

(Continued from page nine)

and 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 age 60 and older. The Tax Aide service is again being offered at Bellwood Senior Center beginning February 2006.

Terrific (Free) Bingo Party Westchester Health and Rehabilitation Center (formerly Mariner Health of Westchester) is hosting complimentary party bingo January 24th, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on January 23rd. Suggested meal donation is \$1.50.

Using the New Voting Equipment Staff from the Cook County Clerk's office are coming to Bellwood Senior Center January 12th, 10:45 am to 11:30 am, to present information about the optical-scan, touch-screen machines that are being used beginning with the March elections. With the new system, voters cast ballots by marking their choices with a pen instead of

punching out chads with a stylus.

Weight Loss 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.

Wild West Bingo Party A western theme and challenging types of party bingo highlight this event January 31st, 12:15 pm to 1:30 pm, at Bellwood Senior Center. Cost is \$1.00.

Winter Festival Games, prizes and surprises are being featured during this event January 23rd, 10:30 am to 1:00 pm, at Bellwood Senior Center. The \$2.00 fee includes lunch. Reservations are required by 12:00 noon on January 20th.

Winter Picnic This "winter survival" event is planned January 11th, 11:00 am, at Bellwood Senior Center. Lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are required by 12:00 noon on January 10th.

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



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

Don't Miss the Winter Meal Special

Seniors ages 60 and older are invited to participate in West Suburban Senior Services' 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 at Bellwood Senior Center, and OARS and River Park Centers, 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.

The Dragon: Myth or Fact?

Dragons are popular icons in literature and art, and are used symbolically in national or regional coats of arms, corporation logos, and advertising. The various figures now recognized as dragons most likely have no single origin, but spontaneously came to be in several different cultures around the world, based loosely on the appearance of a snake and, possibly, fossilized dinosaur remains. Dragons are held to have major spiritual significance in various religions and cultures. In many Asian cultures dragons were, and still are, revered as representative of the primal forces of nature and the universe. Although there

are no hard and fast rules where dragons are concerned, Chinese dragons are generally seen as benevolent, whereas European dragons are usually malevolent. Malevolent dragons are prominent figures in Judeo-Christian belief, with Satan being described as a "great red dragon" in the book of Revelation, and the book of Job making reference to a fire-breathing leviathan. St. George, the patron saint of England, is often depicted killing a dragon. The dragon has come to symbolize treachery, anger, envy, and great calamity. However, dragons have also been used to symbolize independence, leadership, and strength. Colors often determine what symbolism a dragon carries. Some believe that dragons may have had a real-life counterpart from which legends around the world arose (dinosaurs being the most likely candidates), but there is no evidence to support this claim.

Dragons lend their name to many objects around us today. The Komodo dragon is a large lizard native to Indonesia. Dragon trees (*Dracaena*) possess a resin known as dragon's blood, which was once believed to be a powerful force in medieval magic and alchemy. The fruit of the pitaya cactus is often called dragonfruit. A small annual flower is known as the snapdragon. And who among us has not seen the common dragonfly?

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. 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 32nd Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Honorable Gary Woll, President
Ms. Carole Kulinski, Vice President
Mr. John O'Sullivan, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Dorothy Lindsey
Honorable Noreen Love
Honorable Anthony Peraica
Mr. Michael Sturino

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- Make a deal with yourself to eat all the healthier foods first: the veggies and the fruit.
- Don't deny yourself some of the treats – just enjoy very small bites and savor them very slowly.
- Up your indoor exercise time during this season to ward off extra pounds.

Also, whether you are a social drinker or just indulge on special occasions, you need to be aware of the calorie content of various wines, liqueurs and mixed drinks. Alcohol has a diuretic effect on the body, so juices and other mixes added to alcohol are stripped of their original nutritional value.

Here is a list of calories and fat contents in each drink.

