

The Senior Chronicle

PCA

Proviso Council on Aging 439 Bohland Avenue Bellwood, Illinois 60104 (708) 547-5600
January, 2004 Volume XVII, Issue 1

Fighting the 'Winter Blahs'

Approximately 10 million Americans suffer from seasonal affective disorder (SAD), a type of depression tied to the seasons. People with SAD usually feel pretty good during the summer, but when the days shorten and the nights become long and cold, they slip into depressions that can range from mild to severe.

The sadness, anxiety, irritability and despair that SAD patients experience are similar to classic depression. There are, however, some major differences. Most depressed people lose their appetites and can't sleep, but patients with SAD often get hungrier than usual. They often crave high-carbohydrate foods, such as breads, pastas, and sweets. Also, they sleep more than usual --- some up to 16 hours per night. However, their sleep often is not restful, and many are drowsy all day. SAD is diagnosed when a person experiences these symptoms for at least two consecutive winters, followed by non-depressed periods in spring and summer.

Light therapy is the treatment of choice for mild cases of SAD. Psychotherapy can help correct distorted thinking and maladaptive behaviors that often accompany depression. An evaluation for antidepressant medication is recommended for more serious cases.

Studies show that the winter depressions clear up within a week when the patient is exposed to bright light for two hours each morning. Most patients use a light box about five times brighter than the light in a well-lit office --- about as bright

as the light shining through a window on a fine spring day. The patient simply sits near the box and looks at the light for a few seconds every minute. The treatment continues through the winter.

No one is sure just what causes seasonal depression. Some researchers say it develops when a person's circadian rhythms --- their internal clock --- get out of phase with the season. If you are diagnosed with SAD, your doctor can help you determine which treatment is best for you.

Some suggested lifestyle changes to help battle SAD:

- Increase the amount of light in your home. Add lamps or skylights.
- Trim back brush and tree limbs that block sunlight.
- Walk outdoors on sunny days, even during the winter.
- If possible, take winter vacations in sunny, warm climates.
- Experiment with sleeping less and limiting your intake of carbohydrates.
- Learn new ways to manage stress.
- Exercise regularly.

Avoiding Back Injuries in the Snow

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How to Know When You are Growing Old

- Everything hurts and what doesn't hurt doesn't work.
- The gleam in your eyes is from the sun hitting your bifocals.
- You feel like the morning after and you have not been anywhere.
- Your little black book contains only names ending in M.D.
- You get winded playing chess.
- Your children begin to look middle aged.
- You finally reach the top of the ladder, and you find it leaning against the wrong wall.
- You join a health club and don't go.
- You begin to outlive enthusiasm.
- A dripping faucet causes an uncontrollable bladder urge.
- You know all the answers, but nobody asks you the questions.
- You look forward to a dull evening.
- You walk with your head held high trying to get used to your bifocals.
- Your favorite part of the newspaper is

- "Twenty Years Ago Today".
- You turn out the light for economic rather than romantic reasons.
- You sit in a rocking chair and cannot get the chair going.
- Your knees buckle but your belt won't.
- You regret all those temptations you resisted.
- You're 17 around the neck, 44 around the waist, and around 105 on the golf course.
- After painting the town red you have to take a long rest before applying a second coat.
- Dialing long distance wears you out.
- You are startled the first time someone calls you Old Timer.
- You remember today, that yesterday was your wedding anniversary.
- You just cannot stand people who are so darn intolerant.
- The best part of your day is over when the alarm clock goes off.
- You burn the midnight oil after 9:00 p.m.
- Your back goes out more often than you do.
- Your pacemaker makes the garage door go up when you watch a pretty girl go by.
- The little old gray haired lady you walk across

The Senior Chronicle

The *Senior Chronicle* is published by Proviso Council on Aging 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

Proviso Council on Aging is supported by the Suburban Area Agency on Aging under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn and Cicero, the Community Development Block Grant program of the City 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

Proviso Council on Aging 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 Proviso Council on Aging at (708) 547-5600.

