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are to be held June 13th and June 27th, 11:00 am to 2:00 pm, 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 Carnival Games Seniors are invited to this enjoyable form of exercise June 9th, 10:00 am to 11:00 am, at OARS Center. Additional information is presented in a separate article.

Summer Film Festival West Suburban Senior Services' Second Annual Summer Film Festival begins June 3rd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Surfing the Internet This "hands-on," individualized instruction is scheduled June 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Surprise Bingo This party bingo is being played June 16th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and June 17th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

Tai Chi Demonstration The Arthritis Foundation is presenting this program June 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Tea and Talk This program is scheduled June 11th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors may enjoy a cup of tea and a pastry, and visit with a local dignitary or a representative of a community organization. Aspire is this month's guest.

Tea Party This monthly activity is scheduled June 6th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. This month's theme is weddings, and participants are encouraged to bring their wedding photo. Cost is \$1.00.

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

Keys to Healthy Aging

Healthy aging is one focus of programs being presented this month and throughout the summer at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Lunch is available with these programs for seniors age 60 and older; suggested meal donation is \$1.75. Reservations are required by 12:00 noon on the business day before seniors plan to eat.

Senior Citizen Center
439 Bohland Avenue
Bellwood

Experiencing Something New

Surfing the Internet June 24th, 10:30 am to 11:30 am. Seniors learn to access various internet sites including Google and Medicare. There is no class fee.

Managing Finances

101 Ways to Save Money June 16th, 10:30 am to 11:30 am. In the midst of soaring gas and food prices, this program is a "must see." University of Illinois Extension provides practical financial/budgeting tips.

Financial Debt and Seniors June 19th, 10:30 am to 11:30 am. Attorney James Lemet from

Debt Counseling for Seniors and the Disabled discusses this growing problem.

Maintaining Good Emotional Health

Coping with Depression and Other Senior Mental Health Concerns June 12th, 10:30 am to 11:30 am. White Crane Wellness Center is the program presenter.

Brain Games June 23rd, 12:15 pm to 1:15 pm. Seniors are invited to challenge their mental skills with Scrabble, checkers and other board games. Refreshments are being served.

Maintaining Physical Health

Dietary Supplements June 17th, 10:30 am to 11:30 am. A pharmacist from Wal-Mart in Forest Park is the program presenter. The benefits and precautions of using these products are among the topics being discussed.

Staying Active

Tai Chi for Seniors June 26th, 10:30 am to 11:30 am. The Arthritis Foundation is presenting this demonstration and related information. The activity is free.

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the Senior Chronicle out due to increased postage costs. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

West Suburban Senior Services supported by the AgeOptions under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn and Proviso Townships, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

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

252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Board of Directors

The Board of Directors elected, during the 35th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

- Mrs. Elaine Reno, President
- Mrs. Debbie Nowader, Vice President
- Ms. Carole Kulinski, Secretary
- Mrs. Lois Albers, Treasurer

Directors

- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Mrs. Lela Grimble
- Honorable Noreen Love
- Honorable Anthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

Honorary Directors

- Honorable Anthony Calderone
- Honorable Gary Woll

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Other festival dates and movie selections this month are *The Great Debaters* with Denzel Washington on June 10th, *No Reservations* with Catherine Zeta-Jones on June 17th and *Under the Tuscan Sun* with Diane Lane on June 24th. Movies start at 12:15 pm, and refreshments are served.

Meals' Program Provides Nutrition, Safety to Home-Bound Seniors

As summer approaches, West Suburban Senior Services reminds seniors and their families about the importance of maintaining proper nutrition during hot weather. The agency's home delivered meals program ensures that home-bound seniors (age 60 and older) re-

ceive a hot, dietary balanced meal five days per week. Low-salt and diabetic menus are available. In addition to meeting seniors' nutritional needs, the meals program provides an extra well-being check on home-bound seniors. If a senior does not answer the door for meal delivery, meal drivers immediately contact the agency which, in turn, calls the client's emergency contact and, when needed, the local police department.

Additional information about program eligibility may be obtained by contacting West Suburban Senior Services.

