

(Continued from page eleven)

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

Stamp Club West Suburban Senior Services' Stamp Club is meeting June 7th, 12:30 pm, at Bellwood Senior Center. Seniors may trade and sell stamps, and talk about stamp collecting.

Summer Festival Games, treats and door prizes are being featured at West Suburban Senior Services' Summer Festival June 20th at Bellwood Senior Center. The schedule is as follows: 10:15 am to 11:00 am, Pokeno; 11:00 am to 11:15 am, door prizes; 11:30 am, lunch; 12:00 noon, ice cream cones; and 12:15 pm to 1:00 pm, bingo. The \$2.00 fee includes lunch. Reservations are required by 12:00 noon on June 17th.

Terrific (Free) Bingo Party Mariner Health of Westchester is hosting complimentary party bingo June 28th, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand

need a reservation by 12:00 noon on June 27th. Suggested meal donation is \$1.50.

Thanksgiving in June Seniors are invited to observe National Turkey Month with a Thanksgiving in June celebration June 21st, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. The menu features sliced turkey, pecan stuffing and mixed greens. Suggested meal donation is \$1.50, and reservations are required by 12:00 noon on June 20th.

Wedding Vow Renewal Ceremony Seniors are invited to renew their wedding vows during a special ceremony June 13th, 10:30 am, at Bellwood Senior Center. Circuit Court Judge Noreen Love is officiating. Reservations are required by June 9th.

Weight Loss Program Meeting West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center. Additional information is available from the agency's community outreach nurse.

Many of the activities and events scheduled are available for no or minimum cost and we schedule the activities and events at each of the agency's sites. In addition, please feel free to join us for lunch as many activities are scheduled at midday. If you have suggestions for different activities, please contact us. We attempt to provide a variety of events that are of interest to area senior citizens. West Suburban Senior Services does not have a membership fee and area senior citizens are welcome to attend any and all events that they find interesting.

*The River Park Center is located at 8300 Roosevelt Road in Forest Park.
The Senior Center is located at 439 Bohland Avenue in Bellwood.
The OARS Center is located at 712 Elm in LaGrange*

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations.. Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

OARS Center 712 East Elm LaGrange, Illinois 60525
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

How Observant Are You?

(A Quick Quiz)

- 1 In which hand is the Statue of Liberty's torch?
- 2 Which six colors are on a classic Campbell's soup label?
- 3 On the flag of the United States, is the top stripe red or white?
- 4 What is the lowest number on a radio FM dial?
- 5 Does water go down a drain clockwise or counterclockwise?
- 6 What is in the center of the back of a Canadian \$1.00 coin?
- 7 How many lug nuts are on a standard automobile wheel?
- 8 How many sides are there on a standard pencil?
- 9 There are 12 buttons on a touch tone phone. Which two symbols bear no accompanying digits?
- 10 How many curves are there in a standard paper clip?

- 5 Clockwise – (in the northern hemisphere) and Counterclockwise – (in the southern hemisphere)
- 6 A loon
- 7 Five
- 8 Six
- 9 *, #
- 10 Three

Male Health Program: Information that Can Save a Life

On June 29th at 10:00 am, West Suburban Senior Services is hosting an interactive workshop about prostate and testicular cancer at Bellwood Senior Center. Men age 50 and older are invited to receive a free (non-fasting) prostate cancer blood test (PSA) and information about testicular self-exams. Space is limited, and registration is required. The program is funded by the Illinois Department of Public Health (Office of Health Promotion), and co-sponsored by West Suburban Senior Services and White Crane Wellness Center.