Mission

The mission of Proviso Council on Aging is to prevent premature and inappropriate nursing home placement by providing direct community services to senior citizens aged 60 and above. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 30th Annual Meeting held in Rosemont, Illinois, the following individuals as members, directors and officers of Proviso Council on Aging:

Officers

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

Directors

Mrs. Lois Albers
 Mrs. Annette Barker
 Honorable Anthony Calderone
 Mrs. Mary Conti
 Ms. Carole Kulinski
 Mrs. Dorothy Lindsey
 Mr. John O'Sullivan
 Honorable Lawrence Terrell
 Mr. Gary Woll
 Mrs. Sandra T. Zsuppon

Honorary Directors

Mr. Arthur Diaz
 Rev. Willie Dugan
 Mrs. Alberta Steele

Physical therapists offer these tips to avoid back injuries when removing ice and snow:

- ❑ Try to lift while keeping your back straight or a bit arched, and lift with your legs rather than with your back.
- ❑ Use a back-saver shovel with a handle that curves up and back. The scoop is lower, and you don't have to bend as far.
- ❑ Stop frequently and stand up straight, bend backwards, or just walk around to change your back position.
- ❑ Avoid twisting your back. As you unload the shovel, move one foot in the direction that you will throw the snow. This keeps your back straight.
- ❑ Pick up small loads of snow each time.

If an injury does occur and you are not feeling well within thirty-six hours, consult your physician.

Proviso Council on Aging is now an official Senior Health Insurance Program (SHIP) counseling site!

SHIP is a free insurance counseling service for Medicare beneficiaries and their families through the Illinois Department of Insurance. The program is committed to

- providing accurate and objective counseling, assistance, and advocacy relating to Medicare, private health insurance, and related health coverage plans.
- educating the state's 1.6 million Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare managed care, and long-term care insurance.

Six trained senior volunteers are carrying out the SHIP mission at Bellwood Senior Center. They are available to objectively counsel Medicare beneficiaries about Medicare, Medicare supplement, Medicare managed care, and long-term care insurance. The volunteer counselors are trained to assist in filing claims for benefits, and processing appeals to Medicare and Medicare supplement insurance companies.

In addition, the volunteer counselors compare Medicare supplement and long-term care insurance policies. However, SHIP counselors **do not** sell or solicit any type of insurance, nor do they ever recommend a specific insurance company or policy.

Seniors may schedule an appointment with a SHIP counselor by telephoning Proviso Council on Aging, (708) 547-5600, extension 231. The agency's Senior Advocate and Senior Center Director are available to talk with senior organizations about the SHIP program.



**Proviso Council on Aging Offers
SHIP Services**

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Seniors are encouraged to wear their favorite spring attire, bring their sunglasses, and prepare for fun and relaxation. The party begins at 11:00 am, January 21st, at Bellwood Senior Center, and OARS and River Park Centers. The \$1.50 cost includes lunch, refreshments, and entertainment. Reservations are needed by 12:00 noon January 16th and may be made by telephoning the agency.

Caribbean Port Shopping If you enjoy rummage sales and flea markets, then you should not miss this special winter shopping opportunity. Shoppers may search for bargains between 9:30 am and 1:00 pm January 21st and January 22nd at Bellwood Senior Center; January 22nd and January 23rd at River Park Center; and January 23rd at OARS Center. Persons wanting to donate items for the port sale should contact the Senior Center director at (708) 547-5600, extension 238.

Chocolate Lovers' Party In celebration of Chocolate Cake Day, Proviso Council on Aging is hosting a chocolate lovers' party January 26th at River Park Center, and January 27th at Bellwood Senior Center and OARS Center. For \$1.00, seniors can enjoy three chocolate desserts. Festivities begin at 11:00 am; reservations are required by January 23rd.

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

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at Proviso Council on Aging's new Declutter Club. The group is meeting January 5th, January 12th, and January 26th, 12:15 pm, at Bellwood Senior Center. Seniors planning to eat lunch before the club meeting need a reservation; lunch donation is \$1.50.

Exercise Class – Audio Tape This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays,

10:30 am to 11:00 am, at Bellwood Senior Center.

