

(Continued from page eleven)

9:00 am to 12:00 noon. Appointments are required. Persons should bring their 2002 tax records, all documents that show income for 2003, and documents for possible deductions if they plan to itemize on their returns.

Volunteer Get-Together Proviso Council on Aging volunteers are invited to a coffee March 15th, 9:30 am, at Bellwood Senior Center. Reservations are needed by March 11th.

Wellness on Wheels The Cook County Department of Public Health in cooperation with Proviso Council on Aging is sponsoring an Adult Health Screening Clinic April 2nd from 8:00 am to 1:00 pm at Bellwood Senior Center. Free physicals include immunization updates; hypertension screening; lab tests for anemia, diabetes, and cholesterol; urinalysis; and TB tests. For women, breast and pelvic exams (including pap smears) are available; for men, prostate and testicular exams, and PSA blood tests are being given. Some restrictions apply. Space is limited, and appointments are required. Registration begins March 9th. Interested seniors should call (708) 344-6052.

Winter Barbecue Are you tired of shoveling snow and putting on layers of heavy clothing? Then take a break from the winter doldrums at Proviso Council on Aging's special barbecue March 3rd, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. In addition to a picnic lunch, the event features smores and campfire songs. Reservations are needed by 12:00 noon March 2nd. Suggested meal donation is \$1.50.

The Senior Chronicle

Proviso Council on Aging 439 Bohland Avenue Bellwood, Illinois 60104 (708) 547-5600
March, 2004 Volume XVII, Issue 3

Practice Food Safety When Bringing In Meals

When you want to eat at home but don't feel like cooking, it is convenient and increasingly popular to purchase complete meals from grocery stores, deli stores, or restaurants. Also, many homebound seniors receive home delivered meals. It is important to remember that hot or cold ready-prepared meals are perishable and can cause illness when mishandled. *Proper handling is essential to ensure the food is safe.* The Food and Drug Administration and the U.S. Department of Agriculture remind seniors to follow the 2-Hour Rule.

Harmful bacteria can multiply in the "danger zone" (between 40 and 140 degrees F), so remember the 2-Hour Rule: *Discard any perishable foods left at room temperature longer than two hours.* When temperatures are above 90 degrees F, discard food after one hour. When you purchase hot cooked food, keep it hot. Eat and enjoy your food within two hours to prevent harmful bacteria from multiplying. If you are not eating within two hours --- and you want to keep your food hot --- keep your food in the oven set at a high enough temperature to keep the food at or above 140 degrees F. (Use a food thermometer to check the temperature.) Side dishes, like stuffing, must also stay hot in the oven. Covering food will help keep it moist. However, your cooked food will taste better if you don't try to keep it in the oven for too long. For best taste, refrigerate the food and then reheat when you are ready to eat.

Here's how:

- Divide meat or poultry into small portions to refrigerate or freeze. Refrigerate or freeze gravy, potatoes, and other vegetables in shallow containers.
- Remove stuffing from whole cooked poultry and refrigerate.
- Cold foods should be eaten within two hours, or refrigerated or frozen for eating another time.

You may wish to reheat your meal, whether it was purchased hot and then refrigerated or purchased cold initially:

- Heat the food thoroughly to 165 degrees F until hot and steaming.
- Bring gravy to a rolling boil.
- If heating in a microwave oven, cover food and rotate the dish so the food heats evenly and doesn't leave "cold spots" that could harbor bacteria. Consult your owner's manual for complete instructions.

Do You Want to Share Your Skills and Time? Proviso Council on Aging Offers Volunteer Opportunities

Proviso Council on Aging invites seniors to volunteer at one of its three sites.

Opportunities include but are not limited to office/ clerical (such as photocopying, filing, and assembling agency's monthly newsletter), Adult Day

(Continued on page four)

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. 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. Proviso Council on Aging 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

The *Senior Chronicle* is published by Proviso Council on Aging and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

Proviso Council on Aging is supported by the Suburban Area Agency on Aging under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn and Cicero, the Community Development Block Grant program of the City of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

Proviso Council on Aging 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 additional information, telephone (800) 252-8966 or telephone Proviso Council on Aging at (708) 547-5600.