Answers:

- 1 Right
- 2 Blue, red, white, yellow, black, & gold
- 3 Red
- 4 88

(Continued on page four)

The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

West Suburban Senior Services (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, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U. S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For 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 provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 31st Annual Meeting held in Forest Park, 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
 Honorable Anthony Calderone
 Mrs. Mary Conti
 Ms. Carole Kulinski
 Mrs. Dorothy Lindsey
 Honorable Noreen Love
 Honorable Anthony Peraica
 Mr. John O'Sullivan
 Mr. Gary Woll

Honorary Directors

Mrs. Annette Barker
 Honorable Lawrence Terrell

(Continued from page ten)

to play a variety of board games. Reservations are being accepted on a first-come, first serve basis.

Saturday Lunch Outing West Suburban Senior Services is hosting a lunch outing June 11th, 11:30 am, at Old Country Buffet, 139 West North Avenue, Northlake. The \$7.00 per person price includes tax. Participating seniors are responsible for securing their own transportation and for paying their own bill at the restaurant. Reservations are required by June 9th.

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 at 11:00 am, June 10th and June 24th, at Bellwood Senior Center.

(Continued on back cover)

(Continued from page seven)

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

Movie Day
 12:15 pm
 June 21st
 Bellwood

Mystery Reading Club
 9:30 am
 June 7th
 Bellwood

Mystery Wednesday
 11:00 am
 June 1st
 Bellwood, Forest Park & OARS

Officers' Club
 10:30 am
 June 27th
 Bellwood

Pie Ala Mode
 12:15 pm
 June 9th Bellwood
 June 10th Forest Park

Pinochle Party
 12:15 pm
 June 6th, June 13th, June 20th & June 27th
 Bellwood

Podiatry Clinic
 Thursdays in Bellwood
 June 3rd in Forest Park

Pokeno
 12:15 pm
 June 3rd, June 10th & June 24th
 Bellwood

Preview of New Prescription Drug Benefit Under Medicare
 10:45 am
 June 14th
 Bellwood

Quilting Class
 10:30 am
 June 7th and June 21st
 Bellwood

Regional Transportation Authority Reduced Fare Program
 11:00 am
 June 23rd Bellwood
 July 14th Forest Park

Rocky Road Ice Cream Day
 12:15 pm
 June 2nd Bellwood
 June 3rd Forest Park

Saturday Lunch Outing
 11:30 am
 June 11th
 Northlake

Spanish Club
 11:00 am
 June 10th & June 24th
 Bellwood

Stamp Club
 12:30 pm
 June 7th
 Bellwood

Summer Festival
 10:15 am
 June 20th
 Bellwood

Terrific (Free) Bingo Party
 12:15 pm
 June 28th
 Bellwood

Thanksgiving in June
 11:00 am
 June 21st
 Bellwood & Forest Park

Wedding Vow Renewal Ceremony
 10:30 am
 June 13th
 Bellwood

Weight Loss Program/Meeting
 9:30 am
 Fridays
 Bellwood

(Continued from front cover)

Handling Fresh Fruits and Vegetables Safely

Warmer weather means a larger variety of fresh fruits and vegetables. However, these foods have been linked to food borne illnesses, so it is important to handle them safely. After purchase, some fruits (bananas, cantaloupe, peaches, pears, kiwi and plums) continue to ripen at room temperature. After fruit is ripe enough, put it in the refrigerator. The skin of bananas will turn black in the refrigerator, but the flesh is still good for several days. Most whole fruit keeps best in the crisper drawer of the refrigerator, left in perforated plastic bags. Potatoes and tomatoes are an exception; they should not be refrigerated.

Rinse whole produce in clean tap water just before you use it --- not when you store it. Detergent should not be used. Before washing leafy vegetables (lettuce or cabbage), discard the outer leaves. Wash fruits and vegetables with rinds (oranges and melons) even if you do not eat the rind or the skin. If bacteria are present, they can grow in warm temperatures. Raw meat, poultry or fish should never be stored above fresh fruits. Also, never touch raw meat, poultry or fish before handling fresh fruits and vegetables unless you first wash your hands with warm soap and water.

