

(Continued from page ten)

22nd, 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.

**Taste of Italy** Italian music, refreshments and lunch highlight this celebration July 1<sup>st</sup>, 11:00 am, at River Park Center, and July 29<sup>th</sup>, 11:00 am, at Bellwood Senior Center. Reservations are required by 12:00 noon June 30<sup>th</sup> and July 28<sup>th</sup>, respectively. Suggested meal donation is \$1.50.

**Terrific (Free) Bingo Party** Mariner Health of Westchester is hosting complimentary party bingo July 26<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on July 25th. Suggested meal donation is \$1.50.

**Veterans' Information** On August 9<sup>th</sup>, a representative from the Illinois Department of Veter-

ans' Affairs is coming to Bellwood Senior Center from 10:45 am to 12:00 noon to answer benefit related questions and to assist with other problems. Seniors are encouraged to make appointments by telephoning West Suburban Senior Services.

**Victorian Tea** Seniors are invited to participate in this unique experience August 16<sup>th</sup>, 1:00 to 2:30 pm, at the Under The Ginkgo Tree Bed and Breakfast in Oak Park. The \$7.00 fee includes tea, cakes, fresh fruit, a tour of the home and related history. Paid reservations are required at Bellwood Senior Center by August 8<sup>th</sup>. A minimum registration is required for this outing to take place.

**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.

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

## Senior Center Reunion

**W**est Suburban Senior Services is pleased to announce its First Annual Bellwood Senior Center reunion on August 19th. This is a special opportunity for seniors who have moved out of the area and for those who have not been able to visit the Senior Center recently for other reasons to reunite with old friends. Festivities begin with appetizers at 11:00 am. A cook out follows at 11:30 am. Reservations are required by 12:00 noon on August 18<sup>th</sup>.

Seniors are encouraged to pass along information about the reunion to their friends.

## Assistance Available for New Medicare Prescription Drug Program

**S**ocial Security staff are coming to Bellwood Senior Center Tuesdays in July, 10:30 am to 12:00 noon, to help eligible seniors complete applications for the new Medicare Prescription Drug Program (Medicare Part D) that takes effect in January 2006.

Seniors are encouraged to make appointments for this assistance by telephoning West Suburban Senior Services at (708) 547-5600. In addition, West

Suburban Senior Services has trained volunteers available to assist homebound seniors complete the benefit application. Appointments for this service may be made by contacting the agency.

## Are You Receiving the Benefits to Which You're Entitled?

**D**o you need help completing and submitting applications? Have you been denied a benefit without sufficient explanation? Do you need help organizing paperwork? Do you want to learn more about government or other public benefits for which you might be eligible?

If you answered "yes" to any of these questions, you are invited to contact Consuelo LeZama, West Suburban Senior Services' Senior Advocate. The Senior Advocate program helps individuals age 60 and older understand and obtain benefits and services. This program is free and confidential.

You can receive help with

- Social Security
- Supplemental Security Income
- Medicaid "Spend Down"
- Qualified Medicare Beneficiary (QMB)
- Specified Low Income Medicare Beneficiary (SLMB)

(Continued on page nine)

### 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

(Continued from page nine)

- mind games.
- Set personal goals – Decide when and how to increase the frequency, duration, or intensity of your walks, then go for it! It may help to keep a journal of your progress.
- Enjoy the scenery – Many malls have attractive decorations and store displays, especially during holiday seasons. Malls are also fun places to “people watch.”
- Think, dream, and plan – Use this time to “clear your head.” Don’t fall into the trap of thinking about all the things you have to do or catch up on at home. This is your time to plan your summer garden, imagine a trip you’d like to take, plan a meal for yourself and special guests, or just think about wonderful things you’d like to accomplish in the future.
- Make friends – If you don’t have a buddy with whom you can walk, you may meet a fellow mall walker who is at your level and pace.
- Reward yourself – give yourself a reward for walking – you’ve earned it. Stop for a fruit smoothie or low-fat yogurt, buy a new sweat-shirt, or take a hot bath when you get home. These small indulgences not only remind you

that you’re doing something positive for yourself, but also will help motivate you to stick with your program.