Mission

The mission of Proviso Council on Aging is to prevent premature and inappropriate nursing home placement by providing direct community services to senior citizens aged 60 and above. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 30th Annual Meeting held in Rosemont, Illinois, the following individuals as members, directors and officers of Proviso Council on Aging:

Officers

Mr. Michael Sturino, Esq., President
Ms. Carole Kulinski, Vice President
Honorable Gary Woll, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
Mrs. Annette Barker
Honorable Anthony Calderone
Mrs. Mary Conti
Ms. Carole Kulinski
Mrs. Dorothy Lindsey
Mr. John O'Sullivan
Honorable Lawrence Terrell
Mr. Gary Woll
Mrs. Sandra T. Zsuppon

Honorary Directors

Mr. Arthur Diaz
Rev. Willie Dugan
Mrs. Alberta Steele

(Continued from page ten)

Pokeno Pokeno is being played March 5th, March 12th, and March 19th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Pokeno Bash A double session of Pokeno is planned March 22nd at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 to 11:15 am and from 12:15 to 1:15 pm. The fee includes prizes and refreshments.

Puerto Rico Exploration Proviso Council on Aging snowbirds are ending their winter getaway by exploring Puerto Rico. Seniors are invited to learn about this destination --- its culture and traditions --- March 10th, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers.

Puerto Rico Celebration This party concludes Proviso Council on Aging's winter getaway tour. Festivities are scheduled for March 11th, 11:00 am, at Bellwood Senior Center, and March 12th, 11:00 am, at OARS and River Park Centers.

Road Rage The Illinois Secretary of State's staff is sharing information to avoid being a victim of this violence. The program is set for April 1st, 11:00 am, at Bellwood Senior Center, and April 2nd, 11:00 am, at River Park Center. Reservations are required.

Rules of the Road This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. This class is scheduled March 5th, 10:00 am, at River Park Center. Please call in advance for reservations.

Senior Job Fair Proviso Council on Aging announces its second annual Senior Job Fair April 5th, 9:30 am to 12:00 noon, at Bellwood Senior

Center. Employers from Proviso and neighboring townships, and senior employment specialists are on hand to share information about available job openings, training programs, and other employment tips for seniors age 60 and older. Seniors are invited to stop by for refreshments and to gather information about today's job market.

St. Patrick's Day Party Seniors are invited to wear their favorite green and join the fun at Bellwood Senior Center, and OARS and River Park Centers March 17th at 11:00 am. The party features refreshments, games, and door prizes.

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 at 11:00 am, March 12th, March 16th, and March 26th at Bellwood Senior Center.

El Nuevo Club Latino invita cordialmente a personas mayores de sesenta años pasar un rato agradable, llame a Consuelo LeZama

Table for Five Show This Chicago based vocal quintet is performing a mixture of swing, jazz, pop, classical, and Broadway tunes April 24th, 8:00 pm, at Triton College in River Grove. Proviso Council on Aging is holding a block of tickets for this event. Interested seniors may purchase a ticket from the Senior Center director by April 5th. Tickets are \$11.00, and the fee is non-refundable. Seniors are responsible for their own transportation, and carpooling arrangements can be made.

Tax Filing Assistance The American Association of Retired Persons (AARP) is providing free income tax filing assistance for low-and middle-income seniors age 60 and older at Bellwood Senior Center Thursdays March 4th through April 8th,

(Continued on back cover)

(Continued from front page)

Care (such as developing a craft activity, assisting with board and card games, and leading a musical activity), and Senior Center (such as teaching a class, entertaining during lunch, assisting in the Gift Shop, serving as a hospitality host/hostess, and speaking on a topic of interest to seniors).

Interested seniors may pick up a volunteer application at Bellwood Senior Center, 439 Bohland Avenue, Bellwood; OARS Center, 712 East Elm, LaGrange; or River Park Center, 8300 Roosevelt Road, Forest Park. The Senior Center director then conducts interviews and checks references. Additional information may be obtained by telephoning (708) 547-5600, extension 238.

