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Summer Carnival Games, party bingo and special refreshments highlight this event July 18th at River Park Center. Festivities begin with games and hand painting from 10:45 am to 11:15 am. Lunch is served at 11:30 am, followed by bingo from 12:15 pm to 1:15 pm. The \$2.00 cost includes lunch and all activities. Reservations are required by 12:00 noon on July 17th.

State Police Forensic Laboratory Staff from the State Police Forensic Laboratory is coming to the Senior Citizen Center in Bellwood July 10th, 10:30 am to 11:30 am. The program focuses on analysis of evidence.

Terrific Bingo Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo July 25th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Therapeutic Exercises July is National Therapeutic Recreation Month, and staff from Westlake Hospital are coming to the Senior Citizen Center in Bellwood July 20th, 10:45 am

to 11:30 am, to demonstrate sitting and standing exercises for seniors. Reservations are recommended.

Veterans' Information Session The Illinois Department of Employment Security is coming to the Senior Citizen Center in Bellwood July 27th, 10:30 am to 11:30 am, to present information about employment issues and related concerns of interest to veterans and their survivors. Reservations are recommended.

Waffle Sundaes This tasty treat is being served July 26th, 12:15 pm, at OARS Center and July 28th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

Wellness Series West Suburban Senior Services is pleased to host this series, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. On July 7th, West Suburban Hospital is presenting tips and strategies for weight management and loss. Additional programs are being scheduled.

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

West Suburban Senior Services Hosts 'Lunch With Your Mayor' Series

West Suburban Senior Services invites seniors to have lunch with their mayor this summer. This is an opportunity to meet informally with the mayor and to share ideas and concerns with him. Also, at each luncheon, West Suburban Senior Services' staff are being available to answer questions about programs, assistance and activities for area seniors.

Lunch is being served at 11:30 am on the designated dates. Seniors age 60 and older dine for the suggested donation of \$1.50. Because the meals are catered, reservations are required by 12:00 noon on the business day before each meeting.

At the time of *The Senior Chronicle's* publication, the following luncheons have been scheduled:

*Senior Citizen Center
439 Bohland Avenue
Bellwood*

July 10th Hillside Mayor Joseph Tamburino
July 17th Bellwood Mayor Frank Pasquale
July 31st Melrose Park Mayor Ronald Serpico
August 21st Westchester Mayor Paul Gattuso

*River Park Center
8300 Roosevelt Road
Forest Park*

July 14th Forest Park Mayor Anthony Calderone
August 4th Broadview Mayor Henry Vicenik

Dining with Diabetes

University of Illinois Extension is coming to the Senior Citizen Center in Bellwood to present this three-session series. The program focuses on helping participants increase their knowledge of healthy food choices. Classes are scheduled August 4th, August 11th and August 18th, 9:00 am to 12:00 noon. The fee for the three sessions is \$15.00, and a minimum registration is required for this activity to take place.

The series includes meal planning, portion sizes, the nutritional value of foods, cooking with artificial sweeteners and low-fat products, exchange lists and carbohydrate counting. In addition, participants receive recommendations for eating at restaurants. Healthy versions of familiar, easy-to-prepare foods are being demonstrated.

Paid, non-refundable reservations are due at the Senior Citizen Center by July 28th.

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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 the 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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Dining with Diabetes
 9:00 am
 August 4th, August 11th &
 August 18th
 Bellwood

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

Fiesta & Lunch
 11:00 am
 July 26th
 Bellwood & OARS

Foster Grandparents
 10:30 am
 Monthly
 Bellwood

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

Gourmet Dinner Party
 5:00 pm
 July 28th
 Bellwood

Haircuts
 10:30 am
 July 12th & July 25th

Bellwood

Hawaiian Luau
 10:00 am
 July 12th OARS
 July 24th Forest Park

Hearing Screenings
 1:00 pm
 July 25th
 Bellwood

Holiday Bingo Party
 10:00 am
 July 3rd
 OARS

12:15 pm
 July 3rd
 Forest Park

Hotdoggers Bingo Party
 11:30 am
 July 15th
 Bellwood

Ice Cream Cones
 12:15 pm
 July 19th OARS
 July 20th Bellwood
 July 21st River Park