### Safe Crockery Cooking

**A**s temperatures soar, the electric crockery pot becomes an alternative to heating up the kitchen during the summer. However, it is important to follow safety rules when slow cooking. Meat should not cook below the 140 degree F danger zone for two hours or more. The crockery pot temperature on the low setting may read 200 degrees F, but everything in the pot may not be 200 degrees F. If you plan to use the low setting, turn the crockery pot on high (300 degrees F) for the first hour; then turn it to the lower setting. Also, never use frozen meat in a slow cooker. Because it takes too long for meat to thaw, the meat stays in the danger zone for too long. Thaw frozen vegetables slightly before adding to the pot, and add them during the last hour of cooking. In addition, don’t take the cooker’s cover off during cooking. Each time the cover is taken off, you lose about 30 minutes of cooking time.

(Continued from page five)

	<b>Regional Transportation Authority Reduced Fare Program</b>	<b>Saturday Lunch Outing</b>	Bellwood
		11:15 am	
<b>Pinochle Party</b>	11:00 am	July 9 <sup>th</sup>	<b>Veterans' Information</b>
12:15 pm	July 14 <sup>th</sup>	Northlake	10:45 am
July 11 <sup>th</sup> , July 18 <sup>th</sup> & July 25 <sup>th</sup>	Forest Park		August 9 <sup>th</sup>
Bellwood		<b>Spanish Club</b>	Bellwood
	<b>Rules of the Road Review Class</b>	11:00 am	
<b>Podiatry Clinic</b>	1:00 pm	July 8 <sup>th</sup> and July 22 <sup>nd</sup>	<b>Victorian Tea</b>
Thursdays in Bellwood	July 25 <sup>th</sup>	Bellwood	1:00 pm
July 1st in Forest Park	Bellwood		August 16 <sup>th</sup>
	<b>Pokeno</b>	<b>Taste of Italy</b>	Oak Park
	12:15 pm	11:00 am	
July 1 <sup>st</sup> , July 8 <sup>th</sup> , July 22 <sup>nd</sup> &	July 29 <sup>th</sup>	July 1 <sup>st</sup> Forest Park	<b>Weight Loss Program/Meeting</b>
July 29 <sup>th</sup>	Bellwood	July 29 <sup>th</sup> Bellwood	9:30 am
Bellwood			Fridays
	<b>Saturday Cook Out</b>	<b>Terrific (Free) Bingo Party</b>	Bellwood
	11:30 am	12:15 pm	
	July 30 <sup>th</sup>	July 26 <sup>th</sup>	
	Bellwood		

(Continued from page three)

**Bunco Party** Seniors are invited to relax, enjoy refreshments and play this game July 25<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Reservations are required by July 22nd.

**Casino Trip** West Suburban Senior Services is hosting an outing to the Horseshoe Casino, Hammond, Indiana, on August 10<sup>th</sup>. The bus departs from Bellwood Senior Center at 8:00 AM and returns there at approximately 4:00 pm. The \$23.00 per-person fee includes round trip bus transportation, an all-you-can-eat buffet, four hours of gaming, and a \$5.00 coin voucher. Paid cash reservations are required at Bellwood Senior Center by July 22nd, and the fee is nonrefundable. Participant must also furnish their name, address, telephone number and birth date (including year) to the casino. A minimum registration is required for this event to take place.

**Christmas in July** Bellwood Senior Center and River Park Center are assuming a holiday atmosphere, and seniors are invited to renew their holiday spirit. Festivities are set July 28<sup>th</sup>, 10:30 am, at Bellwood Senior Center, and July 29<sup>th</sup>, 10:30 am, at River Park Center. Lunch is served at 11:30 AM for the suggested donation of \$1.50. Reservations are required by 12:00 noon on July 27<sup>th</sup> and July 28<sup>th</sup>, respectively.

