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Paid, nonrefundable cash reservations are due at the Senior Center by July 19<sup>th</sup>, 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.

### Terrific Tuesdays

**W**est Suburban Senior Services announces alternative menu options three Tuesdays this month at the Senior Citizen Center in Bellwood. On those days, seniors may order either the catered lunch listed on the menu or the alternative meal listed below. Suggested meal donation for all meals is \$2.00. The deadline for each alternative menu item is listed. Lunches are served between 11:30 am and 12:30 pm to seniors age 60 and older.

*July 6<sup>th</sup> Sausage Pizza (two slices)  
Salad with Tomatoes  
Banana*

Reservation deadline is 12:00 noon July 5<sup>th</sup>.

*July 20<sup>th</sup> Beach Club Sandwich (four- inch) with  
turkey, cheese, avocados, tomatoes, cucumbers  
and lettuce.  
Applesauce  
Cranberry Juice*

Reservation deadline is 12:00 noon July 16<sup>th</sup>.

*July 27<sup>th</sup> Mini Southern Rib Tips  
Green Beans  
Hamburger Bun  
Orange Juice*

Reservation deadline is 12:00 noon July 21<sup>st</sup>.

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.*

*The Hodgkin's Meal Site is located at 9301 63<sup>rd</sup> in Hodgkins.*

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 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.

# The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525  
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

### Christmas in July

**W**est Suburban Senior Services invites senior citizens to rekindle their holiday spirit this month at the Senior Citizen Center in Bellwood. Holiday music and treats, jingle bell party bingo and surprises are all part of the celebration July 22<sup>nd</sup>. 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 21<sup>st</sup>.

Also, throughout the month, the agency is collecting nonperishable foods, toiletries and cleaning products for local food pantries. Donations may be brought to the Senior Center on weekdays between 8:30 am and 4:00 pm.

### Hot Dog! It's National Hot Dog Month

**T**his popular food is highlighted in a variety of activities this month at the Senior Citizen Center in Bellwood:

*Hot Dog Party Bingo, July 19<sup>th</sup>,  
12:15 pm to 1:15 pm. Prizes are related to the  
theme. Cost is \$1.00.*

*Hot Dog Tuesday, July 13<sup>th</sup>, 11:30 am to 12:30  
pm. Assorted toppings and treats are included in*

the suggested \$2.00 meal donation.

*Hot Dog Party and Bingo Fest, July 23<sup>rd</sup>, 4:00 pm  
to 6:30 pm. The \$5.00 cost includes a hot dog  
meal and party bingo. Prepaid cash reservations  
are due by July 16<sup>th</sup>, and a minimum registration  
is required for this activity to take place.*

*Local Hot Dog History, July 20<sup>th</sup>, 10:30 am to  
11:15 am. Owner of Mickey's Drive -In,  
Bellwood, shares information about his family's  
business.*

### Ice Cream Month Celebration

**J**uly is National Ice Cream Month, and West Suburban Senior Services is hosting a variety of theme-related activities at the Senior Citizen Center in Bellwood:

*Ice Cream Lover's Delights – July 1<sup>st</sup>, Yankee  
Doodle sundae; July 8<sup>th</sup>, ice cream cake; July 15<sup>th</sup>,  
budget sundae; July 22<sup>nd</sup>, holiday parfait; July  
26<sup>th</sup>, milk shake; and July 29<sup>th</sup>, apple pandowdy.  
Serving time is 12:15 pm, and the cost for each  
dessert is \$1.00.*

*Ice Cream Parlor Tour – Participants visit the  
Brown Cow Ice Cream Parlor, 7347 Madison  
Street in Forest Park, on July 21<sup>st</sup>. The \$5.50 fee  
includes a one-hour guided tour from 12:15 pm to*

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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 37<sup>th</sup> 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. Jann Beauchamp, Treasurer

**Directors**

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

**Honorary Directors**

- Mrs. Lois Albers
- Commissioner Anthony Peraica

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**State Fair Preview Party** West Suburban Senior services is hosting this event July 29<sup>th</sup>, 10:00 am to 12:00 noon, at the Senior citizen Center in Bellwood. It features animals, entertainment, exhibits, games and treats.

