

(Continued from page eleven)

Citizen Center in Bellwood, and March 19th, 10:00 am to 10:30 am, at River Park Center. The \$1.00 cost includes refreshments and a program. Reservations are required.

Tax Filing Assistance The American Association of Retired Persons (AARP) is providing free income tax filing assistance at the Senior Citizen Center in Bellwood for low-and middle-income seniors age 60 and older on Thursdays through April 5th, 8:30 am to 12:30 pm. Appointments are required. Seniors should bring their 2005 tax returns, all records that show income for 2006, and documents for possible deductions if they plan to itemize on their returns.

Terrific Bingo Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo March 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Triton Trouper Circus West Suburban Senior Services is hosting an outing to this event March 31st, 1:00 pm, at Triton College. The show features trapeze, acrobats, clowns, jugglers, stunts and more. Tickets are \$6.00 and may be purchased ahead of

time or at the door. Participants are responsible for their transportation to this event. Seniors planning to participate are asked to notify the Senior Center director.

Volunteer In-Service Meeting West Suburban Senior Services is hosting a breakfast meeting for its volunteers March 30th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Volunteers are asked to sign up March 27th. Staff from the Retired Senior Volunteer Program (RSVP) at Triton College are presenting the program.

Waffle Cone Sundaes Seniors may enjoy this unusual dessert March 8th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and March 9th, 12:15 pm, at River Park Center. Cost is \$1.00.

Wheelbarrow Sundaes This dessert is being served March 7th, 12:15 pm, at River Park Center; March 26th, 12:15 pm, at the Senior Center in Bellwood; and March 26th, 12:15 pm, at OARS Center. Cost is \$1.00.

Wild Wednesday Surprises are planned for this event at OARS Center March 21st and at River Park Center March 28th. The fun begins at 10:30 am.

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

WSSSS

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

West Suburban Senior Services and Proviso High School District 209 Announce Intergenerational Programs, Activities

Students at Proviso East and Proviso West High Schools and the Proviso Mathematics and Science Academy, and senior citizens in Proviso Township may become better acquainted through a new program cosponsored by West Suburban Senior Services and Proviso High School District 209.

The program kicks-off March 13th at the Proviso Mathematics and Science Academy (PSMA), 8601 West Roosevelt Road, in Forest Park. Senior citizens are invited to a complimentary breakfast at the PSMA at 9:00 am and then to tour the facility until 11:00 am. Senior citizens may either drive directly to the school or receive round-trip bus transportation from the Senior Citizen Center in Bellwood. Breakfast reservations and transportation reservations are required at West Suburban Senior Services by March 7th: (708) 547-5600.

On March 17th, students are invited to bring their grandparents to a St. Patrick's Day lunch and party at the Senior Citizen Center in Bellwood

and to serve as hosts for the event. A turkey croissant boxed lunch is being served to senior citizens aged 60 and older at 11:30 am for the suggested donation of \$1.75. Party bingo is being played from 10:30 am to 11:30 am, and again from 12:15 pm to 1:15 pm for an additional \$1.25. Meal reservations are required by 12:00 noon on March 14th.

On April 10th, senior citizens are invited to participate in *Bring Your Grandparents to School Day* from 9:00 am to 11:00 am at the Proviso Mathematics and Science Academy. Senior citizens may attend classes, tutor students or meet informally with students and teachers. Senior citizens who do not have a grandchild at the school may "adopt" a student for the day. Additional information about this event is being included in the April edition of *The Senior Chronicle*.

You Are Invited to a Gourmet Dinner Party

West Suburban Senior Services is pleased to host its monthly gourmet dinner party at the Senior Citizen Center in Bellwood.

