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Weight Loss Meeting West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center.

Winter Picnic If you are tired of shoveling snow and putting on layers of heavy clothing, then you will not want to miss West Suburban Senior Services' winter picnic 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 surprises. Reservations are needed by 12:00 noon on March 1st. Suggested meal donation is \$1.50.

Women and Heart Disease West Suburban Senior Services and Loyola University Medical Center are hosting a women's health forum and tea March 29th, 10:00 am, at Bellwood Senior Center. Marianne Cosentino, RN, APN, CNS, a clinical nurse specialist at the medical center's Cardiovascular Institute, is sharing information about heart attack and stroke prevention warning signs and symptoms of heart attacks and strokes. Reservations for the tea and forum are required.

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

Women's History Month Observance West Suburban Senior Services begins its celebration of National Women's History Month, March 1st, 11:00 am, at Bellwood Senior Center, by reflecting on the past accomplishments of some famous women. In addition, women who are currently making history in their professions are coming to the Senior Center throughout March.

Work a Word Search Day This event is designed for seniors who enjoy a challenging puzzle and friendly competition. It is scheduled March 23rd, 10:30 am, at Bellwood Senior Center.

WSSS Choral Group West Suburban Senior Services announces a new choral group for seniors who enjoy getting together and singing favorite tunes. Under the direction of Elizabeth Brown, the group is meeting March 14th, 12:15 pm, at Bellwood Senior Center. Interested seniors are asked to sign up by March 11th. (708) 547-5600.

Yahrtzee Party Friendly competition, prizes and refreshments are featured March 1st, 12:15 pm to 1:15 pm, at Bellwood Senior Center.

Many of the activities and events scheduled are available for no or minimum cost and we schedule the activities and events at each of the agency's sites. In addition, please feel free to join us for lunch as many activities are scheduled at midday. If you have suggestions for different activities, please contact us. We attempt to provide a variety of events that are of interest to area senior citizens. West Suburban Senior Services does not have a membership fee and area senior citizens are welcome to attend any and all events that they find interesting.

The River Park Center is located at 8300 Roosevelt Road in Forest Park.

The Senior Center is located at 439 Bohland Avenue in Bellwood.

The OARS Center is located at 712 Elm in LaGrange

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations... Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

should be evaluated immediately by an ophthalmologist. A detached retina should be surgically repaired right away. Also, some of the material in the interior of the eye could be blood or matter from an inflammation of the back of the eye, called uveitis. This can also be serious and should be checked out.

If you have the common form of floaters, they cannot be prevented or treated. For most people, the eye and brain gradually become accustomed to them, and after a while they are hardly noticed. This is similar to ignoring windshield wipers when looking through your windshield while driving in the rain. Routine eye exams are important for the early detection of potentially serious problems, such as macular degeneration and glaucoma. The older we get, the more important these exams become.

Super Senior Program

The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center May 23rd. Seniors can participate in Rules of the Road classes either from 9:00 to 11:00 am or from 12:00 to 2:00 pm. The course reviews safe driving techniques and Illinois driving laws. Participants also take a practice written exam.

The Eyes Have It

Ever bothered by those annoying "floaters" in one or both of your eyes? They appear to move across the field of sight, interfering with vision and tend to be particularly noticeable when one is looking at a light-colored background such as a white wall or a computer screen. These opaque specks seem to be in front of the eye, but they are in fact floating inside the eye in fluid called the vitreous humor. The specks are called vitreous opacities and are formed by condensations within the clear, gel-like vitreous humor that fills the inside of the eyeball. They are "seen" because of shadows cast on the retina, the nerve sensitive layer in the back of the eye that receives visual images and transmits them to the brain. Floaters can affect people of every age, but they often are associated with changes in the vitreous humor as we become older. Formation of floaters in this way is not an indication of more serious problems, and they often go away by themselves.