**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.

**Tips for Saving Money on Gas** University of Illinois Extension is presenting information on this subject July 27<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

**Wedding Vow Renewal Ceremony** West Suburban Senior Services invites seniors to participate in a wedding vow renewal ceremony July 21<sup>st</sup>,

12:30 pm to 1:15 pm, at the s congregate meal site in Hodgkins. Honorable Patrick Rogers is officiating. Senior citizen planning to participate are asked to register at West Suburban Senior Services by July 14<sup>th</sup>.

**Wii Bowling** Senior citizens are invited to participate in this computerized bowling July 13<sup>th</sup>, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins.

**Yoga Class** This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

**West Suburban Senior Services invites you to participate  
in a wedding vow renewal ceremony**

Wednesday, July 21<sup>st</sup>, 12:30 pm

Hodgkin's Congregate Meal Site  
Salerno's Restaurant  
9301 63<sup>rd</sup> Street in Hodgkins  
Honorable Patrick Rogers officiating.

RSVP to West Suburban Senior Services by July 14<sup>th</sup> (708) 547-5600.

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**Dog Days of Summer Tea Party** Pet stories and pictures are welcome at this activity July 6<sup>th</sup>, 10:00 am to 10:45 am, at the Senior Citizen Center in Bellwood. There is no participation 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, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood, and 10:00 am to 11:00 am, at the Hodgkins meal site.

**Farmers’ Market Shopping Tips** University of Illinois Extension helps seniors understand the differences and benefits of ethnic and organic produce. The program is scheduled July 15<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and August 9<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

**Game Day** The Price is Right is this month’s featured game July 21<sup>st</sup>, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. There is no participation fee.

**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.

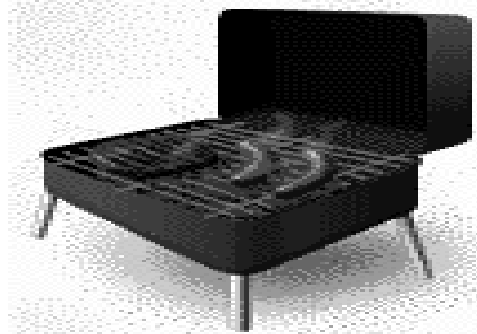
**Good Eatin’ Café** West Suburban Senior Services and University of Illinois Extension are cosponsoring this new nutrition program at the Senior Citizen Center in Bellwood. Interested seniors participate in a pre-preparation class July 7<sup>th</sup>, 10:30 am to 11:30 am. Actual cooking takes place July 14<sup>th</sup> at 10:00 am. This month’s menu is Greek-style beef steak with yogurt sauce; pasta/spinach salad with grape tomatoes, fresh dill and feta; warm pita

bread; and maple poached pear. There is no class fee, but seniors must participate in both the pre-preparation and cooking sessions. Space is limited; registrations are required by July 6<sup>th</sup>.

**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 meeting is July 19<sup>th</sup> 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 13<sup>th</sup> and July 27<sup>th</sup> at 10:30 am.

**Hot Dog Month Activities** July is National Hot Dog Month, and a variety of events and activities are planned at the Senior Citizen Center in Bellwood.



**Ice Cream Month Activities** West Suburban Senior Services has planned a month-long celebration at the Senior Citizen Center in Bellwood.

**Independence Day Party** Senior citizens are invited to kick-off their holiday weekend with activities at both the Senior Citizen Center in Bellwood and the congregate meal site in Hodgkins. At Bellwood, festivities begin at 10:30 am with patriotic party bingo. Apple pie a la mode is served at 12:15 pm. Events conclude with the showing of Every Man’s War at 12:30 pm. At Hodgkins, patri-

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**Briefly Stated**

**Advisory Council**  
10:00 am  
July 14<sup>th</sup>  
Bellwood

1:00 pm  
July 14<sup>th</sup>  
Hodgkins

**Aging Care Connections Day**  
10:30 am  
July 6<sup>th</sup>  
Hodgkins

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

**Arthritis Foundation Exercise Class**  
10:00 am  
July 1<sup>st</sup>, July 27<sup>th</sup> & July 29<sup>th</sup>  
Bellwood