Indian Tea Party
 10:30 am
 July 11th
 Bellwood

Jumpin' July Festival
 10:15 am
 July 18th
 Bellwood

Legal Assistance
 9:00 am
 July 18th
 Bellwood

Lie Detectors: Fact and Fiction
 10:45 am
 July 13th
 Bellwood

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

Movie Day
 12:15 pm
 July 11th
 Bellwood

Mystery Reading Club
 9:30 am
 July 11th
 Bellwood

Officers' Club
 10:30 am
 July 31st
 Bellwood

Peach Melba Icy Delight
 12:15 pm
 July 13th Bellwood
 July 14th Forest Park

Podiatry Clinic
 Thursdays in Bellwood
 July 7th in Forest Park

Pokeno
 12:15 pm
 July 4th, July 14th & July 21st
 Bellwood

Regional Transportation Authority Reduced Fare Program
 11:00 am
 August 3rd Bellwood
 August 18th Forest Park

Russian Tea Party
 10:00 am
 July 31st
 Forest Park

Sciatica Program
 10:30 am
 July 31st
 Bellwood

Spa Day
 9:30 am
 July 10th
 Forest Park

Spanish Club
 11:00 am
 July 14th & July 28th
 Bellwood

State Police Forensic Laboratory
 10:30 am
 July 10th
 Bellwood

Summer Carnival
 10:45 am
 July 18th
 Forest Park

Terrific Bingo
 12:15 pm
 July 25th
 Bellwood

Therapeutic Exercises
 10:45 am
 July 20th
 Bellwood

Veterans' Information Session
 10:30 am
 July 27th
 Bellwood

Waffle Sundaes
 12:15 pm
 July 26th OARS
 July 28th Forest Park

Wellness Series
 9:30 am
 July 7th
 Bellwood

(Continued from front pager)

Cut Your Telephone Bill

Consumers now choose long distance service and their local phone company as well. They also have new choices for making long distance calls, including prepaid phone cards and 10-10 numbers. How can you use these choices to cut your phone bill? The University of Illinois Extension offers these suggestions.

First, learn the types of calls. In the Chicago area, there are three kinds of "local" calls. They are based on the distance from the telephone switching office that serves the callers to the switching office of the place they are calling. Calls within zero to eight miles are Band A calls. Band B calls are from eight to fifteen miles. Both Band A and B calls are local calls, but the cost may be differ-



ent. You might pay five cents for a Band A call, but five cents per minute for a Band B call. Band C calls are over 15 miles. They are called local toll calls and are charged by the minute.

Because of these differences, you can sometimes get a costly surprise. For example, you think you are dialing a local number when you use the Internet at home, but it is a Band B or a Band C call. That five-cent call you made turns out to be several dollars. Also, you may sign up for a package that offers unlimited local calls. However, it doesn't include local toll calls, but you didn't notice until you received your bill.

In addition, long distance calls are not necessarily treated the same. Many ads promote just one rate for long distance calls. However, in-state long distance calls (intra-state) calls may be much more expensive than out-of-state (inter-state) calls.

You want to choose a calling plan that fits the way you call, so look at the calls you make. Are most of your calls within Band A? Do you make many local toll calls? How many in-state and out-of-state long distance calls do you make? Do you make most of your calls during the daytime, in the evening or on the weekend?

Call your phone company, and ask a customer service representative to look at your past bills and tell you whether you would save money if you were on a different plan, or no plan at all. Compare offers from different companies. Don't assume a package will be the best deal. Especially on local calls, using basic service may be cheaper than paying for a plan that includes extra services you don't use or need.

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The group is meeting July 11th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. 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.

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 July 31st, 10:30 am, at the Senior Citizen Center in Bellwood.

Peach Melba Icy Delight This treat is a tasty way to help withstand the summer heat. It is being served July 13th, 12:15 pm, at the Senior Citizen Center in Bellwood, and July 14th, 12:15 pm, at River Park 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 (July 7th), 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 7th, July 14th and July 21st, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Regional Transportation Authority Reduced Fare Program Regional Transportation Authority staff are coming to the Senior Citizen Center in Bellwood August 3rd, 11:00 am to 1:00 pm, and River Park Center August 18th, 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.

Russian Tea Party Seniors are invited to participate in this activity July 31st, 10:00 am to 11:00 am, at River Park Center. The \$2.00 fee includes lunch. Reservations are required by 12:00 noon on July 28th.

Sciatica Program Celar Chiropractic is coming to the Senior Citizen Center in Bellwood on July 31st, 10:30 am to 11:30 am, to present an informational program about sciatica and to conduct a screening for it. Reservations are recommended.

