

(Continued from page nine)

Summer Cookout Seniors are invited to enjoy grilled hot dogs, baked beans, coleslaw, fruit gelatin, lemonade, and other summer goodies June 23rd, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. Suggested lunch donation is \$1.50. Reservations are required by 12:00 noon June 21st.

Summer Festival Pokeno, bingo, contests, ice cream cones, and door prizes are being featured at West Suburban Senior Service's Summer Festival June 21st at Bellwood Senior Center. The schedule is as follows: 10:00 to 10:45 am, Pokeno; 11:00 am to 11:30 am, contests; 12:00 noon, complimentary ice cream cones; 12:15 to 1:00 pm, bingo; and 1:00 to 1:15 pm, door prizes. Seniors planning to eat lunch at 11:30 am need a reservation by 12:00 noon June 18th. Suggested lunch donation is \$1.50.

Summer Picnic Boxed lunches and games highlight this event June 8th at Bellwood Senior Center, and OARS and River Park Centers. The fun begins at 11:00 am, and lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are needed by 12:00 noon June 4th.

Talking about Tornadoes This workshop by the Illinois Emergency Management Agency highlights facts about tornadoes in Illinois and overall tornado safety. It is scheduled June 22nd, 11:00 am, at Bellwood Senior Center. Reservations are recommended.

Walking Club West Suburban Senior Services is pleased to host a walking club. Interested seniors are meeting at Bellwood Senior Center Mondays and Wednesdays at 10:00 am and walking in the Bellwood community.

tions are needed by 12:00 noon June 4th.

Your Brain – Use It or Lose It!

For those of you who like mind challenging games, AARP's computer web site offers several games that will give your gray matter a workout.

- **Crossword Puzzle** – Take on new challenges with the Universal Crossword Puzzle
- **Jigsaw Puzzle** – Choose from images of landscapes, people, and interesting places
- **Word Search** – Play against the clock, or take it slow and easy
- **Play Four!** – Perfect for a quick break, but teasingly hard enough to keep you on your toes.
- **Jumble** – The world's most recognizable word game. A new puzzle every day.
- **Universal Trivia** – Are you a trivia whiz? Choose from five popular topics.
- **Rootonym** – Race against the clock as you build your vocabulary skills

Go to www.aarp.org/games/ and let the fun begin!

Sodium Alternatives

Which food is higher in sodium?

- Five saltine crackers or one slice of American cheese?

- A fast food milkshake or fast food french fries?
- Old-fashioned oats or one packet of instant

oatmeal?

- **Chicken noodle soup** (1 ½ cups) or ½ teaspoon of table salt?

Answers:

1. **American cheese:** One slice of American cheese contains about 450 mgs of sodium; the five saltine crackers contain about 180 mgs.
2. **Milkshake:** A fast food milkshake contains 300 mgs of sodium; regular size fast food french fries contain about 110 mgs.
3. **Instant oatmeal:** One packet of instant oatmeal contains about 285 mgs of sodium; old-fashioned oats contain less than 5 mgs.
4. **Soup:** One cup of soup contains about 1,100 mgs of sodium. The ½ teaspoon of table salt contains 1,050 mgs.

Unless a product is a low-salt or no-salt-added item, the more it has been processed, the more salt it contains. However, just because foods are low in salt, they don't have to lack flavor. Spices and herbs can be added to food instead of salt. Here are some suggestions for

Meats: Paprika and parsley flakes add color to light meats such as pork, chicken, and fish. Celery seed, garlic and onion powder, curry or chili powder offer flavor and color to all types of meat.

Breads: Nutmeg, ginger, cinnamon, and allspice

(Continued on page 3)

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 Services (formerly Proviso Council on Aging) and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

West Suburban Senior Services (formerly Proviso Council on Aging) is supported by the Suburban Area Agency on Aging under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn and Cicero, the Community Development Block Grant program of the City of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For addition information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Mission

The mission of West Suburban Senior Services is to prevent premature and inappropriate nursing home placement by providing direct community services to senior citizens aged 60 and above. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 30th Annual Meeting held in Rosemont, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mr. Michael Sturino, Esq., President
 Ms. Carole Kulinski, Vice President
 Honorable Gary Woll, Treasurer
 Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
 Mrs. Annette Barker
 Honorable Anthony Calderone
 Mrs. Mary Conti
 Ms. Carole Kulinski
 Mrs. Dorothy Lindsey
 Mr. John O'Sullivan
 Honorable Lawrence Terrell
 Mr. Gary Woll
 Mrs. Sandra T. Zsuppon

Honorary Directors

Mr. Arthur Diaz
 Rev. Willie Dugan
 Mrs. Alberta Steele

Prescription Discount Drug Card

The Prescription Discount Drug Card that was recently enacted and signed into law has advantages and disadvantages. It is not easy to figure out as many individuals have found out.