**Bingo**  
12:15 pm  
Thursdays  
Bellwood & Hodgkins

**Bingo Bonanza**  
10:15 am  
July 12<sup>th</sup>  
Bellwood

**Brain Games**  
12:15 pm  
July 7<sup>th</sup>, July 14<sup>th</sup>, July 21<sup>st</sup> & July 28<sup>th</sup>  
Bellwood

12:15 pm  
July 7<sup>th</sup> & July 14<sup>th</sup>  
Hodgkins

**Caregiver Support Group**  
2:00 pm  
July 7<sup>th</sup> & July 21<sup>st</sup>  
Bellwood

**Casino Trip**  
9:00 am  
July 28<sup>th</sup>  
Hammond, Indiana

**Christmas in July**  
10:30 am  
July 22<sup>nd</sup>  
Bellwood

**Creative Writing**  
10:00 am  
July 27<sup>th</sup>  
Bellwood

**Dog Days of Summer Tea Party**  
10:00 am  
July 6<sup>th</sup>  
Bellwood

**Exercise Class**  
10:00 am  
Weekdays  
Bellwood

10:00 am  
Weekdays  
Hodgkins

**Farmers’ Market Shopping Tips**  
10:30 am  
July 15<sup>th</sup>  
Bellwood

12:15 pm  
August 9<sup>th</sup>  
Hodgkins

**Game Day**  
10:30 am  
July 21<sup>st</sup>  
Bellwood

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

**Good Eatin’ Café**  
10:30 am  
July 7<sup>th</sup>  
Bellwood

10:00 am  
July 14<sup>th</sup>  
Bellwood

**Grief Support Group**  
1:00 pm  
July 19<sup>th</sup>  
Bellwood

**Haircuts**  
10:30 am  
July 13<sup>th</sup> & July 27<sup>th</sup>  
Bellwood

**Hot Dog Month Activities**  
Times Vary  
July 13<sup>th</sup>, July 19<sup>th</sup>, July 20<sup>th</sup> & July 23<sup>rd</sup>  
Bellwood

**Ice Cream Month Activities**  
12:15 pm  
July 1<sup>st</sup>, July 8<sup>th</sup>, July 15<sup>th</sup>, July 21<sup>st</sup>, July 22<sup>nd</sup>, July 26<sup>th</sup> & July 29<sup>th</sup>  
Bellwood

**Independence Day Party**  
10:30 am  
July 2<sup>nd</sup>  
Bellwood

12:15 pm  
July 2<sup>nd</sup>  
Hodgkins

**Legal Assistance**  
By Appointment  
Bellwood

**Line Dancing**  
9:30 am  
Fridays  
Bellwood

12:15 pm  
July 9<sup>th</sup>, July 16<sup>th</sup>, July 23<sup>rd</sup> & July 30<sup>th</sup>  
Hodgkins

**Luncheon**  
11:30 am  
Weekdays  
Bellwood & Hodgkins

**Meditation & Centering Class**  
12:15 pm  
July 9<sup>th</sup> & July 23<sup>rd</sup>  
Bellwood

**Mold: Prevention, Detection & Removal**  
10:30 am  
July 27<sup>th</sup>  
Bellwood

12:15 pm  
July 12<sup>th</sup>  
Hodgkins

**Movie Days**  
12:30 pm  
July 6<sup>th</sup>, July 13<sup>th</sup>, July 20<sup>th</sup> & July 27<sup>th</sup>  
Bellwood

12:30 pm  
July 28<sup>th</sup>  
Hodgkins

**Mystery Reading Club**  
9:30 am  
July 12<sup>th</sup>  
Bellwood

**Neighborhood Tour**  
12:15 pm  
July 21<sup>st</sup>  
Forest Park

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otic party bingo is played from 12:15 pm to 1:15 pm. Afterward, a prize is being awarded to the youngest senior in attendance. Both sites serve lunch at 11:30 am for the suggested donation of \$2.00.

**Line Dancing** Senior citizens 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, and Fridays, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. There is no charge. There is no line dancing at Hodgkins on July 2<sup>nd</sup>.