Floaters can be caused by the vitreous shrinking and pulling away from the retina as we age. This also may cause a detachment of a portion of the retina in the back of the eye. When the vitreous pulls at the retina, the brain interprets that signal as a flash of light. A sudden onset of floaters, especially accompanied by flashing lights may be a symptom of this more serious problem, and

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The Senior Chronicle

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

Funding

West Suburban Senior Services (formerly 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, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For additional information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Mission

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Quilting Class This class is designed for seniors who want to learn the basics of quilting. The class is meeting March 8th and March 22nd, 10:30 am to 11:30 am, at Bellwood Senior Center. Participants should bring pieces of cotton material, number eight thread, and sewing needles. There is no fee for the class.

Roaming Through Rosehill West Suburban Senior Services and Memorial Park District invite seniors to see the graves of Chicago notables including Schwinn, Hinkley and Schmitt, Sears, Florsheim, and Brickhouse at Rosehill Cemetery on Chicago's north side. The cemetery also features a castle-like entranceway and a gravestone shaped like a miniature train car. The outing is set for May 7th, 9:00 am to 2:00 pm. Participants depart from Eisenhower Center, 700 Speechley, Hillside. The \$10.00 fee includes transportation and a program by park district staff. Seating is limited, and prepaid reservations are being accepted on a first come, first serve basis.

Role of Women in the Court System Circuit Court Judge Noreen Love is coming to Bellwood Senior Center March 15th at 10:30 am to discuss this topic. Her presentation is part of West Suburban Senior Services' observance of National Women's History Month.

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. The class is scheduled March 28th, 1:00 pm, at Bellwood Senior Center.

Spring Parfaits This cake, ice cream, and fruit dessert is being served March 10th, 12:15 pm, at Bellwood Senior Center, and March 11th, 12:15 pm, at OARS and River Park Center. Cost is

\$1.00. Reservations are required by March 9th.

St. Patrick's Day Party Everyone is being Irish March 17th at Bellwood Senior Center, and OARS and River Park Centers. Festivities begin at 11:00 am; lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are required by 12:00 noon on March 15th.

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 3rd through April 7th, 8:30 am to 12:30 pm. Appointments are required. Persons should bring their 2003 tax records, all documents that show income for 2004, and documents for possible deductions if they plan to itemize on their returns.

Terrific Bingo Party Mariner Health of Westchester is hosting a complimentary bingo party March 22nd, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on March 21st. Suggested meal donation is \$1.50.

Tornadoes in Illinois Triton College staff are coming to Bellwood Senior Center March 21st, 12:15 pm, to present a program about these severe storms: history, causes and formation. Attention is being given to last year's tornado in Utica, Illinois.

Veterans' Information A representative from the Illinois Department of Veterans' Affairs is coming to Bellwood Senior Center April 7th, 10:45 am, to share information about benefits and to answer related questions. Veterans are encouraged to bring their military discharge papers to the meeting; the department representative can secure the discharge papers for any veterans who cannot locate their documents.

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- take the vision test between 9:00 am and 2:00 pm. Illinois law requires seniors age 75 and older to take a road test and a vision test each time they renew their licenses. These seniors who pass the vision test at Super Senior Day have up to 90 days to take their road test without needing an additional vision screening at the Secretary of State's office.
- secure a free, non-expiring Illinois photo identification card between 9:00 am and 2:00 pm. Residents age 65 and older must provide proof of birth date. This can be done with a valid Illinois driver's license.
- renew their driver's license (seniors age 74 and younger) between 9:00 am and 2:00 pm. The renewal fee is \$10.00 (a four-year license) for seniors under age 69 and \$5.00 for seniors age 69 and older.

Pre-registration is required to participate in the Rules of the Road review classes. Reservations may be made by telephoning West Suburban Senior Services, (708) 547-5600. Driver's license renewals and identification card photos are limited to 100 participants on a first-come, first-serve basis. Additional information is available from West Suburban Senior Services and the Illinois Secretary of State, (800) 252-2904.

Hmmmm...

If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners de-pressed?

Remember 1957?