Exercise Class – Video Tape This arm chair aerobics class is held Tuesdays and Thursdays, 10:30 to 11:00 am, at Bellwood Senior Center. The routines of lively stretching and strengthening motions are set to music.

Eyes and Aging This informative workshop is set for January 6th, 11:00 am, at Bellwood Senior Center, and January 6th, 12:00 noon, at River Park Center. In addition, Louis Braille's birthday is being observed. Seniors planning to have lunch need a reservation; lunch donation is \$1.50.

Food Safety for Seniors Preventing and recognizing food poisoning is the subject of this workshop. It is being held at 11:00 am January 26th at Bellwood Senior Center; 11:00 am, January 27th at River Park Center; and 11:00 am, January 29th, at OARS Center. Seniors planning to have lunch after the workshop need a reservation. Lunch donation is \$1.50.

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

Gift Shop Proviso Council on Aging's Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reasonable price. The Gift Shop is a great place to find a one-of-a-kind gift for that hard to buy for person. New items have been added, so please make sure to stop by and check out the selection. *Gift Certificates* are now available in any denomination, making gift giving so much easier. The Gift Shop is open Monday through Friday from 10:30 am to 1:30 pm.

Haircuts Looking for a trim? Proviso Council on Aging offers haircuts for senior citizens at the dis-

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Legal Assistance

9:00 am
January 20th
Bellwood

Luncheon

11:30 am
Monday through Friday
Bellwood & Forest Park
& OARS

**Martin Luther King
Observance**

11:00 am
January 15th Bellwood
January 16th River Park

9:45 am

January 16th
OARS

Mystery Reading Club

9:30 am
February 3rd
Bellwood

Mystery Wednesdays

11:00 am
January 7th & January 28th
Bellwood & Forest Park
& OARS

Natural Solutions to Headache

Pain
10:45 am
January 8th Bellwood
January 23rd Forest Park

Officers' Club

10:30 am
January 26th
Bellwood

Pinochle Party

12:15 pm
January 5th, January 12th,
& January 26th
Bellwood

Podiatry Clinic

Thursdays in Bellwood
January 23rd Forest Park

12:15 pm

January 9th, January 16th,
January 23rd, & January 30th
Bellwood

January 8th, January 15th,
January 22nd, & January 29th
Forest Park

Pokeno Bash

10:15 am
January 12th
Bellwood & Forest Park
& OARS

Quilting Group

January 15th
10:00 am
Bellwood

Rules of the Road

1:00 pm
February 23rd
Bellwood

Scrabble

12:15 pm
January 6th
Bellwood

Sewing Group

January 23rd
10:00 am
Bellwood

Spanish Club

11:00 am
January 9th, January 13th,
& January 23rd
Bellwood

Steppers Dance Class

11:00 am
Weekly
Bellwood

Steppers Party

12:15 pm
January 20th
Bellwood

Tax Aide Training

Weeks of January 12th &
January 19th
Hinsdale

Tax Filing Assistance

By Appointment
Thursdays, February 5th
through April 8th
Bellwood

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. 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. Proviso Council on Aging 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.