Cocktails	Calories	Fat
Brandy Alexander	160	6.0
Frozen Daiquiri	393	0.2
Brandy Alexander	160	6.0
Grasshopper	275	5.0
Pina Colada	292	5.0
White Russian	290	8.5
Red Wines	128	
White	120	
Sweet	220	
Champagne	163	
Beers		
Lager	200	
Stout	105	
Light	106	
Pale Ale	91	

Before indulging, always eat a full meal. You will drink at a slower pace, enjoy it more, and not drink as much. Don't forget to plan for a designated driver, too.

Did You Notice?

Did you notice? This issue of *The Senior Chronicle* marks the 19th year of its publication. With an average monthly circulation of 2,500 each month, over a half of million newsletters have been distributed in the last nineteen years. This newsletter began as a small mimeographed newsletter of four pages distributed of about 100 people. Times have changed.

We have worked very hard to keep information timely, up-to-date and relevant. Sometimes, the newsletter focuses on specific events, other times it is simply chatty.

We are no longer able to afford to mail the newsletter but it is distributed in almost all villages, community centers, hospitals, nursing homes and other locations in the township. We have put the newsletter online, have shared articles with newspapers and continue to publish it without interruption over the years. Nineteen years. Wow.



Briefly Stated

Advisory Council Meeting
10:30 am
January 11th
Bellwood

All My Money: Tips for Financial Wellness – Part 1
10:45 am
January 31st
Bellwood

All My Money: Tips for Financial Wellness – Part 2
10:45 am
February 16th
Bellwood

Answers to the Most Commonly Asked Questions about Medicare Part D
10:30 am
January 18th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Beginning Spanish Class
10:30 am
January 5th, January 12th,
January 19th & January 26th
Bellwood

Bingo
12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza
10:15 am
January 9th
Bellwood

Birthday Celebration
Noon
January 3rd
Bellwood, Forest Park &
OARS

Candy Store Sundaes
12:15 pm
January 19th
Bellwood

Caregiver Support Group
11:00 am
January 17th
Forest Park

Circus Party
10:45 am
January 19th
Bellwood

Cuckoo Dancing Week
12:15 pm
January 17th
Bellwood

Declutter Class
12:15 pm
January 30th
Bellwood

Dental and Oral Cancer Screenings
10:00 am
January 27th
Bellwood

Ethnic Radio in America
10:45 am
January 5th
Bellwood

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

Falls & Balance: Everything You Need to Know
10:45 am
January 24th
Bellwood

Federal Town Hall Meeting
10:30 am
January 3rd
Bellwood

Foster Grandparents
10:30 am
Monthly
Bellwood

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

Haircuts
10:30 am
January 11th & January 24th
Bellwood

Hearing Screenings
9:00 am
January 12th
Bellwood

Legal Assistance
9:00 am
January 17th
Bellwood

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

Martin Luther King Observance
10:45 am
January 30th
Bellwood

Money Management Clinic
February 8th
10:00 am
Bellwood

Movie Day
12:15 pm
January 10th
Bellwood

Mystery Reading Club
9:30 am
January 3rd
Bellwood

Mystery Wednesday
11:00 am
January 25th
Bellwood & Forest Park

Officers' Club
10:30 am
January 30th
Bellwood

Pie Day
12:15 pm
January 26th
Bellwood

Podiatry Clinic
Thursdays in Bellwood
January 6th in Forest Park

Pokeno
12:15 pm
January 6th & January 27th
Bellwood

Relaxation Techniques
10:45 am
January 26th
Bellwood

Robber Bingo
12:15 pm
January 18th
Bellwood

Russian Tea Party
10:00 am
January 17th
Bellwood

Snowball Ice Cream
12:15 pm
January 12th Bellwood
January 13th Forest Park

Spanish Club
11:00 am
January 6th & January 20th
Bellwood

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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 Center. 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 25th.

Officers' Club Officers from 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 30th, at Bellwood Senior Center.

Pie Day January is National Pie Month, and seniors are invited to enjoy this treat January 26th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00, and reservations are required.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (January 6th), 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 This game is being played January 6th and January 27th, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Relaxation Techniques Seniors are invited to learn basic breathing and visual techniques that can help reduce stress. This class is being presented by staff from West Suburban Hospital January 26th, 10:45 am to 11:30 am, at Bellwood

Senior Center. There is no fee.