**Cook Out** Hamburgers highlight the menu for this summer activity July 6<sup>th</sup>, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. Suggested meal donation is \$1.50, and reservations are needed by 12:00 noon on July 5<sup>th</sup>. Complimentary party bingo follows at the Bellwood and River Park sites.

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

**Creative Writing Adventure** This class is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. On July 26<sup>th</sup>, 10:00 am to 11:30 am, at Bellwood Senior Center, participants are learning various aspects of writing: techniques to advance plot and develop character, to critique their own work and the writings of others, to revise their work, to copyright and publish their work, and much more. Interested seniors may register for the class by telephoning West Suburban Senior Services.

**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 July 25<sup>th</sup>, 12:15 pm, at Bellwood Senior Center.

**Diabetes and Kidney Disease** The link between diabetes and kidney disease is the focus of a program July 29<sup>th</sup>, 10:30 am, at River Park Center. Kimberly Fowler, RN, prevention programs manager from the National Kidney Foundation of Illinois, is the presenter. A diabetes screening follows the program. Seniors planning to stay for lunch need a reservation by 12:00 noon on July 28<sup>th</sup>. Suggested meal donation is \$1.50.

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

**Fire Cracker Parfaits** This ice cream and cake dessert is being served July 1<sup>st</sup>, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

**Foster Grandparents** West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is

(Continued on page seven)

(Continued from page front cover)

- ❑ Senior Tax Exemption
- ❑ Senior Citizen Tax Freeze
- ❑ Energy Assistance (LIHEAP)
- ❑ Circuit Breaker Pharmaceutical Card
- ❑ SeniorCare Card
- ❑ Illinois Rx Buying Club
- ❑ Food Stamps (LINK)
- ❑ Aid to Aged, Blind and Disabled Individuals (AABD)
- ❑ Money Management

In addition, the Senior Advocate and trained volunteers screen seniors for benefits by completing a Benefits Check Up questionnaire and report not only for Illinois but also for any state in the United States. They also clarify benefits, assist with paperwork, help obtain necessary documents, and advocate on behalf of seniors with other involved parties.

Seniors are encouraged to telephone West Suburban Senior Services at (708) 547-5600, extension 231, for an appointment. Presentations for senior groups and clubs may also be scheduled.

#### Mall Walkers Unite!

**M**any seniors looking for reasonable exercise options that allow them to escape the winter cold or the summer heat, turn to mall walking. Many shopping malls operate special hours, prior to when stores are open, for mall walking. Some mall walking programs may include informational seminars on heart health, exercise, nutrition and other topics. They may have monthly activities sponsored by local hospitals or other healthcare organizations. If your local mall has perks like this, take advantage of them! If your mall doesn't have a walking program, consider talking to the mall's management staff to find out why. Some malls don't

want to be responsible for possible injuries, and if this is the case, suggest that the staff develop a consent form mall walkers must sign before joining the program. Perhaps the mall staff isn't aware of how much public support there might be for a mall walking program. If you have friends, relatives, or neighbors who want to mall walk, ask them to call the promotions department of the mall to express their interest.

Once the program is in place, stay involved – not just by walking, but by suggesting new ideas for the keeping the program fresh and fun. It might be fun to come up with a special program name and logo that communicates the physical and social benefits of mall walking. Mall merchants may be willing to donate items as prizes to mall walkers who complete a designated distance. Popular prizes include: water bottles, books, mugs, fanny packs, pens and pencils, gift certificates, and store discounts.

