

(Continued from page eleven)

their 2005 tax returns, all records that show income for 2006, and documents for possible deductions if they plan to itemize on their returns.

Tea Tasting January is Tea Month, and seniors are invited to enjoy a different tea each week. Tea days at the Senior Citizen Center and OARS Center are January 2nd, January 9th, January 16th, January 23rd and January 30th. Tea days at River Park Center are January 8th, January 22nd and January 29th. The weekly 25 cent cost includes an unlimited cup of tea and a sweet treat.

Terrific Bingo Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo January 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Vaccines for Adults The University of Illinois College of Pharmacy is presenting this program February 8th, 10:30 am, at the Senior Citizen Center in Bellwood. Discussion includes the vaccine for shingles.

Waffle Sundaes This unusual dessert is being served January 18th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and January 19th, 12:15 pm, at River Park Center. Cost is \$1.00.

Wellness – It’s More Than Just the Absence of Disease RML Specialty Hospital is presenting this informative program January 11th, 10:30 am, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Winter Get-A-Way Seniors are invited to wear their favorite sunglasses and beach hats to this winter survival event January 4th, 10:30 am, at the Senior Citizen Center in Bellwood, and January 5th, 10:30 am, at OARS and River Park Centers. The event features table games, contests and refreshments. Reservations are required. The \$2.00 cost includes lunch at 11:30 am.

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

Cell Phones for Seniors Collection

Throughout January, West Suburban Senior Services is continuing to collect cell phones for the Cook County Sheriff’s Cell Phone for Seniors program. Individuals wanting to donate working and non-working cells phones may bring them to the Senior Citizen Center between 8:00 am and 4:00 pm Monday through Friday. The program accepts any brand, make or model of cellular telephone. The sheriff’s Cell Phone for Seniors program is designed to give Cook County residents over age 65 an extra measure of security as they are driving, taking public transportation or participating in outdoor activities.

Have You Visited Our New Senior Bistro in Forest Park?

West Suburban Senior Services is pleased to offer this dining experience for senior citizens age 60 and older. For the suggested meal donation of \$1.75, seniors enjoy a catered meal Monday, Wednesday and Friday, 11:30 am, at the newly refurbished River Park Center, 8300 Roosevelt Road.

Activities and programs are planned each day the

Senior Bistro is open. Seating is limited, and lunch reservations are required by 12:00 noon on the business day before the senior citizen plans to eat. Menu information is included in *The Senior Chronicle*, the agency’s monthly newsletter. Newsletters may be picked up at the Senior Bistro and at other community locations.

Mammography Screenings

The Cook County Department of Public Health’s mobile mammography van is providing free screenings for eligible individuals January 11th, 10:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

Interested persons must be evaluated prior to the screening and should telephone West Suburban Senior Services. The mammography van will **not** perform screenings for the following women:

- women under 40 years old
- women with a breast mass or bloody nipple discharge
- women who are pregnant or breast feeding
- women with a history of breast cancer
- women with previous breast biopsies or breast surgery

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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 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 the 34th 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
Mrs. Lois Albers, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Lela Grimble
Honorable Noreen Love
Ms. Debbie Noweder
Honorable Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Ms. Catherine Swan
Ms. Helen Tate
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Dorothy Lindsey
Mr. John O'Sullivan
Mr. Michael Sturino

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El Nuevo Club Latino invita cordialmente a personas mayores de sesenta años pasar un rato agradable, llame a Consuelo LeZama

Surprise Bingo This unusual form of party bingo is being played January 17th, 12:15 pm, at River Park Center, and January 30th, 12:15 pm, at the Senior Citizen Center. The \$2.00 cost includes lunch, and reservations are required. A minimum

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January 10th Forest Park

Mystery Fridays
10:00 am
January 12th & January 26th
OARS

Mystery Reading Club
9:30 am
January 2nd
Bellwood

National Pie Day Observance
12:15 pm
January 23rd
Bellwood & OARS

Nutritional Supplements and Medication Interactions
10:45 am
January 22nd Bellwood
February 9th Forest Park

