

(Continued from page eleven)

Take Charge of Your Health! (Spanish) The final two classes in this series are scheduled June 3rd and June 10th, 10:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood.

Waffle Cone Sundaes This summer classic is being served June 4th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Wii Bowling This computerized recreation is being offered every Tuesday, 9:30 am to 10:30 am and 12:30 pm to 1:30 pm, and every Wednesday, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood.

Wii Fitness Seniors are invited to learn how physical fitness can be incorporated with computer use. Best Buy in Melrose Park is presenting this free class June 9th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Wound Care Adventist LaGrange Hospital is presenting this program June 12th, 10:30 am to 11:30 am, at OARS Center.

Your Best Weight Reaching your ideal body weight is easier than what you might think, and you won't have to give up your favorite foods. Find out how June 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. A complimentary Body Mass Index (BMI) screening is available for the first twenty seniors to register. Also, private consultations for calorie needs and meal patterns for weight loss follow the talk. White Crane Wellness Center is the program presenter.

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.

More information may be available in a separate article.

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

Adult Day Services

Adult Day Services at West Suburban Senior Services provides a protective and stimulating environment for older adults who are in need of supervision. Attendees profit from the array of services offered, while their caregivers receive respite from the pressures and demands of caring for an elderly relative or friend.

Benefits include a structured environment, companionship, nutritious meals and a variety of activities under the supervision of professional staff. Personal care, health monitoring, physical and mental activities are available and encouraged from a dedicated and caring staff.

Adult Day Services is a cost-effective alternative to in-home services or nursing facility placement. Participation is a welcome change of pace for individuals who are moderately handicapped, physically frail, mildly confused or socially isolated.

WSSS offers Adult Day Services at two locations in Bellwood and LaGrange. Financial assistance may be available on a case by case basis from the Illinois Department on Aging's Community Care Program or the Veterans' Administration. For additional information, please contact Brooke McMillin, ADHC Director at (708) 547-5600, Ext. 301.

Casino Trip

West Suburban Senior Services is sponsoring an outing to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, on June 24th. The trip leaves from the Senior Citizen Center in Bellwood at 8:30 am and returns there at approximately 6:00 pm. The \$25.00 per-person cost includes round-trip transportation on a motor coach, an all-you-can-eat buffet and a \$10.00 voucher for 25 slot points earned. Also, everyone in the agency's group has the option of playing a three-hour session of matinee bingo beginning at 1:00 pm.

Paid *non-refundable cash* reservations are due at the Senior Citizen Center by June 15th, and a minimum registration is required. As a reminder, the casino requires one of the following forms of photo identification: current passport, valid driver's license, valid State-issued identification card, current military identification, an immigration card or a consulate card.

Healthy Indoor Air

Your vacuum cleaner can be a useful tool to help control asthma and allergy irritants in your home. University of Illinois Extension Service shares these tips:

- To get a carpet really clean, pass the vacuum

(Continued on page five)

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 or our website

Funding

West Suburban Senior Services is 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.

Website

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

Board of Directors

The Board of Directors elected, during the 36th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Debbie Nowader, President
Mrs. Lela Grimble, Vice President
Mrs. Tywana Rand, Secretary
Mrs. Lois Albers, Treasurer

Directors

Mrs. Jann Beauchamp
Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Arthur Grapenthein
Mrs. Lela Grimble
Mr. Robert A. Jones
Mr. Luigi Mazzei
Commissioner Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Ms. Carole Kulinski
Judge Noreen Love
Mrs. Elaine Reno

(Continued from page ten)

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 Seniors are invited to play June 5th and June 19th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments.

Root Beer Bingo National Root Beer Day is celebrated each June, and West Suburban Senior services is hosting root beer party bingo June 8th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and June 9th, 10:30 am to 11:30 am, at OARS Center. Cost is \$1.00, and prizes are related to the theme.



Senior Center Reunion This event is being held June 22nd at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

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 5th and June 19th, 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.