One of the most important things to remember about mall walking is this: Have fun! You're more likely to keep walking if you look forward to it, enjoy it, and can find creative ways to stay entertained. Here are some tips for making your mall walking routine more enjoyable:

- Walk with a buddy – Make sure your buddy is at the same fitness level and can walk at the same pace for the same amount of time.
- Window shop – Mall walking is a great way to keep an eye on bargains.
- Listen to “walking songs” – Make a cassette tape of tunes that have “walking” rhythms to which you can listen while walking.
- Make plans for after your walk – Coffee with friends, lunch, or shopping in the mall where you walk.
- Play games – Play “mind games” in which you look for signs in the mall with certain letters, or sequences of letters, or make up your own

(Continued on page eleven)

### 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.			All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements	<b>July 1, 2005</b> Meatball Sandwich Rotini Noodles Carrots Coleslaw Fruit Gelatin
<b>July 4, 2005</b>  <i>Closed for July 4<sup>th</sup> Holiday</i>	<b>July 5, 2005</b> Creamy Chicken and Broccoli Steamed Rice Carrot-Raisin Salad Fresh Grapes	<b>July 6, 2005</b> Hamburger on Bun Potato Salad Sliced Tomatoes Fruit Juice Banana Pudding	<b>July 7 2005</b> Beef Chop Suey Steamed Rice Lettuce Salad Nectarine	<b>July 8, 2005</b> Smothered Chicken Breast Quarter Mashed Potatoes California Vegetables Orange Juice Chilled Pears
<b>July 11, 2005</b> Turkey Tetraxini Green Beans Sliced Cucumbers Peach Pie	<b>July 12, 2005</b> Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Fresh Cantaloupe	<b>July 13, 2005</b> Baked Chicken Leg Quarter Herb Stuffing Succotash Cranberry Juice Pineapple Chunks	<b>July 14, 2005</b> Barbecued Ribette Spaghetti Greens Creamy Coleslaw Chilled Peaches	<b>July 15, 2005</b> Swedish Meatballs Rice Pilaf Sliced Carrots Apple Juice Angel Food Cake with Strawberries
<b>July 18, 2005</b> Spaghetti and Meatballs Italian Mixed Vegetables Tossed Salad Fresh Honey Dew Melon	<b>July 19, 2005</b> Roasted Chicken Breast Quarter Mashed Potatoes Peas and Pearl Onions Sweet and Sour Coleslaw Frosted Lemon Cake	<b>July 20, 2005</b> Barbecued Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Banana	<b>July 21, 2005</b> Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	<b>July 22, 2005</b> Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice Cookie
<b>July 25, 2005</b> Grecian Chicken Leg Quarter Herb Rice Zucchini and Tomatoes Cranberry Juice Fresh Plum	<b>July 26, 2005</b> Stuffed Green Pepper Potatoes O'Brien Corn Tossed Salad Tapioca Pudding	<b>July 27, 2005</b> Mexican Pork Chop Roasted Potatoes Stewed Tomatoes Apple Juice Watermelon	<b>July 28, 2005</b> Barbecued Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	<b>July 29, 2005</b> Meatball Sandwich Rotini Noodles Carrots Coleslaw Fruit Gelatin

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

(Continued from page four)

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 July 13<sup>th</sup> and July 26<sup>th</sup> at 10:30 am. Appointments are required.

**Hearing Screenings** The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center July 14<sup>th</sup>, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon July 12<sup>th</sup>.

**Hotdoggers Party** Seniors are invited to top their lunch dogs with a variety of goodies at this cook out July 22<sup>nd</sup>, 11:00 am, at Bellwood Senior Center and River Park Center. In addition to lunch, games and door prizes are planned. The \$2.00 fee includes the meal and other festivities. Reservations are required by 12:00 noon on July 21<sup>st</sup>.

**Hypnosis: An Introduction** Dr. Ralph Francis of the Francis Clinic in Harwood Heights is discussing the basics of hypnosis July 14<sup>th</sup>, 11:00 AM, at Bellwood Senior Center. Reservations are recommended and may be made by telephoning Bellwood Senior Center.