Tornado Safety: Part One

When a tornado is coming, you have only a short amount of time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado. The Federal Emergency Management Agency (FEMA) shares this information.

- Before a Tornado: How to Plan
- Conduct tornado drills each tornado season.
- Designate an area in the home as a shelter, and practice having everyone in the family go there in a response to a tornado threat.
- Discuss with family members the difference between a "tornado watch" and a "tornado warning." A tornado watch is issued by the National Weather Service when tornadoes are possible in the area. Remain alert for approaching storms. This is the time to remind family members where the safest places within your home are located, and listen to the

radio or television for further developments.

A tornado warning is issued when a tornado has been sighted or indicated by weather radar. Mobile homes are particularly vulnerable. They can overturn very easily even if steps have been taken to tie down the unit. When a tornado warning is issued, mobile home residents should take shelter in a building with a strong foundation. If shelter is not available, they should lie in a ditch or low-lying area a safe distance from the unit.

Use mitigation --- any activities that prevent an emergency, reduce the chance of an emergency happening, or lessening the damaging effects of unavoidable emergencies. Investing in preventive mitigation steps now, such as checking local building codes and ordinances about wind resistant designs and strengthening un-reinforced masonry, will help reduce the impact of tornadoes in the future. For more information on mitigation, contact your local emergency management office.

- Have disaster supplies on hand: flashlight and extra batteries, a portable battery-operated radio and extra batteries, first aid kit and manual, emergency food and water, non-electric can opener, essential medicines, cash and credit cards, and sturdy shoes.
 - Develop an emergency communication plan. Ask an out-of-state relative or friend to serve as the family contact. After a disaster, it's often essential to call long distance. Make sure everyone in the family knows the name, address and phone number of the contact person.
- Learn these tornado danger signs: An approaching cloud of debris can mark the location of a tornado even if a funnel is not visible. Before a tornado hits, the wind may die down, and the air may become very still. Tornadoes generally occur near the trailing edge of a thunderstorm, and it is not

(Continued on page seven)

(Continued from page five)

Exercise Class – Audio Tape This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at Bellwood Senior Center.

Exercise Class – Video Tape This arm chair aerobics class is held Tuesdays and Thursdays, 10:30 to 11:00 am, at Bellwood Senior Center. The routines of lively stretching and strengthening motions are set to music.

Fabulous Friday Music is the focus of this event March 19th at Bellwood Senior Center. Seniors are invited to sing along to favorite tunes and enjoy refreshments. Lunch follows at 11:30 am.

Foster Grandparents Proviso Council on Aging is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

Gift Shop Proviso Council on Aging's Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reasonable price. The Gift Shop is a great place to find a one-of-a-kind gift for that hard to buy for person. New items have been added, so please make sure to stop by and check out the selection. *Gift Certificates* are now available in any denomination, making gift giving so much easier. The Gift Shop is open Monday through Friday from 10:30 am to 1:30 pm.

Haircuts Looking for a trim? Proviso Council on Aging offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site March 10th and March 23rd at 10:30 am. Appointments are required.

Hearing Aids Workshop This informative seminar explains how hearing aids work and the ex-

pectations hearing aid users should have. In addition, the seminar includes demonstrations on the latest hearing aid technology. Brian Countryman's presentations are scheduled March 25th, 11:00 am, at Bellwood Senior Center, and March 26th, 11:00 am, at River Park Center. Also, hearing specialist Brian Countryman is available the second Thursday of each month. On March 11th, he is at Bellwood Senior Center in the morning and River Park Center in the afternoon. Appointments are required.

Hearing Screenings Free hearing screenings are being held April 21st, 9:30 am, at the Altheim Retirement Home, 7824 Madison, Forest Park. The screens are co-sponsored by Proviso Council on Aging, Countryman's Better Hearing Services, and the Altheim. Space is limited.

Identity Theft Update Staff from the Cook County State's Attorney's Office is presenting the latest information about identity theft and how the crime impacts seniors. Interested persons may participate in the program March 8th, 11:00 am, at Bellwood Senior Center.

