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Senior Center Reunion West Suburban Senior Services is hosting its annual Senior Center reunion June 24th in Bellwood. This is an opportunity for seniors who have moved out of the area and for those who have not been able to visit the Senior Center for other reasons to reunite with friends. First-time visitors are also invited to join the fun. Activities scheduled between 10:00 am and 11:15 am include dancing, entertainment and games. A chicken lunch is served from 11:30 am to 12:15 pm. Ice cream cones and party bingo follow at 12:30 pm. Cost for all is \$2.00, and reservations are required by 12:00 noon on June 23rd.

Seniors' Night Out West Suburban Senior Services is hosting a dinner outing to Bakers Square in Melrose Park June 30th at 5:30 pm. Participants are responsible for providing their own transportation and for paying their own bill at the restaurant. To facilitate planning, seniors planning to attend the dinner are asked to call West Suburban Senior Services by June 23rd.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting June 11th and June 25th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

Yoga Class This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

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.

The Hodgkin's Meal Site is located at 9301 63rd in Hodgkins.

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 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.

The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
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

Health Jamboree

University of Illinois Extension and West Suburban Senior Services invite senior citizens to an educational and fun-filled health jamboree June 25th, 10:00 am to 1:00 pm, at the Senior Citizen Center in Bellwood. Seniors may visit five health stations and participate in activities at each station:

Exercise Station 12:30 pm to 1:00 pm – Seniors receive an Estimated Average Glucose Monitor and instructions for using it. Weather permitting, a group walk is planned.

Food Station 11:30 am to 12:15 pm – Interested seniors participate in a healthy dessert demonstration and then enjoy the treat after lunch.

Home Safety Station 10:00 am to 11:30 am – Information for aging safely at home, severe weather preparation and radon testing is available. While supplies last, seniors receive a radon testing kit and a severe weather preparation kit.

Physical Health Station 10:00 am to 11:30 am – Seniors test their grip strength and receive help for improving it.

Planting Station 10:00 am to 11:30 am – To improve their physical dexterity and coordination,

participants prepare potting soil mixtures and receive a seedling for planting.

Lunch is served at 11:30 am for the suggested donation of \$2.00. The menu features stuffed shells, Italian vegetables, tossed salad, banana, and milk and coffee. Meal reservations are required by 12:00 noon on June 24th.

Heat Related Illnesses

Heat Cramp: Painful spasms usually in leg and abdominal muscle. This includes heavy sweating. Apply firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.

Heat Exhaustion Heavy sweating, weakness, skin may be cold, pale and clammy. Weak pulse and normal temperature is possible. Fainting or vomiting. Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move person to air-conditioned place. Give sips of water. Discontinue, if nausea occurs. Seek immediate medical attention if vomiting occurs.

Heat Stroke (Sun Stroke): Extremely high body temperature (106 degree plus). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat. Heat stroke is a

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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, at the Hodkins meal site 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 37th 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. Jann Beauchamp, Treasurer

Directors

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

Honorary Directors

- Mrs. Lois Albers
- Commissioner Anthony Peraica

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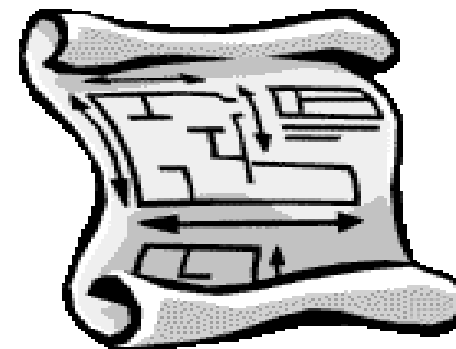
- Cancel mail and newspaper,
- Get a house sitter.

The better the planning, the easier the travel.

**Summer Is Here
Let's Get 'Fit and Fabulous'!**

University of Illinois Extension is conducting a two-part interactive class for those seniors who want either to lose a few pounds or to maintain their present weight. Participants develop individualized weight plans centering on healthy eating and exercise.

