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Summer Film Festival West Suburban Senior Services is pleased to continue this program at the Senior Citizen Center in Bellwood. Additional information is contained in a separate newsletter article.



Summer Tea Party This event is scheduled July 13th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Seniors are encouraged to wear their favorite color to this event; the Avenue Boutique in Maywood is presenting a program on selecting fashionable and flattering colors for summer wardrobes. The \$1.00 cost includes refreshments and the program. Reservations are required by July 11th, and a minimum registration is needed for this activity to take place.

Waffle Cone Sundaes A variety of syrups top off this summer treat July 30th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Waffle Sundaes This tasty treat is being served July 19th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Wheelbarrow Sundaes For \$1.00, seniors may enjoy this unique dessert July 12th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

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

Mark Your Calendar for the Family and Senior Citizen Health Fair

Proviso High School District 209, Proviso Township and West Suburban Senior Services are hosting a Family and Senior Citizen Health Fair Saturday, August 4th, 9:00 am to 2:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park.

For children, the event includes free vision and hearing screenings by staff from Loyola University Medical Center's Pediatric Van and Proviso Township, free fingerprinting by the Forest Park Police Department, and free back-to-school and sports physicals by Loyola University Medical Center. Appointments for the physicals are required by July 15th and may be made by telephoning Proviso Township at 344-7432. A parent must be present at the time of the physical and present the appropriate school forms, including the signed parental consent. Toot-Toot the clown will also be on hand, and other activities are planned.

For adults, the health fair features the following free health screenings: vision (Kirk Eye Center) lung function capacity (RML Specialty Hospital), bone density (Gottlieb Memorial Hospital), depression (Loyola University Medical Center)

neck and spine (Celar Chiropractic), strength and endurance (Elmwood Care), hypertension (MacNeal Hospital) and glucose (Care Centers).

In addition, health fair participants may visit booths of other area health care providers and health service agencies, visit the Secretary of State's mobile van for State identification cards and driver's licenses, and play complimentary party bingo beginning at 10:30 am.

Special Utensils for Arthritis

If seniors have a physical condition that makes it difficult to hold a toothbrush or use dental floss, the American Dental Association suggests:

- using a wide elastic band to attach the brush to their hand.
- enlarging the handle by winding an elastic bandage or adhesive tape around the middle of the handle.
- putting a small sponge, rubber ball or bicycle handle grip on the brush handle.
- making the handle longer by taping a ruler, Popsicle stick or tongue depressor around the

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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 AgeOptions 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 additional 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 Grumble
Honorable Noreen Love
Ms. Debbie Noweder
Honorable Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

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

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beth's reaction to the death of Princess Diana. Reservations are required by July 6th. Information about West Suburban Senior Services' summer film festival at the Senior Citizen Center in Bellwood is included in a separate article.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting July 3rd, 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 cur-



rent 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 30th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Parties This game is being played July 6th, July 13th and July 20th, 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. A special Early Bird Pokeno session is planned July 27th. Additional information is provided in a separate article.

Recorder of Deeds A representative of the Cook County Recorder of Deeds is coming to OARS Center July 31st, 10:00 am to 11:00 am, to share information on the office's impact on the lives of county residents. Lunch follows at 11:30 am.

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 13th and July 27th, 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.

Spending Your Calorie Salary Rush-Oak Park Hospital's program presents a common sense approach to healthy eating. It is scheduled July 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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handle.

- tying floss into a loop for easier handling.
- using an electric toothbrush or a commercial floss holder.

Summer Film Festival Continues

West Suburban Senior Services is pleased to continue its Summer Film Festival during July at the Senior Citizen Center in Bellwood. This month's festival dates and selections are July 10th, *The Queen*, a movie that explores Queen Elizabeth's (Helen Mirren) reaction to the death of Princess Diana; July 17th, *Music and Lyrics*, a romantic comedy featuring Drew Barrymore and Hugh Grant; July 24th, *Letters from Iwo Jima*, Clint Eastwood's movie that presents Japanese soldiers' reaction to this war battle; and *Because I Said So*, a comedy that examines mother/daughter relationships. Diane Keaton and Many Moore have the title roles.

All movies begin at 12:15 pm, and moviegoers can enjoy popcorn and soft drinks. In addition, this month's festival features movie trivia and door prizes.

You Are Invited to Enjoy 'A Taste of the World'

West Suburban Senior Services is launching this new program the week of July 9th at the Senior Citizen Center in Bellwood. Festivities begin July 9th, 10:30 am to 11:30 am, with information about and a demonstration of West African cooking. University of Illinois Extension is the program presenter, and participants may sample a finished recipe.