This is how Medicare's drug discount card program works:

- ❑ Enrollment is open now and cards become effective June 1st.
- ❑ Cards are effective until Dec. 31, 2005. New prescription-drug benefits are available January 1st, 2006.
- ❑ Seniors and people with disabilities are eligible if they do not have outpatient prescription-drug coverage through Medicaid.
- ❑ All cards must have the Medicare "seal of approval" insignia. Beware of companies selling cards that are not Medicare-approved.
- ❑ Those who sign up can have only one card at a time. No one else may use it.
- ❑ Fees of up to \$30 a year may apply. Some do not charge.
- ❑ Companies selling the cards decide which drugs to discount and by how much. To choose a card, compute how the discounts would work for you.
- ❑ Only pharmacies listed in the company's directory will accept that company's discount card. Companies who sell the card do not have to accept an applicant.
- ❑ Lower-income people may qualify for a

\$600 annual credit to help pay for prescription drugs. For single people, the annual income limit is \$12,569; for married couples, the limit is \$16,862.

Some of the concerns are that the companies selling the cards may change the drugs covered or the amount of the discount as any time. Participants, however, must enroll for one year. In other cases, the discounts may not be that significant and one may have a better discount by shopping at discount pharmacies. In Illinois, with the Circuit Breaker program, the discount cards may not be worth the cost.

Remember, that you do not have to purchase a discount card. Do not purchase one unless the discount cards benefits are greater than the costs and the inconvenience of the card

Become informed and buyer beware. Not all discount cards are the same. Also, remember that the cards expire at the end of 2005 when prescription drugs begin to be covered under Medicare.

The best information we have found is one the Medicare Website at www.medicare.gov. If you take a little time scrolling through the site, add some information, the program can provide very useful information. Staff at West Suburban Senior Services can help individuals unfamiliar with the internet or the website to help make good choices.

This internet based program allows the user to select medications, areas and then find out which to the discount cards are available and how many local pharmacies accept the discount card. One can also call Medicare at (800) -- Medicare.

(Continued from front cover)

are found in many bread and cookie recipes. Onion, dill, and garlic also add flavor to breads.

Vegetables: Cinnamon, ginger, and allspice add flavor to carrots and winter squash. Chives, parsley, dill, and basil can be sprinkled on most vegetables. Use oregano with zucchini, carrots, and spinach.

You can also experiment with different spice blends until you find the one you like. Begin by adding ¼ teaspoon for each four servings; cut back if you find them too strong. Spice blends can also be purchased at the supermarket.

History Lesson

Here are some facts about Life in the year 1902:

The average life expectancy in the U.S. was 47.

Only 14 percent of the homes in the U.S. had a bathtub, or indoor plumbing.

Only 8 percent of the homes had a telephone. A three-minute call from Denver to New York City cost eleven dollars.

There were only 8,000 cars in the U.S. and only 144 miles of paved roads.

With a mere 1.4 million residents, California was only the 21st most populous state in the Union.

The tallest structure in the world was the Eiffel Tower.

The average wage in the U.S. was 22 cents an hour.

(Continued on page five)

(Continued from page eight)

11:00 am, and Bellwood Senior Center June 24th, 11:00 am, to discuss the benefits of its half fare program for riding public transportation. Photographs are being taken for the reduced fare permit. Interested seniors should bring identification with a photo and birth date.

Rules of the Road This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. This class is scheduled June 28th, 1:00 pm, at Bellwood Senior Center. Please call in advance for reservations.

Spanish Club Everyone is welcome to partici-

Briefly Stated

Advisory Council Meeting

June 9th
10:00 am
Bellwood

Art Class

9:00 am
Tuesdays
Bellwood

Arthritis: Posture and Joints

10:30 am
June 11th
Forest Park

Banana Splits

12:15 pm
June 24th Bellwood
June 25th Forest Park & OARS

Beginning Spanish Class

10:30 am
June 10th & June 24th
Bellwood

Bingo

12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza

10:00 am
June 7th Bellwood
June 10th Forest Park

Candy Month Celebration

11:00 am
June 15th
Bellwood, Forest Park & OARS

Craft Co-op

12:15 pm
Fridays
Bellwood

Declutter Club

12:15 pm
June 28th
Bellwood

Déjà vu Party

10:30 am
June 28th
Bellwood & Forest Park

(Continued on back cover)

pate 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 at 11:00 am, June 11th, June 15th, and June 25th at Bellwood Senior Center.

