

(Continued from page eleven)

**Springfest** Live entertainment, party bingo and special refreshments highlight this event March 20<sup>th</sup> at Bellwood Senior Center. Entertainment begins at 10:45 am. Lunch is served at 11:30 am, and bingo is played from 12:15 pm to 1:15 pm. The \$2.00 fee includes the meal and activities. Reservations are required by 12:00 noon on March 17<sup>th</sup>.

**St. Patrick's Day Party** Everyone is Irish at this celebration March 17<sup>th</sup> at Bellwood Senior Center and River Park Center. The fun begins 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 16<sup>th</sup>.

**Tax Filing Assistance** The American Association of Retired Persons (AARP) is providing free income tax filing assistance at Bellwood Senior Center for low- and middle-income seniors age 60 and older on Thursdays, March 2<sup>nd</sup> through April 13<sup>th</sup>, 8:30 am to 12:30 pm. Appointments are required. Seniors should bring their 2004 tax records, all documents that show income for 2005, and documents for possible deductions if they plan to itemize on their returns.

**Terrific (Free) Bingo Party** Westchester Health and Rehabilitation Center is hosting complimentary party bingo March 28<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on February 27<sup>th</sup>.

**Waffle Cone Sundaes** This creative dessert is being served March 9<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and March 10<sup>th</sup>, 12:15 pm, at River Park Center. Cost is \$1.00.

**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.

**Widows & Widowers** West Suburban Senior Services has a new group for people whose significant other has died. The group is intended to give widows and widowers an opportunity to share stories, make connections, and discuss ways to manage the rough times while remembering the good times. The next meetings are taking place March 8<sup>th</sup> and March 22<sup>nd</sup>, 12:15 pm, at River Park 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.

# 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

## You Are Invited to a Gourmet Dinner Party

**W**est Suburban Senior Services announces a new monthly gourmet dinner party at Bellwood Senior Center.

The first dinner is March 24<sup>th</sup> from 5:00 pm to 7:00 pm. Catered by Gioacchino's, the main course features an Italian roast beef dinner with mostaccioli, roasted potatoes, soup, and bread. Coffee and a dessert are also being served. Participants have the experience of first class dining with fine china, goblets, fresh flowers, and linen table clothes and napkins.

Cost per person is \$7.00, and prepaid, non-refundable reservations are due at the Senior Center by March 20<sup>th</sup>. A minimum registration is required for this activity to take place. Additional information is available from the Senior Center director.

## Mark Your Calendar for These Spring Teas!

**W**est Suburban Senior Services invites seniors to celebrate the arrival of spring at three tea parties. Each party is being held at Bellwood Senior Cen-

ter from 10:00 am to 11:00 am, and each features a special theme. The \$1.00 fee for each party includes refreshments and a program.

- April 11<sup>th</sup>, English Tea Party
- May 9<sup>th</sup>, Southern Belle Tea Party
- June 13<sup>th</sup>, Boston Tea Party

Additional information is available.

## Senior Advocate, Medicare Part D Services Available at River Park Center

**S**enior Advocate Consuelo LeZama and Medicare Part D Specialist Doris Molette are available to help seniors March 16<sup>th</sup>, 9:00 am to 11:30 am, at River Park Center. Seniors are encouraged to telephone the agency for an appointment. Walk-in clients are welcome but may have to wait for help.

## Senior Health Fair

**W**est Suburban Senior Services invites seniors to a Health Fair April 13<sup>th</sup> at River Park Center. The event opens with a breakfast snack bar at 10:00 am. Complimentary screenings are available from area health care providers according to the following schedule:

(Continued on page four)

## 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 addition information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

## Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. 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 the 32<sup>nd</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

Honorable Gary Woll, President  
Ms. Carole Kulinski, Vice President  
Mr. John O'Sullivan, Treasurer  
Mrs. Elaine Reno, Secretary

#### Directors

Mrs. Lois Albers  
Honorable Anthony Calderone  
Mrs. Mary Conti  
Mrs. Dorothy Lindsey  
Honorable Noreen Love  
Honorable Anthony Peraica  
Mr. Michael Sturino

*(Continued from page nine)*

ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, March 27<sup>th</sup>, at Bellwood Senior Center.

**Pina Colada Sundaes** Fruits and ice cream are combined into a delicious dessert that is being served March 30<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and March 31<sup>st</sup>, 12:15 pm, at River Park Center. Cost is \$1.00.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (March 3rd), 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.