Jazz Spectacular The Triton College Faculty Jazz Quartet and the Bill O'Connell Big Band are featured in concert May 7th, 8:00 pm, at Triton College in River Grove. Proviso Council on Aging is holding a block of seats for the show. Interested seniors may purchase a ticket from the Senior Center director by April 19th. Tickets are \$6.00, and the fee is nonrefundable. Seniors are responsible for their own transportation, and car-pooling arrangements can be made.

Laugh It Up with Erma Bombeck Proviso Council on Aging and Bellwood Public Library are continuing their observance of "Laugh It Up" with the humor of columnist and author Erma Bombeck. An indoor lawn party is planned March 9th, 11:00 am, at Bellwood Senior Center. Reservations are needed by 12:00 noon March 8th.

(Continued on page ten)

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Proviso Council on Aging is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, United Way, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commissions of Berwyn and Cicero, local villages, and donations</i></p>				
<p>March 1, 2004 Hamburger with Bun Baked Beans Tomato Soup Beet & Onion Salad Fresh Tangerine</p>	<p>March 2, 2004 Chicken Fillet Noodles Sliced Carrots Tossed Salad Wheat Bread Hot Fruit Compote</p>	<p>March 3, 2004 Hot Dog with Bun Whipped Potatoes Smothered Cabbage Apple</p>	<p>March 4, 2004 Bar-B-Que Meatballs Mashed Potatoes California Blend Vegetables Pineapple Orange Gelatin Vanilla Pudding</p>	<p>March 5, 2004 Oven Fried Chicken Leg Au Gratin Potatoes Cream of Broccoli Soup Seasoned Greens Corn Bread Peanut Butter Cookie</p>
<p>March 8, 2004 Beef Burgundy Mashed Potatoes Carrots and Brussels Sprouts Lettuce Wedge Fresh Orange</p>	<p>March 9, 2004 Turkey ala King White Rice Beef Noodle Soup Broccoli Spears Biscuit Pineapple Chunks</p>	<p>March 10, 2004 Roast Beef with Mushrooms Mashed Potatoes Seasoned Greens Corn Bread Apple</p>	<p>March 11, 2004 Italian Baked Chicken Rice Pilaf Minestrone Soup Italian Mixed Vegetables Italian Bread Pound Cake</p>	<p>March 12, 2004 Bar-B-Que Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Corn Bread Peach Pie</p>
<p>March 15, 2004 Stuffed Cabbage Whipped Potatoes Wax Beans Lettuce Wedge Rye Bread Fresh Fruit</p>	<p>March 16, 2004 Chicken Mole Spanish Rice Mexican Corn Lettuce Salad Wheat Bread Banana</p>	<p>March 17, 2004 Pepper Steak White Rice Vegetable Soup Sliced Carrots Italian Bread Angel Food Cake</p>	<p>March 18, 2004 Chili with Beef and Beans Tossed Salad Biscuit Pudding</p>	<p>March 19, 2004 Beef Stew Cottage Cheese and Peaches Biscuit Banana</p>
<p>March 22, 2004 Chicken Parmesan Rotini with Sauce Green Beans Tossed Salad Italian Bread Chocolate Pudding</p>	<p>March 23, 2004 Stuffed Green Peppers Creamed Potatoes Mushroom Soup Sliced Carrots Rye Bread Lemon Cake</p>	<p>March 24, 2004 Seafood Salad with Bun Split Pea Soup Pickled Cucumbers Hot Cinnamon Apples</p>	<p>March 25, 2004 Satisfury Steak Whipped Potatoes Cream Chicken Soup Stewed Tomatoes Rye Bread Banana</p>	<p>March 26, 2004 Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Wheat Roll Fruit Yogurt</p>
<p>March 29, 2004 Hamburger with Bun Baked Beans Tomato Soup Beet and Onion Salad Fresh Tangerine</p>	<p>March 30, 2004 Chicken Fillet Noodles Sliced Carrots Tossed Salad Wheat Bread Hot Fruit Compote</p>	<p>March 31, 2004 Hot Dog with Bun Whipped Potatoes Smothered Cabbage Apple</p>	<p><i>Please telephone each site by 12:00 p.m. the prior day for lunch reservations.</i></p> <p><i>All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements</i></p>	

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104
(708) 547-5600

River Park Center
8300 Roosevelt Road
Forest Park, Illinois 60130
(708) 771-0101

OARS Center
712 Elm
LaGrange, Illinois 60525
(708) 547-5600

(Continued from page four)

uncommon to see clear, sunlit skies behind a tornado.