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

Splurge Day June 18th is National Splurge Day, and seniors are invited to join in the fun at Bellwood Senior Center. Festivities begin at 11:00 am; reservations are needed by 12:00 noon June 17th.

Donut Day

11:00 am
June 4th
Bellwood, Forest Park & OARS

Exercise Class – Audio Tape and Video

Tape
10:15 am
Monday through Friday
Bellwood

Father's Day Celebration

11:00 am
June 17th Bellwood
June 18th Forest Park & OARS

Flag Day Observance

11:00 am
June 14th
Bellwood, Forest Park & OARS

Foster Grandparents

10:30 am
Monthly
Bellwood

(Continued on page ten)

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please telephone each site by 12:00 the prior day for lunch reservations.</i></p> <p><i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements</i></p> <p>June 7, 2004 Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears</p>	<p>June 1, 2004 Spaghetti with Meatballs Green Beans Creamy Coleslaw Chocolate Cake</p>	<p>June 2, 2004 Corned Beef Boiled Potatoes Cabbage Angel Food Cake with Strawberries</p>	<p>June 3, 2004 Herb Baked Chicken Sweet Potatoes Brussels Sprouts Mandarin Oranges</p>	<p>June 4, 2004 Baked Fish Whipped Potatoes Sliced Carrots Citrus Segments Salad Vanilla Pudding</p>
<p>June 14, 2004 Beef Stroganoff Buttered Noodles Garbanzo Beans Tossed Salad Fresh Pears</p>	<p>June 8, 2004 Baked Ham Red Beans and Rice Cauliflower Tossed Salad Hawaiian Dessert</p>	<p>June 9, 2004 BBQ Chicken Breast Macaroni and Cheese Coleslaw Rice Pudding</p>	<p>June 10, 2004 Smothered Steak Whipped Potatoes Stewed Tomatoes Carrot Raisin Salad Fruit Yogurt</p>	<p>June 11, 2004 Tuna Salad on Bun Navy Bean Soup Lettuce Slices Hot Spiced Peaches</p>
<p>June 21, 2004 Stuffed Cabbage Roll Cream of Potato Soup Green Beans Cottage Cheese and Pears Chocolate Chip Muffin</p>	<p>June 15, 2004 Roasted Chicken Rice Pilaf California Blend Vegetables Tossed Salad Pineapple Chunks</p>	<p>June 16, 2004 BBQ Roast Pork Spaghetti Okra and Tomatoes Apple Sauce Fresh Banana</p>	<p>June 17, 2004 Sloppy Joe with Bun Mexicorn Cream of Broccoli Soup Pear Salad Brownie</p>	<p>June 18, 2004 Lasagna with Meat Sauce Italian Mixed Vegetables Tossed Salad Apricots</p>
<p>June 28, 2004 Pork Chop Mashed Potatoes Vegetable Soup Lettuce with Sliced Tomatoes Fresh Apple</p>	<p>June 22, 2004 Sliced Turkey Pecan Stuffing Mixed Greens Fresh Orange</p>	<p>June 23, 2004 Hot Dog with Bun Baked Beans Coleslaw Fruit Gelatin</p>	<p>June 24, 2004 Chicken Breast Scalloped Potatoes Minestrone Soup California Vegetables Chilled Peaches</p>	<p>June 25, 2004 Cheese Ravioli Broccoli Kidney Bean Salad Fresh Banana</p>
<p>June 28, 2004 Pork Chop Mashed Potatoes Vegetable Soup Lettuce with Sliced Tomatoes Fresh Apple</p>	<p>June 29, 2004 Spaghetti with Meatballs Green Beans Creamy Coleslaw Chocolate Cake</p>	<p>June 30, 2004 Corned Beef Boiled Potatoes Cabbage Angel Food Cake with Strawberries</p>	<p><i>Proviso Council on Aging is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, United Way, Westlake Health Foundation, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations</i></p>	

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104
(708) 547-5600

River Park Center
8300 Roosevelt Road
Forest Park, Illinois 60130
(708) 771-0101

OARS Center
712 Elm
LaGrange, Illinois 60525
(708) 547-5600

(Continued from page three)

avorites at a party June 4th, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. Lunch follows the program for the suggested donation of \$1.50. Reservations are required by 12:00 noon June 3rd.

Exercise Class – Audio Tape and Video Tape
This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:15 am to 10:45 am, at Bellwood Senior Center.

Father's Day Celebration Door prizes and refreshments are being featured at a Father's Day celebration June 17th, 11:00 am, at Bellwood Senior Center, and June 18th, 11:00 am, at OARS and River Park Centers. Reservations are required by 12:00 noon June 16th.