Stepper Dance Class Beginners and advanced students are welcome in this free class. It is offered June 4th, June 11th, June 18th and June 23rd, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Summer Dessert Plate Seniors may enjoy a trio of special desserts June 25th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Summer Kick-Off West Suburban Senior Services invites seniors to begin their summer festivities at the Senior Citizen Center in Bellwood and at OARS Center on June 24th. In addition to enjoying a traditional picnic lunch of hot dogs and baked beans at 11:30 am, participants are also receiving information to help ensure their safety during hot weather. Reservations are required by 12:00 noon on June 23rd.

Swine Flu: The Facts Cook County Department of Public Health is presenting information and answering questions about this health concern June 29th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood.

(Continued back cover)

Briefly Stated

Advisory Council

10:00 am
June 10th
Bellwood

11:00 am
June 10th
OARS

Art Class
9:00 am
Tuesdays
Bellwood

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
June 1st
Bellwood

10:15 am
June 2nd
OARS

Brain Games
12:15 pm
June 3rd, June 10th, June 17th
& June 24th
Bellwood

Breakfast Bingo
9:00 am
June 26th
Bellwood

Caregiver Support Group
2:00 pm
June 3rd & June 17th
Bellwood

Casino Trip
8:30 am
June 24th
Milwaukee, WI

**Cernan Earth & Space
Center Outing**
10:00 am
July 22nd
River Grove

Chair Exercises
10:00 am
Mondays
OARS

Creative Writing Class
10:00 am
June 9th
Bellwood

Exercise Class
10:00 am
Monday through Friday
Bellwood

**Fall Prevention &
Risk Evaluation**
10:30 am
June 25th
Bellwood

**Father's Day
Luncheon & Party**
10:30 am
June 18th
Bellwood

10:30 am
June 19th
OARS

Flag Day Observance
11:00 am
June 10th
Bellwood

10:30 am
June 15th
OARS

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

Grief Support Group
1:00 pm
June 1st & June 15th
Bellwood

Haircuts
10:30 am
June 9th & June 23rd
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

**Maywood Park
Dinner Outing**
6:30 pm
June 25th
Melrose Park

**Meditation &
Centering Class**
12:15 pm
June 12th & June 26th
Bellwood

Movie Days
12:15 pm
June 2nd, June 9th, June 16th,
June 23rd & June 30th
Bellwood

Mystery Bingo
12:15 pm
June 15th
Bellwood

10:30 am
June 16th
OARS

Mystery Reading Club
9:30 am
June 2nd
Bellwood

**New Nutrition Standards
for Senior Meals**
10:45 am
June 16th
Bellwood

**Non-Medication Ways to
Deal with Arthritis Pain**
10:30 am
June 30th
Bellwood

10:30 am
June 23rd
OARS

Pie A la Mode
12:15 pm
June 11th
Bellwood & OARS

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Parties
10:30 am
June 5th & June 19th
Bellwood

Root Beer Bingo
12:15 pm
June 8th
Bellwood

10:30 am
June 9th
OARS

(Continued page nine)

(Continued from page seven)

At an auto body shop:
May we have the next dents?

In a newspaper:
Free puppies. One-half Cocker Spaniel, one-half sneaky neighbor's dog.

In a veterinarian's waiting room:
Be back in five minutes. Sit! Stay!

In a laundromat:
Automatic washing machines. Please remove all your clothes when the light goes out.

In a safari park:
Elephants please stay in your car.

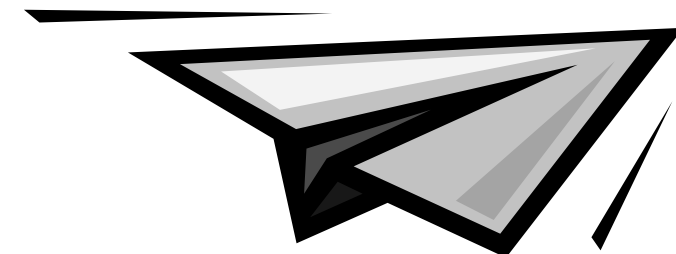
At a car dealership:
The best way to get back on your feet ---miss a car payment.