**Pokeno** This game is being played March 10th and March 24th, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Police Academy** West Suburban Senior Services is pleased to host the Village of Bellwood's Senior Citizen Police and Fire Academy. Sessions are scheduled from 10:30 am to 11:30 am at Bellwood Senior Center. This month's topics are Fundamentals of Investigation, March 2<sup>nd</sup>; Crime Scene Processing, March 9<sup>th</sup>; Gang and Drug Awareness, March 16<sup>th</sup>; Juvenile Law, March 23<sup>rd</sup>; and Law Enforcement Operations, March 30<sup>th</sup>.

**Robber Bingo** This challenging and entertaining form of party bingo is being played March 15<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is 50 cents.

**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparing

for the vehicle exam. A practice test is given, and each student receives an instructional book. The class is scheduled March 27<sup>th</sup>, 1:00 pm, at Bellwood Senior Center. Reservations are encouraged.

**Safely Aging in Place** University of Illinois Extension is presenting this workshop to help seniors remain safely in their homes. Topics include ways to make simple and low-cost home modifications that can help seniors adapt to various physical and sensory aging changes. Seniors also have the opportunity inspect various assistive devices that can make their daily activities easier and safer. The program is April 27<sup>th</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center.

**Sewing Circle** West Suburban Senior Services announces this new activity on Mondays, 10:30 am to 11:30 am, at Bellwood Senior Center. Crafters are invited to bring their sewing, knitting, crocheting, quilting and other projects, and meet with other seniors who share the enjoyment of hand-made crafting. The circle's first session is March 6<sup>th</sup>.

**Shamrock Sodas** This refreshing treat is being served March 16<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00.

**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. This month's meetings are to be held March 3<sup>rd</sup> and March 17<sup>th</sup>, 11:00 am, at Bellwood Senior Center.

El Nuevo Club Latino invita cordialmente a personas mayores de sesenta años pasar un rato agradable, llame a Consuelo LeZama  
(708) 547-5600.

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(Continued from front cover)

Glucose (non-fasting)	10:30 am to 11:30 am
Cholesterol (non-fasting)	10:30 am to 11:30 am
Hypertension	10:30 am to 1:00 pm
Arthritis/Spinal	10:30 am to 1:00 pm
Fall Prevention	10:30 am to 12:00 noon
Podiatry	2:00 noon to 1:00 pm
Dental/Oral Cancer	10:30 am to 11:15 am

In addition, seniors age 60 and older may enjoy a gourmet boxed lunch between 11:00 am and 12:00 noon for the suggested meal donation of \$1.50. The lunch includes a turkey croissant sandwich, salad, fruit, cookies, milk and coffee. Lunch reservations are required by 12:00 noon on April 10<sup>th</sup> and may be made by telephoning the agency at (708) 547-5600.

Participating health care providers are Westlake Hospital Department of Physical Therapy; Midwest Home Healthcare, Inc.; Westchester Health and Rehabilitation Center; Celar Chiropractic; Smile Success Dental Center; and West Suburban Senior Services' podiatrist Dr. Gary Trent, DPM.

### THE SENIOR CHRONICLE

**T**he Senior Chronicle is not mailed to senior citizen's homes due to high postage costs. We do, however, have distribution points in convenient locations throughout the area.

#### Bellwood

- Bellwood Village Hall
- Bellwood Public Library
- Prairie View Apartments
- West Suburban Senior Services

#### Berkeley

- Berkeley Village Hall

#### Broadview

- Broadview Public Library
- Broadview Village Hall

Proviso Township Referral Office  
Schroeder Park

#### Brookfield

- British Home
- Brookfield Public Library
- First Congregation Church

#### Berwyn

- Berwyn Cicero Council on Aging
- Mac Neal Hospital

#### Forest Park

- Altenheim
- Forest Park Public Library
- Forest Park Village Hall
- Howard Mohr Community Center
- Linden House Apartments
- West Suburban Senior Services

#### Franklin Park

- Elmbrook Nursing Center
- Franklin Park Towers
- Leyden Senior Services

#### Hillside

- Eisenhower Community Center
- Hillside Village Hall
- Hillside Seniors Club

#### LaGrange

- La Grange Public Library
- West Suburban Senior Services

#### LaGrange Park

- La Grange Park Public Library
- La Grange Park Village Hall

#### Maywood

- Garden House Apartments
- Hines Hospital
- Loyola University Medical Center
- Maywood Public Library
- Maywood Village Hall
- Phoenix House Apartments

#### Melrose Park

- Gottlieb Hospital
- Melrose Commons
- Melrose Park Village Hall
- Proviso Township
- Veterans Park District

(Continued on page seven)

(Continued from page five)

tatoes, soup and bread. Coffee and dessert are also being served. Cost per person is \$7.00, and prepaid, non-refundable reservations are due at the Senior Center by March 20<sup>th</sup>. A minimum registration is required for this event to take place.