**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 require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

**Meditation and Centering Class** Basic meditation and relaxation techniques are the focus of this class July 9<sup>th</sup> and July 23<sup>rd</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Mold: Prevention, Detection and Removal** The hot, humid summer weather provides the environment for mold to grow in the home. University of Illinois Extension is sharing information that can help seniors make their indoor air healthy. The program is scheduled July 27<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and July 12<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

**Movie Days** Seniors are invited to enjoy compli-

mentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Valentine's Day* on July 6<sup>th</sup>, *Extraordinary Measures* on July 13<sup>th</sup>, *Dear John* on July 20<sup>th</sup> and *Whatever It Takes* on July 27<sup>th</sup>. In addition, a movie is being shown at the Hodgkins meal site July 28<sup>th</sup> at 12:30 pm.

**Mystery Reading Club** Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting July 12<sup>th</sup>, 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.

**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 Blow-Out** This event on July 16<sup>th</sup> begins with a French toast breakfast at 9:30 am. Pokeno is played from 10:00 am to 11:15 am, and from 12:15 pm to 1:15 pm. Cost for all is \$2.00. Reservations are required by July 13<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Pokeno Parties** Senior citizens are invited to join this friendly competition July 9<sup>th</sup>, July 23<sup>rd</sup> and July 30<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Cost for each party is \$1.00.

**Property and Deed Fraud** Deed fraud is on the rise throughout the country, and staff of the Cook County Recorder of Deeds is sharing information that can help consumers protect themselves against this crime. Participants can also find out if their

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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, senior citizens with questions about Medicare 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 senior citizens. These include a line dancing 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 senior citizens aged 60 and older between 11:00 am and 11:45 am for the suggested donation of \$2.00. Lunch reservations are required and may be made by telephoning West Suburban Senior Services.



## Neighborhood Tours

**W**est Suburban Senior Services invites seniors to visit a variety of local sites this summer in the agency's Neighborhood Tour series. The July calendar includes the following tour:

Brown Cow Ice Cream Parlor, 7347 Madison Street in Forest Park, July 21<sup>st</sup>, 12:15 pm to 1:15 pm. Parlor staff provide a guided tour of the entire business, and participants create their own sundae afterwards. The fee for everything is \$5.50, payable the day of the tour. Senior citizens requiring transportation on the agency bus pay an additional nonrefundable \$1.00 fee when they register for the tour. All senior citizens planning to participate in the tour must sign up at the Senior Citizen Center by July 15<sup>th</sup>.

## Safe Food to Go

**S**ummer is the time for family reunions and picnics, but those events can be marred by food poisoning if food is not properly transported and stored. University of Illinois Extension shares this information to help ensure summer food safety:

- ❑ If you are traveling longer than two hours, you need to use a cooler. The first food packed in the cooler should be the last food you will use. The exception to this rule is to pack meat at the bottom of the cooler. Have plenty of ice or freezer gel-packs in the cooler to keep food at less than 40 degrees F while transporting it. Remember to bring along soap and water for hand washing.
- ❑ Remember that a full cooler will stay

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cold longer than a partially packed cooler. However, take only the amount of food you will need for the event. Extra space in the cooler should be filled with ice.

- ❑ If it is very hot outside, don't put the cooler in the trunk, and never leave your cooler in the sun at the picnic site.
- ❑ When getting meat ready for your event, double wrap the meat to prevent juices from dripping into the cooler. Raw meat can be stored in the refrigerator for a day or two until picnic time. Frozen meat can be transported in the cooler and cooked at the picnic site.
- ❑ Plan to cook or re-heat meat by packing a stove or charcoal for grilling. However, pre-cooked take-out meat like fried chicken or barbecue should be eaten within two hours of pick-up, or cooled to an appropriate temperature.
- ❑ Charcoal coals should be allowed to burn for 20 to 30 minutes and be lightly covered with ash before you start to cook meat. Turn meat at least once during grilling, and check meat for doneness with a meat thermometer. If cooking a large amount of food, do it in batches as needed.
- ❑ If you plan to take leftovers home, promptly place them in the cooler on ice. Any meat left out of the cooler for more than an hour should be thrown away.
- ❑ Check the cooler when you get home. Make sure there is ice present and the

meat is cool to the touch if you plan to keep it. If in doubt, throw it out.