Fit and Fabulous classes are June 11th and June 25th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge. However, to facilitate planning, seniors are asked to register by June 7th.



Mark Your Calendar for These Events

August 14th Fourth Annual Family and Senior Citizen Health Fair at the Proviso Mathematics and Science Academy in Forest Park.

September 9th Cell Phones for Seniors – Sponsored by the Cook County Sheriff's Department, this program provides cell phones that are able to access 911 emergency services only.

September 30th Senior Citizen Law Enforcement Academy – This six-week informational program is designed to give Cook County senior citizens an overview of the criminal justice system in the county. It is presented by the Cook County Sheriff's Department.

Additional information about these events will be shared in future editions of The Senior Chronicle.

Walk to Better Fitness and a Healthier Lifestyle

Summer is a great time to increase one's fitness level for a better quality of life. Fitness should involve more than just improving appearance. It is about maintaining a person's health. Always consult a physician before starting any exercise regime. Aerobic exercise is loosely defined as any physical activity that makes the muscles, heart and lungs work harder. Walking is one of the safest, most effective and easiest forms of exercise. Experts say thirty minutes of walking three to five times a week can bring about significant improvements in one's fitness level. Walking can lower bad cholesterol and blood pressure while helping to maintain bone density and strengthen muscles. It boosts metabolism, which helps the body burn more calories. Exercise releases mood-elevating endorphins.

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Classic Movies These films are being shown every Friday this month at the Senior Citizen Center in Bellwood. Movies begin at 12:30 pm, and refreshments are served.

Cook Outs Hamburgers are on the menu June 4th and beef hot dogs on June 23rd at the Senior Citizen Center in Bellwood. Serving time is 11:30 am to 12:30 pm. Suggested meal donation is \$2.00; reservations are required by 12:00 noon June 3rd and June 22nd, respectively.

Creative Writing This class is scheduled June 22nd, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

Dessert Days For \$1.00 each, senior citizens may enjoy these tasty desserts at the Senior Citizen Center in Bellwood. Serving time is 12:15 pm to 12:30 pm: June 3rd, cheese cake; June 10th, waffle sundaes; June 14th, root beer floats; June 21st, brownie sundaes; June 24th, ice cream cones; and June 28th, cookie man sundaes.

Early Bird Pokeno A pancakes and sausage breakfast is being served June 18th, 9:30 am to 10:00 am, at the Senior Citizen Center in Bellwood. Pokeno is played from 10:00 am to 11:00 am. Cost for all is \$2.00, and a minimum registration is required for this activity to take place. Reservations are required by 12:00 noon on June 16th.

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, and 10:00 am to 11:00 am, at the Hodgkins meal site.

Fashion Show Seniors are modeling their favorite summer attire at the Hodgkins meal site June 28th, 12:15 pm to 1:00 pm. Lunch is served beforehand for the suggested donation of \$2.00.

Father’s Day Celebration Door prizes, treats and surprises are included in this celebration June 17th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and June 18th, 11:30 am to 12:30 pm, at the Hodgkins meal site. Suggested meal donation is \$2.00.

Find a Kiss – Win a Kiss This scavenger hunt for chocolate candies is scheduled June 14th, 12:15 pm to 12:45 pm, at the Hodgkins meal site. There is no fee.

Fit and Fabulous This new weight loss/weight management program takes place at the Senior Citizen Center in Bellwood June 11th and June 25th from 10:30 am to 11:30 am. University of Illinois Extension is the program presenter.

Food Safety University of Illinois Extension is sharing information to keep foods safe and to prevent food-borne illnesses. The program is scheduled June 29th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

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.

Good Eatin’ Café West Suburban Senior Services and University of Illinois Extension are cosponsoring this new nutrition program June 9th and June 16th at the Senior Citizen Center in Bellwood.