**Grandparents Raising Grandchildren** University of Illinois Extension is presenting a program to help grandparents who care for grandchildren March 24<sup>th</sup>, 10:30 am to 11:30 am, at River Park Center. Reservations are recommended.

**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 8<sup>th</sup> and March 28<sup>th</sup> at 10:30 am. Appointments are required.

**Health Fair** West Suburban Senior Services is pleased to announce its Senior Health Fair April 13<sup>th</sup> at River Park Center. The event opens with a breakfast snack bar at 10:00 am. Free screenings for hypertension, cholesterol, diabetes, fall prevention, arthritis and spine, dental and podiatry problems are scheduled at varying times between 10:30 am and 1:00 pm. A gourmet-boxed lunch is available between 11:00 am and 12:00 noon for the suggested meal donation of \$1.50. Lunch reservations are needed by 12:00 noon on April 10<sup>th</sup>. Additional information is being included in the April edition of *The Senior Chronicle*.

**Hearing Screenings** The audiologist from Westlake Hospital is coming to Bellwood Senior Center March 9<sup>th</sup>, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on March 7<sup>th</sup>.

**Irish Tea Party** Seniors are invited to wear their favorite green attire to this activity March 14<sup>th</sup>, 10:00 am to 11:00 am, at Bellwood Senior Center. The \$1.00 fee includes refreshments and a program. Reservations are required by March 10<sup>th</sup>.

**Legal Assistance** On March 21<sup>st</sup> 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 West Suburban Senior Services for more information regarding appointments.

**Medicare Part D Health Insurance Enrollment Fair** West Suburban Senior Services is pleased to give seniors the opportunity to talk with and gather information from companies that are offering Medicare Part D prescription coverage in west suburban Cook County. Seniors may also sign up for a plan at this event. The fair is being held March 13<sup>th</sup>, 9:30 am to 12:00 noon, at Bellwood Senior Center.

**Money Management Clinic** Trained volunteers are available to assist seniors with problems and questions related to utilities, credit agencies and other money management needs at a new clinic March 8<sup>th</sup>, 10:00 am to 12:00 noon, at Bellwood Senior Center. Appointments are encouraged. Walk-ins are welcome but may have to wait.

**Movie Day** Popcorn, soft drinks, good company and an entertaining movie are featured March 21<sup>st</sup>, 12:15 pm, at Bellwood Senior Center. This month's selection is *Just Like Heaven*, a romantic comedy featuring Reese Witherspoon. Reservations are required by March 20<sup>th</sup>.

**Mystery Reading Club** Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting March 7<sup>th</sup>, 9:30 am to 10:30 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.

**Officers' Club** Officers from area senior clubs are invited to join this monthly meeting where

(Continued on page eleven)

**Congregate and Home Delivered Meals Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please telephone each site by 12:00 p.m. the prior day for lunch reservations.  All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements		<b>March 1, 2006</b> Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	<b>March 2, 2006</b> Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	<b>March 3, 2006</b> Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
<b>March 6, 2006</b> Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	<b>March 7, 2006</b> Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	<b>March 8, 2006</b> Polish Sausage on Bun Whipped Potatoes Sauerkraut Pineapple-Orange Juice Applesauce	<b>March 9, 2006</b> Meatballs Mashed Potatoes California Vegetables Pineapple-Orange Gelatin Salad Vanilla Pudding	<b>March 10, 2006</b> Oven Fried Chicken Leg Quarter Au Gratin Potatoes Peas and Carrots Peanut Butter Cookie
<b>March 13, 2006</b> Spinach Ravioli California Blend Vegetables Lettuce Wedge Orange	<b>March 14, 2006</b> Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	<b>March 15, 2006</b> Meatloaf Mashed Potatoes Green Beans Orange-Pineapple Juice Applesauce	<b>March 16, 2006</b> Italian Baked Chicken Breast Rice Pilaf Mixed Vegetables Minestrone Soup Marble Pound Cake	<b>March 17, 2006</b> Barbecued Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
<b>March 20, 2006</b> Stuffed Cabbage Whipped Potatoes Wax Beans Lettuce Wedge Pear Halves	<b>March 21, 2006</b> Barbecued Chicken Macaroni and Cheese Carrots Coleslaw Banana	<b>March 22, 2006</b> Pepper Steak Rice Italian Green Beans Vegetable Soup Crumb Cake	<b>March 23, 2006</b> Chili Mac Tossed Salad Apple Juice Butterscotch Pudding	<b>March 24, 2006</b> Seafood Salad on Bun Pickle Cucumbers Split Pea Soup Pineapple Juice Mandarin Oranges
<b>March 27, 2006</b> Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	<b>March 28, 2006</b> Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	<b>March 29, 2006</b> Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	<b>March 30, 2006</b> Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	<b>March 31, 2006</b> Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
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, 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