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Proviso Council on Aging is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, United Way, Veteran's Administration, Proviso Township, Lyons Township, the 708 Mental Health Commissions of Berwyn and Cicero, local villages, and donations</i></p>	<p><i>Please telephone each site by 12:00 p.m. the prior day for lunch reservations.</i></p> <p><i>All meals include 2% milk, bread or roll, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements</i></p>			
<p>January 5, 2004</p> <p>Hamburger with Bun Baked Beans Tomato Soup Beet & Onion Salad Fresh Tangerine</p>	<p>January 6, 2004</p> <p>Chicken Fillet Noodles Sliced Carrots Tossed Salad Wheat Bread Hot Fruit Compote</p>	<p>January 7, 2004</p> <p>Hot Dog with Bun Whipped Potatoes Smothered Cabbage Apple</p>	<p>January 8, 2004</p> <p>Bar-B-Que Meatballs Mashed Potatoes California Blend Vegetables Pineapple Orange Gelatin Vanilla Pudding</p>	<p>January 9, 2004</p> <p>Oven Fried Chicken Leg Au gratin Potatoes Seasoned Greens Corn Bread Peanut Butter Cookie</p>
<p>January 12, 2004</p> <p>Beef Burgundy Mashed Potatoes Carrots and Brussels Sprouts Lettuce Wedge Fresh Orange</p>	<p>January 13, 2004</p> <p>Turkey ala King White Rice Beef Noodle Soup Broccoli Spears Biscuit Pineapple Chunks</p>	<p>January 14, 2004</p> <p>Roast Beef with Mushrooms Mashed Potatoes Seasoned Greens Corn Bread Apple</p>	<p>January 15, 2004</p> <p>Italian Baked Chicken Rice Pilaf Minestrone Soup Italian Mixed Vegetables Italian Bread Pound Cake</p>	<p>January 16, 2004</p> <p>Bar-B-Que Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Corn Bread Peach Pie</p>
<p>January 19, 2004</p> <p>Closed</p> <p>Martin Luther King Holiday</p>	<p>January 20, 2004</p> <p>Chicken Mole Spanish Rice Mexican Corn Lettuce Salad Wheat Bread Banana</p>	<p>January 21, 2004</p> <p>Pepper Steak White Rice Sliced Carrots Italian Bread Angel Food Cake</p>	<p>January 22, 2004</p> <p>Chili with Beef and Beans Tossed Salad Biscuit Pudding</p>	<p>January 23, 2004</p> <p>Beef Stew Cottage Cheese and Peaches Biscuit Banana</p>
<p>January 26, 2004</p> <p>Chicken Parmesan Rotini with Sauce Green Beans Tossed Salad Italian Bread Chocolate Pudding</p>	<p>January 27, 2004</p> <p>Stuffed Green Peppers Creamed Potatoes Mushroom Soup Sliced Carrots Rye Bread Lemon Cake</p>	<p>January 28, 2004</p> <p>Seafood Salad with Bun Split Pea Soup Pickled Cucumbers Hot Cinnamon Apples</p>	<p>January 29, 2004</p> <p>Salisbury Steak Whipped Potatoes Cream Chicken Soup Stewed Tomatoes Rye Bread Banana</p>	<p>January 30, 2004</p> <p>Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Wheat Roll Fruit Yogurt</p>

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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counted price of only \$8.00. Our hairstylist is at the Bellwood site January 14th and January 27th at 10:30 am. Appointments are required.

Hat Party Here is an opportunity to show off your favorite hat/cap and win a prize as well. The parade of hats is set January 9th, 11:00 am, at River Park and OARS Centers, and January 13th, 11:00 am, at Bellwood Senior Center. Lunch is being served at 11:30 am for a \$1.50 donation. Reservations are required by 12:00 noon January 8th and January 12th, respectively.

Hearing Clinic Hearing Specialist Brian Courtneyman is available the second Thursday of each month. On January 8th, he is at Bellwood Senior Center in the morning and River Park Center in the afternoon. Appointments are required.

Jazz Day Party Seniors are invited to enjoy the smooth sound of favorite jazz artists during this get-together January 29th at Bellwood Senior Center, and January 30th at OARS and River Park Centers. Refreshments are being served at 11:00 am; lunch follows at 11:30 am for a \$1.50 donation. Reservations are required.

Keeping the Keys This program is geared for drivers age 55 and older. It provides helpful hints on medication and mobility, and a safe driver's self-assessment test. The workshop is scheduled January 13th, 11:00 am, at River Park Center, and January 15th, 11:00 am, at OARS Center.

Legal Assistance On January 20th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone Proviso Council on Aging, (708) 547-5600, extension 232, for more information regarding appointments.

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

Martin Luther King Observance Dr. R. Timothy Lee, clinical director of Proviso Council on Aging, is presenting a program highlighting the life and accomplishments of Dr. Martin Luther King. This event is scheduled January 15th, 11:00 am, at Bellwood Senior Center; January 16th, 9:45 AM, at OARS Center; and January 16th, 11:00 am, at River Park Center. Seniors planning to eat lunch after the program need a reservation by 12:00 noon January 14th and January 15th, respectively. Lunch donation is \$1.50.