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Briefly Stated

Advisory Council
10:00 am
June 9th
Bellwood

1:00 pm
June 9th
Hodgkins

**AgingCare
Connections Day**
10:30 am
June 1st
Hodgkins

Art Class
9:00 am
Tuesdays
Bellwood

**Arthritis Foundation
Exercise Class**
10:00 am
June 8th, June 10th, June
15th, June 17th, June 22nd,
June 24th, June 29th & July
1st
Bellwood

Bargain Auction
10:30 am
June 28th
Bellwood

Bingo
12:15 pm
Thursdays
Bellwood & Hodgkins

Bingo Bonanza
10:15 am
June 7th Bellwood
June 8th Hodgkins

Bingo Galore!
12:15 pm
June 14th, June 21st & June
28th
Bellwood

Brain Games
12:15 pm
June 2nd, June 9th, June 16th,
June 23rd & June 30th
Bellwood & Hodgkins

Caregiver Support Group
2:00 pm
June 2nd & June 16th
Bellwood

Classic Movies
12:30 pm
June 4th, June 11th, June 18th
& June 25th
Bellwood

Creative Writing
10:00 am
June 22nd
Bellwood

Debt Management
12:15 pm
June 7th
Hodgkins

Dessert Days
12:15 pm
June 3rd, June 10th, June
14th, June 21st, June 24th &
June 28th
Bellwood

Early Bird Pokeno
9:30 am
June 18th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

10:00 am
Weekdays
Hodgkins

Fashion Show
12:15 pm
June 28th
Hodgkins

Father’s Day Celebration
11:30 am
June 17th
Bellwood

11:30 am
June 18th
Hodgkins

**Find a Kiss ... Win a Kiss
(Scavenger Hunt)**
12:15 pm
June 14th
Hodgkins

Fit and Fabulous
10:30 am
June 11th & June 25th
Bellwood

Food Safety
12:15 pm
June 29th
Hodgkins

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

Good Eatin’ Café
10:30 am
June 9th
Bellwood

10:00 am
June 16th
Bellwood

Grief Support Group
1:00 pm
June 7th & June 21st
Bellwood

Haircuts
10:30 am
June 8th & June 22nd
Bellwood

**Herbal Supplements and
Your Medications**
10:30 am
June 8th
Bellwood

Informed Investing
10:30 am
June 21st
Bellwood

12:15 pm
June 22nd
Hodgkins

Internet Café
10:00 am
Mondays, Wednesdays &
Thursdays
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

12:15 pm
Fridays
Hodgkins

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

**Meditation &
Centering Class**
12:15 pm
June 11th & June 25th
Bellwood

**Minute to Win It
Game Days**
10:30 am
June 2nd & June 30th
Bellwood

Movie Days
12:30 pm
June 1st, June 8th, June 15th,
June 22nd & June 29th
Bellwood

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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 7th and June 21st from 1:00 pm to 3:00 pm.

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 8th and June 22nd at 10:30 am.

Herbal Supplements and Your Medications University of Illinois College of Pharmacy is presenting this program June 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include the benefits of taking herbals and the possible adverse reactions of mixing herbals with prescription and over-the-counter medications. In addition, participants receive individualized immunization status and medication reviews. Seniors are encouraged to bring in all of their medication bottles including over-the-counter drugs, herbals and topical, including eye drops.

Informed Investing This program provides a basic understanding of key invest concepts and strategies. It is being presented June 21st, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and June 22nd, 12:15 pm to 1:00 pm, at the Hodgkins meal site. University of Illinois Extension is the presenter.

Internet Café West Suburban Senior Services is hosting basic computer classes Mondays, Wednesdays and Thursdays, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The Wednesday class is taught in Spanish. There is no class fee.

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, and Fridays, 12:15 pm to 1:15 pm,

at the congregated meal site in Hodgkins. 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 require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class June 11th and June 25th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Minute to Win It Game Days Modeled after the popular television show, this friendly competition allows seniors to test their skills doing various challenging --- and often humorous --- activities. Competition takes place June 2nd and June 30th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood.

