



A Council on Aging

Advisory Council Meeting

**Wednesday, June 10th
10:00 am to 10:30 am**

Senior Citizen Center

**Seniors are invited to give their input
about the agency's congregate meal
program and activities.**

West Suburban Senior Services

**Bellwood Senior Center
439 Bohland Avenue
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60104**

**River Park Center
8300 Roosevelt Road
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60130**

**OARS Center
712 East Elm Road
LaGrange, Illinois
60525**

**(708) 547-5600
www.wwseniors.org**



A Council on Aging

Advisory Council Meeting

**Wednesday, June 10th
11:00 am to 11:30 am**

OARS Center

**Seniors are invited to give their input
about the agency's congregate meal
program and activities.**

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A Council on Aging

Art Class

**Tuesdays
9:00 am to 11:00 am**

Senior Citizen Center

**Students work in various media, and
classes are taught by an artist sculptor.**

Cost is \$2.00 per class.

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A Council on Aging

Bingo

**Thursdays
12:15 pm to 1:15 pm**

Senior Citizen Center

**Party bingo is played for the
cost of \$1.00 per card.**

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Bingo

**Thursdays
10:00 am to 11:00 am**

OARS Center

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cost of \$1.00 per card.**

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A Council on Aging

Brain Games

**Wednesdays
12:15 pm to 1:15 pm**

Senior Citizen Center

**Seniors are invited to learn fun ways to
improve their memory.**

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A Council on Aging

Breakfast Bingo

**Friday, June 26th
9:30 am to 11:00 am**

Senior Citizen Center

**The \$2.00 cost includes a French toast
meal and party bingo.**

**Reservations are required by
12:00 noon on June 23rd.**

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A Council on Aging

Chair Exercises

Fridays

10:00 am to 10:30 am

OARS Center

**The videotaped instruction helps
seniors improve their strength,
flexibility and endurance.**

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A Council on Aging

Casino Trip

**Wednesday, June 24th
8:00 am to 6:00 pm**

**Potawatomi Bingo Casino
Milwaukee**

The \$25 per-person cost includes transportation and a buffet. Paid, nonrefundable cash reservations are due at the Senior Center by June 15th.

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A Council on Aging

Cernan Earth & Space Center

**Wednesday, July 22nd
10:00 am to 12:30 pm
River Grove**

**The \$5.00 fee includes the bus, a
gourmet boxed lunch and the
program.**

**Paid cash reservations are due at the
Senior Citizen Center by July 8th.**

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A Council on Aging

Exercise Class

Monday through Friday

10:00 am to 10:30 am

Senior Citizen Center

Participants increase strength, build endurance and improve movement.

The class is free.

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A Council on Aging

Fall Prevention & Risk Evaluation

**Thursday, June 25th
10:30 am to 11:30 am**

Senior Citizen Center

**University of Illinois College of
Pharmacy is the program
presenter. Pharmacists will also be
available to do a medicine check.**

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A Council on Aging

Gift Shop

**Monday through Friday
10:00 am to 1:30 pm**

Senior Citizen Center

**A variety of handmade craft items,
baby gifts and seasonal decorations
are sold.**

Gift certificates are also available.

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A Council on Aging

Grief Support Group

**Monday, June 15th
2:00 pm to 3:00 pm**

Senior Citizen Center

**New participants are welcome.
Additional information is available
from Tami Jimenez**

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A Council on Aging

Haircuts

**Tuesday, June 9th &
June 23rd**

10:00 am to Noon

Senior Citizen Center

Cost is \$8.00.

Appointments are required.

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A Council on Aging

Legal Assistance

**By Appointment
Senior Citizen Center**

**Legal Assistance Foundation of
Metropolitan Chicago is available to
assist seniors with legal concerns.**

**Seniors should contact West Suburban
Senior Services for additional
information.**

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A Council on Aging

Line Dancing

Fridays

9:30 am to 10:30 am

Senior Citizen Center

**Beginning and advanced
students are welcome.**

There is no class fee.

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A Council on Aging

Meditation & Centering Class

**Friday, June 12th & June 26th
12:15 pm to 1:15 pm**

Senior Citizen Center

**Basic meditation and relaxation
techniques are taught.**

There is no class fee.

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A Council on Aging

Movie Days

**Tuesdays
12:15 pm to 2:30 pm**

Senior Citizen Center

**Refreshments are served.
There is no charge.**

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A Council on Aging

Nutrition Standards

**Tuesday, June 16th
10:30 am to 11:30 am**

Senior Citizen Center

**AgeOptions' dietician is explaining
revised State senior nutrition
standards that take effect October 1st.**

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A Council on Aging

Mystery Reading Club

**Tuesday, June 2nd
9:30 am to 10:30 am**

Senior Citizen Center

**Seniors planning to participate should
sign out copies of the current reading
selection at the Senior Citizen Center
in Bellwood.**

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A Council on Aging

Podiatry Clinic

**Thursdays
9:00 am to Noon
Senior Citizen Center**

**Services include routine
foot and nail care.**

**Dr. Trent accepts Medicare
assignment.**

Appointments are required.

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A Council on Aging

Pokeno Parties

**Friday, June 5th & June 19th
10:30 am to 11:30 am**

Senior Citizen Center

Cost is \$1.00 per card.

**The fee includes prizes and
refreshments.**

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A Council on Aging

Senior Center Reunion

**Monday, June 22nd
10:00 am to 1:30 pm**

Senior Citizen Center

**Activities include a stepper party,
live entertainment and party bingo.**

Cost for all is \$3.00.

Reservations required by June 17th.

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A Council on Aging

Spanish Club

**Friday, June 5th &
June 19th**

11:00 am to 2:00 pm

Senior Citizen Center

**This club welcomes Spanish speakers
and seniors interested in practicing
Spanish as a second language.**

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A Council on Aging

Stepper Dance Class

**Thursdays
10:30 am to 11:30 am**

Senior Citizen Center

**Seniors are invited to this free class.
New students are welcome.**

Reservations are not required.

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A Council on Aging

Summer Dessert Plate

**Thursday, June 25th
12:15 pm to 12:30 pm**

Senior Citizen Center

**A trio of desserts is being
served for \$1.00.**

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A Council on Aging

Summer Kick-Off

**Wednesday, June 24th
10:30 am to 12:15 pm**

Senior Citizen Center

**The event features a traditional picnic
lunch of hot dogs and baked beans.**

Suggested meal donation is \$1.75.

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A Council on Aging

Swine Flu: The Facts

**Monday, June 29th
10:30 am to 11:30 am**

Senior Citizen Center

**Cook County Department of
Public Health is presenting
information and answering
questions about this health
concern.**

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A Council on Aging

Wii Computerized Bowling

Tuesdays

9:30 am to 10:30 am

12:30 pm to 1:30 pm

Senior Citizen Center

**Reservations are required for this
activity to take place.**

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A Council on Aging

Wii Fitness

**Tuesday, June 9th
10:30 am to 11:30 am**

Senior Citizen Center

**Best Buy in Melrose Park is presenting
this free class that incorporates
fitness and computer use.**

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A Council on Aging

Wound Care

**Friday, June 12th
10:30 am to 11:30 am**

OARS Center

**Adventist LaGrange Hospital is the
program presenter.**

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A Council on Aging

Your Best Weight

**Monday, June 8th
10:30 am to 11:30 am**

Senior Citizen Center

**White Crane Wellness Center is the
program presenter.**

**Seniors may also have a free Body
Mass Index screening.**

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