Pokeno Parties

10:00 am
February 18th
OARS

Resiliency: Bouncing Back from Adversity

10:30 am
February 26th

Bellwood

Robber Bingo

10:15 am
February 4th
Bellwood

Rules of the Road Class

1:30 pm
February 6th
Bellwood

(Continued on page ten)

(Continued from page seven)

Chocolate

Chocolate is loaded with flavanols. This is anti-oxidants that improve blood flow and prevent clots. Chocolate is still high in calories and excessive amounts can aggravate migraines, hypoglycemia, or kidney stones.

Hispanic Family Health Fair

West Suburban Senior Services and Proviso Township are co-sponsoring their Third Annual Hispanic Family Health Fair April 4th, 9:00 am to 2:00 pm, in the gymnasium at the Melrose Park Civic Center, 1000 North 25th 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*.

Hot Tips for Heatable Eatables

The American Dietetic Association offers these safety reminders for leftover foods:

- Use a refrigerator thermometer to make sure your fridge is always set below 40 degrees Fahrenheit.
- The next time you reheat leftovers, use a meat thermometer to make sure the food reaches the proper internal temperature of 165 degrees Fahrenheit before you eat.
- If pizza has been sitting at room temperature for more than two hours, toss it out.
- If you're a doggie bag diner, write the date

of purchase on your take-out container, and remember to discard leftovers within three to five days.

- If your microwave isn't equipped with a turntable, take extra precautions to make sure leftover food is cooked throughout. Rotate food one-half turn midway through the heating time and give it a stir to eliminate cold spots where bacteria can survive. Then let food stand for one minute before inserting a meat thermometer to ensure food has reached the proper internal temperature of 165 degrees Fahrenheit.
- If you use your microwave to defrost frozen meat, take special precautions to avoid cross-contamination from the juices of raw meat. Use separate plates ---one to defrost meat and another to serve cooked meat --- or wash plates in warm, soapy water between uses to eliminate bacteria.

Village Days

West Suburban Senior Services is continuing its series of *Village Days* this month at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Seniors (age 60 and older) are invited to enjoy lunch and activities, and to learn more about available programs and services. Activities begin at 10:30 am; lunch is served at 11:30 am. Reservations are required by 12:00 noon on the business day before seniors plan to eat. Additional information is available from the Senior Center Director.

Senior Citizen Center
439 Bohland Avenue
Bellwood

(Continued on Page Ten)

Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
February 2, 2009	February 3, 2009	February 4, 2009	February 5, 2009	February 6, 2009
Cheeseburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	Polish Sausage on Bun Whipped Potatoes Sauerkraut Juice Applesauce	Meatballs Mashed Potatoes California Vegetables Pineapple Vanilla Pudding	Oven Fried Chicken Au Gratin Potatoes Peas and Carrots Cream of Broccoli Soup Cantaloupe
February 9, 2009	February 10, 2009	February 11, 2009	February 12, 2009	February 13, 2009
Spinach Ravioli Meat Sauce California Vegetables Lettuce Wedge Orange	Turkey a la King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	Meatloaf Mashed Potatoes Green Beans Coleslaw Applesauce	Italian Baked Chicken Rice Pilaf Italian Mixed Vegetables Minestrone Soup Mandarin Oranges	Bar B Que Roast Pork Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
February 16, 2009	February 17, 2009	February 18, 2009	February 19, 2009	February 20, 2009
Closed for President's Day	Bar B Que Chicken Macaroni and Cheese Green Peas Coleslaw Banana	Breaded Pork Cutlet Rice Pilaf Green Beans Vegetable Soup	Spaghetti with Meat Sauce Mixed Vegetables Cucumbers Fruit Cocktail	Sliced Turkey Mashed Potatoes Broccoli Cottage Cheese and Peas Mandarin Oranges
February 23, 2009	February 24, 2009	February 25, 2009	February 26, 2009	February 27, 2009
Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	Stuffed Green Peppers Carrot Slices Mushroom Soup Lemon Cake	Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	Baked Chicken Breast Herb Stuffing Peas and Carrots Sliced Apple Rings Fruit Yogurt

All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements

West Suburban Senior Services is supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

(Continued from page five)

**OARS Center
712 East Elm
LaGrange**

Jazz Day, February 17th, 10:00 am to 11:00 am. Seniors are invited to enjoy the sounds of jazz legends. Dancers are welcome.