On July 10th at 10:30 am, Dr. Modupe Oladeinde, MD, is sharing information about her childhood and life in Nigeria. A movie about West Africa is being shown on July 11th at 10:30 am, and the week's festivities conclude with a program about African art and artifacts by Afri-Ware, Inc., of Oak Park. It is scheduled July 12th at 10:45 am.

Other countries scheduled for *A Taste of the World* series include Greece and Vietnam.

Chunk of Chocolate Tour

West Suburban Senior Services is planning this outing August 29th. On this Chicago-area tour, participants visit a gourmet chocolate shop where they can make their own chocolate bar, a chocolate factory outlet and a cookie factory outlet store. The bus leaves the Senior Citizen Center in Bellwood at 9:00 am and returns there at 3:00 pm.

The \$57.00 per-person cost includes the bus, a professional guide, admission to the three sites, and a lunch with a chocolate dessert. The price does *not* include any purchases at the sites.

A minimum registration is required for this trip to take place. Pre-paid, *non-refundable* reservations are due at West Suburban Senior Services by July 25th. Additional information is available from the Senior Center director.

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The next meeting is July 18th at 10:30 am.

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.

Gourmet Dinner Party West Suburban Senior Services is hosting a gourmet dinner party July 27th, 5:00 pm to 7:00 pm, at the Senior Citizen Center. Cost is \$7.00 per person, and no refunds are available. Paid reservations are due by July 23rd.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site July 10th and July 24th at 10:30 am. Appointments are required.

Hearing Screenings The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood July 30th, 1:00 pm to 2:00 pm, to conduct hearing screenings. There is no fee for this service, but appointments are required by July 25th.

Holiday Cook-Out Seniors are invited to start their Independence Day observance at a cook-out July 3rd, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. The menu features hot dogs, potato salad, baked beans, lemonade and strawberry shortcake. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on July 2nd. Following lunch, seniors may play Pokeno at the Senior Citizen Center. Cost is \$1.00 per card. The fee includes prizes and refreshments.

Jumpin' July Party This event is scheduled July 21st at the Senior Citizen Center in Bellwood. Festivities begin with party bingo from 10:15 am to 10:45 am. Pokeno follows from 10:45 am to 11:30 am. Following a ham and cheese croissant boxed lunch at 11:30 am, seniors are invited to celebrate National Ice Cream Month with a special treat. Cost for all is \$3.00. Reservations are required by 12:00 noon on July 18th, and a minimum registration is required for this event to take place.

Legal Assistance On July 17th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is available to come 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 two nutrition sites offer seniors 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 nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Meditation and Centering Basic meditation and relaxation techniques are the focus of this class July 20th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor. The class meets the third Friday of each month.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned July 9th, 10:00 am, at OARS Center. This month's selection is *The Queen*, a story about Queen Eliza-

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 2, 2007 Grecian Chicken Leg Herb Rice Zucchini & Tomatoes Cranberry Juice Plum	July 3, 2007 Hot Dog Potato Salad Baked Beans Lemonade Strawberry Shortcake	July 4, 2007 <i>Closed for Independence Day.</i>	July 5, 2007 Barbecued Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	July 6, 2007 Polish Sausage on Roll Sauerkraut Carrots Pineapple Rings Banana
July 9, 2007 Meatloaf Whipped Potatoes Green Peas Lettuce Wedge Applesauce	July 10, 2007 Creamy Chicken Steamed Rice Broccoli Carrot & Raisin Salad Grapes	July 11, 2007 Cheeseburger on Bun Potato Salad Lemonade Banana Pudding	July 12, 2007 Swedish Meatballs Rice Pilaf Carrots Apple Juice Pound Cake	July 13, 2007 Smothered Chicken Breast Quarter Whole Potatoes California Vegetables Orange Juice Chilled Pears
July 16, 2007 Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	July 17, 2007 Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Cantaloupe	July 18, 2007 Baked Chicken Leg Quarter Herb Stuffing Succotash Cranberry Juice	July 19, 2007 Barbecued Ribette Spaghetti Greens Coleslaw Peach Halves	July 20, 2007 Beef Chop Suey Steamed Rice Lettuce Salad Fortune Cookie
July 23, 2007 Meatball Sandwich Whole Potatoes Italian Mixed Vegetables Tossed Salad	July 24, 2007 Oven Roasted Chicken Breast Quarter Au Gratin Potatoes Peas Coleslaw	July 25, 2007 Barbecued Pork Au Gratin Potatoes Okra & Tomatoes Apple Juice Nectarine	July 26, 2007 Turkey Croissant Sandwich Potato Salad Fruit Juice	July 27, 2007 Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice
July 30, 2007 Grecian Chicken Leg Herb Rice Zucchini & Tomatoes Cranberry Juice Plum	July 31, 2007 Stuffed Green Pepper Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	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		
West Suburban Senior Services is supported by the AgeOptions, 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.				