Flag Day Observance This patriotic celebration is being held June 14th at Bellwood Senior Center, and OARS and River Park Centers. After paying tribute to the American flag, participants are invited to enjoy lunch for the suggested donation of \$1.50. Reservations are needed by 12:00 noon June 11th.

Foster Grandparents West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts, and seasonal decorations at a reasonable price. Due to elevator work at Bellwood Senior Center during May and June, shoppers may purchase items between 10:30 am and 12:00 noon Monday through Friday in the dining room at Bellwood Senior Center.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site June 9th and June 22nd at 10:30 am. Appointments are required.

Hearing Clinic Hearing Specialist Brian Countryman is available the second Thursday of each month. On June 10th, he is at Bellwood Senior Center in the morning and River Park Center in the afternoon. Appointments are required.

Identity Theft Update Staff from the Cook County Sheriff's office are sharing the latest information about this crime. The program is scheduled for June 29th, 11:00 am, at Bellwood Senior Center.

Legal Assistance On June 15th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone us for more information regarding appointments.

Legal Checkup for Seniors Bellwood Public Library and West Suburban Senior Services are cosponsoring this program to help seniors assess their legal health. An attorney who works with the American Association of Retired Persons' legal network is guiding seniors through the assessment and helping them develop a personal plan of action to address legal concerns. This workshop is scheduled June 22nd, 10:00 am, at the library. Reservations are required by June 18th.

Local Roadwork Update A programmer from the Illinois Department of Transportation is coming to Bellwood Senior Center June 3rd, 11:00 am, to discuss current road repairs and construction in Bellwood and neighboring communities.

(Continued on page eight)

(Continued from page seven)

Lunch follows the program for a suggested donation of \$1.50. Reservations are required.

Lunch Reservations Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, and River Park and OARS Centers can be arranged.

Milkshake Day Seniors can enjoy this delicious treat June 10th, 12:15 pm, at Bellwood Senior Center, and June 11th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00. Reservations are required by June 9th and June 10th, respectively.

Movie Day Popcorn, soft drinks, good company, and an entertaining movie are being featured June 30th, 12:15 pm, at Bellwood Senior Center. Reservations are required by June 28th.

Mystery Reading Club Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting June 1st, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be

(Continued from page four)

The population of Las Vegas, Nevada was 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented.

There were no Mother's Day or Father's Day.

One in ten U.S. adults couldn't read or write.

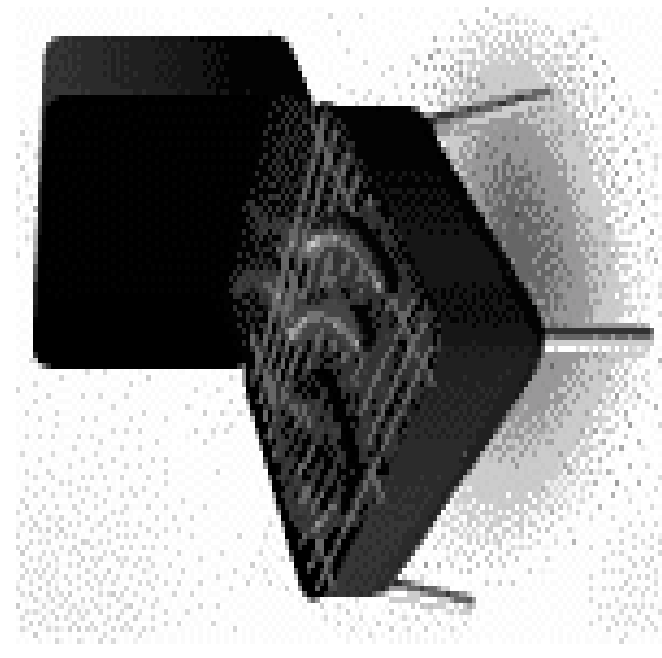
Only 6 percent of all Americans had graduated from high school.

Eighteen percent of households in the U.S. had at least one full-time servant or domestic help.

There were about 230 reported murders in the US.

There were no air conditioning; no microwave ovens; no electric irons; no washing machines/dryers, planes, or TV's.

And you guessed it, NO COMPUTERS!!



Father's Day Trivia

- The first Father's Day was observed in Spokane, Washington, on June 19, 1910. In 1924, President Calvin Coolidge supported the idea of a national Father's Day.
- President Lyndon Johnson signed a presidential proclamation (in 1966) which declared the third Sunday in June as Father's Day.
- According to AT&T, Father's Day is the day when most collect calls are made.
- An estimated \$1 billion is spent each year in the United States for Father's Day gifts.
- Approximately 90 million dads receive Father's Day cards; about 140 million moms receive cards for Mother's Day.
- According to the United States Census Bureau, there are about 36 million dads with children under age 18 in the United States, and there are approximately 1 million fathers who are still providing room and board for their kids aged 18 to 24.