**Ice Cream Month Celebration** July is National Ice Cream Month, and West Suburban Senior Services invites seniors to enjoy an assortment of tasty treats for \$1.00 each. Strawberry sundaes are being served July 7<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and July 8<sup>th</sup>, 12:15 pm, at River Park Center. Seniors may enjoy a banana split July 14<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and July 15<sup>th</sup>, 12:15 pm, at River Park Center. Milk shakes are being featured July 19<sup>th</sup>, 12:15 pm, at Bellwood and River Park Centers. Seniors may build their own Magic Mountain sundaes July 21<sup>st</sup>, 12:15 pm, at Bellwood Senior Center, and July 22<sup>nd</sup>, 12:15 pm, at River Park Center. The festivities conclude with an ice cream surprise July 28<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and July 29<sup>th</sup>, 12:15 pm, at River Park Center. Reservations are required twenty-four hours before each scheduled activity.

**Ice Sculpting Tour** Nadeau's Ice Sculptures, Inc, Forest Park, is the destination for this unique tour July 19<sup>th</sup> from 10:45 am to 11:45 am. Participating seniors have the opportunity to see ice being made, a program on ice sculpting, and an actual ice sculpture in progress. There is no fee for this tour, but reservations are required at Bellwood Senior Center by July 13<sup>th</sup>.

**Jumpin' July Festival** Bingo, other table games and root beer floats are planned for this event July 12<sup>th</sup> at Bellwood Senior Center. Bingo is being played from 10:00 am to 10:45 am; other table games are scheduled from 10:45 am to 11:15 am, and from 12:15 pm to 1:15 pm. The \$2.00 fee includes lunch, the games, and a root beer float. Reservations are required by 12:00 noon on July 11<sup>th</sup>.

**Karaoke Party** Seniors are invited to enjoy the music of yesteryear July 18<sup>th</sup>, 11:00 am to 12:30 pm, at Bellwood Senior Center. Jim Pappa is en-

(Continued on page eight)

(Continued from page seven)

tertaining. Reservations are required by 12:00 noon July 15<sup>th</sup>.

**Legal Assistance** On July 19<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.

**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.

**Maywood Park Dinner Outing** West Suburban Senior Services is organizing a dinner outing to Maywood Park August 25<sup>th</sup> at 6:00 pm. The Surf and Turf buffet includes all-you-can-eat prime rib carved to order, crab legs, a pasta bar, a chicken entrée, vegetables, potatoes, salad bar and dessert table. The meal cost is \$9.95, not including coffee or other beverage. Also, tax and tip are extra. (The total is \$12.00 per person, not including a beverage.) A minimum number of participants is required for the park's group rate. Seniors are responsible for their own transportation to the park. Free parking is available across from the park, or seniors may have valet parking for a \$4.00 fee. Park admission and program costs are included in the dinner fee. Prepaid cash reservations are required at Bellwood Senior Center by August 11<sup>th</sup>.

**Medicare Prescription Drug Program Application Assistance** Staff from the Social Security

office in Hillside are coming to Bellwood Senior Center each Tuesday in July, 10:30 am to 12:00 noon, to help seniors complete applications for the new Medicare Prescription Drug Program (Medicare Part D) that takes effect in January 2006. In addition, West Suburban Senior Services has trained volunteers available to help home-bound seniors complete the benefit application

**Movie Day** Popcorn, soft drinks, good company, and an entertaining movie are being featured July 19<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. This month's selection is *Ladder 49*. Reservations are required by July 18<sup>th</sup>.

**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 July 5<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 July 13<sup>th</sup>.

