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11:00 am and 11:45 am for the suggested donation of \$1.50. Lunch reservations are required and may be made by telephoning West Suburban Senior Services.

Medicare Workshop

A Welcome to Medicare workshop is being held July 1st, 6:00 pm to 7:30 pm, at the Senior Citizen Center in Bellwood.

AgeOptions, the Social Security Administration and West Suburban Senior Services are hosting the event to explain Medicare basics to persons who recently became eligible for Medicare, those who will soon be eligible for benefits, and family and friends who assist them.

Current Medicare recipients and their caregivers are also welcome to attend.

Discussion topics include but are not limited to eligibility for Social Security and Medicare, prescription assistance for recipients with limited incomes and Medicare Part D supplemental insurance. A question and answer session is also scheduled.

To facilitate planning, persons planning to attend the workshop are asked to call West Suburban Senior Services.

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.

More information may be available in a separate article.

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

Check Out Our New Meal Deals

West Suburban Senior Services is pleased to offer seniors (age 60 and older) two new meal options this month at the Senior Citizen Center in Bellwood. For early risers and other seniors on the go, a pancake and sausage breakfast is being served July 10th from 9:00 am to 10:00 am. Juice, coffee and milk are included. Cost is \$2.00, and reservations are needed by July 8th.

July 17th is *Rib Fest*. For \$3.25, seniors may enjoy a boneless barbecued rib sandwich, slaw and peach cobbler from Robinson's Ribs. Reservations are limited to 25, and prepaid cash, nonrefundable reservations are due at the Senior Citizen Center by July 8th. (Note: Seniors may order lunch from the agency's regular menu that day for the suggested donation of \$2.00.)

At OARS Center in LaGrange, seniors are invited to enjoy a breakfast and a movie on Mondays. Breakfast begins at 9:00 am; show time is 9:30 am. The breakfast menu on July 6th includes waffles, sausage, juice, and coffee and milk. Cost is \$2.00, and reservations are required by July 2nd.

Are You a 'Pack Rat'?

We Can Help You Reduce Your Clutter!

Hoardering is the acquisition of and failure to discard possessions that appear to be useless or of limited value. The following quiz gives you an idea of how cluttered your life might be.

- 1 If someone wanted to come over for a visit, how long would it take you to clean up?
 - a I wouldn't have to do anything.
 - b 1 hour
 - c 1 day
 - d 1 week
 - e I would ask them not to come.
- 2 Would you be able to give a friend a ride in your car if they asked?
 - a Yes, the whole car is clean.
 - b Yes, only the trunk is cluttered.
 - c Yes, as long as it is only one person; the trunk and the back seat are filled.
 - d No, the passenger seat is inaccessible.
 - e No, the whole car is stuffed, and the windows are blocked.
- 3 How much of the floor space in your house is covered (with collections of magazines, piles of clothing, stacked boxes, and so forth) and

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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. 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 or our website

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 addition information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Website

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

Board of Directors

The Board of Directors elected, during the 36th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Debbie Nowader, President
Mrs. Lela Grimble, Vice President
Mrs. Tywana Rand, Secretary
Mrs. Lois Albers, Treasurer

Directors

Mrs. Jann Beauchamp
Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Arthur Grapenthein
Mrs. Lela Grimble
Mr. Robert A. Jones
Mr. Luigi Mazzei
Commissioner Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Ms. Carole Kulinski
Judge Noreen Love
Mrs. Elaine Reno

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information about that breakfast movie program 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 7th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

Patriotic Ice Cream Dessert For \$1.00, seniors may enjoy this treat July 2nd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

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 Seniors are invited to play July 10th and July 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and July 29th, 10:30 am to 11:30 am, at OARS Center. The \$1.00 cost includes prizes and refreshments.

Prescription for a Clear Path This decluttering workshop is scheduled July 15th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Seniors are invited to take the clutter quiz in this newsletter.

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 10th and July 24th, 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.

Stepper Dance Class Beginners and advanced students are welcome in this free class. It is offered Thursdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Welcome to Medicare Workshop A *Welcome to Medicare* workshop is being held July 1st, 6:00 pm to 7:30 pm, at the Senior Citizen Center in Bellwood.

AgeOptions, the Social Security Administration and West Suburban Senior Services are hosting the event to explain Medicare basics to persons who recently became eligible for Medicare, those who will soon be eligible for benefits, and family and friends who assist them. Current Medicare recipients and their caregivers are also welcome to attend. Discussion topics include but are not limited to eligibility for Social Security and Medicare, prescription assistance for recipients with limited incomes and Medicare Part D supplemental insurance. A question and answer session is also scheduled.