### State Fair Preview Party

**T**his year's Illinois State Fair takes place in August at the State Fairgrounds in Springfield, and West Suburban Senior Services is hosting its own preview party July 29<sup>th</sup> at the Senior Citizen Center in Bellwood. The following activities and events have been scheduled:

10:00 am to 11:30 am, Exhibits - Senior citizens who would like to display some of their collectibles should contact the Senior Center Director to arrange table space.

10:30 am to 11:00 am, Games and Treats

11:00 am to 11:30 am, Entertainment

Lunch is served at 11:30 am for the suggested donation of \$2.00. The menu is chicken fillet sandwich, broccoli, tossed salad, tropical fruit, and milk and coffee. Reservations are required by 12:00 noon July 28<sup>th</sup>.

### Summer Casino Trip

**W**est Suburban Senior Services has scheduled an outing to the Horseshoe Casino in Hammond, Indiana, on July 28<sup>th</sup>. The trip leaves from the Senior Citizen Center in Bellwood at 9:00 am and returns there at approximately 5:00 p.m.. The \$25.00 per-person cost includes round-trip transportation on a motor coach, an all-you-can-eat buffet and \$5.00 back in casino coins.

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1:15 pm, and the opportunity to create individualized sundaes. Reservations are required at the Senior Citizen Center by July 15<sup>th</sup>.

*Ice Cream Party Bingo*, July 26<sup>th</sup>, 12:15 pm to 1:15 pm. Cost is \$1.00, and prizes are related to the theme.

### Ice Cream Personality Test

**E**dy's Grand Ice Cream commissioned an ice cream flavorology study to determine how ice cream preferences relate to personality. The study revealed that distinct personalities correspond with ice cream flavors. According to the official taster for Edy's Grand Ice Cream, the flavorology research is fun "food for thought" to discuss around the dinner table.

July is National Ice Cream Month, so pick your favorite ice cream flavor and find out what it says about your personality.

Select one of the following flavors:

- Vanilla*
- Chocolate*
- Butter Pecan*
- Banana*
- Strawberry*
- Chocolate Chip*

### Analysis

If you like vanilla, you are colorful, impulsive, a risk taker who sets high goals and has high expectations of yourself. You also enjoy close family relationships. Also, you are a private person. You are most likely to be compatible with someone whose favorite flavor is also vanilla.

If you like chocolate, you are lively, creative, dramatic, charming, enthusiastic and the life of the party. Chocolate fans enjoy being at the center of attention and can become board with the usual routine. You are most likely to be compatible with someone whose favorite flavor is butter pecan or chocolate chip.

If you like butter pecan, you are orderly, perfectionist, careful, detail-oriented, conscientious, ethical and fiscally conservative. You are also competitive, aggressive in sports, and the take-charge type of personality. You are most likely to be compatible with someone whose favorite flavor is butter pecan, chocolate or chocolate chip.

If you like banana, you are easy going, well adjusted, generous, honest and sympathetic. You are compatible with all flavors.

If you like strawberry, you are shy yet emotionally robust, skeptical, detail-oriented, opinionated, introverted and self-critical. You are most likely to be compatible with someone whose favorite flavor is chocolate chip.

If you like chocolate chip, you are generous, competitive and accomplished. You are charming in social situations, ambitious and competent. You are most likely to be compatible with someone whose favorite flavor is butter pecan, strawberry or chocolate.

### Mark Your Calendar for the Family and Senior Citizen Health Fair

**P**roviso Township High School District 209, Proviso Township and West Suburban Senior Services are hosting their Fourth Annual Family and Senior Citizen Health Fair Saturday, August 14th, 9:00 am to 1:00 pm, at the Proviso Mathematics