Robber Bingo This challenging and entertaining form of party bingo is being played January 18th, 12:15 pm, at Bellwood Senior Center. Cost is 50 cents.

Russian Tea Party This "winter survival" event is scheduled January 17th, 10:00 am, at Bellwood Senior Center. The \$1.00 fee includes refreshments and a program. Reservations are required by January 13th, and a minimum registration is required for this activity to take place.

Snowball Ice Cream This seasonal treat is being served January 12th, 12:15 pm, at Bellwood Senior Center, and January 13th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

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 6th and January 20th, at Bellwood Senior Center.

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

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 9th and January 16th, 2006, at Katherine Legge facility in Hinsdale and to pass an examination. Additional information is available from Dick Greenberg, (630) 323-1807,

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.				
January 2, 2006 Ham and Cheese Croissant Sandwich Potato Salad Fruit Juice Cookies	January 3, 2006 Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	January 4, 2006 Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	January 5, 2006 Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	January 6, 2006 Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
January 9, 2006 Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	January 10, 2006 Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	January 11, 2006 Polish Sausage on Bun Whipped Potatoes Sauerkraut Pineapple-Orange Juice Applesauce	January 12, 2006 Meatballs Mashed Potatoes California Vegetables Pineapple-Orange Gelatin Salad Vanilla Pudding	January 13, 2006 Oven Fried Chicken Leg Quarter Au Gratin Potatoes Peas and Carrots Peanut Butter Cookie
January 16, 2006 <i>Closed for Martin Luther King, Jr. Day</i>	January 17, 2006 Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	January 18, 2006 Meatloaf Mashed Potatoes Green Beans Orange-Pineapple Juice Applesauce	January 19, 2006 Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup Marble Pound Cake	January 20, 2006 Barbecued Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
January 23, 2006 Stuffed Cabbage Roll Whipped Potatoes Wax Beans Lettuce Wedge Pear Halves	January 24, 2006 Barbecued Chicken Macaroni and Cheese Carrots Coleslaw Banana	January 25, 2006 Pepper Steak Rice Italian Green Beans Vegetable Soup Crumb Cake	January 26, 2006 Chili Mac Tossed Salad Apple Juice Butterscotch Pudding	January 27, 2006 Seafood Salad on Bun Pickle Cucumbers Split Pea Soup Pineapple Juice Mandarin Oranges
January 30, 2006 Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	January 31, 2006 Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements.		Please telephone each site by 12:00 p.m. the prior day for lunch reservations.

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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Federal Town Hall Meeting Congressman Danny Davis is hosting a town hall meeting with seniors January 3rd, 10:30 am to 11:30 am, at Bellwood Senior Center. The meeting opens with a breakfast snack bar at 10:00 am.

Foster Grandparents West Suburban Senior Services 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 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 11th and January 24th at 10:30 am. Appointments are required.

Hearing Screenings The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center January 12th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on January 10th.

Legal Assistance On January 17th 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 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, River Park and OARS Centers can be arranged.

Martin Luther King Observance Geri Stenson from the West Town Museum of Cultural History is presenting a program about the continuing legacies of this civil rights leader January 30th, 10:45 am to 11:30 am, at Bellwood Senior Center. Reservations are recommended.

Money Management Clinic Trained volunteers are available to assist seniors with problems and questions related to utilities, credit agencies and other money management needs at a new clinic opening February 8th, 10:00 am to 12:00 noon, at Bellwood Senior Center. Appointments are encouraged. Walk-ins are welcome but may have to wait.