To facilitate planning, persons planning to attend the workshop are asked to call West Suburban Senior Services.

Wii Bowling This computerized recreation is being offered every Tuesday, 9:30 am to 10:30 am and 12:30 pm to 1:30 pm, and every Wednesday, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Reservations are required.

Briefly Stated

Adult Story Telling

10:30 am
July 21st Bellwood
July 15th OARS

Advisory Council

10:00 am
July 8th
Bellwood

11:00 am
July 8th
OARS

Apple Surprise

12:15 pm
July 16th
Bellwood & OARS

Art Class

9:00 am
Tuesdays
Bellwood

Bingo Bonanza

10:15 am
July 6th
Bellwood

10:15 am
July 7th
OARS

Brain Games

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

Breakfast Bingo

9:00 am
July 31st
Bellwood

Brownie Sundaes

12:15 pm
July 20th
Bellwood

Budget Sundaes

12:15 pm
July 23rd
Bellwood & OARS

Caregiver Support Group

2:00 pm
July 1st & July 15th
Bellwood

Casino Trip

8:30 am
July 29th
Milwaukee, WI

Cernan Earth & Space Center Outing

10:00 am
July 22nd
River Grove

Chair Exercises

10:00 am
Mondays
OARS

Christmas in July

10:30 am
July 27th Bellwood
July 28th OARS

Cook County Commissioner's Role

10:30 am
July 13th
Bellwood

Cook County Recorder of Deeds

10:30 am
July 10th
OARS

Cookie Man Sundaes

12:15 pm
July 9th
Bellwood & OARS

Creative Writing Class

10:00 am
July 28th
Bellwood

Dinner Bingo

5:30 pm
July 23rd
Bellwood

Dog Days of Summer Tea Party

9:30 am
July 28th Bellwood
July 17th OARS

Everything You Want to Know about Televisions

10:30 am
July 14th
Bellwood

Exercise Class

10:00 am
Monday through Friday
Bellwood

Gift Shop

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

Gourmet Dinner Party

4:30 pm
July 31st
Bellwood

Grief Support Group

1:00 pm
July 6th & July 20th
Bellwood

Haircuts

10:30 am
July 14th & July 28th
Bellwood

Hot Dog Party Bingo

12:15 pm
July 13th
Bellwood

10:30 am
July 14th
OARS

Ice Cream Party Bingo

12:15 pm
July 20th
Bellwood

10:30 am
July 24th
OARS

Independence Day Party

10:30 am
July 2nd
Bellwood & OARS

Joe Fire Entertainment

10:30 am
July 20th
Bellwood

Karaoke Party

10:45 am
July 7th
Bellwood

Line Dancing

9:30 am
Fridays
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

Meditation & Centering Class

12:15 pm
July 10th & July 24th
Bellwood

Movie Days

12:15 pm
July 7th, July 14th, July 21st &
July 28th
Bellwood

9:30 am
July 6th, July 13th, July 20th &
July 27th
OARS

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required by 12:00 noon on July 23rd.

Hot Dog Program Time and date to be announced.

OARS Center
712 East Elm
LaGrange

Hot Dog Party Bingo July 14th, 10:15 am to 11:00 am. Prizes are related to the theme. Cost is \$1.00 per card.

Hot Dog Friday July 24th, 11:15 am to 12:00 noon. Assorted toppings and treats are included in the suggested \$2.00 meal donation. Reservations are required by 12:00 noon on July 23rd.

Hot Dog Program Time and date to be announced.

Internet Café

West Suburban Senior Services is offering free basic computer instruction at the Senior Citizen Center in Bellwood. Classes are scheduled July 8th,

July 13th, July 20th and July 27th from 10:00 am to 11:00 am. Interested seniors should register by telephoning the agency. If there is sufficient interest, classes will continue in August.

Mark Your Calendar for the Family and Senior Citizen Health Fair

Proviso Township High School District 209, Proviso Township and West Suburban Senior Services are hosting their Third Annual Family and Senior Citizen Health Fair Saturday, August 8th, 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 and health information for all ages. For example, seniors with questions about Medicare, including Part D supplemental insurance, can talk with a Senior Health Insurance Program (SHIP) counselor for personalized assistance. In addition, there will be special activities for seniors. These include a stepper dance exercise class from 10:45 am to 11:15 am and party bingo from 11:30 am to 12:30 pm. A turkey croissant boxed lunch is available for seniors (age 60 and older) between