Police and Fire Academy Rescheduled

The Bellwood Police and Fire Academy originally scheduled during May, June and July at Bellwood Senior Center has been rescheduled in the fall. Program information and specific dates are being published in future editions of *The Senior Chronicle*.

West Suburban Senior Services Hosts Workshops about New Medicare Prescription Drug Program

West Suburban Senior Services is joining with the Social Security Administration to provide eligible seniors information about and assistance with securing benefits under the new Medicare Prescription Drug Program (Medicare Part D) that takes effect in January 2006.

Representatives from the Social Security office in Hillside are coming to Bellwood Senior Center June 14th, 10:30 am to 11:15 am, to preview the new program. Also, they are available at the Senior Center on Tuesdays June 21st through July 26th, 10:30 am to 12:30 pm, to help seniors complete the required benefit application and to answer Medicare Part D questions.

Effective last month, the Social Security Administration began mailing information about the new prescription drug benefit to about twenty million Medicare beneficiaries nationwide. These mailings are in plain white six- by nine- inch envelopes, and are being mailed based on the last four digits of the beneficiary's Social Security number rather than according to postal zip codes. This means that seniors are receiving letters at different times even if they are living at the same address or in the same town. These mailings are continuing through August.

An "Application for Help with Medicare Prescription Drug Costs" is included in the mailing.

*(Continued on Page Nine)**(Continued from Page Four)*

This application is used to determine if the individual is eligible for extra financial help (an average of \$2,100) to pay for the annual deductible, premiums and any co-payments of the new Medicare Prescription Drug program. *Seniors should not discard this material!*

Not all Medicare beneficiaries are receiving this mailing. Some persons have already been found eligible for the extra financial help based on a computer screening of existing records.

In addition to the workshops, West Suburban Senior Services has trained volunteers available to assist homebound seniors complete the benefit application. Appointments for this service may be made by telephoning the agency at (708) 547-5600. Additional questions about Medicare Part D may be directed to 1-800- MEDICARE.

8th Illinois Cavalry

Many citizens of the State of Illinois are not aware of the fact that one of the most distinguished cavalry regiments of the Civil War was populated by sons of Cook, Lake, Kane, Will, DuPage, DeKalb, McHenry, Winnebago, and Whiteside counties. This outfit was the 8th Illinois Cavalry Regiment. On September 18, 1861, the 8th Illinois Cavalry was mustered into United States service for three years. Under the command of Colonel John Farnsworth, 1,164 men left from Camp Kane (near St. Charles, Illinois) to entrain for the nation's capitol, arriving in late October, 1861. Attached to the Army of the Potomac, they were in the advance of the army during the ill-fated Peninsula Campaign of 1862, fighting their first major battle during the opening of the Battle of Williamsburg (Virginia). Battle honors for the 8th Illinois Cavalry read like a litany of eastern theatre Civil War engagements, including Antietam (the bloodiest day in American history), and Brandy

Station (the largest cavalry battle ever fought in the western hemisphere). At 7:30 A.M. on July 1st, 1863, Lt. Marcellus Jones, Company E, laid Sgt. Levi Shaeffer's Sharps Carbine across a fence post and fired the first shot of what would become the greatest battle ever fought on the North American continent - Gettysburg. The 8th Illinois Cavalry spent the latter part of the war in the Loudoun County, Virginia area, bringing an end to the guerilla activities of Col. John Singleton Mosby and his famous 43rd Virginia Cavalry, "Mosby's Rangers." The 8th Illinois Cavalry also participated in the hunt for presidential assassin John Wilkes Booth, and served as Honor Guard for President Lincoln's funeral train.

It has been said that no higher honor can be bestowed on a regiment than compliments from the enemy. Some years after the war, John Stewart Bryan asked his grandfather, "Was it true that the Yankees were cowards who ran at the sight of the Confederates?" The elder Bryan, who was a member of Mosby's Rangers, replied, "Son, no one who ever fought against the 8th Illinois Cavalry could have such an imbecile idea as that." In his memoirs, Colonel Mosby, himself, called the 8th Illinois "the best cavalry regiment in the Army of the Potomac." The 8th Illinois Cavalry eventually lost 7 officers, and 68 enlisted men killed or mortally wounded in battle, and 1 officer and 174 enlisted men to disease, for a total of 250.