**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, July 25<sup>th</sup>, at Bellwood Senior Center.

**Pinochle Party** Seniors are invited to play this challenging card game July 11<sup>th</sup>, July 18<sup>th</sup> and July 25<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

(Continued on page ten)

**Briefly Stated**

**Advisory Council Meeting**  
10:30 am  
July 13<sup>th</sup>  
Bellwood

**Antique Road Show**  
12:15 pm  
July 25<sup>th</sup>  
Bellwood

**Art Class**  
9:00 am  
Tuesdays  
Bellwood

**Beat-the-Heat Scavenger Hunt**  
10:30 am  
July 20<sup>th</sup>  
Bellwood

**Beginning Genealogy Class**  
10:45 am  
July 18<sup>th</sup>  
Bellwood

**Beginning Spanish Class**  
10:30 am  
July 7<sup>th</sup>, July 14<sup>th</sup>, July 21<sup>st</sup> &  
July 28<sup>th</sup>  
Bellwood

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

**Bingo Bonanza**  
10:00 am  
July 11<sup>th</sup>  
Bellwood

**Birthday Celebration**  
12:15 pm  
July 19<sup>th</sup>  
Bellwood, Forest Park &  
OARS

**Breakfast Bingo**  
9:00 am  
July 15<sup>th</sup>  
Bellwood

**Bunco Party**  
12:30 pm  
July 25<sup>th</sup>  
Bellwood

**Casino Trip**  
7:45 am  
August 10<sup>th</sup>  
Hammond, IN

**Christmas in July**  
10:30 am  
July 28<sup>th</sup> Bellwood  
July 29<sup>th</sup> Forest Park

**Cook Out**  
11:30 am  
July 6<sup>th</sup>  
Bellwood, Forest Park &  
OARS

**Craft Coop**  
12:15 pm  
Fridays  
Bellwood

**Creative Writing Adventure**  
10:00 am  
July 26<sup>th</sup>  
Bellwood

**Declutter Club**  
12:15 pm  
July 25<sup>th</sup>  
Bellwood

**Diabetes and Kidney Disease**  
10:30 am  
July 29<sup>th</sup>  
Forest Park

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

**Firecracker Parfaits**  
12:15:pm  
July 1<sup>st</sup>  
Forest Park

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

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

**Haircuts**  
10:30 am  
July 13<sup>th</sup> & July 26<sup>th</sup>  
Bellwood

**Hearing Screenings**  
9:00 am  
July 14<sup>th</sup>  
Bellwood

**Hotdoggers Party**  
11:00 am  
July 22<sup>nd</sup>  
Bellwood & Forest Park

**Hypnosis: An Introduction**  
11:00 am  
July 14<sup>th</sup>  
Bellwood

**Ice Cream Month Celebrations**  
12:15 pm  
Dates Vary  
Bellwood & Forest Park

**Ice Sculpting Tour**  
10:45 am  
July 19<sup>th</sup>  
Forest Park

**Jumpin' July Festival**  
11:00 am  
July 12<sup>th</sup>  
Bellwood

**Karaoke Party**  
11:00 am  
July 18<sup>th</sup>  
Bellwood

**Legal Assistance**  
9:00 am  
July 19<sup>th</sup>  
Bellwood

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

**Maywood Park Dinner Outing**  
6:00 pm  
August 25<sup>th</sup>  
Melrose Park

**Medicare Part D Prescription Drug Benefit Application Assistance**  
10:30 am  
July 5<sup>th</sup>, July 12<sup>th</sup>, July 19<sup>th</sup> &  
July 26<sup>th</sup>  
Bellwood

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

**Mystery Reading Club**  
9:30 am  
July 5<sup>th</sup>  
Bellwood

**Mystery Wednesday**  
11:00 am  
July 13<sup>th</sup>  
Bellwood, Forest Park &  
OARS

**Officers' Club**  
10:30 am  
July 25<sup>th</sup>  
Bellwood

(Continued on page eleven)

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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 (July 1st), 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 July 1st, July 8<sup>th</sup> and July 22<sup>nd</sup> and July 29<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Regional Transportation Authority Reduced Fare Program** Regional Transportation Authority staff are at River Park Center July 14<sup>th</sup>, 11:00 am to 1:00 pm, to register seniors (age 65 and older) for its reduced fare program. Interested seniors should bring a driver's license, RTA reduced fare permit, passport, State of Illinois identification card, United States immigration alien registration card, or other official government identification with a photo and a birth date as a form of identification. Photographs are being taken and affixed to the reduced fare permit.