(Continued on page 3)

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 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 34th 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
Mrs. Lois Albers, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Lela Grimble
Honorable Noreen Love
Ms. Debbie Noweder
Honorable Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Dorothy Lindsey
Mr. John O'Sullivan
Mr. Michael Sturino

(Continued from page ten)

Movie Day
10:00 am
March 19th
OARS

12:15 pm
March 20th
Bellwood

12:15 pm
March 21st
Forest Park

Mystery Reading Club
9:30 am
March 6th
Bellwood

Officers' Club
10:30 am
March 26th
Bellwood

Osteoporosis Education & Screening
10:00 am
April 18th
OARS

Pina Colada Sundaes
12:15 pm
March 22nd Bellwood &
OARS
March 23rd Forest Park

Podiatry Clinic
9:30 am
Thursdays

Bellwood

Pokeno
12:15 pm
March 2nd, March 9th &
March 23rd
Bellwood

Root Beer Floats
12:15 pm
March 1st Bellwood &
OARS
March 2nd Forest Park

Rules of the Road
1:30 pm
March 26th
Bellwood

St. Patrick's Day Lunch & Party
10:30 am
March 17th
Bellwood

Safely Aging in Place
10:00 am
March 23rd
OARS

School Tour
9:00 am
March 13th
Forest Park

Senior Health Fair
9:30 am
March 14th
Forest Park

Senior Jazzercise
10:30 am
Monday, Wednesday & Friday
Bellwood

Simply Seafood Class
12:15 pm
March 6th
Bellwood

Spanish Class
10:30 am
March 1st, March 8th, March
15th, March 22nd & March
29th
Bellwood

Spanish Club
11:00 am
March 9th & March 23rd
Bellwood

Spring Fling
10:30 am
March 7th Forest Park
March 26th Bellwood
&OARS

Spring Tea Party
10:00 am
March 9th Bellwood
March 19th Forest Park

Surprise Bingo
12:15 pm
March 12th Forest Park
March 19th Bellwood

10:00 am
March 13th OARS

Tax Filing Assistance
8:30 am
Thursdays through April 5th
Bellwood

Terrific Bingo
12:15 pm
March 27th
Bellwood

Triton Trouper Circus
1:00 pm
March 31st
River Grove

Volunteer In-service Meeting
9:30 am
March 30th
Bellwood

Waffle Cone Sundaes
12:15 pm
March 8th Bellwood &
OARS
March 9th Forest Park

Wheelbarrow Sundaes
12:15 pm
March 7th Forest Park
March 26th Bellwood &
OARS

Wild Wednesday
10:30 am
March 21st OARS
March 28th Forest Park

(Continued from page nine)

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

Spring Fling Wheelbarrow sundaes and a scavenger hunt highlight this activity March 7th at River Park Center, and March 26th at the Senior Citizen Center in

Bellwood and at OARS Center. The scavenger hunt begins at 10:30 am; lunch is served at 11:30 am for the suggested donation of \$1.75 and the ice cream at 12:15 pm for \$1.00. Reservations are required.

Spring Tea Party West Suburban Senior Services invites seniors to celebrate the arrival of spring at a tea party March 9th, 10:00 am to 10:30 am, at the Senior

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The next gourmet dinner is scheduled March 30th, 5:00 pm to 7:00 pm. The meal is catered by an area restaurant, and participants have the experience of first class dining with fine china, goblets, fresh flowers, and linen table cloths and napkins. The cost per person is \$7.00, and pre-paid, non-refundable reservations are due at the Senior Citizen Center by March 27th. A minimum registration is required for this activity to take place.

Hispanic Family Health Fair

Free health information and screenings, family portraits by Walgreen's, and snacks and activities for children are being highlighted at a Hispanic Family Health Fair sponsored by West Suburban Senior Services and Proviso Township. The event is being held March 10th, 9:00 am to 2:00 pm, at the Melrose Park Civic Center gymnasium, 1000 North 25th Avenue, Melrose Park.

Screenings for adults include vision from Kirk Eye Center, prostate cancer, cholesterol and diabetes screening sponsored by Westlake Hospital, dental screening by Dr. Looby Dental, and mammograms screening by Cook County Department of Public Health. Pre-registration for the mammograms is required; persons should telephone West Suburban Senior Services, (708) 547-5600. Proviso Mental Health, Social Security, and the University of Illinois Extension are among the other participating health organizations and the Melrose Park Chamber of Commerce is conducting a community blood drive. Persons wishing to donate blood should telephone Cathy at (708) 338-1007.