I know some of you are not old enough to remember, but this email below was put together in a great way, hope you enjoy it. Remember this? The following were some comments made in the year 1957:

- "I'll tell you one thing, if things keep going the way they are, its going to be impossible to buy a weeks groceries for \$20.00."
- "Have you seen the new cars coming out next year? It won't be long when \$5,000 will only buy a used one."
- "If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous."
- "Did you hear the post office is thinking about charging a dime just to mail a letter?"
- "If they raise the minimum wage to \$1.00, no-body will be able to hire outside help at the store."
- "When I first started driving, who would have thought gas would someday cost 29 cents a gallon. Guess we'd be better off leaving the car in the garage."
- "Kids today are impossible. Those duck tail hair cuts make it impossible to stay groomed. Next thing you know, boys will be wearing their hair as long as the girls."
- "I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the century. They even have some fellows they call astronauts preparing for it down in Texas."
- "I never thought I'd see the day all our kitchen appliances would be electric. They are even

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tions are required by March 14th.

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Legal Assistance On March 15th 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 us for more information regarding appointments.

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, River Park and OARS Centers can be arranged.

Make Your Own Sundae For \$1.00, seniors may create their own ice cream specialty March 3rd, 12:15 pm, at Bellwood Senior Center, and March 4th, 12:15 pm, at OARS and River Park Centers. Reservations are required by 12:00 noon on March 2nd.

Medication Management Program The University of Illinois College of Pharmacy is presenting a Medication Management Program March 31st, 10:00 am, at Howard Mohr Community Center, 7640 Jackson Boulevard in Forest Park. Seniors are invited to bring their prescription and over-the-counter medications for a free review. This event is sponsored by West Suburban Senior Services, Howard Mohr Community Center, and the University of Illinois School of Pharmacy.

Movie Day Popcorn, soft drinks, good company, and an entertaining movie are being featured March 15th, 12:15 pm, at Bellwood Senior Center. This month's selection is *Shall We Dance?* with Jennifer Lopez and Richard Gere. Reserva-

Mystery Reading Club Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting March 1st, 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 2nd.

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 28th, at Bellwood Senior Center.

Outlet Mall Shopping Trip West Suburban Senior Services and Memorial Park District are cosponsoring a trip to the Chicago Premium Outlet Mall near Aurora May 19th. Participants depart from Eisenhower Center, 700 Speechley, Hillside, at 9:30 am and return there at 2:30 pm. The \$8.00 fee is for transportation only. Seating is limited, and prepaid reservations are being accepted on a first come, first serve basis.

Peanut Party March is National Peanut Month, and West Suburban Senior Services is marking the observance with a party March 21st, 11:00 am, at Bellwood Senior Center. Lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are required by 12:00 noon March 18th.

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements	March 1, 2005 Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	March 2, 2005 Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	March 3, 2005 Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	March 4, 2005 Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
March 7, 2005 Hamburger on Bun Baked Beans Beet and Onion Salad Tomato Soup Tangerine	March 8, 2005 Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	March 9, 2005 Polish Sausage on Bun Whipped Potatoes Sauerkraut Cranberry Juice Apple	March 10, 2005 Meatballs Mashed Potatoes California Vegetables Pineapple Orange Gelatin Salad Vanilla Pudding	March 11, 2005 Oven Fried Chicken Leg Quarter Au Gratin Potatoes Seasoned Greens Cream of Broccoli Soup Peanut Butter Cookie
March 14, 2005 Beef Burgundy Mashed Potatoes Brussels Sprouts and Carrots Lettuce Wedge Orange	March 15, 2005 Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	March 16, 2005 Roast Beef Mashed Potatoes Seasoned Greens Orange Pineapple Juice Apple	March 17, 2005 Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup Marble Pound Cake	March 18, 2005 BBQ Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
March 21, 2005 Stuffed Cabbage Roll Whipped Potatoes Wax Beans Lettuce Wedge Pear	March 22, 2005 BBQ Chicken Macaroni and Cheese Carrots Coleslaw Banana	March 23, 2005 Pepper Steak Rice Italian Green Beans Vegetable Soup Angel Food Cake	March 24, 2005 Chili Tossed Salad Apple Juice Butterscotch Pudding	March 25, 2005 <i>Closed for Good Friday</i>
March 28, 2005 Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	March 29, 2005 Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	March 30, 2005 Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	March 31, 2005 Salisbury Steak Whipped potatoes Stewed Tomatoes Cream of Chicken Soup Banana	