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<p><b>Podiatry Clinic</b> 9:00 am Thursdays Bellwood</p> <p><b>Pokeno Blow-out</b> 9:30 am July 16<sup>th</sup> Bellwood</p> <p><b>Pokeno Parties</b> 10:30 am July 9<sup>th</sup>, July 23<sup>rd</sup> &amp; July 30<sup>th</sup> Bellwood</p>	<p><b>Property &amp; Deed Fraud</b> 10:30 am July 13<sup>th</sup> Bellwood</p> <p>11:00 am July 20<sup>th</sup> Hodgkins</p> <p><b>Seniors Night Out</b> 5:30 pm July 30<sup>th</sup> Hillside</p> <p><b>Silver Beat</b> 10:30 am July 19<sup>th</sup> Bellwood</p> <p>12:15 pm July 26<sup>th</sup> Hodgkins</p>	<p><b>Spanish Club</b> 11:00 am July 9<sup>th</sup> &amp; July 23<sup>rd</sup> Bellwood</p> <p><b>Spend Smart, Save Smart</b> 12:15 pm July 19<sup>th</sup> Hodgkins</p> <p><b>State Fair Preview Party</b> 10:00 am July 29<sup>th</sup> Bellwood</p> <p><b>Stepper Dance Class</b> 10:30 am Thursdays Bellwood</p>	<p><b>Tips for Saving Money on Gas</b> 12:15 pm July 27<sup>th</sup> Hodgkins</p> <p><b>Wedding Vow Renewal Ceremony</b> 12:30 pm July 21<sup>st</sup> Hodgkins</p> <p><b>Wii Bowling</b> 12:15 pm July 13<sup>th</sup> Hodgkins</p> <p><b>Yoga Class</b> 9:00 am Monday, Wednesday &amp; Friday Bellwood</p>
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property has been affected by fraudulent activity. This program is scheduled July 13<sup>th</sup>, 10:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood, and July 20<sup>th</sup>, 11:30 am to 1:00 pm, at the congregate meal site in Hodgkins.

**Seniors' Night Out** West Suburban Senior Services is hosting a dinner outing to Home Run Inn Pizza in Hillside July 30<sup>th</sup> at 5:30 pm. Participants are responsible for providing their own transportation and for paying their own bill at the restaurant. To facilitate planning, senior citizens planning to attend the dinner are asked to call West Suburban Senior Services by July 27<sup>th</sup>.

**Silver Beat** Created by the Illinois Attorney General, this educational training program is designed to give seniors the knowledge and the tools they need to better protect themselves from con artists and deceptive business practices. In partnership

with AgeOptions, the Attorney General's office also trains a corps of older adults to recognize scams and to educate other seniors. This program is scheduled July 19<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and July 26<sup>th</sup>, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins.

**Spanish Club** This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting July 9<sup>th</sup> and July 23<sup>rd</sup>, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

**Spend Smart, Save Smart** This program is geared to help senior citizens stretch dollars, put money aside for unexpected expenses and to meet goals. University of Illinois Extension is sharing this information July 19<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

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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 during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting July 14<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and 1:00 pm to 2:00 pm at the Hodgkins site located in Salerno Pincente Ristorante.

**Aging Care Connections Day** Aging Care Connections in LaGrange is sharing information about various programs and services available to senior citizens. The program is scheduled July 6<sup>th</sup>, 10:30 am to 11:15 am, at the Hodgkins meal site. This month's topic is Medicare.

**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.

**Arthritis Foundation Exercise Class** This program continues at the Senior Citizen Center in Bellwood from 10:00 am to 11:00 am on the following dates: July 1<sup>st</sup>, July 27<sup>th</sup> and July 29<sup>th</sup>. There is no participation fee.

**Bingo** Party bingo is held every Thursday beginning at 12:15 pm at both the Bellwood and Hodgkins congregate meal sites.

**Bingo Bonanza** A double session of party bingo is planned July 12<sup>th</sup>, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00

cost includes prizes and refreshments. Lunch is served at 11:30 am for the suggested donation of \$2.00.

**Brain Games** Senior citizens 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, and 12:15 pm to 1:15 pm, July 7<sup>th</sup> and July 14<sup>th</sup>, at the congregate meal site in Hodgkins. There is no charge for this activity.

**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 7<sup>th</sup> and July 21<sup>st</sup> from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

**Casino Trip** West Suburban Senior Services has scheduled an outing to the Horseshoe Casino in Hammond, Indiana, on July 28<sup>th</sup>.

**Christmas in July** Senior citizens are invited to rekindle their holiday spirit July 22<sup>nd</sup>, 10:30 am to 1:30 pm, at the Senior Citizen Center in Bellwood. Holiday music and treats, jingle bell party bingo and surprises are planned. Lunch is served at 11:30 am for the suggested donation of \$2.00.

**Creative Writing** This class is scheduled July 27<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

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