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Officers' Club 10:30 am June 30 th Bellwood	12:15 pm June 6 th & June 20 th Bellwood	Spades & Whist 12:15 pm June 11 th Bellwood	Surprise Bingo 12:15 pm June 16 th Bellwood
Parfaits 12:15 pm June 5 th Bellwood	Practical Ways to Save Money 10:30 am June 16 th Bellwood	Spanish Club 11:00 am June 13 th & June 27 th Bellwood	10:00 am June 17 th OARS
Pie A la Mode 12:15 pm June 26 th Bellwood & OARS	Robber Bingo 10:15 am June 4 th & June 18 th Bellwood	Summer Carnival Games 10:00 am June 9 th OARS	Tai Chi Class/ Demonstration 10:30 am June 26 th Bellwood
Podiatry Clinic 9:00 am Thursdays Bellwood	Root Beer Day 12:15 pm June 17 th Bellwood	Summer Film Festival 12:15 pm June 3 rd , June 10 th , June 17 th & June 24 th Bellwood	Tea and Talk 10:30 am June 11 th Bellwood
Pokeno Parties 10:45 am June 13 th & June 27 th Bellwood	Root Beer Floats 12:15 pm June 5 th OARS	Surfing the Internet 10:30 am June 24 th Bellwood	Tea Party 10:00 am June 6 th Bellwood

Briefly Stated

Advisory Council

10:00 am
June 11th
Bellwood

11:00 am
June 11th
OARS

Art Class
9:00 am
Tuesdays
Bellwood

Backwards Lunch Party

11:00 am
June 10th
OARS

Bargain Bingo

12:15 pm
June 9th
Bellwood

10:00 am
June 24th
OARS

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Blow-Out

9:30 am
June 25th
Bellwood

Bingo Bonanza

10:15 am
June 2nd
Bellwood

10:15 am
June 3rd
OARS

Brain Games

10:00 am
June 6th
OARS

12:15 pm
June 23rd
Bellwood

Casino Day

10:00 am
June 30th
OARS

Coffee & Conversation

10:00 am
June 25th
OARS

Cook-Out

11:30 am
June 13th & June 25th
Bellwood & OARS

Creative Writing Class

10:00 am
June 24th
Bellwood

Decluttering Class

12:30 pm
June 30th
Bellwood

Dietary Supplements

10:30 am
June 17th
Bellwood

Everything Sweet Bingo

12:15 pm
June 16th
Bellwood

10:00 am
June 24th
OARS

Exercise Class

10:30 am
Monday through Friday
Bellwood

Father's Day Observance

11:00 am
June 12th
Bellwood & OARS

Film Making in Illinois

10:30 am
June 3rd
Bellwood

Financial Debt & Seniors

10:30 am
June 19th
Bellwood

Foster Grandparents

10:30 am
June 18th
Bellwood

Gift Shop

10:30 am to 1:30 pm
Monday through Friday
Bellwood

Gourmet Dinner party

5:00 pm
June 27th
Bellwood

Haircuts

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

Half & Half Singers

10:30 am
June 23rd
Bellwood

Hearing Changes in Seniors

10:00 am
June 18th
OARS

Helping Hands

12:15 pm
June 30th
Bellwood

Ice Cream Cones

12:15 pm
June 19th
Bellwood & OARS

Insider's View of the Judicial System

10:00 am
June 27th
OARS

10:30 am
June 30th
Bellwood

Knowing Your Government: U. S. Customs & Border Patrol

10:30 am
June 5th
Bellwood

Legal Assistance

9:30 am
June 17th
Bellwood

Line Dancing

10:00 am
Fridays
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

Meditation & Centering Classes

12:15 pm
June 13th & June 27th
Bellwood

Mental Health & Aging

10:30 am
June 12th
Bellwood

Movie Days
June 4th & June 11th
OARS

Mystery Reading Club

9:30 am
June 3rd
Bellwood

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sented in a separate article.