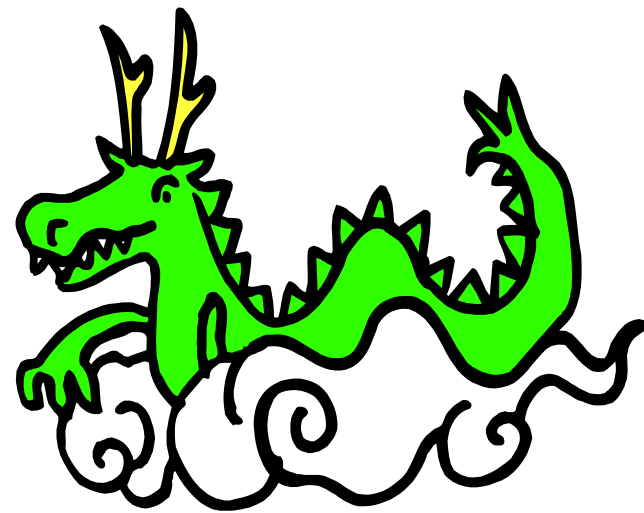
Movie Day Popcorn, soft drinks, good company and an entertaining movie are featured January 10th, 12:15 pm, at Bellwood Senior Center. This month's selection is *Cinderella Man* with Russell Crowe. Reservations are required by January 9th.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting January 3rd, 9:30 am to 10:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print.

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In modern literature and culture, folk-singers Peter, Paul, and Mary sang of "Puff the Magic Dragon." J. R. R. Tolkien's trilogy, "Lord of the Rings" and J. K. Rowling's series of Harry Potter novels contain dragons. The most popular role-playing game of all time is "Dungeons & Dragons." Who can forget the scheming witch Maleficent, who turns into a dragon, in Disney's animated film version of "Sleeping Beauty," or Bram Stoker's masterful vampire, Dracula, whose name



is derived from a secret fraternal order of knights called the Order of the Dragon?

One of the most interesting characteristics of humans is our ability to imagine fantastic places,

people, or creatures that never were. Dragons appear to be one such creation. In a time in our early history, when most people could neither read nor write, this character seems to have symbolized many different hopes and fears. The dragon is probably a part of what analyst Carl Jung called the "collective unconscious," and a most interesting being that continues to captivate the imaginations of new generations around the world.

It's Tea Time!

West Suburban Senior Services invites seniors to enjoy the warmth of friends and beverages at three winter tea parties. Each party is being held at Bellwood Senior Center from 10:00 am to 11:00 am, and each features a special theme. The \$1.00 fee for each party includes refreshments and a program. Seniors are encouraged to mark their calendars now for this winter fun!

- January 17th, Russian Tea Party
- February 21st, Mad Hats Tea Party
- March 14th, Irish Tea Party

Additional information is available from the Senior Center Director, (708) 547-5600, extension 238.

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Tax Aide Training Weeks of January 9 th and January 16 th Hinsdale	Using the New Voting Equipment 10:45 am January 12 th Bellwood	Wild West Bingo Party 12:15 pm January 31 st Bellwood	Winter Picnic 11:00 am January 11 th Bellwood
Terrific (Free) Bingo Party 12:15 pm January 24 th Bellwood	Weight Loss Meeting 9:30 am Fridays Bellwood	Winter Festival 10:30 am January 23 rd Bellwood	

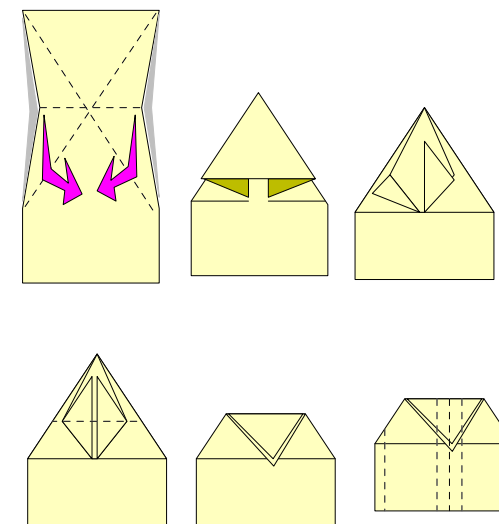
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ervations are required by 12:00 noon on January 2nd.

Candy Store Sundaes For \$1.00, seniors can enjoy this treat January 19th, 12:15 pm, at Bellwood Senior Center. Reservations are required.

Caregiver Support Group West Suburban Senior Services has a support group for family members who care for seniors with Alzheimer's, dementia or chronic illness. The group provides family members with an opportunity to meet others in similar situations and to discuss a variety of issues related to caring for loved ones. The group's next meeting is January 17th from 11:00 am to 12:00 noon at River Park Center.