West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104
(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

tantly, it will offer a chance to talk and a resource to share tips on handling a variety of issues important to caregivers.

- making electric typewriters now"
- "It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."
- "It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."
- "I'm just afraid the Volkswagen car is going to open the door to a whole lot of foreign business."
- "The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on."
- "I guess taking a vacation is out of the question now days. It costs nearly \$15.00 a night to stay in a hotel."

- "No one can afford to be sick any more, \$35.00 a day in the hospital is too rich for my blood."

Caregiver Support Group

Many people who care for an elderly relative have trouble caring for themselves at the same time. They become isolated or overwhelmed and put their needs last. West Suburban Senior Services has started a caregiver support group to give caregivers a chance to meet other people experiencing the same kind of challenge, to realize each of them is not alone and to give and receive support.

The support group offers education and support to help the caregiver cope in positive ways with the demands of caring for an elderly relative. Topics will cover a range from information on Alzheimer's to simple ways to relax. Most impor-

West Suburban Senior Services caregiver support group is part of the agency's Caregiver Support Services Program. The program also includes other services that can benefit caregivers such as information and assistance; supportive counseling by telephone or in person and respite care that can provide caregivers with assistance occasionally when they need some time for themselves. The caregiver specialist can also help obtain durable medical equipment such as shower stools, grab bars and bedside commodes. The caregiver support group meets Thursday evenings at West Suburban Senior Services River Park location, 8300 West Roosevelt Road, Forest Park. Please call Paula Coffey, caregiver specialist at 547-5600, extension 249 for more information.

Women's Heart Health: Information that can save a Life

West Suburban Senior Services and Loyola University Medical Center announce a special women's health forum and tea March 29th, 10:00 am, at Bellwood Senior Center. Marianne Cosentino, RN, APN, CNS, a clinical nurse specialist at the medical center's Cardiovascular Institute, is sharing information about heart attack and stroke prevention, and risk factors women have for both conditions. Her presentation, "Tell a Friend About Women and Heart Disease," also focuses on warning signs and symptoms of heart attacks and strokes, and how these differ between men and women. In addition, blood pressure screenings are being done. Reservations for the tea and forum are required.

