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available from Dick Greenberg, (630) 323-1807, or Wally Lach, (708) 352-7189. The Tax Aide program runs February 1<sup>st</sup> through April 15<sup>th</sup> and is geared to help low- and middle-income seniors age 60 and older. The Tax Aide service is again being offered at Bellwood Senior Center beginning February 2005.

**Terrific Bingo Party** Mariner Health of Westchester is hosting this complimentary bingo party January 25<sup>th</sup>, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Refreshments are being served. Reservations are required by January 20<sup>th</sup>.

**Weight Loss Program/Meeting** West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center. Additional information is available from the agency's community outreach nurse: (708) 547-5600, extension 235.

**Wild Wednesday** Grab bags and surprises are planned January 26<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Cen-

ters. Reservations are required.

**Winter Party** Door prizes, games and refreshments are being featured at this celebration January 10<sup>th</sup>, 11:00 am, at Bellwood Senior Center, and January 21<sup>st</sup>, 11:00 am, at River Park Center. Reservations are required.

**Yahtzee Party** Friendly competition, prizes and refreshments are featured January 18<sup>th</sup>, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Cost is 50 cents, and reservations are needed by January 14<sup>th</sup>.

# 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

## Special Services for Special People

**T**ime catches up with all of us. First we complain about how hard it is to get "these old bones movin'" in the morning. We laugh and call it a "senior moment" when we forget what it was that was so important to "get them movin'" in the first place. "Senior moments" like forgetting names of things, forgetting where we put the house keys, forgetting to pay the gas bill and forgetting to take our medicines at noon begin to pile up. If we're one of the lucky seniors with an alert and loving spouse or a willing and dedicated daughter or son, we keep on keeping on at home. We have a loving back up at home. If we don't have a family we begin to worry!

But things have a habit of getting harder as we get older. We begin to forget that some of our "senior moments" lead to problems. We don't just forget where we put the keys, we accidentally throw them in the trash. We forget where we're at when driving. We leave the soup warming in a pot on the stove until we burn the soup, ruin the pot, stink up the house and are angrily reprimanded, "from now on tell me when you're hungry. You stay out of the kitchen. You ruined my best pot." That stack of bills gets so big we forget what's in it until the gas company threatens to shut off the heat. Our "back up" at home gets upset and takes the checkbook from us. We quarrel! We stew! We pace! We settle in front of the TV

and do nothing!

It can reach the point that we become prisoners of our own senior moments. We no longer drive because we no longer drive safely. We can't raid the refrigerator because we make a big mess that we forget to clean up. We don't see our friends because that requires getting up, dressing up and stepping up. We sit in front of the TV and most of the time and just sleep. We can end up at the doctor's office with a major depression or a complication from confusing or not taking our medications. Our spouses or sons and daughters can also suffer from frustration, tension, anger and depression because they feel they're fighting a useless battle.

If any of you, senior or care giver, has reached the point that you feel you have been down so long it seems like up to you, give West Suburban Senior Services a call. Ask to talk to someone in Adult Day Health Services. The organization provides special services for you and your family before your safety and your family reaches this point.

West Suburban Senior Services operates three Adult Day Health Centers. One is at our Senior Center in Bellwood. We also operate centers in La Grange and Forest Park. Each center is staffed by a registered nurse and trained staff who work together with you and your family to provide a safe, caring and enjoyable environment where you can spend up to six hours a day, two or more

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

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

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

*The OARS Center is located at 712 Elm in LaGrange*

All sites operate between 8:00 am and 4:30 pm.

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

## The Senior Chronicle

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

### Funding

West Suburban Senior Services (formerly 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, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

### Non-Discrimination

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

### Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

### Board of Directors

The Board of Directors elected, during their 31<sup>st</sup> Annual Meeting held in Forest Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

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

#### Directors

Mrs. Lois Albers  
 Honorable Anthony Calderone  
 Mrs. Mary Conti  
 Ms. Carole Kulinski  
 Mrs. Dorothy Lindsey  
 Honorable Noreen Love  
 Honorable Anthony Peraica  
 Mr. John O'Sullivan  
 Mr. Gary Woll

#### Honorary Directors

Mrs. Annette Barker  
 Honorable Lawrence Terrell

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**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (January 14<sup>th</sup>), 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 7<sup>th</sup> and January 14<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments. A double session of Pokeno is planned January 28<sup>th</sup> at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Record Keeping: Keeping Everything in Its Place** The University of Illinois Extension is conducting a program to help seniors know which documents to keep and which ones to discard, and how to replace lost or misplaced records. This forum is scheduled January 6<sup>th</sup>, 10:30 am, at Bellwood Senior Center. Reservations are recommended.