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Mystery Reading Club

9:30 am
July 7th
Bellwood

Patriotic Ice Cream Dessert

12:15 pm
July 2nd
Bellwood & OARS

Podiatry Clinic

9:00 am
Thursdays
Bellwood

Pokeno Parties

10:30 am
July 10th & July 24th
Bellwood
July 29th OARS

Prescription for a Clear Path

10:15 am
July 15th
Bellwood

Robber Bingo

10:30 am
July 1st
Bellwood

Spanish Club

11:00 am
July 10th & July 24th
Bellwood

Stepper Dance Class

10:30 am
Thursdays
Bellwood

Welcome to Medicare Workshop

6:00 pm
July 1st
Bellwood

Wii Bowling

9:30 am & 12:30 pm
Tuesdays
Bellwood

9:30 am
Wednesdays
Bellwood

Congregate Meals Menu

Table with 5 columns: Monday, Tuesday, Wednesday, Thursday, Friday. Rows list dates and meal items for each day from July 6 to July 31, 2009.

West Suburban Senior Services in supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements

OARS Center
712 Elm
LaGrange, Illinois 60525

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Nothing seems to help; I am worried about the future.
d I have already lost relationships because of the clutter.

Scoring:

a = 0 points b= 2 points c = 5 points
d = 7 points e = 10 points

0 to 30 points.....You're okay.
31 to 79 pointsKeep an eye on it.
80 to 100 points.....Seek help.

On July 15th from 10:15 am to 11:15 am, West Suburban Senior Services is hosting A Prescription for a Clear Path at the Senior Citizen Center in Bellwood. The workshop is designed to help seniors prevent clutter and to declutter their lives. If there is sufficient interest, the workshop will be ongoing. Additional information is available from the agency.

Summer Casino Trip

West Suburban Senior Services has rescheduled its outing to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, to July 29th. The trip leaves from the Senior Citizen Center in Bellwood at 8:30 am and returns there at approximately 6:00 pm. The \$25.00 per-person cost includes round-trip transportation on a motor coach, an all-you-can-eat buffet and a \$10.00 voucher for 25 slot points earned. Also, everyone in the agency's group has the option of playing a three-hour session of matinee bingo beginning at 1:00 pm.

Paid non-refundable cash reservations are due at the Senior Citizen Center by July 17th, and a

minimum registration is required. As a reminder, the casino requires one of the following forms of photo identification: current passport, valid driver's license, valid State-issued identification card, current military identification, an immigration card or a consulate card.

Christmas in July

West Suburban Senior Services invites seniors to rekindle their holiday spirit this month at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Holiday music and treats, jingle bell party bingo and surprises are all part of the celebration July 27th at the Senior Citizen Center and July 28th at OARS Center. Festivities begin at 10:30 am; lunch is served at 11:30 am for the suggested donation of \$2.00. Reservations are required by 12:00 noon on July 24th.

Hot Dog! It's National Hot Dog Month

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

Senior Citizen Center
439 Bohland Avenue
Bellwood

Hot Dog Party Bingo July 13th, 12:15 pm to 1:15 pm. Prizes are related to the theme. Cost is \$1.00 per card.

Hot Dog Friday July 24th, 11:30 am to 12:30 pm. Assorted toppings and treats are included in the suggested \$2.00 meal donation. Reservations are

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Citizen Center in Bellwood. Additional information is available from the agency's Caregiver Specialist at extension 401.

Cernan Earth and Space Center Outing West Suburban Senior Services is hosting this trip to Triton College July 22nd. The agency bus departs from the Senior Citizen Center in Bellwood at 10:00 am and returns there at approximately 12:30 pm. The 11:00 am show at the earth and space center features *Nature's Fury* and a *Patriot Mini Laser Show*. The \$5.00 fee includes the bus, a gourmet boxed lunch and the program. Paid cash reservations are due at the Senior Citizen Center by July 8th, and a minimum registration is required for this outing to take place.

Chair Exercises This program takes place every Monday at OARS Center from 10:00 am to 10:30 am. There is no charge.

Christmas in July West Suburban Senior Services invites seniors to rekindle their holiday spirit this month at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Holiday music and treats, jingle bell party bingo and surprises are all part of the celebration July 27th at the Senior Citizen Center and July 28th at OARS Center. Festivities begin at 10:30 am; lunch is served at 11:30 am for the suggested donation of \$2.00. Reservations are required by 12:00 noon on July 24th.

Cook County Commissioner's Role This program is being presented July 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch is served at 11:30 am.

Cook County Recorder of Deeds The workings of this office are being discussed July 10th, 10:30 am to 11:30 am, at OARS Center.

Cookie Man Sundaes In celebration of *National Ice Cream Month*, the agency is serving this dessert July 9th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Creative Writing Class New and returning students are welcome in this class July 28th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge.

Dinner Bingo Seniors may enjoy party bingo, and a ham and cheese croissant boxed lunch July 23rd, 5:30 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Cost is \$2.00; reservations are required by July 21st, and a minimum registration is required.