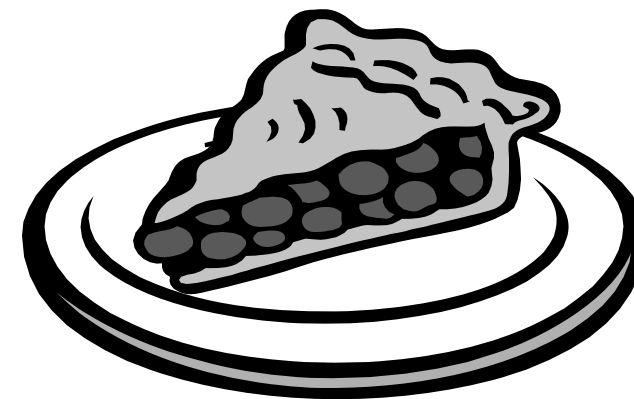
Movie Days Seniors are invited to enjoy *Mad Money* on June 4th and *The Great McGinty* on June 11th. Show time is 10:00 am. Lunch follows at 11:30 am for the suggested donation of \$1.75.

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 3rd, 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 30th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Parfaits This ice cream, cake and fruit dessert is being served June 5th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Pie A la Mode For \$1.00, seniors may enjoy this dessert June 26th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Reservations are required.



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 6th and June 20th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. On June 13th and June 27th, participants play from 10:45 am to 11:30 am. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Practical Ways to Save Money This program is scheduled June 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Robber Bingo This entertaining form of party bingo is being played June 4th and June 18th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents per card.

Root Beer Day June 17th has been designated *National Root Beer Day*, and seniors may enjoy a "black cow" (root beer float) that day at the Senior Citizen Center in Bellwood. Serving time is 12:15 pm, and cost is \$1.00. In addition, root beer floats are being served for the same price at OARS Center on June 5th.

Spades and Whist This friendly card competition is set June 11th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. New and experienced players are welcome.

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

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
June 2, 2008 Salisbury Steak Mashed Potatoes Sliced Tomatoes and Lettuce Vegetable Soup Tropical Fruit	June 3, 2008 Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	June 4, 2008 Chicken Fajitas Spanish Rice Refried Beans Fruited Gelatin	June 5, 2008 Herb Baked Chicken Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Orange	June 6, 2008 Tuna Salad on Bun Sliced Carrots Citrus Segments Split Pea Soup Vanilla Pudding
June 9, 2008 Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	June 10, 2008 Swedish Meatballs White Rice Cauliflower Tossed Salad Tropical Fruit	June 11, 2008 Barbecued Chicken Breast Macaroni and Cheese Confetti Fruit Juice Butterscotch Pudding	June 12, 2008 Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot Raisin Salad Fruit Yogurt	June 13, 2008 Hamburger on Bun Potato Salad Navy Bean Soup Fresh Melon
June 16, 2008 Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Peach Halves	June 17, 2008 Roasted Chicken Rice Pilaf California Vegetables Orange Juice Pineapple Chunks	June 18, 2008 Barbecued Roast Pork Spaghetti Okra and Tomatoes Apple Sauce Banana	June 19, 2008 Sloppy Joe on Bun Green Beans Cottage Cheese and Pear Salad Cream of Broccoli Soup Cookies	June 20, 2008 Spinach Lasagna Italian Mixed Vegetables Tossed Salad Apricots
June 23, 2008 Stuffed Cabbage Roll Green Beans Cheese and Pear Salad Cream of Potato Soup Chocolate Chip Muffin	June 24, 2008 Sliced Turkey Herb Stuffing Corn Cranberry Sauce Apricot Halves	June 25, 2008 Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruited Gelatin	June 26, 2008 Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	June 27, 2008 Cheese Ravioli Broccoli Tossed Salad Banana
June 30, 2008 Salisbury Steak Mashed Potatoes Sliced Tomatoes and Lettuce Vegetable Soup Tropical Fruit	All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements	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 Commissions of Berwyn and Proviso Townships, local villages, and donations.		

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

(Continued from front cover)

OARS Center
712 East Elm
LaGrange

Experiencing Something New

Ytrap Hcnul Sdrawkcab (Backwards Lunch Party) June 10th, 11:00 am to 12:00 noon. A contest for the most unusual "backwards" outfit is being held.