In the front yard of a funeral home:
Drive carefully. We'll wait.

On a fence:
Salesmen welcome! Dog food is expensive.

At the electric company:
We would be delighted if you send in your bill. However, if you don't, you will be.

At a farmer's field:
The farmer allows walkers to cross the field for free, but the bull charges.



(Continued from page four)

Senior Center Reunion
10:30 am
June 22nd
Bellwood

Spanish Club
11:00 am
June 5th & June 19th
Bellwood

Stepper Dance Class
10:30 am
June 4th, June 11th, June 18th
& June 23rd
Bellwood

Summer Dessert Plate
12:15 pm
June 25th
Bellwood & OARS

Summer Kick-Off
11:00 am
June 24th
Bellwood & OARS

Swine Flu: The Facts
10:45 am
June 29th
Bellwood

**Take Charge of Your
Health! (Spanish)**
10:00 am
June 3rd & June 10th
Bellwood

Waffle Cone Sundaes
12:15 pm
June 4th
Bellwood & OARS

Wii Bowling
9:30 am & 12:30 pm
Tuesdays
Bellwood

9:30 am
Wednesdays
Bellwood

Wii Fitness
10:30 am
June 9th
Bellwood

Wound Care
10:30 am
June 12th
OARS

Your Best Weight
10:30 am
June 8th
Bellwood

Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>West Suburban Senior Services is supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.</p>				
May 4, 2009	May 5, 2009	May 6, 2009	May 7, 2009	May 8, 2009
Salisbury Steak Mashed Potatoes Lettuce and Tomatoes Vegetable Soup Tropical Fruit	Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	Chicken Fajitas Spanish Rice Refried Beans Fruit Gelatin	All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements Herb Baked Chicken Sweet Potatoes Brussels Sprouts Cherry Apple Juice Mandarin Oranges	Beef Burgundy White Rice California Blend Tossed Salad Banana Bread
May 11, 2009	May 12, 2009	May 13, 2009	May 14, 2009	May 15, 2009
Meatloaf Whipped Potatoes Cauliflower Three Bean Salad Chilled Pears	Swedish Meatballs White Rice Broccoli Tossed Salad Tropical Fruit	Barbecued Chicken Macaroni and Cheese Okra and Tomatoes Fruit Juice Butterscotch Pudding	Smothered Steak Scalloped Potatoes Green Beans Carrot and Raisin Salad Fruit Yogurt	Hamburger on Bun Potato Salad Navy Bean Soup Fresh Melon
May 18, 2009	May 19, 2009	May 20, 2009	May 21, 2009	May 22, 2009
Beef Stroganoff Rice Pilaf Green Beans Tossed Salad Pear Halves	Roasted Chicken Whole Potatoes California Blend Orange Juice Pineapple Chunks	Barbecued Roast Pork Spaghetti Stewed Tomatoes Apple Sauce Banana	Sloppy Joe on Bun Mixed Vegetables Cottage Cheese and Pear Salad Cream of Broccoli Soup Cookie	Stuffed Green Peppers Whipped Potatoes Carrots Fresh Punch Juice Fresh Pear
May 25, 2009	May 26, 2009	May 27, 2009	May 29, 2009	May 30, 2009
Closed for Memorial Day	Sliced Turkey Herb Stuffing Corn Cucumber Salad Apricot Halves	Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Cantaloupe	Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	Beef Burgundy White Rice California Blend Tossed Salad Banana Bread
Senior Citizen Center 439 Bohland Bellwood, Illinois 60104		OARS Center 712 Elm LaGrange, Illinois 60525		

(Continued from page five)

and subsequent months at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange.