(Continued from page four)

- Victory Center  
Westlake Hospital
- Norridge**  
Seniors Assistance Center
- North Riverside**  
North Riverside Village Hall
- Northlake**  
Concord Place  
Northlake Village Hall  
Villa Scalabrini
- Oak Park**  
Resurrection Hospital  
West Suburban Hospital
- Riverside**  
People Care, Inc
- Stickney**  
Stickney Township Office on Aging
- Stone Park**  
Stone Park Village Hall
- Westchester**  
Divine Infant Church  
Divine Providence Church  
Westchester Village Hall

**West Suburban Senior Services Hosts Medicare Part D Health Insurance Enrollment Fair**

**W**est Suburban Senior Services is pleased to host a Medicare Part D Health Insurance Enrollment Fair March 13<sup>th</sup>, 9:30 am to 12:00 noon, at Bellwood Senior Center. This event is designed to give seniors the opportunity to meet with and gather information from companies that are offering Medicare Part D prescription coverage in west suburban Cook County. Also, seniors may sign up for a plan at the enrollment fair. In addition, West Suburban Senior Services' Medicare Part D Specialist Doris Molette and

SHIP volunteer Matt Barnes are available to answer questions and provide assistance.

**Winter**

**W**inter, in astronomical terms, is the period between the winter solstice (December 21<sup>st</sup>) and the vernal equinox (March 21<sup>st</sup>). In meteorological terms, it is generally thought of as the full months of December, January, and February. However one determines when winter is upon us, one thing is for certain – passing seasons change the habits and moods of people. Around winter months, gloominess called “winter blues” or “February blahs” or “Holiday depression” – during November and December in the northern hemisphere – is informally noted amongst people. The severest cases of this type of depression are diagnosed as seasonal affective disorder (SAD). Symptoms include sleeping more, tiredness, depression, and physical aches. Although causes include genetic disposition and stress, the prevailing environmental influence is decreased exposure to light due to winter weather patterns.

Ursula LeGuin's novel *The Left Hand of Darkness* is set on a planet named Winter. In Alex Raymond's comic strip, *Flash Gordon*, there is a land called Frigia, where it is always winter. Another use of winter in the graphic arts occurs in Winsor McCay's *Little Nemo in Slumberland*. There are many films in which a winter setting plays an important role, *Fargo* being one example. In addition, novels such as *Ethan Frome* use a winter setting to mirror the bleak, frozen feelings that the characters harbor.

Regardless of the causes of winter, scientific or fanciful, there is no denying that it has an effect on our mood and our general perspective of day to day events. Some prefer the change of seasons,

(Continued on page 5)

(Continued from page seven)

feeling that a constant temperature and environment would be boring, while others would rather not have to cope with the changing seasons, but live where they must do so because of job, family, or other obligations. As this is planet earth, and not Flash Gordon's land of Frigia, no truer words were spoken of our winter than, "This, too, shall pass."

Women's History Month Celebration

West Suburban Senior Services is pleased to host a series of speakers in honor of Women's History Month. All of these forums are scheduled at Bellwood Senior Center from 10:30 am to 11:30 am on the designated dates.

- March 7th - Lucyna Migala, program director at WCEV radio in Chicago, is discussing her role in the growth of ethnic radio.
March 21st - Dorothy Gaters, girls' basketball coach at John Marshall High School, is sharing highlights of her career as the winningest high school basketball coach in state history.
March 28th - Firefighters Ross and Thompson are discussing their job responsibilities with the Maywood Fire Department.

Additional speakers were being scheduled when The Senior Chronicle went to press. Seniors are encouraged to telephone West Suburban Senior Services for more information.