In addition, the Secretary of State's mobile van is available for renewal of driver's licenses and state identification cards. Two forms of identification

are required for this service. Also participating are representatives of the State's All Kids health coverage program, the Westchester Fire House, and the Melrose Park Fire and Police Departments. Additional information is available from Proviso Township, (708) 344-7432 or from West Suburban Senior Services at (708) 547-5600.

A vision and body mass index is being conducted by Loyola University Medical Center Pediatric Mobile Health Unit. This mobile health unit is also providing immunizations for children. Children must be accompanied by a parent and have a current immunization record.

Casino Trip

West Suburban Senior Services is planning a trip to the Potawatomi Casino and Bingo Hall in Milwaukee, Wisconsin on April 25th. The non-refundable \$20.00 per-person fee includes round trip bus transportation and an all-you-can-eat luncheon buffet. Also, participants receive a \$10.00 voucher once their cards show 50 points earned. A minimum registration is required for this trip to take place, and paid cash reservations are required at the Senior Citizen Center by March 30th.

Senior Health Fair

West Suburban Senior Services invites seniors to a health fair March 14th, 9:30 am to 11:30 am, at its River Park Center in Forest Park. The event opens with a breakfast snack bar at 9:00 am. Free screenings for hypertension conducted by Nightingale Home Healthcare, lung disease by RML

(Continued on page eight)

(Continued from page seven)

pm, at River Park Center. Cost is \$1.00.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday 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 2nd, March 9th, March 16th and March 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments. A minimum participation is required for this activity to take place.

Root Beer Floats This treat is being served March 1st, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and March 2nd, 12:15 pm, at River Park Center. Cost is \$1.00.

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 participant receives an instructional book. The class is scheduled March 26th, 1:30 pm to 2:30 pm, at the Senior Citizen Center in Bellwood.

St. Patrick's Day Lunch and Party Everyone is Irish at this Saturday celebration March 17th at the Senior Citizen Center in Bellwood. Party bingo is being played from 10:30 am to 11:30 am, and again from 12:15 pm to 1:15 pm. A turkey croissant boxed lunch is served at 11:30 am. The \$3.00 cost includes lunch and bingo; lunch only is \$1.75. Reservations are required by 12:00 noon on March 14th, and a minimum registration is required for this event to take place.

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 physical and sensory aging changes. Seniors also have the opportunity to inspect various devices that can make their daily activities easier and

safer. The program is March 23rd, 10:00 am to 11:00 am, at OARS Center.

School Tour West Suburban Senior Services and School District 209 are cosponsoring a tour of the Proviso Mathematics and Science Academy March 13th, 9:00 am to 11:00 am. A complimentary breakfast is also being served. Complete information is included in a separate newsletter article.

Senior Health Fair Seniors are invited to this event March 14th, 9:30 am to 11:30 am, at River Park Center. Additional information is provided in a separate newsletter article.

Senior Jazzercise This new class provides seniors an enjoyable way to become and stay physically fit. Taught by a trained instructor, the class features movement exercises that increase flexibility, strength and endurance. The class is being offered Monday, Wednesday and Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. (On Tuesdays and Thursdays, seniors exercise with taped instruction.)

Simply Seafood Class Seniors are invited to learn how to make an easy shrimp dish during this class March 6th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Participants may also sample the finished recipe. Cost is \$1.00, and reservations are required by March 2nd.

Spanish Class Seniors receive instruction in basic conversational Spanish during this class. The class meets March 1st, March 8th, March 15th, March 22nd and March 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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 March 9th and March 23rd, 11:00 am, at the Senior Citizen Center in Bellwood.

(Continued on page eleven)