*Senior Citizen Center
439 Bohland Avenue
Bellwood*

- Bingo Blow-Out, June 18th, 3:30 pm to 6:30 pm. The \$3.00 fee includes a turkey croissant boxed lunch and three hours of party bingo. Reservations are required by June 16th, and a minimum registration is required for this event to take place.
- Blue Plate Special, June 9th, 11:30 am to 12:30 pm. For \$1.00, seniors may enjoy a turkey croissant boxed lunch. Reservations are required by June 4th.
- Energy Efficiency Program, June 15th, 10:30 am to 11:30 am. Citizens Utility Board is presenting information for holding down summer cooling and related costs.
- Garden Tea Party, June 17th, 9:30 am to 10:15 am. The theme is school memories, and participants are encouraged to bring photographs and other school keepsakes. Reservations are required by June 15th.
- Pokeno Blow-Out, June 29th, 12:30 pm to 3:30 pm. The \$3.00 fee includes lunch and three hours of Pokeno. Reservations are required by June 24th. A minimum registration is required for this activity to take place.

*OARS Center
712 East Elm
LaGrange*

- Bingo Blow-Out, June 26th, 9:30 am to 1:00 pm. The \$3.00 fee includes lunch and three hours of party bingo. Reservations are required by June 24th, and a minimum registration is needed for this activity to take place.
- Blue Plate Special, June 8th, 11:30 am to 12:30 pm. For \$1.00, seniors may enjoy a turkey croissant boxed lunch. Reservations are required by June 3rd.
- Continental Breakfast, June 16th, 9:00 am to 10:00 am. Cost is \$1.00. Reservations are required by June 12th.
- Energy Efficiency Program, June 10th, 10:30 am to 11:30 am. Citizens Utility Board is presenting information for holding down summer cooling and related costs.

Television Converter Box Installation

West Suburban Senior Services continues to install television converter boxes for Proviso Township seniors on a first come, first serve basis. Seniors interested in receiving this service are asked to telephone the agency and add their name to the waiting list. There is no installation fee. The transition to digital television is scheduled to occur on June 12th.

Bloopers, Funny Signs and Ads

Outside a muffler shop:
No appointment necessary. We hear you coming.

At a tire shop:
Invite us to your next blowout.

(Continued on page nine)

(Continued from page three)

Casino Trip West Suburban Senior Services is hosting a trip to the Potawatomi Bingo Casino on June 24th. Additional information is available in a separate article.

Cernan Earth and Space Center Outing West Suburban Senior Services is hosting this trip to Triton College July 22nd. The agency bus departs from the Senior Citizen Center in Bellwood at 10:00 am and returns there at approximately 12:30 pm. The 11:00 am show at the earth and space center features *Nature's Fury* and a *Patriot Mini Laser Show*. The \$5.00 fee includes the bus, a gourmet boxed lunch and the program. Paid cash reservations are due at the Senior Citizen Center by July 8th, and a minimum registration is required for this outing to take place.

Chair Exercises This program takes place every Monday at OARS Center from 10:00 am to 10:30 am. There is no charge.

Creative Writing Class New and returning students are welcome in this class June 9th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge.



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

Fall Prevention and Risk Evaluation University of Illinois College of Pharmacy is coming to the Senior Citizen Center in Bellwood June 25th. From 10:30 am to 11:30 am, seniors can learn ways to prevent falls and also receive a free fall risk screening. From 11:30 am to 12:30 pm, seniors may bring in their prescription and over-the-counter medications, and talk with a pharmacist about possible interactions and other concerns.

Father's Day Luncheon and Party Special refreshments and door prizes highlight this event June 18th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and June 19th, 10:30 am to 11:30 am, at OARS Center. Reservations are required by 12:00 noon on June 16th; suggested lunch donation is \$1.75.

Flag Day Observance Patriotic trivia and refreshments highlight this activity June 10th, 11:00 am to 11:30 am, at the Senior Citizen Center in Bellwood, and June 15th, 10:30 am to 11:00 am, at OARS Center.

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.

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are June 1st and June 15th from 1:00 pm to 3:00 pm.

(Continued on page ten)

(Continued from front cover)

cleaner over the target area as many as eight times. Also, only use vacuum cleaner bags until they are half filled. As the bag fills up with dust and dirt, airflow becomes limited, and the vacuum cleaner loses its suction capacity.