Movie Days Seniors are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are It's Complicated on June 1st, Leap Year on June 8th, Crazy Heart on June 15th, Love Happens on June 22nd and Invictus on June 29th.

Mystery Bingo This party bingo is scheduled June 25th, 12:15 pm to 1:15 pm, at the Hodgkins meal site. Cost is \$1.00.

Mystery Reading Club Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Sen-

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Peace." Obviously, he was upset and called the florist to complain. After he told the florist of the obvious mistake, the florist replied: "Sir, I am really sorry for the mistake, but rather than getting too upset, you need to understand that somewhere there is a funeral taking place today and they have flowers with a note saying "Congratulations on your new location!"

A woman who had recently celebrated her 100th birthday was being interviewed by a reporter of the local newspaper. "And what do you think is the best thing about being 100?" he asked. "No peer pressure," she replied with a smile.

One man found the key to safe driving for his wife. He reminded her that if she had an accident, the newspaper would print her age with the police report.

Three retirees each with a hearing loss were taking a walk one fine day. One remarked to the other, "Windy, isn't it?" "No, the second man replied, "It's Thursday." And the third man chimed in, "So am I. Let's have a coke."

Neighborhood Tours

West Suburban Senior Services invites seniors to visit a variety of local sites this summer in the agency's Neighborhood Tour series. The June calendar includes the following tours.

Mar Thoma Shleeha Cathedral, 5000 St. Charles Road in Bellwood, June 29th, 12:30 pm to 1:15 pm. There is no fee for touring the cathedral; however, there is a nonrefundable \$1.00 charge for seniors requiring transportation on the agency bus. That fee is payable at the time senior citizens sign up for the tour. All senior citizen planning to

participate in the cathedral tour must register at the Senior Citizen Center by June 21st.

West Town Museum of Cultural History, 104 South 5th Street in Maywood, June 23rd, 10:00 am to 11:30 am. Museum Curator Jeri Stenson provides a guided tour. Admission to the museum is \$5.00, payable the day of the visit. Senior citizens requiring transportation on the agency bus pay an additional nonrefundable \$1.00 fee when they register for the tour. All senior citizens planning to participate in the tour must sign up at the Senior Citizen Center by June 14th.

Older Pets

Pets display changes as they become older as do humans. How does one calculate age for pets that are equivalent to humans?

<i>Cat Years</i>	<i>Human Years</i>
7	45
10	58
15	78
20	98

<i>Dog Years</i>	<i>Human Years</i>
7	47-56
10	56-78
15	76-115
20	96-120

The oldest recorded age of a cat is 34 years. The oldest recorded age of a dog is 29 years.

These are possible changes in older pets. Increased reaction to sounds, confusion, decreased response to commands, change in sleep cycles, favoring a limb, hesitancy to jump, run or climb stairs, decreased interest in activity.

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Geriatric pets should have semi-annual veterinary visits so signs of illness or other problems can be detected early and treated. Pets have changes in lifestyle as they age. Keep older pets healthy and happy by watching for signs of illness or problems. Discuss problems and questions with the veterinarian.

Powerful Tools for Caregivers

This six-week educational series is designed to help family caregivers take care of themselves while caring for an older relative or friend. Since caring for an aging loved one can take an emotional toll on the family caregiver, it is imperative to learn ways to handle the everyday stress. In each class, you will learn tools for taking care of yourself, including: reducing personal stress, communicating your feelings, setting limits and asking for help, dealing with difficult emotions, and making tough caregiving decisions. The suggested \$25.00 donation helps defray the cost of the book.

Class size is limited, and registration is required. To register, please contact Valerie Winterfeldt, MSW, at (708) 547-5600, extension 408, or Michelle Bonadies, MSW, at (708) 547-5600, extension 401. Classes take place at the Senior Citizen Center, 439 Bohland Ave, Bellwood, Third Floor. Classes are scheduled Thursdays, 1:00 pm to 3:30 pm, June 3rd through July 8th.

