

(Continued from page nine)

Park Center. Bingo is being played from 10:15 am to 11:15 am; lunch and ice cream follow. The \$2.00 cost includes lunch and activities. Reservations are required by June 2<sup>nd</sup>, and a minimum participation is required for this activity to take place.

**Toast to Italy** Italian music, refreshments and lunch highlight this celebration June 6<sup>th</sup>, 11:30 am, at the Senior Citizen Center in Bellwood. Reservations are required by 12:00 noon on June 5<sup>th</sup>; suggested meal donation is \$1.50.

**Thunderstorms and Tornadoes** Staff from the National Weather Service are coming to the Senior Citizen Center in Bellwood on June 6<sup>th</sup>, 10:45 am to 11:30 am, to talk about these weather dynamics and safety precautions seniors should take.

**Volunteer Potluck** West Suburban Senior Services' volunteers are having a potluck meal June 14<sup>th</sup>, 5:00 pm, at the Senior Citizen Center in Bellwood. Agency volunteers are asked to RSVP to the Senior Center director by June 9<sup>th</sup>.

**Wild West Cookout** Hot dogs, baked beans and games highlight this event June 28<sup>th</sup>, 11:00 am, at the Senior Citizen Center in Bellwood. Suggested lunch donation is \$1.50.

**Women's Health and Wellness Series** West Suburban Senior Services is pleased to host this new program, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood.

June topics are living with diabetes by University of Illinois Extension, June 2<sup>nd</sup>; osteoporosis by Rush Oak Park Hospital, June 9<sup>th</sup>; and women and heart disease by University of Illinois Extension, June 16<sup>th</sup>.

**Woolworth Sundaes** This ice cream treat was a favorite at the lunch counter in Woolworth stores, and seniors may now enjoy it June 23<sup>rd</sup>, 12:00 noon, at OARS Center. Cost is \$1.00, and reservations are required.

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

## KidneyMobile to Visit Senior Citizen Center

The National Kidney Foundation of Illinois is bringing its KidneyMobile to the Senior Citizen Center in Bellwood on August 23<sup>rd</sup>. The first of its kind in the nation, the KidneyMobile is a unique custom mobile education and screening vehicle developed to detect and prevent Chronic Kidney Disease (CKD). Additional information is being shared in the July edition of *The Senior Chronicle*.

## Mark Your Calendar for the Annual Senior Center Reunion!

West Suburban Senior Services is hosting its *Second Annual Senior Citizen Center* reunion on June 30<sup>th</sup> in Bellwood. This is a special opportunity for seniors who have moved out of the area and for those who have not been able to visit the Senior Citizen Center recently for other reasons to reunite with friends.

This year's Hawaiian theme features island games from 10:30 am to 11:00 am, refreshments from 11:00 am to 11:30 am, a turkey croissant boxed lunch from 11:30 am to 12:00 noon, and a silent auction from 10:30 am to 1:00

## Senior Prom

Westchester Health and Rehabilitation Services is hosting a senior prom June 24<sup>th</sup> at the Senior Citi-

zen Center in Bellwood. A complimentary spaghetti lunch is being served at 11:30 am; games and contests follow until 1:00 pm. (Participants are asked to bring any school picture of themselves.)

Prom reservations are being accepted on a first come, first serve basis, and registration is limited. Interested seniors should telephone West Suburban Senior Services, (708) 547-5600, to sign up. The reservation deadline is 12:00 noon on June 9<sup>th</sup>.

## A Cookie Story

Th woman arrived  
At an airport one night  
With several long hours  
Before her flight.

She hunted for a book  
In the airport shop  
Bought a bag of cookies  
And found a place to drop.

She was engrossed in her book  
But happened to see,  
That the man sitting beside her,  
Bold as could be,

Grabbed a cookie or two  
From the bag in between,  
Which she tried to ignore  
To avoid a scene.

(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 the 32<sup>nd</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

Honorable Gary Woll, President  
Ms. Carole Kulinski, Vice President  
Mr. John O'Sullivan, Treasurer  
Mrs. Elaine Reno, Secretary

#### Directors

Mrs. Lois Albers  
Honorable Anthony Calderone  
Mrs. Mary Conti  
Mrs. Dorothy Lindsey  
Honorable Noreen Love  
Honorable Anthony Peraica  
Mr. Michael Sturino

(Continued from page eight)

- Breakfast Bingo**  
9:30 am  
June 23<sup>rd</sup>  
Bellwood
- Build Your Own Sundaes**  
Noon  
June 26<sup>th</sup> Forest Park  
June 29<sup>th</sup> Bellwood
- Cernan Earth and Space Center**  
12:10 pm  
June 26<sup>th</sup>  
River Grove
- Chair Yoga**  
10:30 am  
June 1<sup>st</sup>, June 8<sup>th</sup>, June 15<sup>th</sup>,  
June 22<sup>nd</sup> & June 29<sup>th</sup>  
Bellwood
- Concord Place Bingo Party**  
1:00 pm  
June 27<sup>th</sup>  
Northlake
- Creative Writing Class**  
10:00 am  
June 27<sup>th</sup>  
Bellwood
- Declutter Class**  
12:15 pm  
June 26<sup>th</sup>  
Bellwood
- Exercise Class – Audio Tape**  
10:30 am  
Monday through Friday  
Bellwood
- Father's Day Observance**  
11:00 am  
June 15<sup>th</sup> Bellwood  
June 16<sup>th</sup> Forest Park &  
OARS
- Fire House Tour**  
10:30 am  
June 21<sup>st</sup>  
Bellwood

- Flag Day Observance**  
12:00 noon  
June 14<sup>th</sup>  
Bellwood
- Foster Grandparents**  
10:30 am  
Monthly  
Bellwood
- Gift Shop**  
10:30 am to 1:30 pm  
Monday through Friday  
Bellwood
- Gourmet Dinner Party**  
5:00 pm  
June 23<sup>rd</sup>  
Bellwood
- Haircuts**  
10:30 am  
June 14<sup>th</sup> & June 27<sup>th</sup>  
Bellwood
- Hearing Screenings**  
1:00 pm  
June 27<sup>th</sup>  
Bellwood
- Ice Cream Buffet**  
12:15 pm  
June 22<sup>nd</sup>  
Bellwood
- Ice Cream Cones**  
12:15 pm  
June 1<sup>st</sup>  
Bellwood
- Issues With Aging Bladders**  
10:45 am  
June 26<sup>th</sup>  
Forest Park
- Legal Assistance**  
9:00 am  
June 20<sup>th</sup>  
Bellwood
- Living with Diabetes**  
9:30 am  
June 2<sup>nd</sup>  
Bellwood

- Luncheon**  
11:30 am  
Monday through Friday  
Bellwood, Forest Park &  
OARS
- Movie Day**  
12:15 pm  
June 27<sup>th</sup>  
Bellwood
- Mystery Luncheon**  
11:30 am  
June 13<sup>th</sup>  
Bellwood
- Mystery Reading Club**  
9:30 am  
June 6<sup>th</sup>  
Bellwood
- Officers' Club**  
10:30 am  
June 26<sup>th</sup>  
Bellwood
- Operation Lifesaver**  
10:30 am  
June 12<sup>th</sup>  
Bellwood
- Podiatry Clinic**  
Thursdays in Bellwood  
June 9<sup>th</sup> in Forest Park
- Pokeno**  
12:15 pm  
June 2<sup>nd</sup> & June 16<sup>th</sup>  
Bellwood
- Safe Medication Use and Immunizations**  
10:30 am  
June 27<sup>th</sup>  
Bellwood
- Senior Center Reunion**  
10:30 am  
June 30<sup>th</sup>  
Bellwood
- Senior Eye Issues**  
10:30 am  
June 19<sup>th</sup>  
Bellwood

- Senior Prom**  
11:30 am  
June 24<sup>th</sup>  
Bellwood
- Spanish Club**  
11:00 am  
June 2<sup>nd</sup>, June 16<sup>th</sup> & June  
30<sup>th</sup>  
Bellwood
- Summer Fest**  
10:15 am  
June 20<sup>th</sup>  
Bellwood
- Summer Special**  
10:15 am  
June 5<sup>th</sup>  
Forest Park
- Toast to Italy**  
11:30 am  
June 6<sup>th</sup>  
Bellwood
- Thunderstorms and Tornadoes**  
10:45 am  
June 6<sup>th</sup>  
Bellwood
- Volunteer Potluck**  
5:00 pm  
June 14<sup>th</sup>  
Bellwood
- Wild West Cookout**  
11:00 am  
June 28<sup>th</sup>  
Bellwood
- Women's Health and Wellness Series**  
9:30 am  
June 2<sup>nd</sup>, June 9<sup>th</sup> & June 16<sup>th</sup>  
Bellwood
- Woolworth Sundaes**  
Noon  
June 23<sup>rd</sup>  
OARS

*(Continued from front cover)*

So she munched the cookies  
And watched the clock,  
As the gutsy cookie thief  
Diminished her stock.

She was getting more irritated  
As the minutes ticked by,  
Thinking, "If I wasn't so nice,  
I would blacken his eye."

With each cookie she took,  
He took one too,  
When only one was left,  
She wondered what he would do.

With a smile on his face,  
And a nervous laugh,  
He took the last cookie  
And broke it in half.

He offered her half,  
As he ate the other,  
She snatched it from him  
And thought...ooh, brother!

This guy has some nerve  
And he's also rude,  
Why he didn't even show  
Any gratitude!

She had never known  
When she had been so galled,  
And sighed with relief  
When her flight was called.

She gathered her belongings  
And headed to the gate,  
Refusing to look back  
At the thieving ingrate.

She boarded the plane,  
And sank in her seat,

Then she sought her book,  
Which was almost complete.

As she reached in her baggage,  
She gasped with surprise,  
There was her bag of cookies,  
In front of her eyes.

If mine are here,  
She moaned in despair,  
The others were his,  
And he tried to share.

Too late to apologize,  
She realized with grief,  
That she was the rude one,  
The ingrate, the thief!

How many times have we known  
that something was a certain way,  
only to discover later that what we  
believed to be true...was not?

Keep an open mind and an open heart,  
because...you just never know...  
you might be eating someone else's cookies.

### Fun Facts about Old Sayings and Customs

Did you ever wonder about the source of traditions and cliches? Here are some facts about Europe in the 1500s that provide some answers.

- Most people got married in June because they took their yearly bath in May. However, by June, they were staring to smell, so brides carried a bouquet of flowers to hide the body odor. That led to today's custom of the bride's carrying a bouquet when getting married.

*(Continued on page eight)*

*(Continued from page seven)*

events are announced. Our next meeting is June 26<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood.

**Operation Lifesaver** A special agent from the Canadian National Railroad Police is coming to the Senior Citizen Center in Bellwood on June 12<sup>th</sup>, 10:30 am to 11:30 am, to discuss railroad accidents and other topics of interest. Reservations are suggested.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (June 9<sup>th</sup>), 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 2<sup>nd</sup> and June 16<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Safe Medication Use and Immunizations** The University of Illinois College of Pharmacy is coming to the Senior Citizen Center in Bellwood June 27<sup>th</sup>, 10:30 am to 1:00 pm, to present a program on safe medication use and immunizations. Also, seniors are encouraged to bring their prescriptions and over-the-counter medications, and to talk with a pharmacist or pharmacy student about ways to take the medications safely.

**Senior Center Reunion** West Suburban Senior Services is hosting its Second Annual Senior Center reunion June 30<sup>th</sup> in Bellwood. This year's Hawaiian theme features island games from 10:30 am to 11:00 am, refreshments from 11:00 am to 11:30 am, a turkey croissant boxed lunch from 11:30 am to 12:00 noon, and a silent auction from

10:30 am to 1:00 pm. The \$2.00 per-person cost includes lunch, games and refreshments. Reservations are required by 12:00 noon on June 28<sup>th</sup>.

**Senior Eye Issues** A doctor from Kirk Eye Center is coming to the Senior Citizen Center in Bellwood on June 19<sup>th</sup>, 10:30 am to 11:30 am, to discuss the detection and treatment of eye problems affecting seniors. Reservations are recommended.

**Senior Prom** Westchester Health and Rehabilitation Center is hosting a senior prom June 24<sup>th</sup>, 11:30 am to 1:00 pm, at the Senior Citizen Center in Bellwood. The event features a complimentary spaghetti luncheon and games. Reservations are required by June 9<sup>th</sup>.

**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 June 2<sup>nd</sup>, June 16<sup>th</sup> and June 30<sup>th</sup>, 11:00 am, at the Senior Citizen Center in Bellwood.

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

**Summer Fest** A wheelbarrow sundae building contest and bingo are among the featured activities June 20<sup>th</sup> at the Senior Citizen Center in Bellwood. Festivities begin at 10:15 am with bingo. Lunch is served at 11:30 am; the ice cream contest (and eating) begins at 12:15 pm. The \$2.00 fee includes lunch and all activities.

**Summer Special** Seniors are invited to enjoy bingo, ice cream cones and lunch June 5<sup>th</sup> at River

*(Continued on back cover)*

**Congregate and Home Delivered Meals Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please telephone each site by 12:00 p.m. the prior day for lunch reservations	All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements.		<b>June 1, 2006</b> Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	<b>June 2, 2006</b> Cheese Ravioli Broccoli Kidney Bean Salad Banana
<b>June 5, 2006</b> Salisbury Steak Mashed Potatoes Sliced Tomatoes on Lettuce Wedge Vegetable Soup Tropical Fruit	<b>June 6, 2006</b> Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	<b>June 7, 2006</b> Chicken Fajitas Spanish Rice Refried Beans Fruit Gelatin	<b>June 8, 2006</b> Herb Baked Chicken Leg Quarter Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Oranges	<b>June 9, 2006</b> Seafood Salad on Bun Sliced Carrots Citrus Segments Salad Split Pea Soup Vanilla Pudding
<b>June 12, 2006</b> Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	<b>June 13, 2006</b> Swedish Meatballs White Rice Cauliflower Tossed Salad Hawaiian Dessert	<b>June 14, 2006</b> Barbecued Chicken Breast Macaroni and Cheese Confetti Coleslaw Butterscotch Pudding	<b>June 15, 2006</b> Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot-Raisin Salad Fruit Yogurt	June 16, 2006 Tuna Salad on Bun Nay Bean Soup Grape Juice Hot Spiced Peaches
<b>June 19, 2006</b> Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Pear Halves	<b>June 20, 2006</b> Roasted Chicken Rice Pilaf California Blend Vegetables Orange Juice Pineapple Chunks	<b>June 21, 2006</b> Barbecued Roast Pork Spaghetti Okra and Tomatoes Apple Sauce Banana	<b>June 22, 2006</b> Sloppy Joe on Bun Mexicorn Pear Salad Cream of Broccoli Soup Brownie	<b>June 23, 2006</b> Spinach Lasagna Italian Mixed Vegetables Tossed Salad Apricots
<b>June 26, 2006</b> Stuffed Cabbage Roll Green Beans Cottage Cheese Cream of Potato Soup Chocolate Chip Muffin	<b>June 27, 2006</b> Sliced Turkey Herb Stuffing Mixed Greens Orange	<b>June 28, 2006</b> Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruit Gelatin	<b>June 29, 2006</b> Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	<b>June 30, 2006</b> Cheese Ravioli Broccoli Kidney Bean Salad Banana
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.				

**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

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non-refundable reservations are due at the Senior Center by June 16<sup>th</sup>. A minimum registration is required for this event to take place.

**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 14<sup>th</sup> and June 27<sup>th</sup> at 10:30 am. Appointments are required.

**Hearing Screenings** The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood June 27<sup>th</sup>, 1:00 pm, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on June 23<sup>rd</sup>.

**Ice Cream Buffet** This is the perfect event for ice cream lovers. It is being held June 22<sup>nd</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

**Ice Cream Cones** Seniors are invited to enjoy this traditional summer treat June 1<sup>st</sup>, 12:00 noon, at the Senior Citizen Center in Bellwood. Cost is 50 cents.

**Issues With Aging Bladders** Westlake Hospital is presenting this program June 26<sup>th</sup>, 10:45 am to 11:30 am, at River Park Center. Lunch follows for the suggested donation of \$1.50.

**Legal Assistance** On June 20<sup>th</sup> from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

**Living with Diabetes** University of Illinois Extension is presenting this program June 2<sup>nd</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in

Bellwood. The presentation includes dietary tips and recipes. It is a must for seniors with diabetes, and for seniors who have friends and family members with diabetes. Reservations are recommended.

**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 planned for June 27<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. This month's selection is *The Family Stone*, a comedy featuring Diane Keaton and Sarah Jessica Parker. Reservations are required by June 26<sup>th</sup>.

**Mystery Luncheon** A scavenger hunt highlights this meal June 13<sup>th</sup>, 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is available from the Senior Center director.

**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 6<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. 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.

**Officers' Club** Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special

(Continued on page nine)

Briefly Stated

Advisory Council Meeting

10:30 am  
June 14<sup>th</sup>  
Bellwood

Art Class  
9:00 am  
Tuesdays  
Bellwood

Beginning Spanish Class  
10:30 am  
June 1<sup>st</sup>, June 8<sup>th</sup>, June 15<sup>th</sup>,  
June 22<sup>nd</sup> & June 29<sup>th</sup>,  
Bellwood

Bingo  
12:15 pm  
Thursdays in Bellwood  
Fridays in Forest Park

Bingo Bonanza  
10:15 am  
June 5<sup>th</sup>  
Bellwood

Bingo Challenge  
12:15 pm  
June 26<sup>th</sup>  
Bellwood

Birthday Celebration  
Noon  
June 6<sup>th</sup>  
Bellwood, Forest Park &  
OARS

Black Cows  
12:15 pm  
June 8<sup>th</sup> Bellwood  
June 9<sup>th</sup> OARS

Boston Tea Party  
10:30 am  
June 12<sup>th</sup> Forest Park  
June 13<sup>th</sup> Bellwood

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- Houses had thatched roofs --- thick straw piled high with no wood underneath. It was the only place for animals to get warm, so dogs, cats and other small animals lived in the roof. When it rained, the roof became slippery, and sometimes the animals would fall off. Hence, the saying, "It's raining cats and dogs."
- There was nothing to stop things from falling through the roof and into the house, which posed a real problem in the bedroom where bugs and other droppings could mess up a clean bed. Hence, a bed with big posts and a sheet hung over the top gave some protection. That's how canopy beds came into existence.
- Lead cups were often used to drink ale. The combination would sometimes knock people out for a couple of days. Someone walking along the road would mistaken them for dead and prepare them for burial. They were laid out on the kitchen table for a few days, and the family would gather around and eat and drink, and wait to see if the persons would wake up. Hence, the custom of holding a wake.
- England was running out of places to bury people, so residents dug up coffins, took the

bones to a "bone house" and reused the graves. When reopening the coffins, residents discovered that one out of every 25 coffins had scratch marks on the inside because they had been burying people alive. They then tied a string on the wrist of the corpse, led it through the coffin and up the ground, and tied it to a bell. Someone sat in the graveyard all night (the "graveyard shift") to listen for the bell. Thus, someone could be "saved by the bell" or be considered a "dead ringer."

- Baths consisted of big tubs filled with hot water. The man of the house had the privilege of the clean water, followed by the sons and other men, then the women and finally the children with the babies last of all. By then the water was so dirty that someone could be lost in it. Hence the saying, "Don't throw the baby out with the bath water."
- The poor lived in homes with dirt floors; only the wealthy had something other than dirt. Hence, the saying "dirt poor."
- The wealthy had slate floors that became slippery in the winter when wet, so they placed thresh (straw) on the floor to help keep their footing. As the winter continued, they kept

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**Cernan Earth and Space Center Trip** Seniors are invited to view *The Last Man on the Moon* and *Seasons* June 26<sup>th</sup>, 12:10 pm to 1:10 pm, at the Cernan Earth and Space Center on the Triton College campus in River Grove. There is no fee for the show, and reservations are being accepted at West Suburban Senior Services on a first come, first serve basis. Limited seating is available on the agency bus.

**Chair Yoga** West Suburban Senior Services and Loyola University Medical Center are cosponsoring a six-week chair yoga class for seniors at the Senior Citizen Center in Bellwood. The class is held 10:30 am to 11:30 am on Thursdays through the end of June. There is no fee, but participating seniors have to complete a weekly attendance sheet.

**Concord Place Bingo Party** Concord Place is hosting a complimentary bingo party June 27<sup>th</sup>, 10:00 pm to 2:00 pm, at its facility in Northlake. Bus rides are available for seniors requiring transportation. The bus leaves the Senior Citizen Center in Bellwood at 12:30 pm and returns there at approximately 2:30 pm. Reservations for this event are required by June 21<sup>st</sup>.

**Creative Writing Class** This activity is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. This class is June 27<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Declutter Class** Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled June 26<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

**Exercise Class – Audio Tape** This class is a fun way to increase strength, build endurance and im-

prove movement. The class is held weekdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

**Father's Day Observance** Door prizes and refreshments highlight this activity June 15<sup>th</sup>, 11:00 am, at the Senior Citizen Center in Bellwood, and June 16<sup>th</sup>, 11:00 am, at OARS and River Park Centers. Lunch is served at 11:30 am for the suggested donation of \$1.50.

**Fire House Tour** Seniors are invited to tour the Bellwood Fire Department on June 21<sup>st</sup> from 10:30 am to 11:15 am. Reservations may be made by telephoning West Suburban Senior Services.

**Flag Day Observance** Seniors are invited to participate in this program June 14<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. Refreshments are being served.

**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. Shoppers may purchase items between 10:30 am and 1:30 pm Monday through Friday at Bellwood Senior Center. Gift certificates are also available.

**Gourmet Dinner Party** West Suburban Senior Services continues its monthly gourmet dinner party at the Senior Citizen Center in Bellwood. The next dinner is June 23<sup>rd</sup> from 5:00 pm to 7:00 pm. Cost per person is \$7.00, and prepaid,

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adding more thresh; when someone opened the door, the thresh started slipping outside, so these homeowners placed a piece of wood in the entrance. Hence, the saying a “thresh hold.”

- In the 1500s, people ate mostly vegetables, so men felt special when they were able to obtain pork. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could “bring home the bacon.” They often cut off a piece to share with their guests, and sat around with their guests and “chewed the fat.”
- Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top or “upper crust.”
- The wealthy had plates made of pewter. Food with high acid content caused some of the lead to stick to the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

### Some Interesting Facts about Dads

The idea of Father’s Day was conceived by Sonora Dodd of Spokane, Washington, while she listened to a Mother’s Day sermon in 1909. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm. Spokane’s mayor proclaimed June 19, 1910, as the first Father’s Day celebration because June was the month of Smart’s birth. The first presidential proclamation honoring fathers was issued in 1966 when President Lyndon Johnson designated the third Sunday in June as Father’s Day. The U. S. Census Bureau provides an updated look at today’s estimated 66.3 million dads across the na-

tion and the celebration of Father’s Day.

- Last year, Father’s Day was the fourth largest card-sending occasion in the United States, with an estimated 95 million Father’s Day cards given. Fifty percent of these Father’s Day cards were purchased specifically by sons and/or daughters. Nearly 20 percent of the cards were purchased by wives for their husbands, and the remaining cards were bought for grandfathers, sons, brothers, uncles and someone special.
- Nearly 72 percent of Americans plan to celebrate or acknowledge Father’s Day. Neckties lead the list of Father’s Day gifts; other items high on the gift list include tools, fishing rods and golf clubs. More than 68 million Americans participated at a barbecue in the last year, and it’s assumed that many of those barbecues took place on Father’s Day.
- There are an estimated 147,000 stay-at-home dads. These married fathers with children under 15 years old have remained out of the labor force for more than one year primarily so that they can care for the family while their wives work outside the home.
- There are 26.4 million fathers who are part of married-couple families with their own children under the age of 18.
- The number of single fathers increased from 400,000 in 1970 to 2.3 million.
- An estimated 4.6 million fathers provide child support; their median payment is \$3,600 annually.

*Happy Father’s Day from  
West Suburban Senior Services!*

# Briefly Noted

**Advisory Council Meeting** Senior citizens are invited to give their input about the agency’s congregate meal program and to share their ideas about activities at the agency’s three nutrition sites during this month’s meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering, and agency staff. The Advisory Council is meeting June 14<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood.

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

**Beginning Spanish Class** Seniors learn basic conversational Spanish during this class. This month’s sessions are June 1<sup>st</sup>, June 8<sup>th</sup>, June 15<sup>th</sup>, June 22<sup>nd</sup> and June 29<sup>th</sup>, 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 5<sup>th</sup> at the Senior Citizen Center in Bellwood. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Bingo Challenge** Loteria and other forms of party bingo are being played June 26<sup>th</sup>, 12:15 pm

to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00

**Birthday Celebration** Seniors who are celebrating a June birthday are invited to this special party June 6<sup>th</sup>, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on June 5<sup>th</sup>.

**Black Cows** These root beer floats are being served June 8<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood, and June 9<sup>th</sup>, 12:15 pm, at the OARS Center. Cost is \$1.00, and reservations are required.

**Boston Tea Party** Patriotic refreshments, and a program and craft activity are featured at this event June 12<sup>th</sup>, 10:30 am to 11:30 am, at River Park Center, and June 13<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00; reservations are required by June 9<sup>th</sup>.

**Breakfast Bingo** French toast, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party June 23<sup>rd</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on June 21st, and a minimum registration is required for this activity to take place.

**Build Your Own Sundaes** For \$1.00, seniors are invited to create their own ice cream sundae June 26<sup>th</sup>, 12:00 noon, at River Park Center, and June 29<sup>th</sup>, 12:00 noon, at the Senior Citizen Center in Bellwood. Reservations are required.

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