Spa Day Seniors are invited to a day of information and relaxation July 10th at River Park Center. Festivities begin at 9:30 am with a breakfast snack bar. The University of Illinois Extension is presenting *A Fit and Fabulous You* program from 10:00 am to 11:30 am. Lunch is served at 11:30 am, followed by osteoporosis information from Rush-Oak Park Hospital. The \$2.00 charge includes the meal and activities. Reservations are required by 12:00 noon on July 6th.

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 July 14th and July 28th, 11:00 am, at the Senior Citizen Center in Bellwood.

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

(Continued on back cover)

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 3, 2006 Beef Hot Dog on Bun Baked Beans Potato Salad Party Mix Lemonade Strawberry Shortcake	July 4, 2006 Closed for Independence Day	July 5, 2006 Hamburger on Bun Potato Salad Lemonade Banana Pudding	July 6, 2006 Beef Chop Suey Steamed Rice Lettuce Salad Fortune Cookie	July 7, 2006 Smothered Chicken Breast Quarter Whole Potatoes California Vegetables Orange Juice Chilled Pears
July 10, 2006 Turkey Tetrazzini Green Beans Sliced Cucumbers Peach Pie	July 11, 2006 Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Fresh Cantaloupe	July 12, 2006 Baked Chicken Leg Quarter Herb Stuffing Succotash Cranberry Juice Pineapple Chunks	July 13, 2006 Bar-B-Que Ribette Spaghetti Greens Coleslaw Peach Halves	July 14, 2006 Swedish Meatballs Wild Rice Carrots Apple Juice Strawberries and Pound Cake
July 17, 2006 Veal Parmesan Rotini Italian Mixed Vegetables Tossed Salad Honey Dew Melon	July 18, 2006 Oven Roasted Chicken Breast Quarter Au Gratin Potatoes Peas Coleslaw Frosted Lemon Cake	July 19, 2006 Bar-B-Que Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Nectarine	July 20, 2006 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	July 21, 2006 Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice Brownie
July 24, 2006 Grecian Chicken Leg Herb Rice Zucchini and Tomatoes Cranberry Juice Fresh Plum	July 25, 2006 Stuffed Green Pepper Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	July 26, 2006 Taco Salad Spanish Rice Mexicorn Apple Juice Fruit Gelatin	July 27, 2006 Bar-B-Que Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	July 28, 2006 Polish Sausage on Bun Sauerkraut Carrots Pineapple Rings Banana
July 31, 2006 Roast Beef Whipped Potatoes Green Peas Lettuce Wedge Brownie	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.	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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Hearing Screenings The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood July 25th, 1:00 pm, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on July 21st.

Holiday Bingo Party Seniors are invited to this Independence Day celebration July 3rd at OARS and River Park Centers. At OARS, party bingo is scheduled from 10:00 am to 11:00 am; lunch follows at 11:30 am. At River Park, lunch is served at 11:30 am, followed by party bingo from 12:15 pm to 1:15 pm. The \$2.00 cost includes the meal and bingo.

Hotdoggers Bingo Party July is National Hot Dog Month, and seniors are invited to this Saturday event July 15th, 11:30 am to 1:00 pm, at the Senior Citizen Center in Bellwood. The menu features jumbo beef hot dogs with a variety of toppings, potato salad, coleslaw, fruit punch and watermelon. Party bingo follows lunch. The \$2.00 fee includes all activities. Reservations are required by 12:00 noon on July 13th.

Ice Cream Cones Seniors are invited to enjoy this traditional summer treat July 19th, 12:15 pm, at OARS Center; July 20th, 12:15 pm, at the Senior Citizen Center in Bellwood, and July 21st, 12:15 pm, at River Park Center. Cost is 50 cents; reservations are required.

Indian Tea Party India is one of the world's largest tea producers, and seniors are invited to learn about that country's traditions and enjoy some of its food at this tea party July 11th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required.

Jumpin' July Festival This event is scheduled July 18th at the Senior Citizen Center in

Bellwood. Festivities begin with pokeno from 10:15 am to 10:45 am. Party bingo follows from 10:45 am to 11:30 am. Following lunch at 11:30 am, seniors are invited to celebrate National Ice Cream Day with special treats. Cost is \$2.00; reservations required by 12:00 noon on July 17th.

Legal Assistance On July 18th 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.