Mystery Reading Club Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by Proviso Council on Aging and the Bellwood Library. The group is meeting February 3rd, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Wednesdays Two Wednesdays of each month are designated as Mystery Wednesdays at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for each of these days, and the only way to find out what they are is to be there. (Lunch is served at 11:30 am for a \$1.50 donation.) This month's Mystery Wednesdays are January 7th and January 28th.

Natural Solutions to Headache Pain This information is available on page eight.

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mative workshop is being offered January 8th, 10:45 am, at Bellwood Senior Center, and 10:45 am, January 23rd, at River Park Center. Seniors planning to eat lunch after the workshop need a reservation by 12:00 noon January 7th and January 22nd, respectively. Lunch donation is \$1.50.

Officers' Club Officers from all area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, January 26th, at Bellwood Senior Center.

Pinochle Party Seniors are invited to play this challenging card game January 5th, January 12th, and January 26th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (January 23rd), 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 Pokeno is being played January 9th, January 16th, January 23rd, and January 30th, 12:15 pm, at Bellwood Senior Center, and January 8th, January 15th, January 22nd, and January 29th at River Park Center. Cost is \$1.00 per card; the fee includes prizes and refreshments. Persons planning to have lunch beforehand need a reservation by 12:00 noon the day before each Pokeno party. Lunch donation is \$1.50.

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

Persons planning to stay for lunch need a reservation by 12:00 noon January 9th. Lunch donation is \$1.50.

Quilting Group This is a wonderful opportunity to join with other seniors who enjoy the craft of quilting. This get-together is set for January 15th, 10:00 am, at Bellwood Senior Center.

Rules of the Road This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. This class is scheduled February 23rd, 1:00 pm, at Bellwood Senior Center. Please call in advance for reservations.

Scrabble Party Seniors are invited to get together for Scrabble January 6th, 12:15 pm, at Bellwood Senior Center. Reservations are recommended.

Sewing Group Seniors who enjoy getting together and sewing are invited to bring their machines and projects to Bellwood Senior Center January 23rd at 10:00 am. Refreshments are being served.

Spanish Club Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held at 11:00 am, January 9th, January 13th, and January 23rd at Bellwood Senior Center.