Maintaining Good Emotional Health

Brain Games June 6th, 10:00 am to 11:00 am. Seniors are invited to challenge their mental skills with Scrabble, checkers and other board games. Refreshments are being served.

Maintaining Physical Health

Hearing Changes and Seniors June 18th, 10:00 am to 11:00 am. White Crane Wellness Center is the program presenter. Discussion topics include causes and treatment of hearing loss.

Staying Active

Summer Carnival Games June 9th, 10:00 am to 11:00 am. Seniors are invited to test their skills at horse shoes, bean bag toss and other games.

Menu Choice Days

West Suburban Senior Services is pleased to offer diners at its two meal sites menu options on designated dates this month. On these dates, senior citizens may order either the hot meal on the

menu or a gourmet boxed lunch for the suggested donation of \$1.75. Reservations for the hot meals are required by 12:00 noon on the business day before seniors plan to have lunch; however, the boxed lunches have the different reservation deadlines noted below.

June 4th Ham and cheese croissant boxed lunch option.

June 16th Egg salad on roll boxed lunch option.

June 27th Turkey croissant boxed lunch option.

Lunch reservations are required.

Outdoor Eating Food Safety Tips

With the picnic and barbeque season underway, the U.S. Food and Drug Administration offers these tips to protect yourself, and your family and friends, from foodborne illness.

Transporting Food

Keep cold food cold by placing it in a cooler with ice or frozen gel packs. Cold food should be held at or below 40 degrees F. Limit the times the cooler is opened.

Consider packing beverages in one cooler and perishable foods in another.

Meat, poultry and seafood may be packed while it is still frozen so that it stays colder longer. Be sure to keep raw meat, poultry and seafood securely wrapped so that their juices don't contaminate cooked foods or foods eaten raw, such as vegetables and fruits.

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Half and Half Singers This popular group returns June 23rd to the Senior Citizen Center in Bellwood. Between 10:30 am and 11:30 am, participants can enjoy hearing and singing favorite tunes. Lunch is served at 11:30 am for the suggested donation of \$1.75.

Hearing Changes in Seniors White Crane Wellness Center is the presenter for this program June 18th, 10:00 am to 11:00 am, at OARS Center. Additional information is presented in a separate article.

Helping Hands Volunteers are needed for a variety of projects. A work session is scheduled June 30th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Interested participants should contact the agency.

Ice Cream Cones Seniors may enjoy this traditional summer treat June 19th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is 50 cents.

Insider's View of the Judicial System Circuit Court judges are the presenters for this program June 27th, 10:00 am to 11:00 am, at OARS Center, and June 30th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows each presentation.



Knowing Your Government: U.S. Customs and Border Patrol This program is scheduled June 5th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The agency's responsibilities and recent programs are among the topics being discussed.

Legal Assistance On June 17th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is available to come to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 10:00 am and 11:00 am. There is no charge.

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.

Meditation and Centering Classes Matt Barnes is conducting meditation and relaxation classes June 13th and June 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Enrollment is free.

Mental Health and Aging White Crane Wellness Center is leading this discussion June 12th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is pre-

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the Senior Citizen Center in Bellwood and at OARS Center. The menu on June 25th features hot dogs and baked beans. Suggested donation is \$1.75 per meal, and reservations are required by 12:00 noon June 12th and June 24th, respectively.

Creative Writing Class New and returning students are welcome at this monthly class at the Senior Citizen Center in Bellwood. This month's meeting is June 24th from 10:00 am to 11:30 am. There is no enrollment fee.

DeCluttering Class Seniors are invited to learn ways for decluttering their homes and lives at this class June 30th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. There is no enrollment fee.

Everything Sweet Bingo This party bingo is a must for seniors who have a sweet tooth. It is scheduled June 16th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and June 24th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Father's Day Observance Door prizes and refreshments are being featured at a Father's Day celebration June 12th, 11:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood and at OARS Center. Suggested meal donation is \$1.75.