Dog Days of Summer Tea Party Pet stories and pictures are welcome at this activity July 28th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood, and July 17th, 9:30 am to 10:30 am, at OARS Center.

Everything You Want to Know about Televisions Best Buy in Melrose Park is answering questions about the digital television conversion, model designs, antennas and other issues related to televisions. The program is scheduled July 14th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reason-

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not available for walking?

- a None
- b 25%
- c 50%
- d 75%
- e 100%

4 How much of the horizontal surface space (counter tops, tabletops, chair seats, dressers, desktops, coffee tables and so forth) in your home is covered and unavailable for intended purposes?

- a None
- b 25%
- c 50%
- d 75%
- e 100%

5 If you need a particular item or paper document, how long will it take you to find it on average?

- a 30 seconds
- b 15 minutes
- c 1 hour
- d All day
- e I'll never find it.

6 How many of your appliances are functioning perfectly and are available for intended use?

- a All
- b One is not working, but I have a date for repair.
- c Two are not working, but I will have them repaired this month.
- d Several are broken, but I can't remember for how long.
- e None are working, and I have no idea when they will be.

7 In regard to adding more clutter to your life, how often do you come home with an impulse purchase and later regret it?

- a Never
- b 1 time a month
- c 1 to 2 times a month
- d 1 time a day
- e Several times per day and many items

7 In regard to adding more clutter to your life, how often do you come home with freebie flyers or free items picked from the curbside trash?

- a Never
- b 1 time a month
- c 1 to 2 times a month
- d 1 time a day
- e Several times per day and many items

8 How difficult is it for you to let go of things?

- a I have no problem getting rid of things; I'm a "tossler".
- b I hesitate a little, but usually let go of most stuff.
- c I hang on to things but eventually let go if they go to a good home.
- d I struggle with the question *What if I need it later?* and hang on to most things.
- e I am paralyzed by the thought of letting anything go, and nothing leaves my life.

How much does the clutter in my life impact personal relationships?

- a It has no effect on personal relationships.
- b It has an effect on relationships but only in a minor way.
- c It has an effect on relationships, but we have been working through compromises about it.
- c It is causing increasing strains in relationships.

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able 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 Dancing and dinner are featured July 31st at the Senior Citizen Center in Bellwood. Festivities begin with appetizers and step dancing at 4:30 pm. Dinner is served from 5:00 pm to 6:00 pm; dancing continues until 7:00 pm. Cost is \$9.00 per person, and paid nonrefundable reservations are due by July 23rd. Catered by an area restaurant, the meal features a salad, two meats, mashed potatoes, a vegetable, bread, coffee and dessert.

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are July 6th and July 20th from 1:00 pm to 3:00 pm.

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 14th and July 28th at 10:30 am.

Ice Cream Party Bingo In celebration of *National Ice Cream Month*, this activity is scheduled July 13th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and July 24th, 10:30 am to 11:30 am, at OARS Center. Cost is \$1.00, and prizes are related to the theme.

Independence Day Party Seniors are invited to start off their holiday weekend with patriotic entertainment and treats July 2nd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood and at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$2.00.

Karaoke Party On July 7th at the Senior Citizen Center in Bellwood, seniors have the opportunity to share their talent and favorite tunes with friends. Show time is 10:45 am to 11:30 am.

Legal Assistance Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact 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 \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class July 10th and July 24th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *Tyler Perry's Madea Goes to Jail* on July 7th, *New in Town* on July 14th, *Soul Men* on July 21st, and *Grand Torino* on July 28th. The same movies are being featured Monday mornings at OARS Center. Additional

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Briefly Noted

Adult Story Telling Do you have a humorous, interesting or other type of personal story to share? Then you won't want to miss this new activity with B-Noz the clown July 21st, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and July 15th, 10:30 am to 11:15 am, at OARS Center.

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 and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting July 8th, 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 In observance of *National Ice Cream Month*, seniors may enjoy this dessert July 16th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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. There is a fee for enrollment.

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 6th at the Senior Citizen Center in Bellwood and July 7th 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 cost includes prizes and refreshments.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood. There is no charge for this activity.

Breakfast Bingo This session of party bingo is scheduled July 31st, 9:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a French toast and sausage meal and the bingo. Reservations are required by 12:00 noon on July 28th, and a minimum registration is required for this activity to take place.

Brownie Sundaes In observance of *National Ice Cream Month*, seniors may enjoy this dessert July 20th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Budget Sundaes For \$1.00, seniors may enjoy this treat July 23rd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets July 1st and July 15th from 2:00 pm to 3:00 pm at the Senior

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