

(Continued from page four)

Mending Relationships in Later Life

10:45 am
July 17th
Bellwood

Mystery Reading Club

9:30 am
July 1st
Bellwood

Mystery Bingo

10:30 am
July 28th
Bellwood

10:00 am
July 29th
OARS

Officers' Club

10:30 am
July 28th
Bellwood

Old-Fashioned Picnic

10:30 am
July 9th
Bellwood

Patriotic Sundae

12:15 pm
July 3rd
Bellwood & OARS

Podiatry Clinic

9:00 am
Thursdays
Bellwood

Presidential Sundae

12:15 pm
July 17th
Bellwood & OARS

Robber Bingo

10:15 am
July 2nd, July 16th & July 30th
Bellwood

Senior Center Reunion

10:00 am
July 25th
Bellwood

Snowball Sundae

12:15 pm
July 11th
OARS

12:15 pm
July 31st
Bellwood

Spanish Club

11:00 am
July 11th & July 25th
Bellwood

Summer Film Festival

12:15 pm
July 1st, July 8th, July 15th,
July 22nd & July 29th
Bellwood

10:00 am
July 2nd, July 9th, July 16th,
July 23rd & July 30th
OARS

Tea and Talk

10:30 am
July 16th
Bellwood

Tea Party

10:30 am
July 1st
Bellwood

Waffle Ice Cream Cone Sundae

12:15 pm
July 21st
Bellwood & OARS

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

Arthritis Foundation Exercise Classes

West Suburban Senior Services is pleased to again host this program at the Senior Citizen Center in Bellwood. The class is designed to help seniors prevent and deal with arthritis pain through exercises developed by the Arthritis Foundation. There is no class fee; new and returning students are welcome.

Classes are being held from 10:00 am to 11:00 am on July 8th, July 11th, July 15th, July 18th, July 22nd and July 29th. Pre-registration is required.

Meals' Program Provides Nutrition, Safety to Home-Bound Seniors

With summer under way, West Suburban Senior Services reminds seniors and their families about the importance of maintaining proper nutrition during hot weather. The agency's home delivered meals program ensures that home-bound seniors (age 60 and older) receive a hot, dietary balanced meal five days per week. Low-salt and diabetic menus are available. In addition to meeting seniors' nutritional needs, the meals program provides an extra well-being check on home-bound seniors. If a senior does not answer the door for

meal delivery, meal drivers immediately contact the agency which, in turn, calls the client's emergency contact and, when needed, the local police department.

Additional information about program eligibility may be obtained by contacting West Suburban Senior Services.

Hot Dog! It's National Hot Dog Month

This popular fast food is highlighted this month at the agency's two nutrition sites:

Senior Citizen Center
439 Bohland Avenue
Bellwood

A Hot Dog Program July 14th, 10:15 am to 11:30 am. This PBS video visits some of the nation's most interesting hot dog places, takes viewers inside a giant hot dog-shaped building and looks at how hot dogs are made.

Hot Dog Party Bingo July 14th, 12:15 pm to 1:15 pm. Prizes are related to the theme. Cost is \$1.00 per card.

Hot Dog Cook Out July 25th, 11:30 am to 12:15 pm. This event is part of the agency's Annual

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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

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the Senior Chronicle out due to increased postage costs. 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 and Proviso Townships, 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.

Board of Directors

The Board of Directors elected, during the 35th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Elaine Reno, President
Mrs. Debbie Nowader, Vice President
Ms. Carole Kulinski, Secretary
Mrs. Lois Albers, Treasurer

Directors

Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mrs. Lela Grimble
Honorable Noreen Love
Honorable Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Honorable Anthony Calderone
Honorable Gary Woll

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meal on the menu or the listed alternative for the suggested donation of \$1.75. Reservations for the hot meals are required by 12:00 noon on the business day before seniors plan to have lunch; however, the menu-option lunches have the different reservation deadlines noted below.