Protecting Your Social Security

What actually happens if your identity is stolen? An inspector from the Inspector General's Office of the Social Security Administration is answering that question and sharing other important

information June 10th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. This is one program that seniors won't want to miss! Lunch follows at 11:30 am.

Senior Center Reunion

West Suburban Senior Services is hosting its annual Senior Center reunion June 24th in Bellwood. This is an opportunity for seniors who have moved out of the area and for those who have not been able to visit the Senior Center for other reasons to reunite with friends. First-time visitors are also invited to join the fun.

Activities scheduled between 10:00 am and 11:15 am include dancing, entertainment and games. A chicken lunch is served from 11:30 am and 12:15 pm. Ice cream cones and party bingo follow at 12:30 pm. Cost for all is \$2.00, and reservations are required by 12:00 noon on June 23rd.

Senior Citizen Travel

Travel is the most looked-forward-to of all retirement ideas. Planning trips needs to be done carefully because as one ages certain elderly problems may arise when traveling. Here is a list of reminders to check off before you travel:

- Choose the best time of year for travel,
- Check out health care facilities in case of an emergency,
- Obtain health care coverage for the trip,
- Refill prescriptions,
- Take an extra pair of glasses.
- Find out how crowded the place of destination will be,
- Water plants,

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sever medical emergency. Dial 911 and get person to a hospital immediately. Delay can be fatal. Move person to a cooler environment. Try a cool bath to reduce body temperature. Remove clothing. Use fans/air conditioners. DO NOT GIVE FLUIDS

Good Eatin' Café

An easy to prepare heart healthy meal is being served this month in the Good Eatin Café at the Senior Citizen Center in Bellwood.

Here's how the program works:

Interested seniors participate in a pre-preparation class June 9th, 10:30 am to 11:30 am. In addition to discussing food safety and food preparation, participants learn about the meal they are preparing the following week. Actual cooking takes place June 16th at 10:00 am. This month's menu features Costa Rican foods: casado (choice of grilled tilapia or grilled chicken breast, black beans and rice, sautéed ripe plantain, garden salad and a pineapple fresco fruit drink). Participants can then enjoy their specially cooked lunch at 11:30 am.

There is no class fee, but seniors must participate in both the pre-preparation and cooking sessions. Registrations are required by June 4th. The program is sponsored by University of Illinois Extension and West Suburban Senior Services.

Hot Weather Safety Tips

Summer is just around the corner. As a person ages their body is less able to respond to the extremes in temperatures. In addition, medications may affect on how the body responds to heat. Be aware of extreme heat conditions predicted by

local weather forecasts.

On hot days:

- ❑ Drink plenty of water,
- ❑ Avoid long periods in direct sun or in unventilated rooms,
- ❑ Keep air conditioning or fans running,
- ❑ Limit vigorous activity when it is hot and humid,
- ❑ Reschedule activities for cooler times of the day,
- ❑ Wear light-colored, lightweight, loose-fitting clothing,
- ❑ Wear a hat or other head covering when out in the sun,
- ❑ Wear appropriate sunscreen protection,
- ❑ Take frequent baths or showers and remain in a cool place.

Merry Medicine

A couple entered the dentist's office, where the husband made it very clear that he was in a big hurry. He told the dentist no expensive extras. No gas, needles or any fancy stuff. Just pull the tooth and get it over with. The dentist replied that he wished more of his patients were so brave and asked him which tooth was the one that was hurting. The husband turned to his wife and told her to show the dentist which tooth was her giving her the problem.

A man entered a busy florist shop that had a large display sign that read, "Say It with Flowers." "Wrap up one rose," the man instructed the florist. "Only one?" questioned the florist. To which the man replied, "Just one, I'm a man of few words".