**Root Beer Floats** Seniors are invited to enjoy a "black cow" January 18<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and January 28<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are required by January 17<sup>th</sup> and January 27<sup>th</sup>, respectively.

**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. The class is scheduled January 24<sup>th</sup>, 1:00 pm, at Bellwood Senior Center.

**Saturday Spaghetti Lunch** *Ladies on the Move*, a diversified group of women whose mission it is

to give back to the community, is hosting a complimentary spaghetti lunch for fifty seniors January 29<sup>th</sup>, 11:30 AM, at Bellwood Senior Center. Reservations are being accepted on a first come, first serve basis: (708) 547-5600.

**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 7<sup>th</sup> and January 21<sup>st</sup>, 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.

**Stress Management and Depression** Dr. Rani Naga Rao, MD, an internist specializing in geriatric medicine at Loyola University Medical Center, is discussing this topic January 18<sup>th</sup>, 11:00 am, at Bellwood Senior Center. Reservations are recommended.

**Stretching Your Money** Are you worried about running out of money? Then be sure to attend a workshop January 20<sup>th</sup>, 11:00 am, at Bellwood Senior Center, to learn how you can stretch your savings. Financial planner Chris Everett is discussing strategies to reduce taxes and improve income from existing investments. Reservations are recommended.

**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 10<sup>th</sup> and January 17<sup>th</sup>, 2005, at Katherine Legge facility in Hinsdale and to pass an examination. Additional information is

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days per week. We have snacks in the morning and afternoon and enjoy a nutritious hot meal at noon.

The day is filled with regularly scheduled activities that include time for listening to the news and discussing current events, time to reminisce and share experiences and time for watching our favorite old movies and listening to our favorite songs. There is also time for arts and crafts to keep our hands nimble and our creative side engaged. There are games galore from Bingo to Poker. A period of physical exercise is scheduled every day. And, most important, West Suburban Senior Services provides transportation to and from each of the centers.

You and your family are very special to us. We provide special services for any client that comes to one of our centers. A nurse regularly checks your weight, blood pressure and your sugar level if that is necessary. Our nurse can give you your medication on time. She can help you with your insulin if you require it.

If you use a walker or a wheelchair we can accommodate you, just bring your equipment with you (all our buses have wheelchair lifts). You need your oxygen bottle, that's okay too. We won't let you near the stove. If sometimes you just forget everything, we will make sure you are safe and make sure that you don't wander off. Some of you worry about using "Depends" or having an accident. Stop your worrying we can offer you the special services and help you need.

Some of our clients pay privately for their services at the Adult Day Center. West Suburban Senior Services offers a very reasonable sliding fee scale. Many of our clients receive services through the Veteran's Administration, the Illinois Department on Aging or the Department of Reha-

bilitation Services. A case manager will help you receive eligible benefits from the most appropriate source.

Call Jim Winters, the Director of Adult Day Services at (708) 547-5600. He will explain the program to you and suggest the most appropriate of our three centers. More important, he will set up a trial visit for a couple of days so you can try the center and make a well-informed decision about coming. We will pay for your lunch and your stay for two days. Unfortunately, our insurance will not allow us to give you any medications or provide transportation during the trial visit. Call now and enjoy a couple of these dull and cold winter days in the warm and happy environment of one of our adult day centers.

### Don't Miss the Winter Meal Special

Seniors aged 60 and older are invited to participate in the agency's lunch special during January. For every three lunches seniors purchase this month for the suggested donation of \$1.50 each, they are receiving their fourth lunch free! Lunches are served at 11:30 am Monday through Friday, and the January menu is included in this edition of *The Senior Chronicle*. Because the lunches are catered, reservations are required by 12:00 noon on the business day before seniors plan to eat.