Senior Citizen Center
 439 Bohland
 Bellwood, Illinois 60104

OARS Center
 712 Elm
 LaGrange, Illinois 60525

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Creative Writing Class West Suburban Senior Services is pleased to host this class July 24th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new students are welcome.

Declutter Class Seniors are invited to learn ways to declutter their homes and lives at this class July 30th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood.

Digital Photography Class Walgreens is presenting this complimentary workshop July 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants who have digital cameras are encouraged to bring them to the class. However, a sample camera is available for practice during the class. Reservations are re-



quired by July 23rd.

Early Bird Pokeno A special Pokeno –breakfast party is planned July 27th at the Senior Citizen Center in Bellwood. Pancakes, sausage, juice, milk and coffee are served at 9:30 am; Pokeno is

played from 10:00 am to 11:00 am. Cost for the meal and game is \$2.00. Reservations are required by 12:00 noon on July 25th, and a minimum registration is required.

Everything Sweet Bingo This is the perfect pastime for seniors who enjoy sweet (both regular and sugar-free) treats. It is scheduled July 16th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and July 16th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00 per card.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve moment. The class is held Monday through Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Firecracker Parfaits This cake, fruit and ice cream dessert is being served July 5th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Follow Your Heart Carl Occhipinti, actor and artistic director of the Oak Park Village Players, is visiting the Senior Citizen Center in Bellwood July 19th, 10:45 am to 11:30 am. His program focuses on how he successfully pursued his dream of being in the theater.

Food Safety West Suburban Senior Services' nutrition supervisor is presenting this two-part workshop July 11th and July 18th, 10:30 am to 11:00 am, at OARS Center. Special attention is being given to summer food handling.

Foster Grandparents West Suburban Senior Services is pleased to cosponsor 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.

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Briefly Stated

A Taste of the World
10:30 am
July 9th, July 10th, July 11th &
July 12th
Bellwood

Advisory Council Meeting
10:00 am
July 11th
Bellwood

11:00 am
July 11th
OARS

Art Class
9:00 am
Tuesdays
Bellwood

Arthritis Foundation Exercise Class
10:30 am
July 3rd, July 5th, July 10th,
July 12th, July 17th & July
19th
Bellwood

Bargain Bingo
10:00 am
July 10th
OARS

12:15 pm
July 23rd
Bellwood

Best Sellers Reading Club
9:30 am
July 31st
Bellwood

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza
10:15 am
July 2nd Bellwood
July 3rd OARS

Bingo Galore Party
10:15 am
July 30th
Bellwood

Bingo/Ice Cream Social
1:00 pm
July 9th
Northlake

Bunco Parties
12:15 pm
July 11th & July 25th
Bellwood

Caregiver Education
10:30 am
August 1st
Bellwood

Caregiver Support Group
10:30 am
July 11th
Bellwood

Choosing a Financial Planner
10:00 am
July 24th
OARS

Christmas in July
11:00 am
July 26th Bellwood
July 27th OARS

Cooking Cool
10:30 am
July 16th
Bellwood

Cooking Outdoors Safely
10:30 am
July 23rd
Bellwood

Cook-Outs
11:30 am
July 11th & July 27th
Bellwood & OARS

Creative Writing Class
10:00 am
July 24th
Bellwood

DeClutter Class
12:30 pm
July 30th
Bellwood

Digital Photography Class
10:30 am
July 26th
Bellwood

Early Bird Pokeno
9:00 am
July 27th
Bellwood

Everything Sweet Bingo
12:15 pm
July 16th
Bellwood

10:00 am
July 16th
OARS

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

Firecracker Parfaits
12:15 pm
July 5th
Bellwood & OARS

Follow Your Heart
10:45 am
July 19th
Bellwood

Food Safety
10:30 am
July 11th & July 18th
OARS

Foster Grandparents
10:30 am
July 18th
Bellwood

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

Gourmet Dinner Party
5:00 pm
July 27th
Bellwood

Haircuts
10:30 am
July 10th & July 24th
Bellwood

Hearing Screenings
1:00 pm
July 30th
Bellwood

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in Bellwood and July 3rd 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.