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

Steppers Dance Class This class is held weekly

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Briefly Stated

Advisory Council Meetings
January 14th

10:00 am OARS
11:00 am Bellwood
12:00 Noon Forest Park

Art Class

9:00 am

Tuesdays

Bellwood

Beginning Spanish Class

10:30 am

January 8th & January 22nd

Bellwood

Bingo

12:15 pm

Thursdays in Bellwood

Fridays in Forest Park

Bingo Bonanza

10:00 am

January 5th

Bellwood & Forest Park & OARS

Blizzard Delights

12:15 pm

January 14th

Bellwood & Forest Park

& OARS

Bowling Party

9:30 am

January 9th

Hillside

Caribbean Captain's Ball

11:00 am

January 22nd

Bellwood & Forest Park

& OARS

Caribbean Getaway

Sendoff

11:00 am

January 20th

Bellwood & Forest Park

& OARS

Caribbean Island Party

11:00 am

January 21st

Bellwood & Forest Park

& OARS

Caribbean Port Shopping

9:30 am

January 21st & January 22nd

Bellwood

January 22nd & January 23rd

Forest Park

January 23rd OARS

Chocolate Lovers' Party

11:00 am

January 26th Forest Park

January 27th Bellwood

& OARS

Craft Co-op

12:15 pm

Fridays

Bellwood

Declutter Club

12:15 pm

January 5th, January 12th,

January 26th

Bellwood

Exercise Class Audio Tape

10:30 am

Monday through Friday

Bellwood

Exercise Class Video Tape

10:30 am

Tuesday & Thursday

Bellwood

Eyes and Aging

January 6th

11:00 am Bellwood

12:00 noon Forest Park

Bellwood & Forest Park

Food Safety for Seniors

11:00 am

January 26th Bellwood

January 27th Forest Park

January 29th OARS

Foster Grandparents

10:30 am

Monthly

Bellwood Senior Center

Fun and Fitness

10:30 am

Monday through Friday

Bellwood & Forest Park

& OARS

Gift Shop

10:30 am to 1:30 pm

Monday through Friday

Bellwood

Hair Cuts

10:30 am

January 14th & January 27th

Bellwood

Hat Party

11:00 am

January 9th Forest Park

& OARS

January 13th Bellwood

Hearing Clinic

9:30 am

January 8th

Bellwood & Forest Park

Jazz Day Party

11:00 am

January 29th Bellwood

January 30th Forest Park

& OARS

Keeping the Keys Program

11:00 am

January 13th Forest Park

January 15th OARS

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Caribbean Facts and Trivia

ern hemisphere.

Cayman Columbus, who was the first European visitor to these islands, called them Tortugas, after the herds of turtles there. A later adventurer renamed the group Cayman, which means crocodile.

Belize The barrier reef here is almost 185 miles long and comes within 10 to 40 miles of the mainland. It is the largest barrier reef in the west-

Bermuda This island was initially called "the Isle of Devils" because the winter storms and reefs damaged many ships.

Grenada This is known as the spice island of the Caribbean; it has more spices per square mile than any other place in the world. They include cloves, cinnamon, mace, cocoa, and ginger. Also,

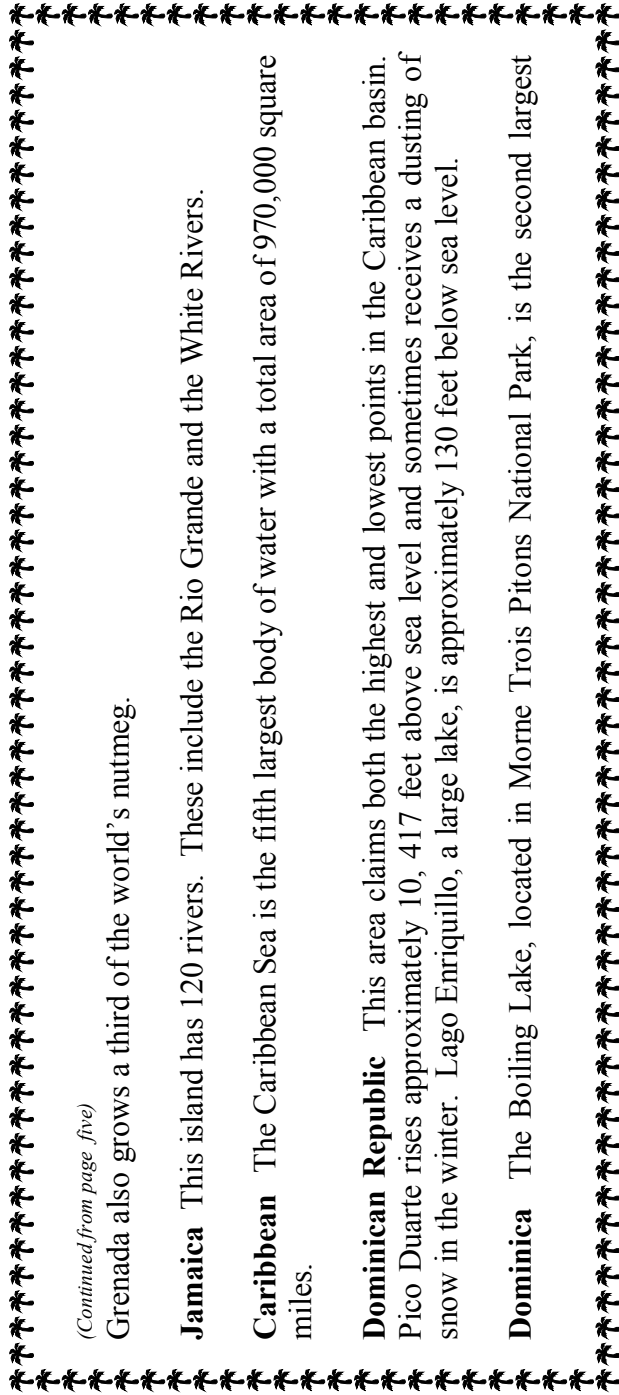
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from 11:00 am to 12:00 noon at Bellwood Senior Center. The schedule varies, so interested seniors should telephone the agency for specific dates. Both new and experienced steppers are welcome.