### Dr. Jake's Real Old-time Chicagoan Quiz

1. Name all five of Riverview's roller coasters.
2. What was the former name of Martin Luther King Drive?
3. How many times was Richard J. Daley (the "Old Man") elected mayor?
4. Identify any two candidates who lost to this

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values of your work setting merely to avoid interactions with the toxic personality. (d) *Share and share alike*. Remember, neither personal nor professional relationships can be forced, especially with a toxic personality. Try to identify beliefs and values you share with the toxic personality, and focus on these commonalities.

Engaging in these behaviors most likely will not change the toxic personality, but they may help you to give such persons notice regarding what you will and will not tolerate from them. It may help those with toxic personalities reexamine their mode of approaching others, and will hopefully lead to a less stressful relationship between the toxic personality and you.

### West Suburban Senior Services Hosts Bellwood Senior Citizen Police and Fire Academy

The Village of Bellwood's Senior Citizen Police and Fire Academy continues at Bellwood Senior Center on Thursdays from 1:30 to 3:30 pm. The program welcomes any persons age 55 and older, and area seniors may make arrangements for free round-trip transportation with the Bellwood Police Department. Also, refreshments are served.

The remaining academy sessions and topics are:

#### Briefly Stated

<b>Advisory Council Meeting</b> 10:30 am January 12 <sup>th</sup> Bellwood	<b>Beginning Spanish Class</b> 10:30 am January 6 <sup>th</sup> , January 13 <sup>th</sup> , January 20 <sup>th</sup> & January 27 <sup>th</sup> Bellwood	<b>Bingo Bonanza</b> 10:00 am January 3 <sup>rd</sup> Bellwood	<b>Breakfast Bingo</b> 9:00 am January 21 <sup>st</sup> Bellwood
<b>Art Class</b> 9:00 am Tuesdays Bellwood	<b>Bingo</b> 12:15 pm Thursdays in Bellwood Fridays in Forest Park	<b>Birthday Celebration</b> 12:15 pm January 4 <sup>th</sup> Bellwood, Forest Park & OARS	<b>Bunco Party</b> 12:15 pm January 11 <sup>th</sup> Bellwood

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- January 6<sup>th</sup> Drug Awareness and Prevention
- January 13<sup>th</sup> The Criminal Justice System; Arrest, Search and Seizure Laws; and Juvenile Law
- January 20<sup>th</sup> Introduction to CPR and Home Safety
- January 27<sup>th</sup> Warrant and High Risk Entry Team
- February 3<sup>rd</sup> Putting It All Together and Graduation

Seniors who missed earlier academy sessions may still participate.

The academy's goal is to foster better communication among senior citizens and the Bellwood Department of Public Safety, and to promote awareness of the entire criminal justice system. Additional information is available from the Bellwood Police Department, (708) 547-3528.

### Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 3, 2005</b> Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	<b>January 4, 2005</b> Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	<b>January 5, 2005</b> Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	<b>January 6, 2005</b> Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	<b>January 7, 2005</b> Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
<b>January 10, 2005</b> Hamburger on Bun Baked Beans Beet and Onion Salad Tomato Soup Tangerine	<b>January 11, 2005</b> Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	<b>January 12, 2005</b> Polish Sausage on Bun Whipped Potatoes Sauerkraut Cranberry Juice Apple	<b>January 13, 2005</b> Meatballs Mashed Potatoes California Vegetables Pineapple Orange Gelatin Salad Vanilla Pudding	<b>January 14, 2005</b> Oven Fried Chicken Leg Quarter Au Gratin Potatoes Seasoned Greens Cream of Broccoli Soup Peanut Butter Cookie
<b>January 17, 2005</b> Closed <b>Martin Luther King, Jr. Day</b>	<b>January 18, 2005</b> Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	<b>January 19, 2005</b> Roast Beef Mashed Potatoes Seasoned Greens Orange Pineapple Juice Apple	<b>January 20, 2005</b> Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup Marble Pound Cake	<b>January 21, 2005</b> BBQ Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
<b>January 24, 2005</b> Stuffed Cabbage Roll Whipped Potatoes Wax Beans Lettuce Wedge Pears	<b>January 25, 2005</b> BBQ Chicken Macaroni and Cheese Carrots Coleslaw Banana	<b>January 26, 2005</b> Pepper Steak Rice Italian Green Beans Vegetable Soup Chocolate Angel Food Cake	<b>January 27, 2005</b> Chili Tossed Salad Apple Juice Butterscotch Pudding	<b>January 28, 2005</b> Seafood Salad on Bun Pickled Cucumbers Split Pea Soup Hot Cinnamon Apples
<b>January 31, 2005</b> Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	<p><i>West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way, Veteran's Administration, Proviso Township, Lyons Township, The Mental Health Commission of Berwyn, 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, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements</i></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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30. How many inches of snow fell in the January 1967 blizzard?
31. Who wore an Uncle Sam suit, and was always a losing candidate for public office?
32. What public building was often called simply "Eleventh and State"?
33. Where did Andy the Clown hang out?
34. Name the TV show that was the source of the local catch-phrase "Right Here, Harv."
35. Who were the Lincoln Park Pirates?
36. What was the old name of the Brown Line 'L'?
37. Where was Skip's located?
38. What do the call letters of Channel 11--WTTW--stand for?
39. Where was Skid Row?
40. Name two Illinois governors who served time in prison.

**Answers**

1. Bobs, Sliver Streak, Comet, Fireball (formerly the Blue Streak), Flying Turns. [No, the Wild Mouse was not a real rollercoaster.]
2. South Park Avenue (and Grand Boulevard before that)
3. Six
4. Pick two--Merriam, Sheehan, Adamowski, Waner, Friedman, Hoellen.
5. Fish.
6. "Hey-Hey!"
7. Daily News, Sun-Times, Tribune
8. Sinclair
9. Right leg
10. Famous ghost haunting the Southwest suburbs.
11. Playboy mansion
12. Host of 1950s kids' TV show.
13. Nickey Chevrolet
14. Whispering Joe Wilson
15. Streetcar
16. Halsted near 43rd Street
17. Clothing
18. Band leader
19. George Cardinal Mundelein

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20. C.E.T. (early TV dealer)
21. Ogden, Adams, Jackson
22. Sid Fohrman
23. Soldier Field
24. Old Chicago, Meister Brau, Tavern Pale, Drewrys, Edelweiss, etc.
25. Navy Pier
26. Comiskey Park
27. National
28. Joe Louis
29. Van Buren and Des Plaines streets
30. 27 inches
31. Lar "Amer! ica First" Daly
32. Central Police Headquarters
33. Comiskey Park
34. Bozo's Circus
35. Lincoln Towing
36. Ravenswood
37. North Avenue near First Avenue
38. Window To The World
39. Madison Street, from Clinton to Halsted
40. Kerner and Walker

## SCORES

31-40 points--EXPERT: In the next election, you get to vote three ti! mes instead of only twice.  
 21-30 points--JOURNEYMEN: When it snows, you may save a parking space with furniture.  
 11-20 points--APPRENTICE: You probably put ketchup on your hot dog.  
 0-10 points--TOURIST: Go back to Milwaukee!

## Toxic Personalities

**H**ave you ever had to cope with someone so difficult that it would seem easier to just do away with him/her? If so, you have probably come up against a toxic personality. John Lewis Lund, Ph.D., author of *How to Hug a Porcupine*, describes a toxic personality as, "anyone who adopts manipulative behaviors and

attempts to control others in selfish ways." Toxic personalities use caustic, abrasive methods to get others to conform to their expectations. The inappropriate behavior of those with toxic personalities may include, but not be confined to, mocking, scorning, or belittling another in front of clients, colleagues, or family members, habitually playing one person off against another, and constantly complaining. They may frequently refer to another's past mistakes or failings, be unwilling to forgive past real or perceived failures, demonstrate a "holier-than-thou" attitude when communicating with others, or trigger crises to keep others riled-up and on guard.