Officers' Club
10:30 am
January 29th
Bellwood

Podiatry Clinic
9:30 am
Thursdays in Bellwood
January 5th Forest Park

Pokeno
12:15 pm
January 5th & January 26th Bellwood
January 31st Forest Park

10:00 am
January 22nd OARS

Rules of the Road Review Class

10:30 am
January 9th
Bellwood

Scavenger Hunt
12:15 pm
January 8th
OARS

Senior Jazzercise
10:30 am
Monday, Wednesday & Friday
Beginning January 8th
Bellwood

Shoe Repairs: Questions & Answers
10:30 am
January 24th
Bellwood

Spanish Class
10:30 am
January 4th, January 11th, January 18th
& January 25th
Bellwood

Spanish Club
11:00 am
January 12th & January 26th
Bellwood

Surprise Bingo
12:15 pm
January 17th Forest Park
January 30th Bellwood

registration is required for this activity to take place.

Tax Filing Assistance The American Association of Retired Persons (AARP) is providing free income tax filing assistance at the Senior Citizen Center in Bellwood for low-and middle-income seniors age 60 and older on Thursdays, February 1st through April 5th, 8:30 am to 12:30 pm. Appointments are required. Seniors should bring

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Tax Filing Assistance
By Appointment
Thursdays February 1st through April 5th
Bellwood

Tea Tasting
10:30 am
January 2nd, January 9th, January 16th,
January 23rd & January 30th
Bellwood & OARS

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

Terrific Bingo
12:15 pm
January 23rd
Bellwood

Vaccines for Adults
10:30 am
February 8th
Bellwood

Waffle Sundaes
12:15 pm
January 18th Bellwood & OARS
January 19th Forest Park

Wellness – It's More Than Just the Absence of Disease
10:30 am
January 11th
Bellwood

Winter Get-A-Way

(Continued from page 1)

- women who have had a previous mammogram within the past twelve months
- women who have not had a period in the last 30 days unless the patient is menopausal

Screening appointments are limited, and participants are being accepted on a first-come, first serve basis.

New Reading Club

West Suburban Senior Services and the Bellwood Public Library are pleased to announce the formation of a Best Sellers reading group at the Senior Citizen Center.

Each month, seniors may read a recent selection from the Best Sellers' list, alternating fiction and non-fiction. The reading group's first meeting is scheduled for January 30th, 9:30 am to 10:30 am. Seniors planning to participate should telephone the agency to sign out copies of the first reading s e -



lection.

New Year's...An Old Tradition

How long has the New Year been an occasion for celebration? The Babylonians are known to have celebrated the New Year approximately 4,000 years ago. The first day of the Babylonian year was the first new

moon (or visible crescent) after the vernal equinox, around March 23rd. A common Babylonian New Year's resolution was the custom of returning something borrowed from a friend during the previous year. Their New Year lasted for eleven days, with each day having its own particular mode of celebration.

The Romans continued to celebrate the New Year in late March, but various emperors continually tampered with the calendar such that it soon became out of synchronization with the sun. In order to set the calendar right, the Roman senate, in 153 BC declared January 1st to be the beginning of the New Year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian calendar. It again established January 1st as the New Year, but in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days. The Romans named the first month after Janus, a mythical king of early Rome. Janus is also the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back. Thus he could look forward and backward at the same time. At midnight on December 31st, the Romans imagined Janus looking back at the old year and forward to the new one. The Romans began a tradition of exchanging gifts on New Year's Eve by giving each other branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god Janus became more common New Year's gifts. A common resolution in Rome was to seek forgiveness from enemies of previous years.

The tradition of using a baby to signify the New Year was begun in Greece around 600 BC. It was their tradition to celebrate Dionysus, the god of wine, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol

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(Continued from page seven)

National Pie Day Observance Seniors are invited to participate in this event January 23rd, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. For \$1.00, participants may enjoy a variety of pies. Reservations are required.

Nutritional Supplements and Medication Interactions University of Illinois Extension is presenting this program January 22nd, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood, and February 9th, 10:45 am, at River Park Center.. Reservations are recommended.