Lie Detectors: Fact and Fiction Theodore Polygraph Service is coming to the Senior Citizen Center in Bellwood on July 13th, 10:45 am to 11:30 am, to discuss the use of the polygraph and interesting stories related to it. Reservations are recommended.

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.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned for July 11th, 12:15 pm, at the Senior Citizen Center in Bellwood. This month's selection is *A Thing About Our Folks* featuring Peter Faulk and Paul Reiser. Reservations are required by July 10th.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library.

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<p>Briefly Stated</p> <p>Advisory Council Meeting 10:30 am July 12th Bellwood</p> <p>All-American Sundaes 12:15 pm July 5th OARS July 6th Bellwood July 7th Forest Park</p> <p>Art Class 9:00 am Tuesdays Bellwood</p>	<p>Beginning Spanish Class 10:30 am July 6th, July 13th, July 20th & July 27th Bellwood</p> <p>Bingo 12:15 pm Thursdays in Bellwood Fridays in Forest Park</p> <p>Bingo Bonanza 10:15 am July 3rd Bellwood</p> <p>Birthday Celebration Noon July 18th Bellwood, Forest Park & OARS</p>	<p>Breakfast Bingo 9:30 am July 28th Bellwood</p> <p>Chair Yoga 10:30 am July 6th Bellwood</p> <p>Chef Charles 10:30 am July 7th Forest Park July 24th Bellwood</p> <p>Christmas in July 11:00 am July 27th Bellwood</p>	<p>Cookout 11:30 am July 5th Bellwood, Forest Park & OARS</p> <p>Creative Writing Class 10:00 am July 25th Bellwood</p> <p>Declutter Class 12:15 pm July 31st Bellwood</p>
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KidneyMobile Offers Education and Free Screenings at Senior Citizen Center

The National Kidney Foundation of Illinois' KidneyMobile is coming to the Senior Citizen Center in Bellwood August 23rd. 9:00 am to 2:00 pm. The kidney screening includes blood pressure and glucose testing, and urine tests. Waiting participants are also receiving educational information on diabetes, hypertension and the prevention of kidney disease.

Eight weeks after the screenings, the National Kidney Foundation of Illinois is inviting participants with abnormal screening results to an educational program that focuses on basic kidney functions; the relationship of diabetes and hypertension to chronic kidney disease; and appropriate uses of exercise, diet and medication compliance

to maintain current kidney function. Individual lab results are also being discussed at that time.

Screening appointments are limited and may be made by telephoning West Suburban Senior Services: (708) 547-5600. Priority is being given to those seniors who are at the greatest risk for developing kidney disease because of undetected or untreated diabetes and hypertension.

Low Cost Ideas for Healthy Personal Care

There are many items in the home that can be used for beauty and grooming products.

Bathing

- Put small pieces of soap into a white sock. Tie the end, and use as a washcloth.

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am, and special refreshments and surprises are planned. Lunch is served at 11:30 am for the suggested donation of \$1.50.

Cookout Seniors are invited to enjoy hamburgers, potato salad, lemonade and other picnic treats July 5th at the Senior Citizen Center in Bellwood, and OARS and River Park Centers. Suggested meal donation is \$1.50; reservations are required by 12:00 noon on July 3rd

Creative Writing Class This activity is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. This class is July 25th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Declutter Class Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled July 31st, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

Dining With Diabetes University of Illinois Extension is presenting this three-session program August 4th, August 11th and August 18th, 9:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Meal planning, portion sizes, the nutritional value of foods, diabetic resources, cooking with artificial sweeteners and low-fat products, exchange lists, carb counting and recommendations for diabetics who enjoy dining at restaurants are among the topics to be covered. Also, healthy versions of familiar and easy-to-prepare foods are being demonstrated. The cost for the entire series is \$15.00, and a minimum registration is required for this activity to take place. Paid reservations are due by July 28th.

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 the Senior Citizen Center in Bellwood.

Fiesta and Luncheon Seniors are invited to this celebration July 26th at the Senior Citizen Center in Bellwood and at OARS Center. Festivities begin at 10:30 am, and prizes are being awarded at noon for the most creatively decorated sombrero. Reservations are required by 12:00 noon on July 25th.

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.

Gourmet Dinner Party West Suburban Senior Services continues its monthly gourmet dinner party at the Senior Citizen Center in Bellwood. The next dinner is July 28th from 5:00 pm to 7:00 pm. Cost per person is \$7.00, and prepaid, non-refundable reservations are due at the Senior Center by July 21st. A minimum registration is required for this event to take place.