Bingo Galore Party Loteria, robber and surprise party bingo are among the varieties being played July 30th at the Senior Citizen Center in Bellwood. The sessions are scheduled from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. Cost is \$1.00 per card. Lunch is served at 11:30 am for an additional donation of \$1.75. Reservations are required by 12:00 noon on July 27th.

Bingo and Ice Cream Social Concord Place is hosting this complimentary event July 9th, 1:00 pm to 2:00 pm, at its facility in Northlake. Limited bus transportation is available from the Senior Citizen Center in Bellwood; the bus leaves at 12:30 pm and returns at approximately 2:30 pm. Reservations for both the bingo and transportation are required at West Suburban Senior Services by July 5th.

Bunco Parties For 50 cents, seniors may play this game July 11th and July 25th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. A minimum participation is required.

Caregiver Education West Suburban Senior Services' caregiver specialist is conducting a session August 1st to provide skill building and problem solving strategies for those caring for seniors age 60 and older. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

Caregiver Support Group On July 11th, West Suburban Senior Services' care giver specialist is

leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session focuses on maintaining emotional health and reducing stress through peer support and story telling, and finding ways to relieve tension. Subsequent support group meetings are scheduled the second Wednesday of each month.

Choosing a Financial Professional University of Illinois Extension is presenting this program July 24th, 10:00 am to 11:00 am, at OARS Center. Lunch follows at 11:30 am.

Christmas in July Seniors are invited to renew their holiday spirit July 26th at the Senior Citizen Center in Bellwood and July 27th at OARS Center. Festivities begin at 11:00 am, and special refreshments and surprises are planned. Lunch is served at 11:30 am for the suggested donation of \$1.75. Reservations are required by 12:00 noon on July 25th.

Cooking Cool Preparing healthy and quick summer meals without turning on the oven is the focus of this program July 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. University of Illinois Extension is the program presenter.

Cooking Outdoors Safely Presented by the University of Illinois Extension, this program includes special food safety bingo and recipes. It is scheduled July 23rd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Cook-Outs Seniors are invited to enjoy grilled sandwiches July 11th (cheeseburgers) and July 27th (hot dogs), 11:30 am to 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. The suggested donation for each meal is \$1.75, and reservations are required by 12:00 noon on July 10th and July 26th, respectively.

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Holiday Cook-Out
11:30 am
July 3rd
Bellwood & OARS

Jumpin' July Party
10:15 am
July 21st
Bellwood

Legal Assistance
9:00 am
July 17th
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

Meditation & Centering
10:30 am
July 20th
Bellwood

Movie Day
10:00 am
July 9th
OARS

Mystery Reading Club
9:30 am
July 3rd
Bellwood

Officers' Club
10:30 am
July 30th
Bellwood

Podiatry Clinic
9:30 am
Thursdays
Bellwood

Pokeno Parties
12:15 pm
July 6th, July 13th & July 20th
Bellwood

Recorder of Deeds
10:00 am
July 31st
OARS

Root Beer Floats
12:15 pm
July 23rd
Bellwood

12:15 pm
July 26th
OARS

Spanish Club
11:00 am
July 13th & July 27th
Bellwood

Spending Your Calorie Salary
10:30 am
July 24th
Bellwood

Summer Film Festival
12:15 pm
July 10th, July 17th, July 24th
& July 31st
Bellwood

Summer Tea Party
10:00 am
July 13th
Bellwood

Waffle Cone Sundaes
12:15 pm
July 30th
Bellwood & OARS

Waffle Sundaes
12:15 pm
July 19th
Bellwood & OARS

Wheelbarrow Sundaes
12:15 pm
July 12th
Bellwood & OARS



Briefly Noted

A Taste of the World Food and culture are highlighted during this celebration beginning July 9th at the Senior Citizen Center in Bellwood. Specific details are included in a separate newsletter article.

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 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 11th, 10:00 am, at the Senior Citizen Center in Bellwood and 11:00 am at OARS Center.

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.



Arthritis Foundation Exercise Class West Suburban Senior Services and the University of Illinois Extension are cosponsoring this new program at the Senior Citizen Center in Bellwood. This month's class dates are July 3rd, July 5th, July 10th, July 12th, July 17th and July 19th, 10:30 am to 11:30 am. The class is limited to participants who have pre-registered.

Bargain Bingo Fifty-cent party bingo and a fifty-cent dessert are featured at this event July 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and July 10th, 10:00 am to 11:00 am, at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$1.75.

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 next meeting is July 31st, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to participate should telephone the agency now to sign out copies of the current reading selection.

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

Bingo Bonanza A double session of party bingo is planned July 2nd at the Senior Citizen Center

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