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		Please telephone each site by 12:00 p.m. the prior day for lunch reservations	March 1, 2007 Salisbury Steak Whipped Potatoes Stewed Tomatoes Chicken Soup Banana	March 2, 2007 Baked Chicken Breast Herb Stuffing Peas & Carrots Spiced Apple Rings Fruit Yogurt
March 5, 2007 Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	March 6, 2007 Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	March 7, 2007 Polish Sausage on Bun Whipped Potatoes Sauerkraut Applesauce	March 8, 2007 Meatballs Mashed Potatoes California Vegetables Pineapple Orange Gelatin Salad Vanilla Pudding	March 9, 2007 Oven Fried Chicken Leg Quarter Au Gratin Potatoes Peas & Carrots Broccoli Soup Cookie
March 12, 2007 Barbecued Roast Pork Macaroni & Cheese Sweet Potatoes Seasoned Greens Peach Pie	March 13, 2007 Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	March 14, 2007 Meatloaf Mashed Potatoes Green Beans Pineapple Juice Applesauce	March 15, 2007 Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup Marble Pound Cake	March 16, 2007 Spinach Ravioli California Vegetables Lettuce Wedge Orange
March 19, 2007 Stuffed Cabbage Roll Whipped Potatoes Wax Beans Lettuce Wedge Pear Halves	March 20, 2007 Barbecued Chicken Macaroni & Cheese Carrots Coleslaw Banana	March 21, 2007 Meatball Sandwich Potatoes Green Beans Vegetable Soup Crumb Cake	March 22, 2007 Turkey Croissant Sandwich Salad Juice Fruit Cookies	March 23, 2007 Seafood Salad on Bun Pickled Cucumbers Pineapple Juice Split Pea Soup Mandarin Oranges
March 26, 2007 Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	March 27, 2007 Stuffed Green Peppers Creamed Potatoes Carrot Slices Cream of Mushroom Soup Lemon Cake	March 28, 2007 Beef Stroganoff White Rice Broccoli Cottage Cheese & Peaches Chilled Pears	March 29, 2007 Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	March 30, 2007 Baked Chicken Breast Herb Stuffing Peas & 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 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

(Continued from page five)

and no refunds are available if the dinner takes place. Additional information is available in a separate news-letter article.

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 13th and March 27th at 10:30 am. Appointments are required.

Happiness – Is It Your Choice? White Crane Wellness Center is sponsoring this informative program March 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Hearing Screenings The audiologist from Westlake Hospital is coming to the Senior Citizen Center March 26th, 1:00 pm, to conduct hearing screenings. There is no fee for this service, but appointments are required by March 22nd.

Jazz Spectacular The Bill O'Connell Chicago Skyliners Big Band is presenting this concert April 1st, 2:00 pm, on the Triton College campus. Tickets are \$8.00. They may be purchased ahead of time or at the door. Seniors planning to join the group hosted by West Suburban Senior Services are asked to contact the Senior Center director. Seniors are also invited to a pre-concert brunch that day from 11:00 am to 12:30 pm, at the Senior Center. Cost is \$2.00, and reservations are required by March 28th.

Legal Assistance On March 20th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

Leprechaun Party Seniors are invited to wear their favorite green attire to this event March 15th, 10:00 am, at OARS Center, and March 16th, 11:00 am, at River Park Center. The event features refreshments and surprises. The \$2.00 cost includes lunch at 11:30 am.

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 \$1.75. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

METRA Train Safety This informative program is being presented March 5th, 10:00 am to 11:00 am, at OARS Center. Reservations are recommended.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned March 19th, 10:00 am, at OARS Center; March 20th, 12:15 pm, at the Senior Citizen Center in Bellwood, and March 21st, 12:15 pm, at River Park Center. This month's selection is *Flags of Our Father*, directed by Clint Eastwood. Reservations are required by March 16th.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Public Library. The group is meeting March 6th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. 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 ideas are shared, information is given and special events are announced. Our next meeting is March 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Osteoporosis Education and Screening White Crane Wellness Center is hosting this program and a complimentary bone density screening April 18th, 10:00 am, at OARS Center. Reservations are recommended.

Pina Colada Sundaes Fruits and ice cream are combined into a delicious dessert that is being served March 22nd, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and March 23rd, 12:15

(Continued on page nine)

(Continued from page five)

Specialty Hospital, spinal problems conducted by Celar Chiropractic and podiatry problems conducted Gary Trent, DPM) are scheduled. In addition, Westlake Hospital is conducting *fasting* glucose and cholesterol screens, and the University of Illinois Extension is providing information about senior nutrition and exercise.