(Information on what to do during and after a tornado is being shared in the April edition of *The Senior Chronicle*.)

CLASS OF 2007

Just in case you weren't feeling old enough today, this will certainly change things. Each year the staff at Beloit College in Wisconsin puts together a list to try to give the Faculty a sense of the mindset of this year's incoming freshman. Here is this year's list:

→The people who are starting college this fall across the nation were born in 1985.

→They have no meaningful recollection of the Reagan Era and probably did not know he had ever been shot.

→They were prepubescent when the Persian Gulf War was waged.

→There has been only one Pope in their lifetime.

→They were 10 when the Soviet Union broke apart and do not remember the Cold War.

→They are too young to remember the space shuttle blowing up.

→Tiananmen Square means nothing to them.

→Bottle caps have always been screw off and plastic.

→Atari predates them, as do vinyl albums.

→The statement "You sound like a broken record" means nothing to them.

→They have never owned a record player.

→They have likely never played Pac Man and have never heard of Pong.

→They may have never heard of an 8 track. The Compact Disc was introduced when they were one year old.

→They have always had an answering machine.

→Most have never seen a TV set with only 13 channels, nor have they seen a black and white TV.

→They have always had cable TV. There have always been VCRs, but they have no idea what BETA was. They cannot fathom not having a remote control.

→They don't know what a cloth baby diaper is, or know about the "Help me, I've fallen and I can't get up" commercial.

Feeling old yet? There's more:

→They were born the year that Walkmen were introduced by Sony.

→Roller skating has always meant inline for them.

→Michael Jackson has always been white.

→Jay Leno has always been on the Tonight Show.

→They have no idea when or why Jordache jeans were cool.

Popcorn has always been cooked in the microwave.

They have never seen Larry Bird play.

Dealing with Stress 10:45 am March 15 th Bellwood	March 25 th Bellwood March 26 th Forest Park	Mystery Wednesday 11:00 am March 24 th Bellwood & Forest Park & OARS	10:00 am March 5 th Forest Park
Declutter Club 12:15 pm March 29 th Bellwood	Hearing Clinic 9:30 am March 11 th Bellwood & Forest Park	Officers' Club 10:30 am March 29 th Bellwood	St. Patrick's Day Party 11:00 am March 17 th Bellwood & Forest Park & OARS
Dessert with the Doctor 11:00 am March 2 nd Bellwood	Identity Theft Update 11:00 am March 8 th Bellwood	Pinochle Party 12:15 pm March 1 st , March 8 th , March 15 th , March 22 nd , and March 29 th Bellwood	Spanish Club 11:00 am March 16 th , and March 26 th Bellwood
Exercise Class – Audio Tape 10:30 am Monday through Friday Bellwood	Laugh It Up with Erma Bombeck 11:00 am March 9 th Bellwood	Podiatry Clinic Thursdays in Bellwood March 19 th in Forest Park	Tax Filing Assistance By Appointment Thursdays, March 4 th through April 8 th Bellwood
Exercise Class – Video Tape 10:30 am Tuesday and Thursday Bellwood	Laugh It Up with Sandra Cisneros 11:00 am March 16 th Bellwood	Pokeno 12:15 pm March 5 th , March 12 th , and March 19 th Bellwood	Volunteer Get-Together March 15 th 9:30 am Bellwood
Fabulous Friday 11:00 am March 19 th Bellwood	Laugh It Up with Bill Cosby 11:00 am March 23 rd Bellwood	Pokeno Bash 10:15 am March 22 nd Bellwood	Wellness on Wheels By Appointment April 2 nd Bellwood
Foster Grandparents 10:30 am Monthly Bellwood Senior Center	Legal Assistance 9:00 am March 16 th Bellwood	Puerto Rico Exploration 11:00 am March 10 th Bellwood & Forest Park & OARS	Winter Barbecue March 3 rd 11:00 am Bellwood & Forest Park & OARS
Fun and Fitness 10:30 am Monday through Friday Bellwood & Forest Park & OARS	Luncheon 11:30 am Monday through Friday Bellwood & Forest Park & OARS	Puerto Rico Celebration 11:00 am March 11 th Bellwood March 12 th Forest Park and OARS	
Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood	Milk Shake Day 12:15 pm March 31 st Bellwood & Forest Park & OARS	Road Rage 11:00 am April 1 st Bellwood April 2 nd Forest Park	
Hair Cuts 10:30 am March 10 th and March 23 rd Bellwood	Monday Madness 10:00 am March 8 th Bellwood	Rules of the Road	
Hearing Aids Workshop 11:00 am	Mystery Reading Club 9:30 am March 2 nd Bellwood		