(Continued from page ten)

Pina Colada Sundaes
12:15 pm
March 30th Bellwood
March 31st Forest Park

Pokeno
12:15 pm
March 10th & March 24th
Bellwood

Police Academy
10:30 am
March 2nd, March 9th, March 16th,
March 23rd & March 30th
Bellwood

Robber Bingo
12:15 pm
March 15th
Bellwood

Rules of the Road
1:00 pm
March 27th
Bellwood

Safely Aging in Place
10:30 am
April 27th
Bellwood

Sewing Circle
10:30 am
March 6th, March 13th, March 20th &
March 27th
Bellwood

Shamrock Sodas
12:15 pm
March 16th
Bellwood

Spanish Club
11:00 am
March 3rd & March 17th
Bellwood

Springfest
March 20th
10:45 am
Bellwood

St. Patrick's Day Party
11:00 am
March 17th
Bellwood & Forest Park

Tax Filing Assistance
By Appointment
Thursdays, March 2nd through April 13th
Bellwood

Waffle Cone Sundaes
12:15 pm
March 9th Bellwood
March 10th Forest Park

Weight Loss Meeting
9:30 am
Fridays
Bellwood

Widows & Widowers
12:15 pm
March 8th & March 22nd
Forest Park

(Continued from page three)

transportation. The bus leaves Bellwood Senior Center at 12:30 pm and returns there at approximately 2:30 pm. Reservations for this event are required by March 10th.

Cream Pie Delight This special dessert is being served March 23rd, 12:15 pm, at Bellwood Senior Center, and March 24th, 12:15 pm, at River Park Center. Cost is \$1.00.

Creative Writing Class This activity is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. This class begins March 28th, 10:00 am to 11:30 am, at Bellwood Senior Center. It is free.

Cholesterol Screening Midwest Home Healthcare, Inc., is conducting this non-fasting screening March 28th, 10:30 to 11:30 am, at Bellwood Senior Center. The screening is free but appointments are required

Declutter Class Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled March 27th, 12:15 pm to 1:15 pm, at Bellwood Senior Center.

Ethnic Radio in America Seniors are invited to learn about the growth of ethnic radio in the Chicago area from Lucyna Migala, program director at WCEV Radio. This program is scheduled March 7th, 10:30 am to 11:30 am, at Bellwood Senior Center, and is part of West Suburban Senior Service's month-long observance of Women's History Month.

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

Exercise for Seniors Fitness instructor Jackie Jones is leading this class March 15th, 10:30 am to 11:30 am, at Bellwood Senior Center. Reservations are recommended.

Fire Fighting Firefighters Ross and Thompson are discussing their job responsibilities with the Maywood Fire Department. This program is scheduled March 28th, 10:30 am to 11:30 am, at Bellwood Senior Center, and is part of West Suburban Senior Services' month-long observance of Women's History Month.

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 reaching children in their care.

Game Plan of the State's Winningest High School Basketball Coach Dorothy Gaters, girls' basketball coach at John Marshall High School, is sharing special moments from her career March 21st, 10:30 am to 11:30 am, at Bellwood Senior Center. This program is part of West Suburban Senior Services' month-long observance of Women's History Month.

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 Bellwood Senior Center. Gift certificates are also available.

Gourmet Dinner Party West Suburban Senior Services announces a monthly gourmet dinner party at Bellwood Senior Center. The first dinner is March 24th from 5:00 pm to 7:00 pm. Catered by Gioacchino's, the main course features an Italian roast beef dinner with mostaccioli, roasted po-

(Continued on page nine)

**Briefly Stated**

**Advisory Council Meeting**  
10:30 am  
March 8<sup>th</sup>  
Bellwood

**Beginning Spanish Class**  
10:30 am  
March 2<sup>nd</sup>, March 9<sup>th</sup>, March 16<sup>th</sup>,  
March 23<sup>rd</sup> & March 30<sup>th</sup>  
Bellwood