July 18th Ham and cheese croissant boxed lunch option. *Reservation deadline is 12:00 noon on July 16th.*

July 21st Turkey croissant boxed lunch option. *Reservation deadline is 12:00 noon on July 17th.*

July 24th A ham and cheese sandwich on rye bread may be substituted for the tuna salad sandwich. The remainder of the menu stays the same. *Reservation deadline is 12:00 noon on July 22nd.*

Senior Citizen Health and Information Fair

Proviso Township High School District 209, Proviso Township and West Suburban Senior Services are sponsoring their Second Annual Family and Senior Citizen Health and Information Fair Saturday, August 2nd, 9:00 am to 1:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park.

The event features complimentary health screenings for all ages. In addition, there will be health demonstrations, free snacks, and a variety of activities for children and adults. Additional information is available from Proviso Township, (708) 449-4300, and West Suburban Senior Services.

Senior Center Reunion

West Suburban Senior Services is hosting its *Fourth Annual Senior Citizen Center Reunion* July 25th in Bellwood. This is an opportunity for seniors who have moved out of the area and for those who have not been able to visit the Senior Center for other reasons to reunite with friends. First-time visitors are also welcome.

WSSS Golf League

West Suburban Senior Services is seeking seniors to play in its new golf league. The first outing is set for July 9th 9:00 am, at Meadowlark Golf Course, 31st Street and Wolf Road in Hinsdale. This is a nine-hole course operated by the Forest Preserve District of Cook County.

Fee for league participants is \$10.00 to walk the course and \$19.00 to ride in a cart. Seniors must supply their own clubs and transportation to the golf course, and a minimum registration is required for the July 9th outing to take place. Following golf, participants may enjoy a gourmet boxed lunch at the Senior Citizen Center in Bellwood. Reservations for golf and lunch are required at West Suburban Senior Services by 3:00 pm on July 3rd.

Briefly Stated

Advisory Council
10:00 am
July 9th
Bellwood

11:00 am
July 9th
OARS

Apple Surprise
12:15 pm
July 10th
Bellwood & OARS

Art Class
9:00 am
Tuesdays
Bellwood

Arthritis Foundation Exercise Class
10:00 am
July 8th, July 11th, July 15th,
July 18th, July 22nd & July
29th
Bellwood

Beach Party
10:00 am
July 25th
OARS

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza
10:15 am
July 7th
Bellwood

10:15 am
July 8th
OARS

Brain Games
10:00 am
July 7th
OARS

Budget Sundae
12:15 pm
July 24th
Bellwood & OARS

Cake Sundae
12:15 pm
July 28th
Bellwood & OARS

Chair Exercises
12:15 pm
July 7th, July 14th, July 21st &
July 28th
OARS

Christmas in July
10:00 am
July 11th
OARS

10:30 am
July 31st
Bellwood

Citizen Safety
10:45 am
July 21st
Bellwood

Cookie Man Sundae
12:15 pm
July 14th
Bellwood & OARS

**Craft Class: Flower
Clothespin Magnets**
10:00 am
July 1st
OARS

Creative Writing Class
10:00 am
July 22nd
Bellwood

Cutting Your Electric Bill
10:45 am
July 24th
Bellwood

Decluttering Class
12:30 pm
July 28th
Bellwood

Exercise Class
10:30 am
Monday through Friday
Bellwood

Foster Grandparents
10:30 am
July 16th
Bellwood

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

Gourmet Dinner Party
5:00 pm
July 18th
Bellwood

Haircuts
10:30 am
July 8th & July 22nd
Bellwood

Hot Dog Party Bingo
10:00 am
July 14th
OARS

12:15 pm
July 14th
Bellwood

Hot Dog Program
10:30 am
July 14th
Bellwood

10:00 am
July 15th
OARS

**How to Talk With Your
Doctor**
10:00 am
July 22nd
OARS

Ice Cream Bingo
10:00 am
July 21st
OARS

12:15 pm
July 21st
Bellwood

Ice Cream Cone
12:15 pm
July 31st
OARS

Independence Day Party
11:00 am
July 3rd
Bellwood & OARS

Know Your Numbers
9:30 am
July 10th
Bellwood

Legal Assistance
9:30 am
July 15th
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

**Meditation & Centering
Classes**
12:15 pm
July 11th & July 25th
Bellwood

(Continued on back cover)

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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 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Old-Fashioned Picnic Hamburgers, traditional summer treats and Pokeno are featured during this event July 9th at the Senior Citizen Center in Bellwood. Pokeno begins at 10:30 am; lunch is served at 11:30 am. Cost for all is \$2.00; suggested meal donation for lunch only is \$1.75. Reservations are required by 12:00 noon on July 8th.