Seeking approval from a toxic personality is futile. A toxic personality is one you cannot please, for such a person dangles acceptance before others like a carrot on a string. The person seeking acceptance and appreciation can never quite reach the carrot because toxic people only give partial acceptance. It can take a while to realize that a toxic personality can never be pleased. The toxic personality sends the underlying message, "I will be happy when everyone does everything I want them to do in the way I want it done." The problem, however, is that toxic personalities have an endless stream of expectations. In reality, the toxic personality's true message is, "I won't be happy. I'll probably find something else that will make me unhappy, and I will have to criticize you about that also."

Dr. Lund recommends that people dealing with toxic personalities arm themselves with four realistic goals and healthy expectations: (a) *Choose healthy responses to the toxic personality.* Remind yourself that you can't change the toxic personality. Define for yourself what a rationale person would do in each toxic situation and follow that course of action. (b) *Set boundaries to protect yourself.* Set limits for the toxic behaviors you are willing to accept from a toxic personality, and be willing to discuss these with the toxic personality. (c) *Stay in control of your values.* Don't forsake your personal values or the institutional

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Suburban Area Agency on Aging is providing information to help seniors eat well and safeguard their health during the winter. This program is scheduled January 25<sup>th</sup>, 11:00 am, at Bellwood Senior Center.

### Exercise Class – Audio Tape and Video 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.

**Getting Off Tobacco Road** On January 13<sup>th</sup> at 11:00 am, seniors are invited to hear about the latest treatments to help them and friends and family quit smoking. Staff from St. James Hospital in Chicago Heights are presenting this program at Bellwood Senior Center. Reservations are recommended.

**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 Bellwood Senior Center. Gift certificates are also available.

**Haircuts** Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site January 12<sup>th</sup> and January 25<sup>th</sup> at 10:30 am. Appointments are required.

**Legal Assistance** On January 18<sup>th</sup> 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 us for more information regarding appointments.

**Make Your Own Sundae** For \$1.00, seniors may create their own ice cream specialty January 31<sup>st</sup>, 12:15 pm, at Bellwood Senior Center. Reservations are required January 28<sup>th</sup>.

**Martin Luther King, Jr. Observance** Dr. R. Timothy Lee, Clinical Director of West Suburban Senior Services, is presenting a program in honor of the civil rights leader January 11<sup>th</sup>, 11:00 am, at Bellwood Senior Center; January 13<sup>th</sup>, 11:00 am, at OARS Center; and January 14<sup>th</sup>, 11:00 am, at River Park Center. Reservations are recommended.

**Mystery Reading Club** Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting January 4<sup>th</sup>, 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 Wednesday** One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is January 12<sup>th</sup>.

**Pie a la mode** This dessert is being served January 13<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and January 14<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are required by January 12<sup>th</sup>.

**Pinochle Party** Seniors are invited to play this challenging card game January 3rd, January 10<sup>th</sup>, January 24<sup>th</sup>, and January 31<sup>st</sup>, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

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**Cheese Cake Delight**  
12:15 pm  
January 20<sup>th</sup>  
Bellwood

**Cooking for One or Two**  
10:45 am  
January 24<sup>th</sup>  
Bellwood

**Craft Co-op**  
12:15 pm  
Fridays  
Bellwood

**Credit and Collections**  
11:00 am  
January 4<sup>th</sup>  
Bellwood

**Declutter Club**  
12:15 pm  
January 31<sup>st</sup>  
Bellwood

**Double Dip Ice Cream Cones**  
12:15 pm  
January 6<sup>th</sup> Bellwood  
January 7<sup>th</sup> Forest Park &  
OARS

**Eating Well During the Winter**  
11:00 am  
January 25<sup>th</sup>  
Bellwood

**Exercise Class – Audio Tape and Video Tape**  
10:30 am  
Monday through Friday  
Bellwood

**Foster Grandparents**  
10:30 am  
Monthly  
Bellwood

**Mystery Reading Club**  
9:30 am  
January 4<sup>th</sup>  
Bellwood

**Mystery Wednesday**  
11:00 am

10:30 am  
Monday through Friday  
Bellwood, Forest Park &  
OARS

**Getting Off Tobacco Road**  
11:00 am  
January 13<sup>th</sup>  
Bellwood

**Gift Shop**  
10:30 am to 1:30 pm  
Monday through Friday  
Bellwood

**Haircuts**  
10:30 am  
January 12<sup>th</sup> & January 25<sup>th</sup>  
Bellwood

**Legal Assistance**  
9:00 am  
January 18<sup>th</sup>  
Bellwood

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

**Make Your Own Sundae**  
12:15 pm  
January 31<sup>st</sup>  
Bellwood

**Martin Luther King, Jr. Observance**  
11:00 am  
January 11<sup>th</sup> Bellwood  
January 13<sup>th</sup> OARS  
January 14<sup>th</sup> Forest Park