Living history interpreters representing the 8th Illinois Cavalry can be seen September 10-11, 2005 at a Civil War re-enactment in Lockport, Illinois.

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.				
June 6, 2005 Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	June 7, 2005 Turkey Croissant Sandwich Potato Salad Juice Fresh Fruit & Cookie	June 8, 2005 BBQ Chicken Breast Macaroni and Cheese Confetti Coleslaw Apple Juice Rice Pudding	June 9, 2005 Smothered Steak Whipped Potatoes Stewed Tomatoes Carrot-Raisin Salad Fruit Yogurt	June 10, 2005 Tuna Salad on Bun Grape Juice Navy Bean Soup Hot Spiced Peaches
June 13, 2005 Beef Stroganoff Buttered Noodles Tossed Salad Mushroom Soup Fresh Pear	June 14, 2005 BBQ Pork Au gratin Potatoes Green Peas Waldorf Salad Tapioca Pudding	June 15, 2005 Roasted Chicken Leg Quarter Rice Pilaf California Vegetables Orange Juice Pineapple Chunks	June 16, 2005 Sloppy Joe on Bun Mexicorn Pear and Cheddar Salad Cream of Broccoli Soup Brownie	June 17, 2005 Lasagna Italian Mixed Vegetables Tossed Salad Apricots
June 20, 2005 Stuffed Cabbage Roll Green Beans Cottage Cheese and Pear Salad Cream of Potato Soup Chocolate Muffin	June 21, 2005 Sliced Turkey Pecan Stuffing Mixed Greens Cranberry Sauce Fresh Orange	June 22, 2005 Jumbo Beef Hot Dog on Bun Baked Beans Coleslaw Lemonade Fruit Gelatin	June 23, 2005 Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	June 24, 2005 Cheese Ravioli Broccoli Kidney Bean Salad Fresh Banana
June 27, 2005 Pork Chop Mashed Potatoes Sliced Tomatoes Vegetable Soup Fresh Apple	June 28, 2005 Spaghetti and Meat- balls Seasoned Green Beans Creamy Coleslaw Chocolate Cake	June 29, 2005 Corned Beef and Cab- bage Boiled Potatoes Tomato Juice Angel Food Cake with Strawberries	June 30, 2005 Herb Baked Chicken Leg Quarter Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Oranges	All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements

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

Briefly Stated

Advisory Council Meeting 10:30 am June 8 th Bellwood	Cook Out 11:00 am June 22 nd Bellwood, Forest Park & OARS	Flag Day Observance 12:15 pm June 14 th Bellwood
A Step Back in Time 10:30 am June 30 th Bellwood	Craft Coop 12:15 pm Fridays Bellwood	Foster Grandparents 10:30 am Monthly Bellwood
Art Class 9:00 am Tuesdays Bellwood	Cream Pie Day 12:15 pm June 7 th Bellwood	Fruits and Vegetables 10:45 am June 9 th Bellwood
Beginning Genealogy Class 10:45 am June 13 th Bellwood	Creative Writing Adventure 10:00 am June 28 th Bellwood	Fun and Fitness 10:30 am Monday through Friday Bellwood, Forest Park & OARS
Beginning Spanish Class 10:30 am June 2 nd , June 9 th , June 16 th , June 23 rd & June 30 th Bellwood	Crocheting Class 10:30 am June 2 nd , June 9 th , June 16 th , June 23 rd & June 30 th Bellwood	Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood
Bingo 12:15 pm Thursdays in Bellwood Fridays in Forest Park	Declutter Club 12:15 pm June 27 th Bellwood	Haircuts 10:30 am June 8 th & June 28 th Bellwood
Bingo Bonanza 10:00 am June 6 th Bellwood	Earthquakes and Tsunamis 12:15 pm June 27 th Bellwood	Hearing Screenings 9:00 am June 9 th Bellwood
Birthday Celebration 12:15 pm June 28 th Bellwood, Forest Park & OARS	Energy Hygiene 101 11:00 am June 28 th Bellwood	Ice Cream Delights 12:15 pm June 23 rd Bellwood
Breakfast Bingo 9:00 am June 17 th Bellwood	Exercise Class – Audio Tape 10:30 am Monday through Friday Bellwood	Ice Cream Soda Day 12:15 pm June 14 th Bellwood June 24 th Forest Park
Bunco Party 12:15 pm June 13 th Bellwood	Father's Day Party 11:00 am June 16 th Bellwood June 17 th Forest Park & OARS	Legal Assistance 9:00 am June 21 st Bellwood
	Firecracker Parfaits 15:pm June 30 th Bellwood July 1 Forest Park	