Patriotic Sundae This dessert is part of the agency's *National Ice Cream Month* celebration.

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.

Presidential Sundae This dessert is part of the agency's *National Ice Cream Month* celebration.

Robber Bingo This entertaining form of party bingo is being played July 2nd, July 16th and July 30th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents per card.

Senior Center Reunion West Suburban Senior Services is hosting this annual event July 25th at the Senior Citizen Center in Bellwood.

Snowball Sundae This dessert is being served as part of the agency's observance of *National Ice Cream Month*.

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 11th and July 25th, 11:00 am to 2:00 pm, 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.

Summer Film Festival West Suburban Senior Services' Second Annual Summer Film Festival continues this month at the Senior Citizen Center in Bellwood and at OARS Center.

Tea and Talk This program is scheduled July 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors may enjoy a cup of tea and a pastry, and visit with a local dignitary or a representative of a community organization.

Tea Party This monthly activity is scheduled July 1st, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. This month's theme is *Dog Days of Summer*. Cost is \$1.00.

Waffle Ice Cream Cone Sundae This treat is part of the agency's celebration of *National Ice Cream Month*.

Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements	July 1, 2008	July 2, 2008	July 3, 2008	July 4, 2008
	Stuffed Green Peppers Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	Taco Salad Spanish Rice Mexicorn Gelatin	BBQ Chicken on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	Closed for Independence Day
July 7, 2008	July 8, 2008	July 9, 2008	July 10, 2008	July 11, 2008
Meatloaf Whipped Potatoes Green Peas Lettuce Wedge Applesauce	Creamy Chicken Steamed Rice Carrot Raisin Salad Grapes	Hamburger on Bun Potato Salad Lemonade Banana Pudding	Swedish Meatballs Rice Pilaf Carrots Apple Sauce Pound Cake	Smothered Chicken Breast Potatoes California Vegetables Juice Pears
July 14, 2008	July 15, 2008	July 16, 2008	July 17, 2008	July 18, 2008
Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Cantaloupe	Baked Chicken Leg Herb Stuffing Succotash Apple Juice Pineapple Chunks	BBQ Rib Spaghetti Greens Coleslaw Peach Half	Beef Chop Suey Rice Lettuce Salad Fortune Cookie
July 21, 2008	July 22, 2008	July 23, 2008	July 24, 2008	July 25, 2008
BBQ Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Nectarine	Oven Roasted Chicken Whipped Potatoes Peas Coleslaw Frosted Lemon Cake	Meatball Sandwich Whole Potatoes Italian Vegetables Tossed Salad Honeydew Melon	Tuna Salad on Bun Three Bean Salad Chicken Gumbo Watermelon	Hot Dog on Bun Potato Salad Grape Juice Gelatin Vanilla Pudding
July 28, 2008	July 29, 2008	July 30, 2008	July 31, 2008	
Grecian Chicken Leg Herb Rice Zucchini and Tomatoes Cherry Apple Juice Fresh Plum	Stuffed Green Peppers Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	Taco Salad Spanish Rice Mexicorn Gelatin	BBQ Chicken on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	

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 Commissions of Berwyn and Proviso Townships, local villages, and donations.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

(Continued from front cover)

Senior Center Reunion. Additional information about the reunion is provided in a separate article.

OARS Center
712 East Elm
LaGrange

Hot Dog Party Bingo July 14th, 10:00 am to 11:00 am.

A Hot Dog Program July 15th, 10:00 am to 11:00 am.

Beach Party July 25th, 11:30 am to 12:00 noon.

Summer Film Festival

West Suburban Senior Services is continuing its annual movie series this month at the Senior Citizen Center and at OARS Center. Scheduled movies were all made in Illinois. There is no charge for the movies, and refreshments are served.