**Bingo**  
12:15 pm  
Thursdays in Bellwood  
Fridays in Forest Park

**Bingo Bonanza**  
10:15 am  
March 6<sup>th</sup>  
Bellwood & Forest Park

**Birthday Celebration**  
Noon  
March 28<sup>th</sup>  
Bellwood, Forest Park & OARS

**Breakfast Bingo**  
9:30 am  
March 31<sup>st</sup>  
Bellwood

**Cardiac Risk Reduction**  
10:45 am  
March 13<sup>th</sup>  
Bellwood

**Caregivers: Taking Care of Yourselves**  
10:30 am  
March 22<sup>nd</sup>  
Bellwood

**Caregiver Support Group**  
11:00 am  
March 21<sup>st</sup>  
Forest Park

**Cheesecake Day**  
12:15 pm  
March 2<sup>nd</sup> Bellwood  
March 3<sup>rd</sup> Forest Park

**Concord Place Bingo Party**  
1:00 pm  
March 14<sup>th</sup>  
Northlake

**Cream Pie Delight**  
12:15 pm  
March 23<sup>rd</sup> Bellwood  
March 24<sup>th</sup> Forest Park

**Creative Writing Class**  
10:00 am  
March 28<sup>th</sup>  
Bellwood

**Cholesterol Screening**  
10:30 am  
March 28<sup>th</sup>  
Bellwood

**Declutter Class**  
12:15 pm  
March 27<sup>th</sup>  
Bellwood

**Ethnic Radio in America**  
10:30 am  
March 7<sup>th</sup>  
Bellwood

**Fire Fighting**  
10:30 am  
March 28<sup>th</sup>  
Bellwood

**Foster Grandparents**  
10:30 am  
Monthly  
Bellwood

**Game Plan of the State's Winningest  
High School Basketball Coach**

10:30 am  
March 21<sup>st</sup>  
Bellwood

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

**Gourmet Dinner Party**  
5:00 pm  
March 24<sup>th</sup>  
Bellwood

**Grandparents Raising Grandchildren**  
10:30 am  
March 24<sup>th</sup>  
Forest Park

**Haircuts**  
10:30 am  
March 8<sup>th</sup> & March 28<sup>th</sup>  
Bellwood

**Health Fair**  
10:00 am  
April 13<sup>th</sup>  
Forest Park

**Hearing Screenings**  
9:00 am  
March 9<sup>th</sup>  
Bellwood

**Irish Tea Party**  
10:00 am  
March 14<sup>th</sup>  
Bellwood

**Legal Assistance**  
9:00 am  
March 21<sup>st</sup>  
Bellwood

**Medicare Part D Health Insurance  
Enrollment Fair**  
9:30 am  
March 13<sup>th</sup>  
Bellwood

**Money Management Clinic**  
March 8<sup>th</sup>  
10:00 am  
Bellwood

**Mystery Reading Club**  
9:30 am  
March 7<sup>th</sup>  
Bellwood

**Officers' Club**  
10:30 am  
March 27<sup>th</sup>  
Bellwood

*(Continued on page eight)*

# Briefly Noted

**Advisory Council Meeting** Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. The Advisory Council is meeting March 8<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**Beginning Spanish Class** Seniors learn basic conversational Spanish during this class. This month's sessions are March 2<sup>nd</sup>, March 9<sup>th</sup>, March 16<sup>th</sup>, March 23<sup>rd</sup> and March 30<sup>th</sup>, 10:30 am to 11:30 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 6<sup>th</sup> at Bellwood Senior Center and at River Park Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Birthday Celebration** Seniors who are celebrating a March birthday are invited to this special party March 28<sup>th</sup>, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on March 27<sup>th</sup>.  
**Breakfast Bingo** French toast, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party March 31<sup>st</sup>, 9:30 am to 11:00 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on March 29<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Cardiac Risk Reduction** Barbara Majcher, advanced practitioner registered nurse at Loyola University Medical Center, is presenting this informative program March 13<sup>th</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center. Reservations are recommended.

**Caregivers: Taking Care of Yourselves** West Suburban Senior Services invites wives, daughters, sons, husbands and others who care for aging relatives to a program March 22<sup>nd</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center. Caregivers learn about the fatigue, depression, and other signs related to stress of care giving; also, different types of stress reduction techniques are being discussed. Reservations are recommended and may be made by telephoning, Paul Coffey, at (708) 547-5600, extension 249.

**Caregiver Support Group** West Suburban Senior Services has a support group for family members who care for seniors with Alzheimer's, dementia or chronic illness. The group provides family members with an opportunity to meet others in similar situations and to discuss a variety of issues related to caring for loved ones. The group's next meeting is March 21<sup>st</sup> from 11:00 am to 12:00 noon at River Park Center.

**Cheesecake Day** For \$1.00, seniors may enjoy this dessert March 2<sup>nd</sup>, 12:15 pm, at Bellwood Senior Center, and March 3<sup>rd</sup>, 12:15 pm, at River Park Center. Reservations are required.

**Concord Place Bingo Party** Concord Place is sponsoring a complimentary bingo party March 14<sup>th</sup>, 1:00 pm to 2:15 pm, at its facility in Northlake. Bus rides are available for seniors requiring

*(Continued on page five)*