Steppers Party Seniors are invited to bring their dancing shoes and friends to this party January 20th, 12:15 pm, at Bellwood Senior Center. The event features lively music, refreshments, and fun! Reservations are needed by January 16th and may be made by telephoning the agency. Seniors who plan to have lunch before the party need a separate lunch reservation. Lunch donation is \$1.50.

Tax Aide Training The American Association of Retired Persons (AARP) is seeking volunteers for its Tax Aide program. (The Tax Aides receive no compensation for their service.) Applicants are required to complete two weeks of training during the weeks of January 12th and January 19th, 2004, at Katherine Legge facility in Hinsdale and to pass an examination. Additional information is available from Dick Greenberg, (630) 323-1807, or Wally Lach, (708) 352-7189. The Tax Aide program runs February 1st through April 15th and is geared to help low- and middle-income seniors



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Grenada also grows a third of the world's nutmeg.

Jamaica This island has 120 rivers. These include the Rio Grande and the White Rivers.

Caribbean The Caribbean Sea is the fifth largest body of water with a total area of 970,000 square miles.

Dominican Republic This area claims both the highest and lowest points in the Caribbean basin. Pico Duarte rises approximately 10, 417 feet above sea level and sometimes receives a dusting of snow in the winter. Lago Enriquillo, a large lake, is approximately 130 feet below sea level.

Dominica The Boiling Lake, located in Morne Trois Pitons National Park, is the second largest

Briefly Noted

Advisory Council Meetings Seniors are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Councils. (Councils are composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The councils are meeting January 14th: OARS Center, 10:00 am; Bellwood Senior Center, 11:00 am; and River Park Center, 12:00 noon. Questions should be directed to the Senior Center director.

Art Class The Bellwood Senior Center offers seniors a chance to paint for pleasure. Classes take place every Tuesday at 9:00 am and cost only \$20.00 for ten lessons. Both beginners and experienced students are welcome.

Beginning Spanish Class Seniors can learn basic conversational Spanish during this class. This month's sessions are January 8th and January 22nd, 10:30 am, at Bellwood Senior Center. Lunch follows the class at 11:30 am for a \$1.50 donation. Reservations for the class and lunch are needed.

Bingo Party bingo is held every Thursday at the Bellwood site and every Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

Bingo Bonanza A double session of party bingo is planned January 5th at Bellwood Senior Center, and OARS and River Park Centers. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments. Persons planning to stay

for lunch need a reservation by 12:00 noon January 2nd. Lunch donation is \$1.50.

Blizzard Delights It is never too cold for an ice cream treat, and this delicious dessert is being served January 14th, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Cost is \$1.00, and reservations are needed by 12:00 noon January 13th.

Bowling Party Proviso Council on Aging is hosting a bowling party January 9th, 9:30 am, at Hillside Bowl. Cost per game is \$1.75; there is no shoe rental. Reservations are needed by January 7th and may be made by telephoning Proviso Council on Aging.

Caribbean Captain's Ball This semi-formal luncheon is a highlight of January's Caribbean cruise. It is being served January 22nd, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are needed by 12:00 noon January 15th and may be made by telephoning the agency. Lunch donation is \$1.50.

Caribbean Getaway Sendoff The Caribbean Islands are the first stop for agency snowbirds during this winter's getaway. The fun officially begins January 20th, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. The islands are being visited, local customs are being shared, and refreshments are being served. Seniors planning to have lunch after the sendoff need a reservation by 12:00 noon January 16th.

Caribbean Island Party This event is sure to help seniors withstand the winter ice and snow.

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