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 January 29th, 10:30 am, at the Senior Citizen Center in Bellwood.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (January 5th), 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 5th and January 26th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood; January 22nd, 10:00 am, at OARS Center; and January 31st, 12:15 pm, at River Park Center. Cost is \$1.00 per card; the fee includes prizes and refreshments. A minimum participation is required for this activity to take place.

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 participant receives an instructional book. The class is scheduled, January 9th,

10:30 am, at the Senior Citizen Center in Bellwood.

Scavenger Hunt Seniors at OARS Center are invited to join in the fun January 8th at 12:15 pm. First, second and third place prizes are being awarded. A minimum registration is required for this activity to take place.

Senior Jazzercise This new class provides seniors an enjoyable way to become and stay physically fit. Taught by a trained instructor, the class features movement exercises that increase flexibility, strength and endurance. The class is being offered Monday, Wednesday and Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The first session is January 8th. (On Tuesdays and Thursdays, the current exercise class done with taped instruction continues.)

Shoe Repairs: Questions and Answers Bill's Shoe Service in Melrose Park is giving seniors an insider's look at this profession January 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The program is part of West Suburban Senior Services' month-long *Unusual Occupations* series.

Spanish Class Seniors receive instruction in basic conversational Spanish during this class. The class meets January 4th, January 11th, January 18th and January 25th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is free.

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 January 12th and January 26th, 11:00 am, at the Senior Citizen Center in Bellwood.

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended	January 2, 2007 Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	January 3, 2007 Beef Stroganoff White Rice Broccoli Cottage Cheese & Peaches	January 4, 2007 Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup	January 5, 2007 Baked Chicken Breast Herb Stuffing Peas & Carrots Spiced Apple Rings Fruit Yogurt
January 8, 2007 Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	January 9, 2007 Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	January 10, 2007 Polish Sausage on Bun Whipped Potatoes Sauerkraut Applesauce	January 11, 2007 Meatballs Mashed Potatoes California Vegetables Pineapple Orange Gelatin Salad	January 12, 2007 Oven Fried Chicken Leg Quarter Au Gratin Potatoes Peas & Carrots Cream of Broccoli Soup
January 15, 2007 <i>Closed for Martin Luther King, Jr's Birthday</i>	January 16, 2007 Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	January 17, 2007 Meatloaf Mashed Potatoes Green Beans Orange Pineapple Juice Applesauce	January 18, 2007 Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup	January 19, 2007 Barbecued Roast Pork Macaroni & Cheese Sweet Potatoes Seasoned Greens Peach Pie
January 22, 2007 Stuffed Cabbage Roll Whipped Potatoes Wax Beans Lettuce Wedge	January 23, 2007 Barbecued Chicken Macaroni & Cheese Carrots Coleslaw Banana	January 24, 2007 Meatball Sandwich Potatoes Green Beans Vegetable Soup Crumb Cake	January 25, 2007 Chili Mac Tossed Salad Apple Juice Butterscotch Pudding	January 26, 2007 Seafood Salad on Bun Pickled Cucumbers Pineapple Juice Split Pea Soup Mandarin Oranges
January 29, 2007 Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	January 30, 2007 Stuffed Green Peppers Creamed Potatoes Carrot Slices Cream of Mushroom Soup	January 31, 2007 Beef Stroganoff White Rice Broccoli Cottage Cheese & Peaches	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, lo-	

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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Westlake Hospital is coming to the Senior Citizen Center January 29th, 1:00 pm, to conduct hearing screenings. There is no fee for this service, but appointments are required by January 25th.

Holiday Survival Bingo Seniors are invited to unwind after the holiday season at this special activity January 2nd, 12:15 pm, at the Senior Citizen Center in Bellwood, and 10:00 am at OARS Center. The \$2.00 cost includes lunch.

How to Talk to Your Doctor About Pain Rainbow Hospice is presenting this program January 8th, 10:00 am, at OARS Center, and January 25th, 10:45 am, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Ice Cream Cones For 50 cents, seniors may enjoy this treat January 25th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and January 26th, 12:15 pm, at River Park Center. Reservations are required.

January Survival Bingo Here's an enjoyable way to beat the winter blahs January 22nd, 12:15 pm, at River Park Center. The \$2.00 cost includes lunch, and a minimum registration is required for this activity to take place.