A new business was opening, and one of the owner's friends wanted to send flowers for the special occasion. The flowers arrived at the new business site, and the owner read the card "Rest in

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<p>Mystery Bingo 12:15 pm June 25th Hodgkins</p> <p>Mystery Reading Club 9:30 am June 7th Bellwood</p> <p>Picnic Lunch 11:30 am June 25th Hodgkins</p> <p>Podiatry Clinic 9:00 am Thursdays Bellwood</p>	<p>Pokeno Parties 10:30 am June 4th Bellwood</p> <p>12:15 pm June 11th & June 25th Bellwood</p> <p>Protecting Your Credit Information 10:30 am June 14th Bellwood</p> <p>12:15 pm June 15th Hodgkins</p>	<p>Protecting Your Social Security 10:30 am June 10th Bellwood</p> <p>Railroad Safety Awareness 10:30 am June 15th Bellwood</p> <p>12:15 pm June 21st Hodgkins</p> <p>Senior Center Reunion 10:00 am June 24th Bellwood</p>	<p>Seniors' Night Out 5:30 pm June 30th Melrose Park</p> <p>Spanish Club 11:00 am June 11th & June 25th Bellwood</p> <p>Stepper Dance Class 10:30 am Thursdays Bellwood</p> <p>Yoga Class 9:00 am Monday, Wednesday & Friday Bellwood</p>
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ior Services. The group is meeting June 7th, 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.

Picnic Lunch This themed lunch is scheduled June 25th, 11:30 am to 12:30 pm, at the Hodgkins meal site. Seniors may enjoy a hamburger or a hot dog with an assortment of side dishes for the suggested donation of \$2.00. Reservations are required by 12:00 noon on June 24th, and seniors must specify which meat entry they want when making their meal reservation.

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 this board game at the Senior Citizen Center in Bellwood June 4th, 10:30 am to 11:30 am, and June 11th and June 25th, 12:15 pm to 1:15 pm. Cost for each Pokeno party is \$1.00.

Protecting Your Credit Information This program provides information on how credit fraud happens, what to do to protect credit card information and steps to take if someone is the victim of identity theft. It is scheduled June 14th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and June 15th, 12:15 pm to 1:00 pm, at the Hodgkins meal site. University of Illinois Extension is the presenter.

Railroad Safety Awareness Federal Railroad Administration is presenting this program June 15th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and June 21st, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

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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 during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting June 9th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and 1:00 pm to 2:00 pm at the Hodgkins' site located in Salerno Pincente Ristorante.

Aging Care Connections Day AgingCare Connections in LaGrange is sharing information about various programs and services available to seniors. The program is scheduled June 1st, 10:30 am to 11:15 am, at the Hodgkins meal site.

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.

Arthritis Foundation Exercise Class This program continues at the Senior Citizen Center in Bellwood from 10:00 am to 11:00 am on the following dates: June 8th, June 10th, June 15th, June 17th, June 22nd, June 24th, June 29th and July 1st. There is no participation fee.

Bargain Auction Senior citizens are invited to join the fun and purchase bargains June 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Auction donations (no clothing) are being accepted June 23rd through June 25th,

they may also be brought in on the day of the auction.

Bingo Party bingo is held every Thursday beginning at 12:15 pm at both the Bellwood and Hodgkins congregate meal sites.

Bingo Bonanza A double session of party bingo is planned June 7th, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood, and June 8th, 10:15 am to 1:15 pm, at the meal site in Hodgkins. The \$1.00 cost includes prizes and refreshments. Lunch is served at 11:30 am for the suggested donation of \$2.00.

Bingo Galore! Party bingo players are invited to participate in these games at the Senior Citizen Center in Bellwood: Root Beer on June 14th, Kitchen on June 21st and Farmers' Market on June 28th. Cost for each party is \$1.00. Games start at 12:15 pm.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood, and at the congregate meal site in Hodgkins. There is no charge for this activity.

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 2nd and June 16th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

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