Briefly Stated

Advisory Council Meeting

10:30 am
March 9th
Bellwood

Annuities: Guaranteed Principal Protection

10:30 am
March 10th
Bellwood

Bargain Hunters' Shopping Trip

12:30 pm
April 7th
Oak Park

Beginning Genealogy Class

10:45 am
March 14th
Bellwood

Beginning Spanish Class

10:30 am
March 3rd, March 10th, March 17th, March 24th & March 31st
Bellwood

Bingo

12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Birthdays Celebration

12:15 pm
March 1st
Bellwood, Forest Park & OARS

Breakfast Bingo

9:00 am
March 18th
Bellwood

Bunco Party

12:15 pm
March 8th
Bellwood

Caring for Zoo Animals

10:30 am
March 24th
Bellwood

Casino Trip

7:30 am
March 9th
Dubuque, IA

Cholesterol, Diabetes & Hypertension Screenings

9:00 am
March 3rd
Bellwood

Craft Co-op

12:15 pm
Fridays
Bellwood

Crocheting Class

10:30 am
March 3rd, March 10th, March 17th, March 24th & March 31st
Bellwood

Declutter Club

12:15 pm
March 28th
Bellwood

Egg Hunt

12:15 pm
March 24th
Bellwood, Forest Park & OARS

Exercise Class – Audio Tape and Video Tape

10:30 am
Monday through Friday
Bellwood

Fall Prevention

11:00 am
March 8th Bellwood
March 11th Forest Park

Foster Grandparents

10:30 am
Monthly
Bellwood

Free Foot Screenings

9:00 am
March 16th
Bellwood

Fun and Fitness

10:30 am

Monday through Friday
Bellwood, Forest Park & OARS

Gift Shop

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

Greatest Show on Earth

11:00 am
March 31st
Bellwood

Haircuts

10:30 am
March 9th & March 22nd
Bellwood

Hearing Screenings

9:00 am
March 10th
Bellwood

Legal Assistance

9:00 am
March 15th
Bellwood

Make Your Own Sundaes

12:15 pm
March 3rd Bellwood
March 4th Forest Park & OARS

Medication Management

10:00 am
March 31st
Forest Park

Movie Day

12:15 pm
March 15th
Bellwood

Mystery Reading Club

9:30 am
March 1st
Bellwood

Mystery Wednesday

11:00 am
March 2nd

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quired for this trip to take place.

Cholesterol, Diabetes and Hypertension Screenings

Seniors may have these free screenings done March 3rd, 9:00 am to 11:00 am, at the Greater Chicago Bank, 219 Mannheim Road (corner of Mannheim and St. Charles), Bellwood. A nine-hour fast is recommended but not required. The screenings are cosponsored by West Suburban Senior Services, Access Community Health Network, and Greater Chicago Bank. Additional information is available.

Craft Co-op

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

Crocheting Class

This basic class is being offered Thursdays during March, 10:30 am to 11:30 am, at Bellwood Senior Center. There is no fee for the instruction, but reservations are recommended.

Declutter Club

How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting March 28th, 12:15 pm, at Bellwood Senior Center.

Egg Hunt

Seniors are invited to participate in a spring Egg Hunt March 24th, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. In addition to hunting for tasty treats, participants are searching for special prize eggs. The activity is being held rain or shine.

Exercise Class – Audio Tape and Video 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.

Fall Prevention Seniors are receiving information to increase their bone density and to strengthen their hip muscles March 8th, 11:00 am,

at Bellwood Senior Center, and March 11th, 11:00 am, at River Park Center. Dr. Dana Celar of Cellular Chiropractic is presenting the programs. Reservations are recommended.

Foster Grandparents

West Suburban Senior Services 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 teaching children in their care.

Free Foot Screenings

March is National Foot Health Month, and West Suburban Senior Services' podiatrist Dr. Gary Trent is conducting foot screenings March 16th, 9:00 am to 11:00 am, at Bellwood Senior Center. There is no charge for the screenings, but appointments are required and may be made by telephoning the agency.

Greatest Show on Earth Anniversary

P. T. Barnum and James A. Bailey merged their two circuses in 1881, and West Suburban Senior Services is marking the event with a Circus Party March 31st, 11:00 am, at Bellwood Senior Center. Games and special refreshments are being featured. Lunch is served at 11:30 am for the suggested meal donation of \$1.50. Reservations are required by 12:00 noon March 28th.

Haircuts

Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site March 9th and March 22nd at 10:30 am. Appointments are required.

Hearing Screenings

The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center March 10th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon March 8th. Seniors should call West Suburban Senior Services, (708) 547-5600, to schedule an appointment.

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Peanut Recipe Contest West Suburban Senior Services invites seniors to enter its peanut recipe contest being held in conjunction with National Peanut Month. Recipes must be original and previously unpublished. Each recipe must use at least one-third cup of peanuts/peanut butter as an ingredient. A recipe can be entered in any of four categories: appetizer/snack, main dish, salad/side dish, or dessert. Entries must include standard US weights and measures, a complete list of ingredients, complete preparation directions, pan sizes, cooking time and temperature, and yield. One winner is being selected in each contest category. Seniors may enter more than one recipe, but each recipe must be typed or printed in ink, and include the senior's name, address, and telephone number. Recipes and a prepared sample of each entry must be received by West Suburban Senior Services between 9:00 am and 3:30 pm on March 15th. They are being judged on the basis of originality, taste/texture, and appearance. Winners are being announced at the agency's peanut party on March 21st.