(Continued from page three)

Craft Co-op Every Friday at 12:15 pm in Bellwood, seniors meet and do various crafts. All crafters are welcome.

Cream Pie Day For \$1.00, seniors can enjoy this delicious dessert March 18th, 12:15 pm, at Bellwood Senior Center, and March 19th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are required by March 17th and March 18th, respectively.

Dealing with Stress If stress is a large part of your life, then be sure to attend this stress management workshop March 15th, 10:45 am, at Bellwood Senior Center. There is no fee, but reservations are needed by March 11th. Reservations are required.

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at Proviso Council on Aging's Declutter Club. The group is meeting March 29th, 12:15 pm, at Bellwood Senior Center.

Dessert with the Doctor Proviso Council on Aging and Bellwood Public Library are cosponsoring a Dr. Seuss celebration March 2nd to mark

Read Across America Day and the 100th anniversary of this famous author's birthday. The activities begin with a Dr. Seuss party 11:00 am at Bellwood Senior Center. The \$1.50 cost includes lunch and refreshments. The party progresses to Bellwood Library (one block from the Senior Center on the corner of Washington and Bohland Avenues) at 1:00 pm where Grant Fitch is doing a reading of *You're Only Old Once*. Reservations for this celebration are needed by 12:00 noon February 27th. "Laugh It Up" is the local Read Across America theme, and three other humorous authors are being featured at Bellwood Senior Center during March.

Dining and Diabetes The University of Illinois Extension is presenting this three-part cooking school for individuals with diabetes, interested family members, and others wanting information on healthy eating. Each of the three consecutive classes is scheduled from 9:30 am to 11:30 am at Bellwood Senior Center. The dates are April 19th, and May 10th and May 17th. The \$10.00 non-refundable registration fee covers the six hours of instruction, educational materials, and foods. A minimum registration is required for this program to take place. Paid reservations are required by April 12th.

(Continued on page nine)

Briefly Stated

Advisory Council Meetings March 10 th 10:00 am OARS 11:00 am Bellwood 12:00 Noon Forest Park	Banana Splits 12:15 pm March 4 th Bellwood March 5 th Forest Park and OARS	Bingo 12:15 pm Thursdays in Bellwood Fridays in Forest Park	Book Reviews 11:00 am March 30 th Bellwood
Art Class 9:00 am Tuesdays Bellwood	Basic Sewing Class 10:00 am March 2 nd , March 9 th , March 16 th , March 23 rd & March 30 th Bellwood	Bingo Bonanza 10:00 am March 1st Bellwood & Forest Park	Craft Co-op 12:15 pm Fridays Bellwood
Arthritis Therapy 10:45 am March 5 th Forest Park	Beginning Spanish Class 10:30 am March 11th and March 25th Bellwood	Black History Celebration 11:00 am March 5 th Forest Park	Cream Pie Day 12:15 pm March 18 th Bellwood March 19 th Forest Park and OARS

(Continued from page nine)

Laugh It Up with Sandra Cisneros Family is the focus of this writer's books, and her humor is being shared March 16th, 11:00 am, at Bellwood Senior Center. Participants are encouraged to share a humorous memory about their own family and enjoy refreshments.