A gourmet turkey croissant boxed lunch is available between 11:30 am and 12:30 pm for the suggested donation of \$1.75. Lunch reservations are required by 12:00 noon on March 12th

When You Thought I Wasn't Looking

When you thought I wasn't looking, I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking, I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favorite cake for me, and I learned that the little things can be the special things in life.

When you thought I wasn't looking, I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing, and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes, and I learned that

sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking, I saw that you cared and I wanted to be everything I could be.

When you thought I wasn't looking, I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say, "Thanks for all the things I saw when you thought I wasn't looking."

LITTLE EYES SEE A LOT.

Each of us (parent, grandparent, aunt, uncle, teacher or friend) influences the life of children.

How will you touch the life of someone today? Just by sharing this with someone else, you will probably make them think about their influence on others.

Women's History Month Celebration

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

- March 8th – Elvia Williams, chief of police, Village of Maywood
- March 9th - Vivian Colette, fiber artist, doll-maker and teacher
- March 22nd – Tammy Duckworth, director, Illinois Department of Veterans' Affairs
- March 26th – Lynda Miller, Toot-Toot the Clown

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

(Continued from page three)

Bunco Party For 50 cents, seniors play this game March 7th, March 21st and March 28th, 12:15 pm, at the Senior Citizen Center in Bellwood. A minimum participation is required.

Candy Making This is the perfect opportunity to make a spring treat for family and friends. The class is scheduled April 3rd, 10:30 am, at the Senior Citizen Center. There is no fee, but registration is required by March 30th

Cheese Cake Day This dessert is being served March 16th, 12:15 pm, at OARS Center. Cost is \$1.00.

Consumer Protection Staff from the Attorney General's office are speaking with seniors March 6th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include fraud, identity theft, and senior and health care bureaus.

Cooking for One or Two University of Illinois Extension is presenting this program March 27th, 10:00 am to 11:00 am, at OARS Center. Reservations are recommended.

Cream Pie Day For \$1.00, seniors may enjoy a slice of cream pie March 15th at the Senior Center in Bellwood. Cost is \$1.00.

Creative Writing Class West Suburban Senior Services is pleased to host this class March 27th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new and returning students are welcome. Participants are asked to bring a story related to tomorrow.

DeClutter Class Seniors are invited to learn ways to declutter their homes and lives at this class March 26th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. It is free.

Egg Hunt Seniors are invited to participate in a spring egg hunt April 5th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. In addition to hunting for tasty treats, participants are also

searching for prize eggs. This activity is being held rain or shine.

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

Fit and Happy University of Illinois Extension is conducting this program March 19th, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood. Participants have the opportunity to exercise during the class.

Floral Arranging Class Jewel Foods is coming to the Senior Citizen Center in Bellwood March 29th, 10:30 am to 11:30 am, to conduct this class. The class is free, but space is limited. Reservations are required at the Senior Citizen Center by March 19th.

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. The next meeting is March 21st at 10:30 am.

Fruit Bouquets Seniors are invited to participate in this unique craft class March 13th, 12:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required by March 9th.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts, and seasonal decorations at a reasonable price. Shoppers may purchase items between 10:30 am and 1:30 pm Monday through Friday at the Senior Citizen Center in Bellwood. Gift certificates are also available.

Gourmet Dinner Party Weather permitting, West Suburban Senior Services is hosting a gourmet dinner party March 30th, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Cost is \$7.00 per person,

(Continued on page seven)