Movie Day, February 6th, 10:00 am to 11:30 am, *Barack Obama: Who Is This Guy?*

Soul Food Dessert Party, February 19th, 10:30 am to 11:00 am. Cost is \$1.00.

Casino Trip

West Suburban Senior Services is sponsoring an outing to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, on March 25th. The trip leaves from the Senior Citizen Center in Bellwood at 8:30 am and returns there at approximately 6:00 pm. The \$25.00 per-person cost includes round-trip transportation on a motor coach, an all-you-can-eat buffet and a \$10.00 voucher for 50 slot points earned. Also, everyone in the agency's group has the option of playing a three-hour session of matinee bingo beginning at 1:00 pm.

Paid *non-refundable cash* reservations are due at the Senior Citizen Center by March 13th, and a minimum registration is required. As a reminder, the casino requires one of the following forms of photo identification: current passport, valid driver's license, valid State-issued identification card, current military identification, an immigration card or a consulate card.

Foods that Fight Aging

Almonds

Almonds preserve energy. Research determined that a lack of vitamin E in adults over the age of sixty-five led to a noticeable decline in physical function over a few years. Foods rich in vitamin E help keep a person on the move. Hazelnuts, sunflower seeds, and peanut butter are good sources of vitamin E, but roasted almonds give are the best. One ounce provides forty percent of the daily recommended daily intake.

Tumeric

Turmeric boosts brainpower. Curcumin, the chemical that makes turmeric yellow, may help in warding off Alzheimer's disease. Studies show that curcumin may help the immune system get rid of amyloid beta, which is a protein that forms plaque in the brain.

Salmon

This fatty fish keeps the heart healthy. Salmon is loaded with omega-3 fatty acids, which cut risks of heart attack by one-third. It also lowers triglyceride and blood pressure levels. The American Heart Association recommends eating two servings a week.

Olive Oil

It lowers cholesterol. Two tablespoons of olive oil each day can reduce your risk of heart disease. Olive oil contains monounsaturated fat which lowers your bad cholesterol. This healthy fat is good for helping the body look and feel young.

Berries

Berries could be a safeguard against cancer. The chemicals that give berries their deep hues, may actually be able to slow the growth of certain cancers. The vitamin C in berries also boosts the immune system.

(Continued on page nine)

(Continued from page three)

ior Citizen Center in Bellwood. In addition to enjoying chocolate treats, participants can learn about aroma therapy. Reservations are required by February 20th, and a minimum registration is required for the event to take place. Cost is \$1.00.

Cream Pie Day For \$1.00, seniors may enjoy a slice of cream pie February 12th at the Senior Citizen Center in Bellwood and at OARS Center. Serving time is 12:15 pm.

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 a new grief support group at the Senior Citizen Center in Bellwood. This month's meeting is February 2nd from 2:00 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 10th and February 24th at 10:30 am.

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 regarding appointments.

Lincoln's Birthday Party An observance in honor of the sixteenth president of the United States is scheduled February 12th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and February 11th, 10:30 am to 11:30 am, at OARS Center. The event features presidential trivia and refreshments.

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. There is no charge.

Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Mardi Gras Seniors are invited to join in this celebration February 23rd at the Senior Citizen Center in Bellwood and February 24th at OARS Center. Festivities begin with refreshments at 10:00 am. Party bingo is scheduled from 10:30 am to 11:00 am. Following lunch at 11:30 am, a special dessert is being served, and prizes are being awarded for the most creative masks. Cost for all is \$2.00; reservations are required by February 19th: (708) 547-5600.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class February 13th and February 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

(Continued on page eleven)

(Continued from front cover)

feelings and your honest acknowledgement of your own will enable everyone to cope more effectively with the Alzheimer's adult. It is also helpful to discuss the notion of accepting "Grandma" as a person, despite her new differences. Like younger children, adolescents should be encouraged to express love, warmth and caring.

Alzheimer's Disease Song

*I was all alone inside, wondering why oh why;
I've forgotten just the "way to be," could this really be me?*

*Then you, you came along beside me,
You, you came along to guide me,
You, you came along when I needed you most.*

In my eyes you saw the pain, how within I was ashamed;

*But, now through it all, you caught my fall;
And so now I'm whole again.*

*'Cause you came along and loved me,
You, you came along and helped me,
You, you came along when I needed you most.*

*To my friends and family, yes this is really me;
Now I feel it inside,*

*I am filled with so much pride
'Cause you, you came along and loved me
You, you came along and helped me
You, you came along when I needed you most.*

*'Cause you, you are my family,
Yes you, you are the one I need,
And I just want to say thank-you,
Thanks for being my friend.*

(Reprinted with permission from Susan Knechtel, Activities Director at Council Care Adult Day Care Center in Pittsburgh)

Black History Month

West Suburban Senior Services is celebrating *Black History Month* with a variety of programs and activities.