Film Making in Illinois The Illinois Film Office is coming to the Senior Citizen Center in Bellwood June 3rd, 10:30 am to 11:30 am. Current movie making projects in the state and film trivia are among the topics of discussion. This

event also kicks-off West Suburban Senior Services' annual Summer Film Festival.

Financial Debt and Seniors This important topic is being discussed June 19th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Foster Grandparents West Suburban Senior Services is pleased to cosponsor the Foster Grandparent program. The monthly meeting is held at the Senior Citizen Center in Bellwood and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care. The next meeting is June 18th at 10:30 am.

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 this event June 27th at the Senior Citizen Center in Bellwood. Doors open at 4:30 pm with appetizers served until 5:00 pm. Dinner is served at 5:00 pm. The evening concludes at 7:00 pm. Paid and nonrefundable reservations are due by June 20th. Cost is \$8.00 per person.

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 10th and June 24th at 10:30 am. Appointments are required.

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Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. This includes cantaloupe and watermelon. (Packaged fruits and vegetables labeled "ready to eat," "washed" or "triple washed" need not be washed.)

Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel.

Beginning the Cooking Process

Wash your hands, even in outdoor settings. Either moist disposable towelettes, or a water jug, some soap and paper towels will work,

Keep all platters and utensils clean when preparing food.

Grilling the Food

Marinate foods in the refrigerator, not on the counter or outdoors. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry or seafood. Do not reuse marinade.

Don't use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.

If you partially cook food to reduce grilling time, do so immediately before the food goes on the hot grill.

Cook food thoroughly, and use a food thermometer to be sure. For example, the temperature of steaks and roasts should be 145 de-

grees F, and 165 degrees F for whole poultry, poultry breasts and ground poultry.

Serving the Food

Keep cold foods cold (at or below 40 degrees F) and hot foods hot (at or above 140 degrees F). Hot foods should be wrapped well and placed in an insulated container.

Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Do not use a plate that previously held raw meat, poultry or seafood for anything else unless the plate has been first washed in hot, soapy water.

Do not let perishable food sit out longer than two hours.

Food should not sit out for more than one hour in temperatures above 90 degrees F.

Summer Film Festival

West Suburban Senior Services is pleased to host its Second Annual Summer Film Festival at the Senior Citizen Center in Bellwood. Festivities begin with a party June 3rd from 10:30 am to 11:30 am. Activities include a presentation by staff from the Illinois Film Office and movie trivia. Participants are invited to wear their favorite Hollywood glamour outfit for the costume judging portion of the program. Following lunch at 11:30 am, participants may view *Mad Money*, a comedy with Diane Keaton and Katie Holmes.

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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 11th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 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.

Backwards Lunch Party This "in reverse order" meal is taking place June 10th at OARS Center. Additional information is presented in a separate article.

Bargain Bingo Fifty-cent party bingo and a fifty-cent dessert are featured at this get-together June 9th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and June 24th, 10:00 am to 11:00 am, at OARS Center.

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 at the Senior Citizen Center and 10:00 am at the OARS Center.

Bingo Blow-Out This event is scheduled June 25th, 10:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood. Cost for bingo only is \$2.00. Lunch is served at 11:30 am for an additional donation of \$1.75. Reservations are required by June 23rd, and a minimum participation is required for this activity to take place.

Bingo Bonanza A double session of party bingo is planned June 2nd at the Senior Citizen Center in Bellwood, and June 3rd 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.

Brain Games Mind-challenging board games are planned June 6th, 10:00 am to 11:00 am, at OARS Center, and June 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Casino Day West Suburban Senior Services is hosting this event June 30th, 10:00 am to 11:00 am, at OARS Center. A variety of games and refreshments are planned. Lunch is served at 11:30 am for the suggested donation of \$1.75. Seniors planning to participate are asked to register by June 27th.

Coffee and Conversation Seniors may enjoy a cup of coffee and sweet treat while visiting with a local dignitary or representative of a community organization. This program is planned June 25th, 10:00 am to 10:45 am, at OARS Center.

Cook Out Hamburgers and potato salad highlight this event June 13th 11:30 am to 12:30 pm, at

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