Senior Citizen Center
439 Bohland Avenue
Bellwood

Show time is 12:15 pm.

July 1st *Grace Is Gone*. After learning that his soldier wife fighting in Iraq is dead, a father (John Cusak) tells his two young daughters the news during a cross-country road trip.

July 8th *Weather Man*. Separated from his wife and children, a Chicago weather man debates whether professional success and personal success are mutually exclusive. Nicholas Cage and Michael Caine star.

July 15th, *The Break Up*. Jennifer Aniston and Vince Vaughn headline this comedy. Pushed to the breaking point after an argument, the couple tries to live as hostile roommates until somebody is willing to move out of the condo they share.

July 22nd, *Soul Food*. A matriarch holds her family together for 40 years around a Sunday of soul food. However, when illness hospitalizes her, the dinners stop, and tension among her three daughters starts to break the family apart. Vanessa Williams and Vivica Fox star.

July 29th, *My Best Friend's Wedding*. In this comedy, Julia Roberts realizes she doesn't need to be married to be happy.

OARS Center
712 East Elm
LaGrange
Show time is 10:00 am.

July 2nd *Grace Is Gone*
July 9th *Weather Man*
July 16th *The Break Up*
July 23rd *Soul Food*
July 30th *My Best Friend's Wedding*

Keys to Healthy Aging

West Suburban Senior Services is continuing its *Healthy Aging* series this month at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Lunch is available with these programs for seniors age 60 and older; suggested meal donation is \$1.75. Reservations are required by 12:00 noon on the business day before seniors plan to eat.

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Ice Cream Cone Seniors at OARS Center may enjoy this treat on July 31st as part of the agency's celebration of *National Ice Cream Month*.

Independence Day Party West Suburban Senior Services invites seniors to kick-off their holiday weekend celebration July 3rd at the Senior Citizen Center in Bellwood or at OARS Center. Festivities start at 11:00 am; lunch is served at 11:30 am. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on July 2nd.

Know Your Numbers As part of the agency's *Healthy Aging* series, complimentary health screens are being offered July 10th, 9:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Legal Assistance On July 15th 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.



Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 am. There is no charge.

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 Classes Matt Barnes is conducting meditation and relaxation classes July 11th and July 25th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Enrollment is free.

Mending Relationships in Later Life As part of its *Healthy Aging* series, the agency is hosting this program July 17th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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 1st, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Bingo This form of party bingo is scheduled July 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and July 29th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00 per card; lunch is served at 11:30 am for the suggested donation of \$1.75.

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to 11:00 am, at OARS Center, and July 31st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Suggested lunch donation is \$1.75, and reservations are required by 12:00 noon on July 10th and July 30th, respectively.

Citizen Safety The Cook County Sheriff's Department is presenting this program July 21st, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Personal safety is among the topics being discussed.

Cookie Man Sundae This special dessert is being served as part of the agency's observance of *National Ice Cream Month*.

Craft Class As part of its *Healthy Aging* series, seniors are invited to make a craft July 1st at OARS.

Creative Writing Class New and returning students are welcome at this monthly class at the Senior Citizen Center in Bellwood. This month's meeting is July 22nd from 10:00 am to 11:30 am. There is no enrollment fee.

Cutting Your Electric Bill ComEd is presenting this program July 24th at the Senior Citizen Center in Bellwood.

DeCluttering Class Seniors are invited to learn ways for decluttering their homes and lives at this class July 28th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. There is no enrollment fee.

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

Foster Grandparents West Suburban Senior Services is pleased to cosponsor the Foster Grandparent program. The monthly meeting is held at the Senior Citizen Center in Bellwood and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care. The next meeting is July 16th 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 this event July 18th at the Senior Citizen Center in Bellwood. Doors open at 4:30 pm with appetizers served until 5:00 pm. Dinner is served at 5:00 pm. The evening concludes at 7:00 pm. Paid and nonrefundable reservations are due by July 14th. Cost is \$9.00 per person.

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 8th and July 22nd at 10:30 am. Appointments are required.