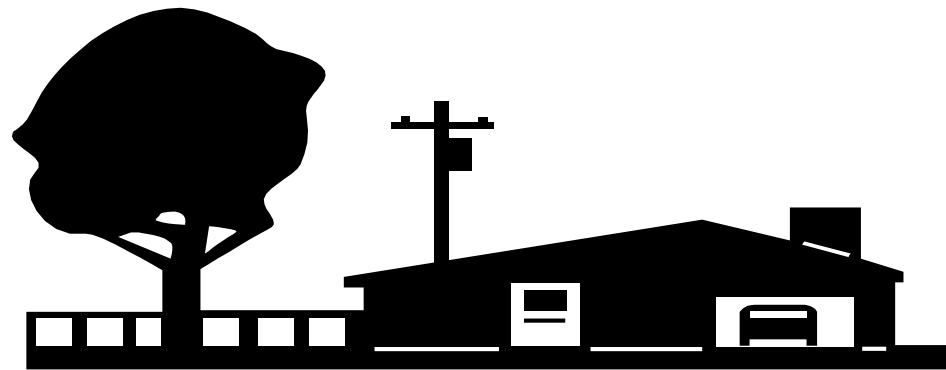
**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is

given, and each student receives an instructional book. The class is scheduled July 25<sup>th</sup>, 1:00 pm, at Bellwood Senior Center.

**Saturday Cook Out** *Ladies on the Move*, a diversified group of women whose mission it is to give back to the community, is hosting a complimentary cook out for up to fifty seniors July 30<sup>th</sup>, 11:30 am, at Bellwood Senior Center. The menu features hamburgers, hot dogs, potato chips, and beverages. Participants also have the opportunity to play a variety of board games. Reservations are being accepted on a first-come, first serve basis.

**Saturday Lunch Outing** West Suburban Senior Services is hosting a lunch outing July 9<sup>th</sup>, 11:15 am, at Old Country Buffet, 139 West North Avenue, Northlake. The \$7.28 per person price includes tax. Participating seniors are responsible for securing their own transportation and for paying their own bill at the restaurant. Reservations are required by July 7<sup>th</sup>.

**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, July 8<sup>th</sup> and July

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# 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 July 13<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**Antique Road Show** Arcade Antiques and Jewelry in Riverside is coming to Bellwood Senior Center July 25<sup>th</sup>, 12:15 pm to 1:15 pm, to do appraisals. Interested seniors may have two items appraised for a \$5.00 fee. Paid reservations are due at the Senior Center by July 18<sup>th</sup>. A minimum registration is required for this activity to take place.

**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. Interested students of all levels can join by telephoning West Suburban Senior Services. There is a fee for enrollment.

**Beat-the-Heat Scavenger Hunt** Get your team of three together and search for more than 25 items while enjoying the cool temperatures in Bellwood Senior Center. The fun is set for July 20<sup>th</sup> at 10:30 am. Registration is required by July 14<sup>th</sup>. A minimum number of teams is required for this activity to take place.

**Beginning Genealogy Class** Seniors interested in tracing their family roots are invited to this class July 18<sup>th</sup>, 10:45 am, at Bellwood Senior Center. Reservations are recommended.

**Beginning Spanish Class** Seniors learn basic conversational Spanish during this class. This month's sessions are July 7<sup>th</sup>, July 14<sup>th</sup>, July 21<sup>st</sup> and July 28<sup>th</sup>, 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 July 11<sup>th</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 July birthday are invited to this special party July 19<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on July 18<sup>th</sup>.

**Breakfast Bingo** Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo July 15<sup>th</sup>, 9:00 am to 10:30 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on July 13<sup>th</sup>; a minimum registration is required for this activity to take place.

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