(Continued on page eleven)

(Continued from page five)

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 Bellwood Senior Center. Gift certificates are also available.

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 8th and June 28th at 10:30 am. Appointments are required.

Hearing Screenings The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center June 9th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon June 7th.

Ice Cream Delights Seniors who have a sweet tooth are sure to enjoy this ice cream and cake dessert being served June 23rd, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00, and reservations are required by June 22nd.

Ice Cream Sodas This summer treat is being served June 14th, 12:15 pm, at Bellwood Senior Center, and June 24th, 12:15 pm, at River Park Center. Cost is \$1.00. Reservations are required by June 10th and June 22nd, respectively.

Legal Assistance On June 21st 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.

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, River Park and OARS Centers can be arranged.

Movie Day Popcorn, soft drinks, good company, and an entertaining movie are being featured June 21st, 12:15 pm, at Bellwood Senior Center. This month's selection is *Spanglish*. Reservations are required by June 20th.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting June 7th, 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 there. This month's Mystery Wednesday is June 1st.

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 27th, at Bellwood Senior Center.

Pie Ala Mode This tasty treat is being served June 9th, 12:15 pm, at Bellwood Senior Center, and June 10th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required by June 8th.

(Continued on page ten)

(Continued from page three)

nation of \$1.50. Live musical entertainment is being featured at the Bellwood site. Reservations are required by 12:00 noon on June 21st.

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

Cream Pie Day For \$1.00, seniors can enjoy this delicious dessert June 7th, 12:15 pm, at Bellwood Senior Center. Reservations are required by June 6th.

Creative Writing Adventure This class is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. On June 28th, 10:00 am to 11:30 am, at Bellwood Senior Center, participants are learning various aspects of writing: techniques to advance plot and develop character, to critique their own work and the writings of others, to revise their work, to copyright and publish their work, and much more. Interested seniors may register for the class by telephoning West Suburban Senior Services.

Crocheting Class This basic class is being offered Thursdays during June, 10:30 am to 11:30 am, at Bellwood Senior Center. There is no fee for the instruction.

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 27th, 12:15 pm, at Bellwood Senior Center.

Earthquakes and Tsunamis Staff from Triton College are discussing these forces of nature June 27th, 12:15 pm, at Bellwood Senior Center. Reservations are recommended.

Energy Hygiene 101 Exercises for boosting the immune system, increasing energy and helping cope with arthritis are being featured during this program June 28th, 11:00 am, at Bellwood Senior Center. Reservations are recommended.

Exercise Class – Audio Tape This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at Bellwood Senior Center.

Father's Day Party Door prizes and refreshments are being featured at a Father's Day celebration June 16th, 11:00 am, at Bellwood Senior Center, and June 17th, 11:00 am, at OARS and River Park Centers. Reservations are required by 12:00 noon on June 15th.

Firecracker Parfaits This holiday fruit, ice cream and cake dessert is being served June 30th, 12:15 pm, at Bellwood Senior Center, and July 1st, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required by June 29th.

Flag Day Observance This celebration is being held June 14th, 12:15 pm, at Bellwood Senior Center. After paying tribute to the American flag, participants are invited to enjoy refreshments and patriotic music.

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.

Fruits and Vegetables The University of Illinois Extension is coming to Bellwood Senior Center June 9th at 10:45 am to share information about seasonal fruits and vegetables. Recipes and samples are being featured.

(Continued on page eight)

(Continued from page eight)

Pinochle Party Seniors are invited to play this challenging card game June 6th, June 13th, June 20th and June 27th, 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 3rd), 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 This game is being played June 3rd, June 10th and June 24th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Preview of New Prescription Drug Benefit Under Medicare Staff from the Social Security of-

fice in Hillside are coming to Bellwood Senior Center June 14th, 10:45 am to 11:15 am, to share information about this important new benefit, and to assist with other Social Security questions and problems.

Quilting Class This class is designed for seniors who want to learn the basics of quilting. The class is meeting June 7th and June 21st, 10:30 am to 11:30 am, at Bellwood Senior Center. Participants should bring number eight thread and sewing needles. There is no fee for the class.

Regional Transportation Authority Reduced Fare Program Regional Transportation Authority staff are at Bellwood Senior Center June 23rd, 11:00 am to 1:00 pm, and River Park Center July 14th, 11:00 am to 1:00 pm, to register seniors (age 65 and older) for its reduced fare program. Interested seniors should bring a driver's license, RTA reduced fare permit, passport, State of Illinois identification card, United States immigration alien registration card, or other official government identification with a photo and a birth date as a form of identification. Photographs are being taken and affixed to the reduced fare permit.

Rocky Road Ice Cream Day This national observance is being celebrated June 2nd, 12:15 pm, at Bellwood Senior Center, and June 3rd, 12:15 pm, at River Park Center. Seniors may enjoy a tasty ice cream treat for \$1.00. Reservations are required by June 1st.

Saturday Cook Out *Ladies on the Move*, a diversified group of women whose mission it is to give back to the community, is hosting a complimentary cook out for up to fifty seniors July 30th, 11:30 am, at Bellwood Senior Center. The menu features hamburgers, hot dogs, potato chips, and beverages. Participants also have the opportunity

(Continued on page eleven)

Briefly Noted

Advisory Council Meeting Seniors are invited to give their input about the agency's congregate 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 8th, 10:30 am, at Bellwood Senior Center.

A Step Back in Time The Hillside Historical Society is coming to Bellwood Senior Center June 30th, 10:30 am, to present a program about Proviso Township communities dating back to the 1870s. Reservations are recommended.

Art Class Bellwood Senior Center offers seniors a chance to work in various media such as water colors, acrylics, pastels and oils, and receive instruction in basic drawing. Classes take place every Tuesday at 9:00 am, and are instructed by a competent artist and sculptor. Interested students of all levels can join by telephoning West Suburban Senior Services. There is a fee for enrollment.

Beginning Genealogy Class Seniors interested in tracing their family roots are invited to this class June 13th, 10:45 am, at Bellwood Senior Center. Reservations are recommended.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are June 2nd, June 9th, June 16th, June 23rd and June 30th, 10:30 am to 11:30 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 6th at Bellwood Senior 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.

Birthday Celebration Seniors who are celebrating a June birthday are invited to this special party June 28th, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on June 27th.

Breakfast Bingo Waffles, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo June 17th, 9:00 am to 10:30 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on June 15th; a minimum registration is required for this activity to take place.

Bunco Party Seniors are invited to relax, enjoy refreshments and play this game June 13th, 12:15 PM, at Bellwood Senior Center. Reservations are required by June 10th.

Cook Out Seniors are invited to enjoy grilled hot dogs and other summer goodies June 22nd 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 do-

(Continued on page five)