Hot Dog Party Bingo and Hot Dog Program These activities are part of West Suburban Senior Services' observance of *National Hot Dog Month*.

How to Talk With Your Doctor As part of the agency's *Healthy Aging* series, this program is being presented July 22nd at OARS Center.

Ice Cream Bingo This activity is planned at the Senior Citizen Center in Bellwood and at OARS Center as part of the agency's month-long celebration of *National Ice Cream Month*.

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(Continued from page seven)

Senior Citizen Center
439 Bohland Avenue
Bellwood

Sketching Class July 8th, 10:00 am to 11:00 am. Seniors learn basic techniques from the agency's art instructor. There is no class fee, but pre-registration is required.

How to Reduce Your Electric Bill July 24th, 10:45 am to 11:30 am. ComEd is the program presenter. Topics include environmentally friendly ways to conserve energy.

Mending Relationships in Later Life July 17th, 10:45 am to 11:30 am. Rainbow Hospice is presenting strategies to accomplish this.

Know Your Numbers July 10th, 9:30 am to 11:30 am. TLC Healthcare Services of Illinois is providing free glucose and cholesterol checks. Fasting is preferred but not necessary. In addition, seniors may have their blood pressure and lung oxygen levels checked.

Garfield Park Conservatory Trip July 23rd, 10:30 am to 1:00 pm. The trip departs from and returns to the Senior Center. The \$10.00 per-person fee (non-refundable) includes round-trip transportation on the West Suburban Senior Services' bus and a boxed lunch. Paid reservations are due by July 16th, and a minimum registration is required for this outing to take place.

Arthritis Foundation Exercise Class, July 8th, July 11th, July 15th, July 18th, July 22nd and July 29th, 10:00 am to 11:00 am. Pre-registration is required. Additional information is provided in a separate article.

OARS Center
712 East Elm
LaGrange

Flower Clothespin Magnets July 1st, 10:00 am to 11:00 am. Virginia Burger is teaching this class. There is no fee.

Brain Games July 7th, 10:00 am to 11:00 am. Seniors are invited to challenge their mental skills with Scrabble, checkers and other board games. Refreshments are being served.

How to Talk to Your Doctor July 22nd, 10:00 am to 11:00 am. Rainbow Hospice is sharing strategies for getting the most information from your doctors' visits.

Armchair Fitness for Seniors, July 7th, July 14th, July 21st and July 28th, 12:15 pm to 1:00 pm. Done with a videotape instructor, the exercises are designed to improve upper body and leg strength.

Mark Your Calendar for Family and Senior Citizen Health Fair

Proviso Township High School District 209, Proviso Township and West Suburban Senior Services are hosting their Second Annual Family and Senior Citizen Health Fair Saturday, August 2nd, 9:00 am to 1:00 pm, at the Proviso Math and Science Academy, First Avenue and Roosevelt Road in Forest Park.

The event features an assortment of complimentary health screens for the entire family, ages children through senior citizens. In addition, area health service agencies are sharing information.

Menu Choice Days

West Suburban Senior Services is pleased to offer diners at its two meal sites menu options on designated dates this month. On these dates, seniors (age 60 and older) may order either the hot

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's 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 9th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

Apple Surprise This dessert is part of the agency's observance of *National Ice Cream Month*.

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 is again pleased to host this class.

Beach Party This event is part of the agency's *Hot Dog Month* celebration at OARS Center.

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 at the Senior Citizen Center and 10:00 am at the OARS Center.

Bingo Bonanza A double session of party bingo is planned July 7th at the Senior Citizen Center in Bellwood, and July 8th 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.

Brain Games As part of the agency's *Healthy Aging* series, mind-challenging board games are planned July 7th, 10:00 am to 11:00 am, at OARS Center.

Budget and Cake Sundaes These desserts are part of the agency's observance of *National Ice Cream Month*.

Chair Exercises As part of the agency's *Healthy Aging* series, this new class is being offered at OARS Center on Mondays.

Christmas in July This event is an opportunity to rekindle the holiday spirit with family and friends. It is being celebrated July 11th, 10:00 am

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