Legal Assistance On January 16th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services 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 \$1.75. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

Martin Luther King Legacies Dr. R. Timothy Lee, clinical director of West Suburban Senior Services, is presenting this program January 16th, 10:00 am, at OARS Center, and January 19th, 10:45 am, at River Park Center. On January 29th at 10:45 am, the West Town Museum of Cultural History is presenting a program at the Senior Citizen Center in Bellwood.

METRA: Engineers, Conductors and More Seniors are invited to this program January 30th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is part of West Suburban Senior Services' month-long *Unusual Occupations* series.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned January 9th, 12:15 pm, at the Senior Citizen Center in Bellwood, and January 10th, 12:15 pm, at River Park Center.. This month's selection is *The Devil Wears Prada*, featuring Meryl Streep.

Mystery Fridays Surprises are planned for these days at OARS Center, and the only way to find out what they are is to be there! This month's Mystery Fridays are January 12th and January 26th from 10:00 am to 11:00 am.

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 2nd, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

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of rebirth. The early Christian church condemned New Year's celebrations as paganism, but eventually changed their stance as Christianity spread throughout the Western world. In the Middle Ages, the celebration was changed to December 25th, to celebrate the birth of baby Jesus. It was later changed to March 25th, a holiday called the Annunciation. In the sixteenth century, Pope Gregory XIII revised the Julian calendar to our present day Gregorian calendar, and the celebration of the New Year was returned to January 1st. German immigrants, who had been using the effigy since the fourteenth century, brought the baby as a symbolic representation of the New Year to early America.

New Year's resolutions represent a new beginning, whether to stay fit, eat healthier, stop smoking, or mend relationships with others. Whatever your New Year's resolution, the key to maintaining it is not to pledge too drastic a change in your habits, as those are most likely to be the first resolutions to go by the wayside before Valentine's Day.

Your Kindness is Appreciated

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

West Suburban Senior Services Announces New Winter Emergency Lunch Program

To help ensure that seniors' nutritional needs are not interrupted during winter storms, West Suburban Senior Services is implementing an experimental program in January that affords seniors (age 60 and older) the opportunity to purchase a boxed lunch on the day before a storm is predicted. This emergency lunch program takes effect weekdays when the National Weather Service predicts three or more inches of snow. To participate in this program, seniors must telephone their boxed lunch reservation to the Senior Citizen Center in Bellwood forty-eight hours before the storm is predicted to arrive. They can then pick up their boxed lunch there the next day between 10:30 am and 12:30 pm. For example, if a storm is predicted on a Thursday, seniors may order a boxed lunch through 10:00 am on Tuesday and pick it up Wednesday between 10:30 am and 12:30 pm. The suggested meal donation is \$1.75.

Spend This Winter with Us!

West Suburban Seniors Services has planned an array of January activities to help seniors combat the winter blahs. These include

- a winter meal special
- new "medical school" workshops and an *Unusual Occupations* series
- a Best Sellers reading club
- Senior Jazzercise
- tea tasting parties
- tasty desserts
- expanded recreational activities and programs

To learn more, simply review this issue of *The Senior Chronicle*, or telephone the Senior Center.

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Carnation Day Observance West Suburban Senior Services is participating in the national observance of Carnation Day January 29th at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers. Fresh flowers and a candlelight lunch are among the planned festivities. The observance begins at 10:45 am, and the \$2.00 cost includes lunch at 11:30 am. Reservations are required by 12:00 noon on January 26th.

Cheese Cake Day For \$1.00, seniors may enjoy this dessert January 11th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and January 12th, 12:15 pm, at River Park Center. Reservations are required.

Chocolate Covered Cherry Day Observance January 3rd marks this national celebration, and following lunch, West Suburban Senior Services is serving a special dessert at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00

Coffee Education January is Gourmet Coffee Month, and Starbucks in Forest Park is conducting two workshops to help seniors pair coffees with foods. The classes are being held January 9th, 10:30 am, at the Senior Citizen Center in Bellwood, and January 12th, 10:30 am, at River Park Center. The classes are free.