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 12th and July 25th at 10:30 am. Appointments are required.

Hawaiian Luau Seniors are invited to join this celebration July 12th at OARS Center and July 24th at River Park Center. Festivities begin with games from 10:00 am to 10:30 am, and refreshments from 10:30 am to 11:00 am. A gourmet boxed lunch is being served at 11:30 am. Surprises follow at 12:00 noon. Reservations are required by 12:00 noon on July 10th and July 20th, respectively.

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- Add a few drops of baby oil under running water to soften dry skin.
- Add a squirt of dishwashing liquid under running water to make a bubbly bath.

Hair Care

- Shampoo – Use dishwashing liquid and rinse thoroughly. For the final rinse, mix three tablespoons apple cider vinegar or lemon juice with two cups water. This removes the soapy film and leaves hair shiny.
- Hot Oil Treatment – Pour two tablespoons cooking oil into a cup. Warm in bowl of hot tap water. Part hair, apply oil to scalp, massage and shampoo.
- Conditioner – Apply one-half cup mayonnaise to dry, unwashed hair. Cover with a plastic bag for 15 minutes. Rinse and shampoo thoroughly.
- Setting Lotion – Use a teaspoon of gelatin dissolved in a cup of warm water. Cool. Also, fully prepared and ready-to-eat jello can be used for an extra firm set and for sculpting hair.

Beauty

- Chapped lips – Rub a thin layer of petroleum jelly on lips. Then rub in a few drops of cold water. Repeat process for soft and smooth lips.
- Eye Cream – Apply odorless castor oil around eyes each night.
- A Cheap Facial – Make a paste of cornmeal and water, and apply to face. Let dry until it

feels tight. Rub off with fingertips, using lots of gentle back and forth motion to remove dry skin and black heads. Rinse with cool water.

- Blemishes – To dry up a blemish, dab it with lemon juice (fresh or bottled) several times during the day.
- Dead Skin – Rub salad dressing (not mayonnaise) into skin, and let dry for a few minutes. Start massaging with fingertips while skin is still moist, and rub vigorously. Dead skin will roll off feet, elbows, face and knees. Bathe as usual.

Deodorant

- Paste Deodorant – Make a paste of baking soda and water; apply to clean armpits.
- Spray Deodorant – Mix two tablespoons alum with two cups water. Pour into an empty spray bottle. Buy alum at a large grocery or hardware store.
- Cream Deodorant – Mix two tablespoons baking soda, two tablespoons of petroleum jelly, and two tablespoons talcum powder or baby powder. Heat in a double boiler or over very low heat, stirring until smooth cream forms. Keep in a small jar with a tight lid.

Tooth Powder

- Mix equal amounts of baking soda and salt. Apply to a wet, soft bristle brush and rinse.

Moisturizer

- Wash face thoroughly, and rub a tiny amount of petroleum jelly into damp skin. Splash with cool water; rub gently. Repeat, spreading evenly until skin no longer feels greasy.

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 July 12th, 10:30 am, at the Senior Citizen Center in Bellwood.

All-American Sundae This ice cream, cake and fruit dessert is being served July 5th, 12:15 pm, at OARS Center; July 6th, 12:15 pm, at the Senior Citizen Center in Bellwood, and July 7th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

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.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are July 6th, July 13th, July 20th and July 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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 3rd at the Senior Citizen Center in

Bellwood. 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 July birthday are invited to this special party July 18th, 12:00 noon, at the Senior Citizen Center in Bellwood, and OARS and River Park Centers. Reservations are required by 12:00 noon on July 17th.

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party July 28th, 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 July 26th, and a minimum registration is required for this activity to take place.

Chair Yoga West Suburban Senior Services and Loyola University Medical Center are cosponsoring a chair yoga class for seniors at the Senior Citizen Center in Bellwood. The last class is being held 10:30 am to 11:30 am on July 6th.

Chef Charles Seniors are invited to learn about healthy cooking and to taste healthy recipes during this class presented by the University of Illinois Extension. It is being held July 7th, 10:30 am to 11:30 am, at River Park Center, and July 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. A minimum enrollment is required for this class to be held.

Christmas in July Seniors are invited to renew their holiday spirit July 27th at the Senior Citizen Center in Bellwood. Festivities begin at 11:00

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