Laugh It Up with Bill Cosby The work of this American humorist is being featured March 23rd at Bellwood Senior Center. The festivities include a party at 11:00 am. Reservations are required by 12:00 noon March 22nd.

Legal Assistance On March 16th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone Proviso Council on Aging.

Lunch Reservations Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, and River Park and OARS Centers can be arranged.

Milk Shake Day March 31st is the date to enjoy this delicious treat at Bellwood Senior Center, and OARS and River Park Centers. It is being served at 12:15 pm for the cost of \$1.00. Reservations are required by March 30th.

Monday Madness Coffee and rolls, and the opportunity to visit with a local personality are being featured March 8th, 10:00 am, at Bellwood Senior Center. Cost is 50 cents. Reservations are needed by 12:00 noon March 5th.

Mystery Reading Club Seniors who enjoy fig-

uring out *who did it* are invited to join this reading group cosponsored by Proviso Council on Aging and the Bellwood Library. The group is meeting March 2nd, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. (This month's Mystery Wednesday is March 24th.)

Nature Hike Proviso Council on Aging invites seniors to participate in a nature hike sponsored by Memorial Park District on May 8th from 11:00 am to 2:00 pm. Participants are visiting the Wilbrook Nature Center in Glen Ellyn. The \$6.00 nonrefundable fee includes transportation, admission to the nature center, and soft drinks. Participants should bring a sack lunch. Reservations are being accepted on a first come, first serve basis.

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 at 10:30 am, March 29th, at Bellwood Senior Center.

Pinochle Party Seniors are invited to play this challenging card game March 1st, March 8th, March 15th, March 22nd, and March 29th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (March 19th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

(Continued on page eleven)

Briefly Noted

Advisory Council Meetings Seniors are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Councils. (Councils are composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The advisory councils are meeting March 10th: OARS Center, 10:00 am; Bellwood Senior Center, 11:00 am; and River Park Center, 12:00 noon.

Art Class The Bellwood Senior Center offers seniors a chance to paint for pleasure. Classes take place every Tuesday at 9:00 am and cost only \$20.00 for ten lessons. Both beginners and experienced students are welcome.

Arthritis Therapy Seniors are invited to learn tips for managing arthritis March 5th, 10:45 am, at River Park Center. The class is free, but reservations are encouraged.

Banana Splits This tasty treat is being served March 4th, 12:15 pm, at Bellwood Senior Center, and March 5th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are needed by March 3rd and March 4th, respectively.

Basic Sewing Class Seniors are invited to bring their portable sewing machine to Bellwood Senior Center on Tuesdays during March, 10:00 to 11:30 am, for basic sewing instruction. Participants are making a simple garment of their choice, such as a blouse, skirt, or pair of pants. Participants should also bring their pattern and material, cutting shears, machine needles, needles for hand sewing and finishing, a measuring tape, and clo-

sures if the garment requires them. There is no charge for the class, but registration is required.

Beginning Spanish Class Seniors can learn basic conversational Spanish during this class. This month's sessions are March 11th and March 25th, 10:30 am, at Bellwood Senior Center. Reservations for the class are needed.

Bingo Party bingo is held every Thursday at the Bellwood site and every Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

Bingo Bonanza A double session of party bingo is planned March 1st at Bellwood Senior Center and River Park Center. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Black History Celebration Staff from the West Town Cultural Museum are presenting a program on Black history in Proviso Township and surrounding communities March 5th, 11:00 am, at River Park Center. Reservations are needed by 12:00 noon March 4th.

Book Reviews Bellwood Public Library is bringing a variety of humorous books to Bellwood Senior Center the first week of March and giving seniors the opportunity to check one out as part of the month-long "Laugh It Up" celebration. Participating readers may then do a short review of their selection; the reviews are being videotaped and shared with other interested seniors March 30th, 11:00 am, at the Senior Center.

(Continued on page five)