Exercise Class – Audio Tape This class is a fun way to increase strength, build endurance and improve movement. The class is held Tuesdays and Thursdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Foods: Fact and Fiction University of Illinois Extension is presenting this informative program January 30th, 10:00 am, at OARS Center. Reser-

vations are recommended.

Forget Me Not Tea Party This activity is scheduled January 12th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood, and January 24th, 10:00 am, at River Park Center. The \$1.00 cost includes refreshments and a program. Reservations are required, and a minimum registration is necessary for this activity to take place.

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 the Senior Citizen Center in Bellwood. 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 9th and January 23rd at 10:30 am. Appointments are required.

Healthy Lifestyle Practices Presented by the Pavilion of Forest Park, this program is the first in West Suburban Senior Services' ongoing "medical school" workshops. It is scheduled January 12th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants should dress in comfortable clothes for this interactive program.

Hearing Screenings The audiologist from
(Continued on page seven)

Briefly Stated

Advisory Council Meeting
10:30 am
January 10th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Banana Splits
12:15 pm
January 4th Bellwood & OARS
January 5th Forest Park

Best Sellers Reading Club
9:30 am
January 30th
Bellwood

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

10:00 am
Thursdays at OARS

Bingo Bonanza
10:15 am
January 8th Bellwood & Forest Park
January 9th OARS

Breakfast Bingo
9:30 am
January 19th
Bellwood

Building Demolitions: Fact and Fiction
10:30 am
January 16th
Bellwood

Carnation Day Observance
11:30 am
January 29th
Bellwood, Forest Park & OARS

Cheese Cake Day
12:15 pm
January 11th Bellwood & OARS

January 12th Forest Park
Chocolate Covered Cherry Day
Observance
12:15 pm
January 3rd
Bellwood & Forest Park

Coffee Education
10:30 am
January 9th Bellwood
January 12th Forest Park

Exercise Class – Audio Tape
10:30 am
Tuesday & Thursday
Bellwood

Foods: Fact & Fiction
10:00 am
January 30th
OARS

Forget Me Not Tea Party
10:00 am
January 12th Bellwood
January 24th Forest Park

Foster Grandparents
10:30 am
To Be Announced
Bellwood

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

Haircuts
10:30 am
January 9th & January 23rd
Bellwood

Healthy Lifestyle Practices
10:30 am
January 12th
Bellwood

Hearing Screenings
1:00 pm
January 29th
Bellwood

Holiday Survival Bingo
10:00 am
January 2nd

OARS
12:15 pm
January 2nd
Bellwood

How to Talk to Your Doctor About Pain
10:00 am
January 8th
OARS

10:45 am
January 25th
Bellwood

Ice Cream Cones
12:15 pm
January 25th Bellwood & OARS
January 26th Forest Park

January Survival Bingo
12:15 pm
January 22nd
Forest Park

Legal Assistance
9:00 am
January 16th
Bellwood

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

Martin Luther King Legacies
10:00 am
January 16th OARS

10:45 am
January 19th Forest Park

10:45 am
January 29th Bellwood

METRA: Engineers, Conductors & More
10:30 am
January 30th
Bellwood

Movie Day
12:15 pm
January 9th Bellwood

(Continued on page eleven)

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, Open Kitchens catering, and agency staff. The Advisory Council is meeting January 10th, 10:30 am, at the Senior Citizen Center in Bellwood.

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

Banana Splits This treat is being served January 4th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and January 5th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

Best Sellers Reading Club West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers' reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's first meeting is January 30th, 9:30 am to 10:30 am, at the Senior Citizen Center. Seniors planning to participate should telephone the agency now to sign out copies of the January reading selection.

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

Bingo Bonanza A double session of party bingo is planned January 8th at the Senior Citizen Center in Bellwood and at River Park Center, and January 9th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Breakfast Bingo French toast, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party January 19th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on January 17th, and a minimum registration is required for this activity to take place.

Building Demolitions: Fact and Fiction Terra Demolition of Franklin Park is coming to the Senior Citizen Center in Bellwood January 16th, 10:30 am, to give seniors insights about this work. The program is part of West Suburban Senior Services' month-long *Unusual Occupations* series.

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