**Movie Day**  
12:15 pm  
January 19<sup>th</sup>  
Bellwood

**Rules of the Road**  
1:00 pm  
January 24<sup>th</sup>  
Bellwood

**Saturday Spaghetti Lunch**  
11:30 am  
January 29<sup>th</sup>

January 12<sup>th</sup>  
Bellwood, Forest Park &  
OARS

**Officers' Club**  
10:30 am  
January 31<sup>st</sup>  
Bellwood

**Pie a la Mode**  
12:15 pm  
January 13<sup>th</sup> Bellwood  
January 14<sup>th</sup> Forest Park &  
OARS

**Pinochle Party**  
12:15 pm  
January 3<sup>rd</sup>, January 10<sup>th</sup>,  
January 24<sup>th</sup> & January 31<sup>st</sup>  
Bellwood

**Podiatry Clinic**  
Thursdays in Bellwood  
January 14<sup>th</sup> in Forest Park

**Pokeno**  
12:15 pm  
January 7<sup>th</sup> and January 14<sup>th</sup>  
Bellwood

**Pokeno Bash**  
10:15 am  
January 28<sup>th</sup>  
Bellwood

**Record Keeping: Keeping Everything in Its Place**  
10:30 am  
January 6<sup>th</sup>  
Bellwood

**Root Beer Floats**  
12:15 pm  
January 18<sup>th</sup> Bellwood  
January 28<sup>th</sup> Forest Park &  
OARS

**Yahtzee Party**  
12:15 pm  
January 18<sup>th</sup>  
Bellwood

# Briefly Noted

**Advisory Council Meeting** 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 Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The Advisory Council is meeting January 12<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**Beginning Spanish Class** Seniors learn basic conversational Spanish during this class. This month's sessions are January 6<sup>th</sup>, January 13<sup>th</sup>, January 20<sup>th</sup> and January 27<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**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. A double session of party bingo is planned January 3<sup>rd</sup> at Bellwood Senior Center. 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.

**Birthday Celebration** Seniors who are celebrating a January birthday are invited to this special party January 4<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by January 3<sup>rd</sup>.

**Breakfast Bingo** Seniors are invited to begin their day with a delicious meal and a challenging bingo game January 21<sup>st</sup>, 9:00 am, at Bellwood Senior Center. The menu features pancakes, ham, juice, milk, and coffee. The \$2.00 fee includes breakfast and bingo; reservations are required by 12:00 noon January 18<sup>th</sup>.

**Bunco Party** Seniors are invited to play this

game January 11<sup>th</sup>, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Cost is 50 cents; the event features prizes and refreshments. Reservations are needed by January 7<sup>th</sup>.

**Cheese Cake Delight** This delicious dessert is being served January 20<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00, and reservations are needed by 12:00 noon on January 19<sup>th</sup>.

**Cooking for One or Two** The University of Illinois Extension is sharing helpful meal preparation tips and recipes January 24<sup>th</sup>, 10:45 am, at Bellwood Senior Center. Reservations are recommended.

**Credit and Collections** The Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center on January 4<sup>th</sup> at 11:00 am to discuss various aspects of consumer credit affecting the elderly, including credit reports and credit cards. Reservations are recommended and may be made by telephoning the agency.

**Declutter Club** How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting January 31<sup>st</sup>, 12:15 pm, at Bellwood Senior Center.

**Double Dip Ice Cream Cones** For 50 cents, seniors may enjoy this treat January 6<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and January 7<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Reservations are required by January 5<sup>th</sup>.

**Eating Well During the Winter** Cold weather affects nutritional needs, and a dietician from the

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