Elevator Renovation Nears Completion

The elevator improvement project at Bellwood Senior Center is expected to be completed by the end of June. We thank everyone for their understanding and cooperation during the renovation.

there. This month's Mystery Wednesday is June 16th.

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 at 10:30 am, June 28th, at Bellwood Senior Center.

Parkinson's Disease – Just the Basics If you have been diagnosed with Parkinson's Disease, or perhaps are wondering if you or someone you know may have it, then be sure to attend this informal dialogue June 10th, 11:00 am, at Bellwood Senior Center. Information about the disease and available treatments, and the effect that the disease has on day-to-day living is being presented. Reservations are recommended.

Pinochle Party Seniors are invited to play this challenging card game June 7th, June 14th, June 21st, and June 28th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (June 11th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Pokeno is being played June 4th and June 18th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Regional Transportation Authority Outreach Program Staff from the Regional Transportation Authority are at River Park Center June 14th,

(Continued on page nine)

(Continued from page nine)

Fun and Fitness
10:30 am
Monday through Friday
Bellwood, Forest Park & OARS

Gift Shop
10:30 am
Daily Bellwood
Fridays Forest Park

Haircuts
10:30 am
June 9th & June 22nd
Bellwood

Hearing Clinic
9:30 am
June 10th
Bellwood & Forest Park

Identity Theft Update
11:00 am
June 29th
Bellwood

Legal Assistance
9:00 am
June 15th
Bellwood

Legal Checkup for Seniors
10:00 am
June 22nd
Bellwood

Local Roadwork Update
11:00 am
June 3rd
Bellwood

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

Milk Shake Day
11:00 am
June 10th Bellwood
June 11th Forest Park & OARS

Movie Day
12:15 pm
June 30th
Bellwood

Mystery Reading Club
9:30 am
June 1st
Bellwood

Mystery Wednesday
11:00 am
June 16th
Bellwood, Forest Park & OARS

Officers' Club
10:30 am
June 28th
Bellwood

Parkinson's Disease – Just the Basics
11:00 am
June 10th
Bellwood

Pinochle Party
12:15 pm
June 7th, June 14th, June 21st & June 28th
Bellwood

Podiatry Clinic
Thursdays in Bellwood
June 11th in Forest Park

Pokeno
12:15 pm
June 4th & June 18th

Briefly Noted

Advisory Council Meeting Seniors are invited to give their input about the agency's congregational meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The advisory council is meeting June 9th, 10:30 am, at Bellwood Senior Center.

Art Class The Bellwood Senior Center offers seniors a chance to paint for pleasure. Classes take place every Tuesday at 9:00 am and cost only \$20.00 for ten lessons. Both beginners and experienced students are welcome.

Arthritis: Posture and Joints If you are finding your steps a little slow or if your balance is a little off, then you will want to attend this workshop June 11th, 10:30 am, at River Park Center. Sue Gibson from the Arthritis Foundation is the presenter. Lunch follows the presentation at 11:30 am. Suggested meal donation is \$1.50. Reservations are required by 12:00 noon June 10th.

Banana Splits This delicious treat is being served June 24th, 12:15 pm, at Bellwood Senior Center, and June 25, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00, and reservations are required by June 23rd.

Beginning Spanish Class Seniors can learn basic conversational Spanish during this class. This month's sessions are June 10th and June 24th, 10:30 am, at Bellwood Senior Center.

Bingo Party bingo is held every Thursday at the

Bellwood site and every Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

Bingo Bonanza A double session of party bingo is planned June 7th at Bellwood Senior Center, and June 10th at River Park Center. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Candy Month Celebration If you have a sweet tooth, then you will not want to miss this party June 15th, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon June 14th.

Craft Co-op Every Friday at 12:15 pm in Bellwood, seniors meet and do various crafts. All crafters are welcome.

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting June 28th, 12:15 pm, at Bellwood Senior Center.

Dejà vu Party Reminisce about the 1950s June 28th, 10:30 am, at Bellwood Senior Center and River Park Center. Participants are invited to wear their favorite '50s attire. Lunch is being served at 11:30 am for the suggested donation of \$1.50. Reservations are needed by 12:00 noon June 25th.

Donut Day Seniors are invited to learn about the history of the donut and sample some of their fa-

(Continued on page 4)