Circus Party Seniors are invited to enjoy the fun, refreshments and surprises associated with an old-fashioned circus January 19th, 10:45 am to 12:00 noon, at Bellwood Senior Center. Lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are required by 12:00 noon on Janu-



ary 18th.

Cuckoo Dancing Week This yearly observance is held to honor comedy legends Laurel and Hardy, whose theme song was *The Dancing Cuckoos*. Seniors are invited to enjoy a Laurel and Hardy movie at Bellwood Senior Center January 17th at 12:15 pm. Refreshments are being served.

Declutter Class Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled January 30th, 12:15 pm to 1:15 pm, at Bellwood Senior Center.

Dental and Oral Cancer Screenings Dr. Mimi Johnson, DDS, is conducting these complimentary screenings January 27th, 10:00 am to 11:00 am, at Bellwood Senior Center. Appointments are required.

Ethnic Radio in America January is National Radio Month, and seniors are invited to learn about the growth of ethnic radio in the Chicago area from the program director at WCEV Radio. This informative program is scheduled January 5th, 10:45 am to 11:30 am, at Bellwood Senior Center.

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.

Falls and Balance: Everything You Need to Know A physical therapist from West Lake Hospital is coming to Bellwood Senior Center January 24th, 10:45 am to 11:30 am, to discuss ways that seniors can reduce falls and better their balance. Reservations are recommended and may be made by contacting West Suburban Senior Services.

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New Money Management Clinic Provides Answers and Assistance

West Suburban Senior Services is pleased to announce a money management clinic that provides help to all interested seniors. The clinic opens February 8th, 10:00 am to 12:00 noon, at Bellwood Senior Center. Trained volunteers are available to help with budgeting, spending practices, paying bills, balancing checkbooks, dealing with credit agencies and related money management needs. Also, these volunteers help with problems and questions related to utilities and other businesses, and provide information about local consumer scams. Clinic appointments may be made by calling (708) 547-5600. Walk-ins are welcome but may have to wait for assistance.



West Suburban Senior Services Hosts Federal Town Hall Meeting

Congressman Danny Davis is coming to Bellwood Senior Center January 3rd from 10:30 am to 11:30 am. In addition to discussing recent federal legislation affecting seniors, the congressman is seeking seniors' input on Social Security, Medicare Part D and other issues of special interest. The meeting opens with a breakfast snack bar at 10:00 am.

Your Kindness Is Appreciated

Thanks to everyone who took ornaments from the Sharing Tree. Your generosity helped to brighten the holiday season for more than eighty seniors, all of whom enjoyed the gifts from their "Secret Santa."

Holiday Calories

The Cook County Department of Public Health shares these ideas for cutting holiday calories:

- Have a slice of bread and drink at least eight to twelve ounces of water before going to a holiday party.
- Keep hard candy available to satisfy your sweet tooth.
- Team up with a friend or another party-goer and give each other moral support.
- Eat a full, healthy breakfast and a good size lunch during the season if you don't do so normally. You will not be as hungry by dinner time.

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities 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 11th, 10:30 am, at Bellwood Senior Center.

All My Money: Tips for Financial Wellness The University of Illinois Extension is presenting this program at Bellwood Senior Center. Part one is scheduled January 31st, 10:45 am to 11:30 am, and features tips for organizing bills, paying them in a timely manner and planning budgets. Part two is scheduled February 16th, 10:45 am to 11:30 am, and covers expense tracking, and tips to help increase income while decreasing expenses. Reservations are recommended.

Answers to the Most Commonly Asked Questions about Medicare Part D Seniors are invited to this informative seminar January 18th, 10:30 am to 11:30 am, at Bellwood Senior Center. In addition, seniors can receive help for completing the required Part D forms.

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

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are January 5th, January 12th, January 19th and January 26th, 10:30 am to 11:30 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.

Bingo Bonanza A double session of party bingo is planned January 9th at Bellwood Senior Center. For \$1.00, seniors play from 10:15 am to 11:15 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 3rd, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Res-

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