Pie a la mode For \$1.00, seniors can enjoy this special dessert March 14th, 12:15 pm, at Bellwood Senior Center, and March 18th, 12:15 pm, at OARS and River Park Centers. Reservations are needed by March 11th and March 16th, respectively.

Pinochle Party Seniors are invited to play this challenging card game March 7th, March 14th, March 21st, and March 28th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Pokeno This game is being played March 4th and March 11th, 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 28th at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

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Role of Women in the Court System 10:30 am March 15 th Bellwood	Bellwood March 11 th Forest Park & OARS	Women's History Month 11:00 am March 1 st Bellwood
Rules of the Road 1:00 pm March 28 th Bellwood	St. Patrick's Day Party 11:00 am March 17 th Bellwood, Forest Park & OARS	Work a Word Search Day 10:30 am March 23 rd Bellwood
Tax Filing Assistance By Appointment Thursdays, March 3 rd through April 7 th Bellwood	Weight Loss Program/Meeting 9:30 am Fridays Bellwood	WSSS Choral Group 12:15 pm March 14 th Bellwood
Spanish Club 11:00 am March 4 th & March 18 th Bellwood	Winter Picnic 11:00 am March 3 rd Bellwood, Forest Park & OARS	Yahzee Party 12:15 pm March 1 st Bellwood
Spring Parfaits 12:15 pm March 10 th	Terrific Bingo Party 12:15 pm March 22 nd Bellwood	Women and Heart Disease 10:00 am March 29 th Bellwood
Tornadoes in Illinois 12:15 pm March 21 st		

Briefly Noted

Advisory Council Meeting 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 Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The Advisory Council is meeting March 9th, 10:30 am, at Bellwood Senior Center.

Annuities: Guaranteed Principal Protection Financial planner Chris Everett is returning to Bellwood Senior Center March 10th, 10:30 am, in a continuing series of programs to help seniors stretch their money. Reservations are recommended.

Bargain Hunters' Shopping Trip Resale shops in Oak Park are the destination of shoppers on April 7th. The bus leaves Bellwood Senior Center at 12:30 pm and returns there at approximately 3:30 pm. Transportation fee is \$3.00. A minimum number of participants is required for this trip to take place. Reservations are needed by April 5th.

Beginning Genealogy Class Seniors interested in tracing their family roots are invited to this class March 14th, 10:45 am, at Bellwood Senior Center. Reservations are recommended.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are March 3rd, March 10th, March 17th, March 24th, and March 31st, 10:30 am, at Bellwood Senior Center.

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 7th at Bellwood Senior 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.

Breakfast Bingo Pancakes, ham, fruit, milk and coffee highlight this meal being served during a special morning bingo March 18th, 9:00 am to 10:30 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on March 16th.

Bunco Party This activity is set March 8th, 12:15 pm, at Bellwood Senior Center. The 50 cent fee includes prizes and refreshments.

Caring for Zoo Animals Dr. Jennifer Langan, DVM, a veterinarian at Brookfield Zoo, is coming to Bellwood Senior Center March 24th, 10:30 am, to share information about protecting the health of zoo animals. Her presentation is part of West Suburban Senior Services' observance of National Women's History Month.

Casino Trip West Suburban Senior services is sponsoring a one-day trip to the Diamond Joe Casino in Dubuque, Iowa, on March 9th. The bus leaves Bellwood Senior Center at 7:30 am and returns there at approximately 7:30 pm. The \$25.00 per-person fee includes round trip transportation, four hours of gaming, and an all-you-can eat buffet. Also, seniors who play \$40.00 in slots get \$10.00 back from the casino. Prepaid reservations are due by March 1st, and the fee is nonrefundable. A minimum registration is re-

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