Briefly Stated

Advisory Council Meeting 10:00 am March 21 st Bellwood	Bingo Bonanza 10:15 am March 5 th Bellwood & Forest Park March 6 th OARS	Creative Writing Class 10:00 am March 27 th Bellwood	Gourmet Dinner Party 5:00 pm March 30 th Bellwood
11:00 am March 21 st OARS	Bingo Madness 10:00 am March 12 th Bellwood March 26 th Forest Park	DeClutter Class 12:30 pm March 26 th Bellwood	Haircuts 10:30 am March 13 th & March 27 th Bellwood
Album Making Experience 10:00 am March 20 th Bellwood	Breakfast Bingo 9:30 am March 30 th Bellwood	Egg Hunt 12:15 pm April 5 th Bellwood & OARS	Happiness – Is It Your Choice? 10:30 am March 27 th Bellwood
Art Class 9:00 am Tuesdays Bellwood	Bunco Party 12:15 pm March 7 th , March 21 st & March 28 th Bellwood	Exercise Class – Audio Tape 10:30 am Tuesdays and Thursdays Bellwood	Hearing Screenings 1:00 pm March 26 th Bellwood
Banana Splits 12:15 pm March 29 th Bellwood & OARS March 30 th Forest Park	Candy Making 10:30 am April 3 rd Bellwood	Fit and Happy 10:45 am March 19 th Bellwood	Jazz Spectacular 2:00 pm April 1 st River Grove
Barefoot in the Park 1:00 pm March 14 th Oak Park	Cheese Cake Day 12:15 pm March 16 th OARS	Floral Arranging Class 10:30 am March 29 th Bellwood	Legal Assistance 9:00 am March 20 th Bellwood
Bargain Bingo 12:15 pm March 19 th Forest Park	Consumer Protection 10:45 am March 6 th Bellwood	Foster Grandparents 10:30 am March 21 st Bellwood	Leprechaun Party 11:00 am March 15 th OARS March 16 th Forest Park
Best Sellers Reading Club 9:30 am March 27 th Bellwood	Cooking for One or Two 10:00 am March 27 th OARS	Fruit Bouquets 12:15 pm March 13 th Bellwood	Luncheon 11:30 am Weekdays Bellwood, Forest Park & OARS
Bingo 10:00 am Thursdays OARS	Cream Pie Day 12:15 pm March 15 th Bellwood	Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood	METRA Train Safety 10:00 am March 5 th OARS
12:15 pm Thursday Bellwood Friday Forest Park			

(Continued on page eleven)

Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering, and agency staff. The Advisory Council is meeting March 21st, 10:00 am, at the Senior Citizen Center in Bellwood, and 11:00 am at OARS Center.

Album Making Experience The Creative Memories Consultant from River Grove is coming to the Senior Citizen Center in Bellwood March 20th, 10:00 am to 11:30 am, to conduct this class. Safe photo storage is the focus of the presentation. Seniors wanting to mount photos in a manner similar to making a photo album should bring two pictures that can be trimmed or permanently mounted. The class is free, but reservations are required by March 15th.

Banana Splits This dessert is being served March 29th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and March 30th, 12:15 pm, at River Park Center. Cost is \$1.00; reservations are required.

Barefoot in the Park West Suburban Senior Services is hosting an outing to a matinee performance of *Barefoot in the Park* March 14th, 1:00 pm, at the Oak Park Village Players, 1010 Madison Street, Oak Park. The \$17.00 per-person cost includes the play and a dessert reception with cast members. Paid reservations are due at the Senior Citizen Center no later than March 7th, and seniors are responsible for providing their own transportation.

Bargain Bingo Fifty-cent bingo and a fifty-cent dessert are featured at this event March 19th, 12:15 pm, at River Park Center. Lunch is served at 11:30 am for the suggested donation of \$1.75.

Best Sellers Reading Club West Suburban Senior Services and the Bellwood Public Library are cospon-

soring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's next meeting is March 27th, 9:30 am to 10:30 am, at the Senior Citizen Center. Seniors planning to participate should telephone the agency now to sign out copies of the March reading selection, *I Was Amelia Earhart: a Novel* by Jane Mendelsohn.

Bingo Party bingo is held every Thursday at the Bellwood and OARS sites, and every Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm (Senior Citizen and River Park Centers) and 10:00 am (OARS Center).

Bingo Bonanza A double session of party bingo is planned March 5th at the Senior Citizen Center in Bellwood and at River Park Center, and March 6th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Bingo Madness On March 12th at the Senior Citizen Center in Bellwood and March 26th at River Park Center, seniors may have lunch and play three hours of party bingo for \$3.00. Bingo is played from 10:00 am to 11:30 am, and again from 12:15 pm to 1:45 pm. Lunch is served at 11:30 am. A minimum registration is required for the bingo madness to take place. Reservations are required by 12:00 noon on March 9th and March 23rd, respectively.

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party March 30th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on March 28th, and a minimum registration is required for this activity to take place.

(Continued on page five)