**Senior Citizen Center
439 Bohland
Bellwood**

Book Discussion, February 24th, 9:30 am to 10:00 am. This year's selection is the award-winning *Beloved* by Toni Morrison. Seniors planning to participate should contact the Senior Center Director as soon as possible to obtain a copy of the reading selection.

Movie Days, Tuesdays throughout February at 12:30 pm. This month's selections are

Barack Obama: Who Is This Guy?

Tyler Perry's The Family That Preys

Akeelah and the Bee

Traitor

Stepper Class, February 5th and February 12th, 10:30 am to 11:00 am. Seniors are invited to learn this enjoyable dance from instructors Diane Brown and Belva Slaughter. There is no charge.

Stepper and Soul Food Dessert Party, February 17th, 10:30 am to 12:00 noon. A barbecue chicken lunch is served at 11:30 am for the suggested donation of \$1.75. Reservations are required by 12:00 noon on February 13th.

(Continued on page seven)

(Continued from page four)

Spanish Club
11:00 am
February 13th & February 27th
Bellwood

Sweetheart Sundaes
12:00 noon
February 5th
Bellwood

12:00 noon
February 4th
OARS

Take Charge of Your Health
10:00 am
February 3rd & February 10th
Bellwood

Tax Filing Assistance
By Appointment
Thursdays through April 9th
Bellwood



Tool Kit for Seniors Who Interact with Persons Suffering from Dementia
10:00 am
February 10th
OARS

Twenty First Century Aging
10:30 am
February 19th
Bellwood

Valentine Lunch
11:30 am
February 13th
Bellwood & OARS

Volunteer Breakfast Meeting
9:30 am
February 18th
Bellwood

Wedding Vow Renewal Ceremony
10:30 am
February 24th
Bellwood

(Continued from page nine)

Maywood Senior Day, February 13th
Melrose Park Senior Day, February 23rd

OARS Center
712 East Elm Street
LaGrange

Countryside Senior Day, February 13th
Lyons Senior Day, February 24th

Additional *Village Days* are being planned for March.

Valentine Lunch

West Suburban Senior Services is hosting a Valentine luncheon and party February 13th at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Festivities begin at 10:30 am; lunch is served at 11:30 am. The menu features seasoned chicken fillet, herb-flavored potatoes,

baby carrots and Brussels sprouts, salad, German chocolate cake, and milk and coffee. Suggested meal donation is \$1.75. Reservations are required by February 10th and may be made by telephoning West Suburban Senior Services

West Suburban Senior Services
invites seniors to renew their wedding vows

Tuesday, February 24th
10:30 am

Senior Citizen Center
(439 Bohland Avenue in Bellwood)

Honorable Noreen Love
Officiating
RSVP by February 18th

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 nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting February 11th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 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. There is a fee for enrollment.

Arthritis Foundation Exercise Class West Suburban Senior Services is pleased to host this class. This month's sessions are February 2nd, February 9th and February 23rd, 10:00 am to 11:00 am, at OARS Center.

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

Bingo Bonanza A double session of party bingo is planned February 2nd at the Senior Citizen Center in Bellwood, and February 3rd at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments.

Black Cows Root beer floats are being served February 26th, 12:00 noon to 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Black History Month West Suburban Senior Services has planned a variety of activities in observance of *Black History Month*. Additional information is presented in a separate article.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled from 12:15 pm to 1:00 pm on February 4th, February 11th, February 18th and February 25th at the Senior Citizen Center in Bellwood. There is no charge for this activity.

Breakfast Bingo This session of party bingo is scheduled February 9th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a pancake and sausage meal and the bingo. Reservations are required by 12:00 noon on February 5th, and a minimum registration is required for this activity to take place.

Casino Trip West Suburban Senior Services is sponsoring an outing to the Potawatomi Bingo Casino in Milwaukee on March 25th. Additional information is presented in a separate article.

Chair Exercises This program takes place every Friday at OARS Center from 10:00 am to 10:30 am. There is no charge.

Chocolate Spa Day Party February is *National Chocolate Month*, and West Suburban Senior Services is marking the occasion with this event February 25th, 10:00 am to 11:00 am, at the Sen-

(Continued on page eight)