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focuses on maintaining emotional health and reducing stress through peer support and storytelling.

**Tax Filing Assistance** American Association of Retired Persons (AARP) is providing free tax filing assistance at the Senior Citizen Center in Bellwood for seniors age 60 and older. The service is available on Thursdays, March 6<sup>th</sup> through April 3<sup>rd</sup>, 8:30 am to 12:30 pm. *Appointments are required.*

**Tea and Talk** This program is scheduled March 12<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors may enjoy a cup of tea and a pastry, and visit with a local dignitary or a representative of a community organization. This month's visitor is from Proviso Township; the program focus is the township's services for seniors.

**Tea Room Visit** West Suburban Senior Services is hosting a visit to Serene Teaz in Elmhurst on March 29<sup>th</sup>. Between 10:00 am and 11:00 am, participants may enjoy a cup of tea and a pastry, and learn about various teas. Cost is

\$5.00. Seniors must furnish their own transportation. Space is limited, and reservations are required by March 21<sup>st</sup>: (708) 547-5600.

**Understanding Hip Pain** This program is scheduled March 24<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Jennifer Menick, MD, of Rush-Oak Park Physicians' Group, is the program presenter.

**Waffle Sundaes** This treat is being served March 13<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at ORAS Center. Cost is \$1.00.

**Wild Wednesday** If you have a sense of adventure, then you won't want to miss this surprise activity March 12<sup>th</sup>, 12:00 noon to 1:00 pm, at the Senior Citizen Center in Bellwood. Lunch is served beforehand for the suggested donation of \$1.75.

**Women's History Month Observance** West Suburban Senior Services is hosting a series of speakers in honor of Women's History Month. Additional information is presented in a separate article.

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

## Circuit Breaker Applications

The 2007 Circuit Breaker Illinois Cares Rx applications and booklets are not yet available as of the date of publication of this newsletter. The 2007 Circuit Breaker Illinois Care Rx internet filing is available after February 14<sup>th</sup>, 2008. Income guidelines for this program have not changed. When filing, senior citizens must show proof of 2007 income, including Social Security benefits, and rent or property tax payments. Also, senior citizens must provide their Medicare card and proof of Medicare Part D coverage. Additional information is available by contacting West Suburban Senior Services' Senior Advocates.

## Gourmet Dinner Party

West Suburban Senior Services is pleased to host a monthly gourmet dinner party at the Senior Citizen Center in Bellwood. The next dinner is scheduled March 28<sup>th</sup> from 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, and linen table cloths and napkins. Cost is \$8.00 per person, and prepaid, nonrefundable reservations are due at the Senior

Citizen Center by March 24<sup>th</sup>. A minimum registration is required for this event to take place.

## Hispanic Family Health Fair

Free health information and screenings, activities for children and entertainment for the entire family are being highlighted at the Second Annual Hispanic Family Health Fair sponsored by West Suburban Senior Services and Proviso Township. The event is being held March 15<sup>th</sup>, 9:00 am to 2:00 pm, at the Melrose Park Civic Center, 1000 North 25<sup>th</sup> Avenue in Melrose Park.

Screenings for adults include hearing, dental, cholesterol, glucose, prostate cancer, pulmonary function, spinal, hypertension and vision. Also, participants have the opportunity to discuss prescription and over-the-counter medications with pharmacists, learn important facts about diabetes and other major health concerns from area doctors and taste samples of healthy recipes.

In addition, the State Treasurer's office is having its *Cash Dash* program available so that participants can check for unclaimed assets, and the Secretary of State's mobile drivers' services unit is available for driver's license renewals and state identification cards. Participants may also obtain

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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 is supported by the AgeOptions under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn and Proviso Townships, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

### Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S.

and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For addition information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

### Board of Directors

The Board of Directors elected, during the 35<sup>th</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

- Mrs. Elaine Reno, President
- Mrs. Debbie Nowader, Vice President
- Ms. Carole Kulinski, Secretary
- Mrs. Lois Albers, Treasurer

#### Directors

- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Honorable James Discipio, DDS
- Mrs. Lela Grimble
- Honorable Noreen Love
- Honorable Anthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten



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any interest earned, pension income, wages and salary, capital gains or losses, and a photo identification.

**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 14<sup>th</sup> and March 28<sup>th</sup>, 11:00

am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

**Strength for Caring** On March 12<sup>th</sup>, West Suburban Senior Services' caregiver specialist is leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session

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<b>Mystery Reading Club</b> 9:30 am March 4 <sup>th</sup> Bellwood	<b>Podiatry Clinic</b> 9:30 am Thursdays Bellwood	<b>Senior Citizen Exemption Assistance</b> 10:45 am March 4 <sup>th</sup> Bellwood	<b>Understanding Hip Pain</b> 10:30 am March 24 <sup>th</sup> Bellwood
<b>Mystery Bingo</b> 12:15 pm March 24 <sup>th</sup> Bellwood	<b>Poking Party</b> 10:15 am March 14 <sup>th</sup> Bellwood	<b>Spanish Club</b> 11:00 am March 14 <sup>th</sup> & March 28 <sup>th</sup> Bellwood	<b>Waffle Sundaes</b> 12:15 pm March 13 <sup>th</sup> Bellwood & OARS
<b>Navigator Computer Lab</b> 10:00 am Weekdays Bellwood	<b>Recognizing Food-borne Illness</b> 10:00 am March 24 <sup>th</sup> OARS	<b>Strength for Caring</b> 10:30 am March 12 <sup>th</sup> Bellwood	<b>Wild Wednesday</b> 12:00 Noon March 12 <sup>th</sup> Bellwood
<b>Officers' Club</b> 10:30 am March 31 <sup>st</sup> Bellwood	<b>Robber Bingo</b> 10:15 am March 5 <sup>th</sup> & March 26 <sup>th</sup> Bellwood	<b>Tax Filing Assistance</b> 8:30 am Thursdays through April 3 <sup>rd</sup> Bellwood	<b>Women's History Month Observance</b> 10:45 am March 4 <sup>th</sup> , March 13 <sup>th</sup> , March 18 <sup>th</sup> , March 25 <sup>th</sup> and March 27 <sup>th</sup> Bellwood
<b>Peanut Butter Month Observance</b> 12:15 pm March 5 <sup>th</sup> Bellwood	<b>Rules of the Road Review Class</b> 1:30 pm April 18 <sup>th</sup> Bellwood	<b>Tea and Talk</b> 10:30 am March 12 <sup>th</sup> Bellwood	<b>Tea Room Visit</b> 10:00 am March 29 <sup>th</sup> Elmhurst
<b>Second Shift</b> 7:00 pm March 11 <sup>th</sup> OARS	<b>St. Patrick's Day Lunch and Party</b> 11:00 am March 17 <sup>th</sup> Bellwood & OARS	<b>Travels Around the World</b> 10:30 am March 10 <sup>th</sup> , March 20 <sup>th</sup> , and March 31 <sup>st</sup> Bellwood	<b>Women's History Month Observance</b> 10:00 am March 5 <sup>th</sup> , March 14 <sup>th</sup> , March 26 <sup>th</sup> & March 28 <sup>th</sup> OARS

**Briefly Stated**

**Advisory Council Meeting**

10:00 am  
March 12<sup>th</sup>  
Bellwood

11:00 am  
March 12<sup>th</sup>  
OARS

**Art Class**  
9:00 am  
Tuesdays  
Bellwood

**Banana Split Day**

12:15 pm  
March 27<sup>th</sup>  
Bellwood & OARS

**Best Sellers Reading Club**

9:30 am  
March 25<sup>th</sup>  
Bellwood

**Bingo**  
10:00 am  
Thursdays  
OARS

12:15 pm  
Thursdays  
Bellwood

**Bingo Bonanza**

10:15 am  
March 3<sup>rd</sup>  
Bellwood

10:15 am  
March 4<sup>th</sup>  
OARS

**Cardiology and Preventive Medicine**

10:45 am  
March 6<sup>th</sup>  
Bellwood

**Caregiver Education**

10:30 am  
March 5<sup>th</sup>  
Bellwood

**Casino Trip**

8:30 am  
March 19<sup>th</sup>  
East Chicago, Indiana

**Cheese Cake Day**

12:15 pm  
March 20<sup>th</sup>  
Bellwood & OARS

**Chocoholics' Week**

**Observance**

12:15 pm  
March 18<sup>th</sup>  
Bellwood

**Concord Place Bingo and Ice Cream Social**

1:00 pm  
March 10<sup>th</sup>  
Northlake

**Cream Pie Day**

12:15 pm  
March 6<sup>th</sup>  
Bellwood & OARS

**Creative Writing Class**

10:00 am  
March 25<sup>th</sup>  
Bellwood

**Decluttering Class**

12:30 pm  
March 31<sup>st</sup>  
Bellwood

**Early Bird Bingo**

9:15 am  
March 28<sup>th</sup>  
Bellwood

**Egg Decorating**

12:15 pm  
March 11<sup>th</sup>  
Bellwood

**Egg Hunt**

12:15 pm  
March 20<sup>th</sup>  
Bellwood

10:15 am

March 20<sup>th</sup>  
OARS

**Exercise Class – Audio Tape**

10:30 am  
Monday through Friday  
Bellwood

**Fake Check Scams**

10:30 am  
March 11<sup>th</sup>  
Bellwood

10:00 am  
March 7<sup>th</sup>  
OARS

**Flower Pot Painting and Planting**

12:15 pm  
March 31<sup>st</sup>  
Bellwood

**Fun with Computers Class**

10:00 am  
March 11<sup>th</sup>  
Forest Park

**Gift Shop**

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

**Gourmet Dinner Party**

5:00 pm  
March 28<sup>th</sup>  
Bellwood

**Haircuts**

10:30 am  
March 11<sup>th</sup> & March 25<sup>th</sup>  
Bellwood

**Hispanic Family Health Fair**

9:00 am  
March 15<sup>th</sup>  
Melrose Park

**Just for Men**

10:30 am  
March 19<sup>th</sup>  
Bellwood

**Line Dancing**

10:30 am  
Fridays  
Bellwood

**Luncheon**

11:30 am  
Weekdays  
Bellwood & OARS

**March Madness**

10:15 am  
March 7<sup>th</sup>  
Bellwood

10:15 am  
March 25<sup>th</sup>  
OARS

**Meditation Overview**

10:30 am  
March 4<sup>th</sup>  
Bellwood

**Meditation and Centering**

12:15 pm  
March 14<sup>th</sup> & March 28<sup>th</sup>  
Bellwood

**Movie Day**

12:15 pm  
March 18<sup>th</sup>  
Bellwood

9:30 am

March 19<sup>th</sup>  
OARS

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**Mystery Reading Club** Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting March 4<sup>th</sup>, 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.

**Navigator Computer Lab** West Suburban Senior Services invites seniors to use its computer lab at the Senior Citizen Center in Bellwood. Staff is available Monday through Friday between 10:00 am and 12:00 noon to help seniors access various internet sites including Google, Medicare, Illinois Rx and Blue Cross Insurance. With this knowledge, seniors can research supplemental insurance coverage, and also manage Medicare and prescription drugs on line. Appointments for the computer lab are required.

**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 31<sup>st</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Peanut Butter Month Observance** To mark the celebration of this national observance, West Suburban Senior Services is serving a special dessert March 5<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior citizen Center in Bellwood, and March 11<sup>th</sup>, 12:15 pm to 12:30 pm, at OARS 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 foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno Party** This game is being played March 14<sup>th</sup>, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Recognizing Foodborne Illness** West Suburban Senior Services' nutrition coordinator is conducting this class March 24<sup>th</sup>, 10:00 am to 10:30 am, at OARS Center. The program focuses on the relationship between bacteria in food and illness.

**Rules of the Road Review Class** The Illinois Secretary of State's office is presenting this free class April 18<sup>th</sup>, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is given as part of the class. Appointments are required and may be made by telephoning West Suburban Senior Services.

**St. Patrick's Day Lunch and Party** Everyone is Irish at this celebration March 17<sup>th</sup> at the Senior Citizen Center in Bellwood and at OARS Center. Festivities begin at 11:00 am; lunch is served at 11:30 am for the suggested meal donation of \$1.75. Reservations are required by 12:00 noon on March 13<sup>th</sup>.

**Second Shift** West Suburban Senior Services is pleased to announce this new caregiving group; it is meeting March 19<sup>th</sup>, 7:00 pm to 8:00 pm, at River Park Center. The group focuses on the challenges of balancing work and caregiving duties.

**Senior Citizen Property Tax Freeze Assistance** Proviso Township Deputy Assessor is coming to the Senior Citizen Center in Bellwood March 4<sup>th</sup>, 10:30 am to 12:00 noon, to help seniors complete their senior freeze exemption application. Completed applications can also be notarized at that time. Appointments may be made by telephoning West Suburban Senior Services, (708) 547-5600. Walk-ins are welcome but may have to wait. Seniors should bring their Social Security income,

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### Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 3, 2008</b>	<b>March 4, 2008</b>	<b>March 5, 2008</b>	<b>March 6, 2008</b>	<b>March 7, 2008</b>
Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	Polish Sausage on Bun Whipped Potatoes Sauerkraut Pineapple and Orange Juice Applesauce	Meatballs Mashed Potatoes California Vegetables Pineapple Orange Gelatin Vanilla Pudding	Oven Fried Chicken Leg Au Gratin Potatoes Peas and Carrots Cream of Broccoli Soup Cantaloupe
<b>March 10, 2008</b>	<b>March 11, 2008</b>	<b>March 12, 2008</b>	<b>March 13, 2008</b>	<b>March 14, 2008</b>
Spinach Ravioli and Meat Sauce California Vegetables Lettuce Wedge Orange	Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	Meatloaf Mashed Potatoes Green Beans Orange Pineapple Juice Applesauce	Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup Orange	Barbecued Roast Pork Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
<b>March 17, 2008</b>	<b>March 18, 2008</b>	<b>March 19, 2008</b>	<b>March 20, 2008</b>	<b>March 21, 2008</b>
Corned Beef and Cabbage Potatoes Gelatin Pear Halves	Barbecued Chicken Macaroni and Cheese Green Peas Coleslaw Banana	Meatball Sandwich Whole Potatoes Green Beans Vegetable Soup Apricots	Chili Mac Carrots Tossed Salad Butterscotch Pudding	Turkey Mashed Potatoes Cottage Cheese and Pear Salad Mandarin Orange
<b>March 24, 2008</b>	<b>March 25, 2008</b>	<b>March 26, 2008</b>	<b>March 27, 2008</b>	<b>March 28, 2008</b>
Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	Stuffed Green Pepper Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
<b>March 31, 2008</b>	All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements			
Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	West Suburban Senior Services is supported by the AgeOptions, 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 Commissions of Berwyn and Proviso Townships, local villages, and donations.			

Senior Citizen Center  
439 Bohland  
Bellwood, Illinois 60104

OARS Center  
712 Elm  
LaGrange, Illinois 60525

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information about Social Security, veterans' benefits, primary and supplemental health insurance, mental health services, senior housing and a variety of other health-related topics.

For children, health screenings include vision, hearing and dental. Information about nutrition, poison prevention, family services, special needs and overall safety is being provided. In addition, the Westchester Fire Safety House is available for touring. Free children's haircuts, a soccer clinic, face painting, clowns and the Old Country Buffet are also scheduled.

Additional information is available from Proviso Township at (708) 449-4300 or West Suburban Senior Services at (708) 547-5600.

#### Senior Free Ride Program

Beginning March 17<sup>th</sup>, 2008 senior citizens aged 65 or over living in the RTA service region of Cook, DuPage, Kane, Lake, McHenry and Will Counties are eligible for free transit on fixed routes operated by the Chicago Transit Authority (CTA), Metra and Pace. To take advantage of the free transit, senior citizens must have the Senior Citizen Reduced Fare Card.



Senior citizens who already have the senior reduced fare card are registered for the free ride program. The current reduced fare card will be accepted on March 17<sup>th</sup> for the free transit rides. In the months ahead, the RTA will transition all holders of the current reduced fare permit to a new smart card. This card will make it easier and faster for senior citizens when boarding busses and trains. Current Senior Citizen Reduced Fare Card will be notified when the new smart cards are available.

Qualified senior citizens who do *not* have a current senior reduced fare card and would like to participate in the free transit program should sign up for the RTA's senior reduced fare program at West Suburban Senior Services, 439 Bohland Avenue, Bellwood. They must bring a 1 1/2 inch by 1 1/2 inch color picture (no hats, scarves or sunglasses allowed) and a photo ID (a driver's license or a state identification card) to complete the application. Their reduced fare permit card is then mailed to them within three to four weeks.

To obtain the free ride beginning March 17<sup>th</sup>, senior citizens must show their reduced fare permit to the driver, ticket agent or conductor, or use it at a turnstile or in a farebox. Metra riders will receive a free ride ticket when showing their permit at the ticket office (if open) or to on-board train personnel.

#### Travels Around the World

Jamaica, Africa and the Ukraine are among the destinations on a special program being presented by students and faculty from Elmhurst College this month at the Senior Citizen Center in Bellwood. On March 10<sup>th</sup>, March 20<sup>th</sup> and March 31<sup>st</sup> between 10:30 am and 11:30 am, participants have the opportunity to see these coun-

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The class is meeting March 11<sup>th</sup>, 10:00 am to 11:00 am, and new students are welcome. There is no fee, but registration is required.

**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** West Suburban Senior Services is hosting this event March 28<sup>th</sup>, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

**Haircuts** Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site March 11<sup>th</sup> and March 25<sup>th</sup> at 10:30 am. Appointments are required.

**Hispanic Family Health Fair** Proviso Township and West Suburban Senior Services are cosponsoring this second annual event March 15<sup>th</sup>, 9:00 am to 2:00 pm, in the gymnasium at the Melrose Park Civic Center. