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uled June 21st, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood, and June 27th, 10:00 am to 10:30 am, at OARS Center. Samples are available for tasting.

Surprise Bingo This unusual party bingo is scheduled June 11th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and June 12th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00; the fee includes prizes and refreshments.

Telemarketing Fraud and Senior Citizens The Cook County State's Attorney's staff is presenting this program June 18th, 10:00 am to 11:00 am, at OARS Center. Reservations are recommended.

Wacky Party Seniors are invited to start their summer at this special just-to-have fun event June 1st at the Senior Citizen Center in Bellwood. Fun arts and crafts begin at 10:30 am. A ham and cheese croissant boxed lunch is

served at 11:30 am. Pokeno follows at 12:15 pm. Suggested meal donation is \$1.75; cost for pokeno is \$1.00 per card. The fee includes prizes and refreshments.

What I've Loved and What I've Learned Rainbow Hospice is presenting this short course in creating a living legacy for family and friends. It is also an opportunity for seniors to put their life experiences in perspective. The program is scheduled June 25th, 10:00 am to 11:00 am, at OARS Center.

When You Run Out of Things to Say Rainbow Hospice is presenting this program June 19th, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood. It provides insights on being a friend to someone who is terminally ill.

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

WSSSS

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

A Taste of the World

Seniors are invited to tour various parts of the world through food, entertainment and cultural programs being presented this summer and fall at the Senior Citizen Center in Bellwood. This excursion begins with West Africa the week of July 9th. Other scheduled countries are Greece during the week of August 13th and Vietnam during the week of September 24th. Specific speakers, dates and activities are being included in next month's edition of *The Senior Chronicle*.

Mark Your Calendar for the Annual Senior Center Reunion!

West Suburban Senior Services is hosting its *Third Annual Senior Citizen Center* reunion on June 29th 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 for other reasons to reunite with friends.

This year's western theme features games and refreshments from 10:30 am to 11:15 am, photos compliments of Walgreen Drug Stores from 10:30 am to 12:00 noon, a turkey croissant boxed lunch from 11:30 am to 12:00 noon, and a silent

auction from 10:30 am to 12:15 pm. Reservations are required by June 26th. Suggested meal donation is \$1.75.

Caregiver's Corner

West Suburban Senior Services is pleased to offer several different resources for area caregivers, whether they are caring for an elderly spouse, parent, relative, neighbor, or grandchild. All groups meet at the Senior Citizen Center in Bellwood in the 2nd Floor Conference room at 10:30 am and finish in time for congregate lunch at 11:30 am. Elder care may be available for caregivers of older adults during the sessions..

Caregiver Education Starting June 6th, sessions meet the 1st Wednesday of each month. Each session focuses on skill-building and problem solving for those caring for persons 60 and older, and may include video presentations and guest speakers.

Caregiver Support Group This group meets the 2nd Wednesday of each month. Each session focuses on maintaining emotional health and reducing stress through peer support and story telling, and finding ways to relieve tension. This month's meeting is June 13th.

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. 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 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 34th 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
- Mrs. Lois Albers, Treasurer
- Mrs. Elaine Reno, Secretary

Directors

- Honorable Anthony Calderone
- Mrs. Mary Conti
- Mrs. Lela Grimble
- Honorable Noreen Love
- Ms. Debbie Noweder
- Honorable Anthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

Honorary Directors

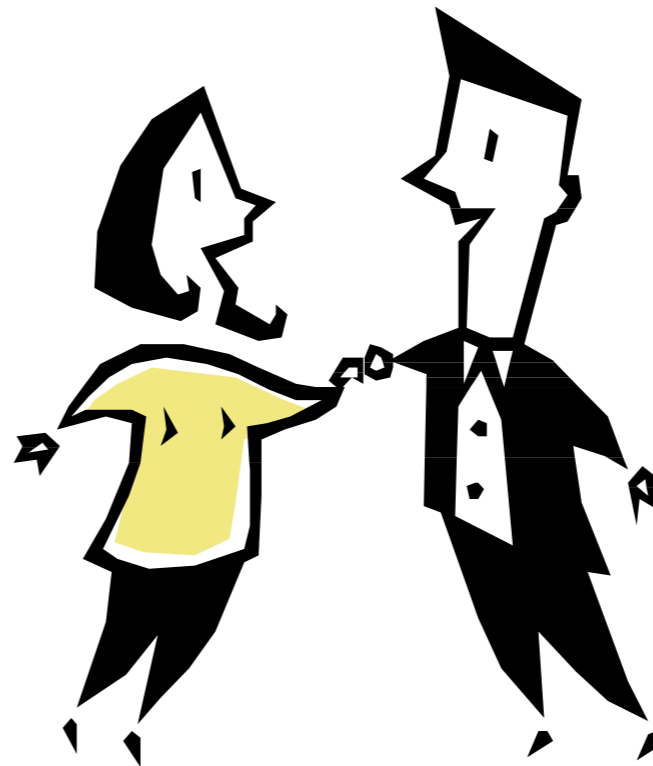
- Mrs. Dorothy Lindsey
- Mr. John O'Sullivan
- Mr. Michael Sturino

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ior Citizen Center in Bellwood June 11th, 10:30 am to 11:30 am, to share information about the office's impact on the lives of county residents. Lunch follows at 11:30 am.

Senior Center Reunion West Suburban Senior Services is hosting its annual Senior Citizen Center reunion on June 29th. Details are provided in a separate article.

Spanish Class Seniors receive instruction in basic conversational Spanish during this class. The



class meets June 7th, June 14th, June 21st and June 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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 8th and June 22nd, 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.

Spending Your Calorie Salary Rush-Oak Park Hospital's program presents a common sense approach to healthy eating. It is scheduled June 7th, 10:30- am to 11:30 am, at the Senior Citizen Center in Bellwood.

Summer Film Festival West Suburban Senior Services is pleased to announce this new program at the Senior Citizen Center in Bellwood. The festival begins with a Hollywood party June 5th from 10:45 am to 11:30 am. Following lunch at 11:30 am, participants may view *Dream Girls* at 12:15 pm. Other June film festival dates and movie title are June 12th, *Bobby* (based on the life of Robert Kennedy) and June 19th, *Freedom Writers*, featuring Hilary Swank. Movies begin at 12:15 pm. The film festival continues in July and August.

Summer Safety Tips The Bellwood Fire Department is presenting this program June 14th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include summer emergencies, fire safety and basic first aid.

Summer Salads University of Illinois Extension is presenting salad recipes that seniors can enjoy during the hot weather. This program is sched-

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Meditation and Centering This group meets the 3rd Thursday of each month. Open to all, Matt Barnes is teaching basic meditation and relaxation techniques to promote health and emotional well-being. This month's class is June 21st.

Lending Library The Caregiver Specialist has a small collection of books and videos on a variety of topics of interest to caregivers. These materials are available at River Park Center; interested persons should call first to insure that someone is available to assist them.

Unable to make it to scheduled events or need other kinds of assistance? The caregiver specialist is available for one-on-one consultations via telephone or in person. Please call Nicolette Siragusa, the Caregiver Specialist, at (708) 547-5600, Extension 401.

Pamper Yourself Day

West Suburban Senior Services is hosting its second Pamper Yourself Day on June 20th. Festivities begin with a 10:00 am tea party at the Senior Citizen Center in Bellwood. Participants are then being served a specially catered lunch in an elegant dining room setting. Cost for the tea and lunch is \$5.00.

Participants may then visit Ms. Robert's Academy of Beauty Culture in Hillside for facials, manicures, pedicures and roller sets. Prices are as follows: manicures \$5.00, pedicures (non-diabetics only) \$10.00, facials \$10.00 and roller sets \$10.00.

Paid lunch and tea reservations are due at the Sen-

ior Center by June 15th, and a minimum registration is required for this activity to take place. Seniors interested in personal care services pay the cosmetology school directly; however, reservations for those services should be made at the Senior Citizen Center by June 13th.

Senior Social

Proviso Township High School District 209 and West Suburban Senior Services are cosponsoring a Senior Social June 16th, 12:00 noon to 2:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road, in Forest Park. While enjoying a complimentary turkey croissant boxed lunch from 12:00 noon to 1:00 pm, participants are being entertained by student musicians. Party bingo is scheduled from 1:00 pm to 2:00 pm. Reservations are required by 12:00 noon on June 11th; limited transportation is available from designated locations. Reservations for both the lunch and transportation may be made by contacting West Suburban Senior Services.

Summer Film Festival

West Suburban Senior Services is pleased to announce this new program at the Senior Citizen Center in Bellwood. The festival begins with a Hollywood party June 5th from 10:45 am to 11:30 am. Following lunch at 11:30 am, participants may view *Dream Girls* at 12:15 pm.

Other June festival dates and movie selections are June 12th, *Bobby*, based on the life of Robert Kennedy and June 19th, *Freedom Writers* featuring Hilary Swank. Movies begin at 12:15 pm. The film festival continues during July and August.

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milk and coffee are served at 9:30 am; pokeno is played from 10:00 am to 11:00 am. Cost for the meal and game is \$2.00. Reservations are required by 12:00 noon on June 20th, and a minimum registration is required.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve moment. The class is held Monday through Friday, 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 14th, 11:00 am to 11:30 am, at the Senior Citizen Center in Bellwood and at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$1.75.

Foster Grandparents West Suburban Senior Services is pleased to cosponsor 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. The next meeting is June 20th at 10:30 am.

Game Day Seniors who enjoy pokeno, party bingo and bunco won't want to miss this continuous day of fun June 25th at the Senior Citizen Center in Bellwood. These games are being played simultaneously from 10:15 am to 11:15 am, and again from 12:15 pm to 1:15 pm. The cost to play the games is \$1.00. Lunch is served at 11:30 am for an additional \$1.75. Reservations are required by 12:00 noon on June 22nd.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reasonable price. Shoppers may purchase items between 10:30 am and 1:30 pm Monday through Friday at the Senior Citizen Center in Bellwood. Gift certificates are also available.

Gourmet Dinner Party West Suburban Senior Services is hosting a gourmet dinner party June 22nd, 5:00 pm to 7:00 pm, at the Senior Citizen Center. Cost is \$7.00 per person, and no refunds are available. Paid reservations are due by June 20th.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site June 12th and June 26th at 10:30 am. Appointments are required.

Hearing Screenings The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood June 25th, 1:00 pm to 2:00 pm, to conduct hearing screenings. There is no fee for this service, but appointments are required by June 21st.

How to Declutter University of Illinois Extension is presenting this program June 26th, 10:00 am to 11:00 am, at OARS Center. There is no fee.

Humor and Health Elmhurst Memorial Healthcare is presenting this program June 18th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows for the suggested donation of \$1.75.

Just to Get Out of Housework Tea Party This informal get-together is scheduled June 8th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. While relaxing, participants learn organizational and decluttering tips. Cost is \$1.00, and a minimum participation is required by June 6th.

Legal Assistance On June 19th 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 tele-

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				June 1, 2007 Ham & Cheese Croissant Sandwich Salad Fruit
June 4, 2007 Salisbury Steak Mashed Potatoes Lettuce & Sliced Tomatoes Vegetable Soup	June 5, 2007 Spaghetti & Meatballs Green Beans Creamy Coleslaw Chocolate Cake	June 6, 2007 Chicken Fajitas Spanish Rice Refried Beans Fruited Gelatin	June 7, 2007 Herb Baked Chicken Leg Quarter Sweet Potatoes Brussels Sprouts Cranberry Juice	June 8, 2007 Seafood Salad on Bun Sliced Carrots Citrus Segments Salad Split Pea Soup Vanilla Pudding
June 11, 2007 Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	June 12, 2007 Swedish Meatballs White Rice Cauliflower Tossed Salad Hawaiian Dessert	June 13, 2007 Barbecued Chicken Breast Macaroni & Cheese Confetti Coleslaw Fruit Juice	June 14, 2007 Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot-Raisin Salad Fruit Yogurt	June 15, 2007 Hamburger on Bun Potato Salad Navy Bean Soup Fresh Melon
June 18, 2007 Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Pear Halves	June 19, 2007 Roasted Chicken Rice Pilaf California Blend Vegetables Orange Juice	June 20, 2007 Barbecued Roast Pork Spaghetti Okra & Tomatoes Apple Sauce Banana	June 21, 2007 Sloppy Joe on Bun Mexicorn Cottage Cheese & Pear Salad Cream of Broccoli Soup	June 22, 2007 Spinach Lasagna with Meat Sauce Italian Mixed Vegetables Tossed Salad
June 25, 2007 Stuffed Cabbage Roll Green Beans Cottage Cheese and- Pear Salad Cream of Potato Soup Chocolate Chip	June 26, 2007 Sliced Turkey Herb Stuffing Mixed Greens Apricots	June 27, 2007 Jumbo Beef Hot Dog on Bun Baked Beans Coleslaw Fruited Gelatin	June 28, 2007 Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	June 29, 2007 Turkey Croissant Sandwich Potato Salad Fruit Cookies
All meals include 2% milk, bread, cof- fee and margarine. Each meal meets 1/3 of the Recom-	Please telephone each site by 12:00 p.m. the prior day for lunch reservations	West Suburban Senior Services is supported by the AgeOptions, 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

OARS Center
712 Elm
LaGrange, Illinois 60525

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Water: Everyone's Friend

Many seniors know how important water is to their daily lives. Others have heard they should drink more water but don't know why. The Cook County Department of Public Health shares these facts:

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst system is so weak that it is often mistaken for hunger.
- Even mild dehydration will slow down a person's metabolism by as much as 3%.
- One glass of water shut down nightly hunger pangs for almost 100% of dieters who were studied.

- Lack of water is the number one trigger of daytime fatigue.
- Research shows that eight to ten glasses of water per day could ease back and joint pain for up to 80% of sufferers.
- Just a 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking five glasses of water daily cuts the risk of colon cancer by 45% and can slash the risk of breast cancer by 79%. Also, one is 50% less likely to develop bladder cancer.

As hot weather approaches, seniors should find out if they prefer room temperature or ice cold water. Also, they can flavor the water with lemon or add food coloring so the brain thinks it is soda or juice!

Briefly Stated	Arthritis Foundation Exercise Class 10:30 am June 12 th , June 14 th , June 19 th , June 21 st , June 26 th & June 27 th Bellwood	Bargain Bingo 10:00 am June 19 th OARS	Bellwood Bingo Bonanza 10:15 am June 4 th Bellwood June 5 th OARS
Advisory Council Meeting 10:00 am June 13 th Bellwood	11:00 am June 13 th OARS	12:15 pm June 18 th Bellwood	Bunco Parties 12:15 pm June 6 th , June 13 th & June 27 th Bellwood
Art Class 9:00 am Tuesdays Bellwood	Banana Splits 12:15 pm June 28 th Bellwood & OARS	Best Sellers Reading Club 9:30 am June 26 th Bellwood	Caregiver Education 10:30 am June 6 th Bellwood
	Barbecue Special 6:00 pm June 7 th Melrose Park	Bingo 10:00 am Thursdays OARS	Caregiver Support Group 10:30 am
		12:15 pm Thursdays	(Continued on page eight)

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Bellwood			
June 13 th Bellwood	Hearing Screenings 1:00 pm June 25 th Bellwood	Officers' Club 10:30 am June 25 th Bellwood	Spending Your Calorie Salary 10:30 am June 7 th Bellwood
Cook-Out 11:30 am June 27 th Bellwood	How to Declutter 10:00 am June 26 th OARS	Pamper Yourself Day 10:00 am June 20 th Bellwood	Summer Film Festival 12:15 pm June 5 th , June 12 th & June 19 th Bellwood
Creative Writing Class 10:00 am June 26 th Bellwood	Humor & Health 10:30 am June 18 th Bellwood	Pie A la Mode 12:15 pm June 21 st Bellwood & OARS	Summer Safety Tips 10:30 am June 14 th Bellwood
DeClutter Class 12:30 pm June 18 th Bellwood	Just to Get Out of House Work Tea Party 10:00 am June 8 th Bellwood	Podiatry Clinic 9:30 am Thursdays Bellwood	Surprise Bingo 10:00 am June 12 th OARS
Early Bird Pokeno 9:00 am June 22 nd Bellwood	Legal Assistance 9:00 am June 19 th Bellwood	Pokeno Parties 12:15 pm June 1 st & June 8 th Bellwood	12:15 pm June 11 th Bellwood
Father's Day Observance 11:00 am June 14 th Bellwood & OARS	Make Your Own Sundae 12:15 pm June 7 th Bellwood & OARS	Recorder of Deeds 10:30 am June 11 th Bellwood	Telemarketing Fraud and Senior Citizens 10:00 am June 18 th OARS
Foster Grandparents 10:30 am June 20 th Bellwood	Meditation & Centering 10:30 am June 21 st Bellwood	Senior Center Reunion 10:30 am June 29 th Bellwood	Wacky Party 10:30 am June 1 st Bellwood
Game Day 10:15 am June 25 th Bellwood	Music Therapy 10:30 am June 28 th Bellwood	Spanish Class 10:30 am June 7 th , June 14 th , June 21 st & June 28 th Bellwood	What I've Loved and What I've Learned 10:00 am June 25 th OARS
Gourmet Dinner Party 5:00 pm June 22 nd Bellwood	Mystery Reading Club 9:30 am June 5 th Bellwood	Spanish Club 11:00 am June 8 th & June 22 nd Bellwood	What's Left to Say 10:45 am

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Bingo Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm (Senior Citizen Center) and 10:00 am (OARS Center).

Bingo Bonanza A double session of party bingo is planned June 4th at the Senior Citizen Center in Bellwood and June 5th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Bingo and Ice Cream Social Westchester Health and Rehabilitation Center is hosting a complimentary bingo party and ice cream social June 26th, 1:00 pm to 2:00 pm, at its facility on Wolf Road in Westchester. Reservations are required by June 20th and may be made by contacting West Suburban Senior Services.

Bunco Parties For fifty cents, seniors play this game June 6th, June 13th and June 27th at the Senior Citizen Center in Bellwood. A minimum participation is required. Cost is 50 cents.

Caregiver Education West Suburban Senior Services' caregiver specialist is conducting a session June 6th to provide skill building and problem solving strategies for those caring for seniors age 60 and older. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

Caregiver Support Group On June 13th, West Suburban Senior Services' care giver specialist is leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session focuses on maintaining emotional health and reducing stress through peer support and story tell-

ing, and finding ways to relieve tension. Subsequent support group meetings are scheduled the second Wednesday of each month.

Cook Out Seniors are invited to celebrate spring at a cook out June 27th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood. The menu features jumbo beef hot dogs, baked beans, coleslaw, fruited gelatin, fruit juice, and milk and coffee. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on June 26th.



Creative Writing Class West Suburban Senior Services is pleased to host this class June 26th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new students are welcome.

Declutter Class Seniors are invited to learn ways to declutter their homes and lives at this class June 18th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood.

Early Bird Pokeno A special pokeno –breakfast party is planned June 22nd at the Senior Citizen Center in Bellwood. French toast, sausage, juice,

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phone West Suburban Senior Services for more information regarding appointments.

Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Make Your Own Sundae Seniors may create a personalized ice cream treat June 7th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Meditation and Centering Basic meditation and relaxation techniques are the focus of this class June 21st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor. The class meets the third Thursday of each month.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned June 11th, 10:00 am, at OARS Center. This month's selection is *Bobby*, a story about the life of Robert Kennedy, Jr. Reservations are required by June 8th. Information about West Suburban Senior Services' new summer film festival at the Senior Citizen Center in Bellwood is included in a separate article.

Music Therapy The impact of music on seniors' health is the focus of this program June 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Elmwood Care is the program presenter.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting June 5th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. 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 events are announced. Our next meeting is June 25th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Pamper Yourself Day Seniors are invited to treat themselves to this day of relaxation June 20th. Additional information is presented in a separate newsletter article.

Pie A la Mode For \$1.00, seniors may enjoy this treat June 21st at the Senior Citizen Center in Bellwood and at OARS Center. Serving time is 12:15 pm.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Parties This game is being played June 1st and June 8th, 12:15 to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments. A special Early Bird pokeno session is planned June 22nd. Additional information is provided in a separate article.

Recorder of Deeds A representative of the Cook County Recorder of Deeds is coming to the Sen-

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's 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 13th, 10:00 am, at the Senior Citizen Center in Bellwood and 11:00 am at OARS Center.

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



Arthritis Foundation Exercise Class West Suburban Senior Services and the University of Illinois Extension are cosponsoring this new program at the Senior Citizen Center in Bellwood. This month's class dates are June 12th, June 14th, June 19th, June 21st, June 26th and June 27th, 10:30 am to 11:30 am. Class size is limited, and pre-registration is required. There is no class fee.

Banana Splits This favorite summer treat is being served June 28th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Barbecue Special West Suburban Senior Services is organizing an outing to Maywood Park June 7th for the facility's barbecue special. Hamburgers, hot dogs and bratwurst sandwiches are \$1.00; park admission is \$2.00.

Bargain Bingo Fifty-cent party bingo and a fifty-cent dessert are featured at this event June 18th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and June 19th, 10:00 am to 11:00 am, at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$1.75.

Best Sellers Reading Club West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's next meeting is June 26th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to participate should telephone the agency now to sign out copies of the current reading selection.

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