- Use a HEPA or ULPA filter to help further reduce allergens. The High Efficiency Particulate Air filter meets standards for collecting 99.7 percent of all particles at 0.3 microns. For reference, a human hair is about 60 to 80 microns. Most HEPA filters are disposable and must be replaced every 6 to 12 months. The Ultra Low Penetration Air refers to filters that retain all particles to 0.12 microns at an efficiency rate of 99.999 percent.
- Read the label on the filter you are buying. HEPA-like or HEPA-type filters do not meet the standards to remove the smallest particles of dust and dirt.
- Be sure the cleaner has enough motor power to suck up all particles. Uprights usually have 7- to 12-amp units; most experts prefer 12-amp units.
- Use a completely sealed unit. HEPA filters are not useful if particles can escape through the sides of the cleaner, and cleaners with HEPA filters are not designed to be leak proof. In fact, many models without a HEPA filter performed just as well in emission tests conducted by Consumer Reports. Performance depends on the design of the vacuum.
- Look for a vacuum with an exhaust filter.
- An upright vacuum or a canister with a power nozzle is best for carpet. A canister vacuum

with a power nozzle is good for cleaning blinds, upholstery, draperies and so forth.

Join Us for Dinner at Maywood Park

West Suburban Senior Services is hosting a dinner outing to Maywood Park on June 25th from 6:30 pm to 9:00 pm. The \$16.32 per-person cost includes a buffet dinner, tax and gratuity, admission to the park and a program. Coffee and other beverages, and parking fees are *not included*.

Pre-paid cash reservations are due at the Senior Citizen Center in Bellwood by June 11th, and a minimum registration is required for this event to take place. Additional information is available from the agency.

Revised Nutrition Standards

Beginning October 1st, the Illinois Department on Aging is implementing revised nutrition standards for home delivered and congregate meals served throughout the state. Ellin Learned, AgeOptions' registered dietician, is explaining the purpose and scope of these changes June 16th, 10:15 am to 11:30 am, at the Senior Citizen Center in Bellwood. Senior citizens are encouraged to participate in this conversation.

Senior Stimulus Program

West Suburban Senior Services is continuing its stimulus package to help seniors during these challenging economic times. Special programs and discounted activities are being offered during June

(Continued on page seven)

(Continued from page eight)

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 9th and June 23rd at 10:30 am.

Legal Assistance Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact 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 9:30 am and 10:30 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.

Maywood Park Dinner Outing West Suburban Senior Services is hosting a dinner outing to Maywood Park on June 25th. Additional information is available in a separate article.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class June 12th and June 26th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *The Curious Case of Benjamin Button* on June 2nd, *Not Easily Broken* on June 9th, *Last Chance Harvey* on June 16th, *Bride Wars* on June 23rd and *Valkyrie* on June 30th.

Mystery Bingo This entertaining form of party bingo is being played June 15th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and June 16th, 10:30 am to 11:30 am, at OARS Center. Cost is \$1.00.

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 2nd, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

New Nutrition Standards for Senior Meals This important information is being shared June 16th, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Non-Medication Ways to Deal with Arthritis Pain Rainbow Hospice is presenting this program June 30th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood, and June 23rd, 10:30 am to 11:00 am, at OARS Center.

Pie A la Mode For \$1.00, seniors may enjoy this dessert June 11th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

(Continued on page eleven)

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 and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting June 10th, 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. There is a fee for enrollment.



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 Bonanza A double session of party bingo is planned June 1st at the Senior Citizen Center in Bellwood and June 2nd 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 cost includes prizes and refreshments.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled from 12:15 pm to 1:00 pm on June 3rd, June 10th, June 17th and June 24th at the Senior Citizen Center in Bellwood. There is no charge for this activity.

Breakfast Bingo This session of party bingo is scheduled June 26th, 9:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a French toast and sausage meal and the bingo. Reservations are required by 12:00 noon on June 23rd and a minimum registration is required for this activity to take place.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets June 3rd and June 17th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood. Additional information is available from the agency's Caregiver Specialist at extension 401.

(Continued on page eight)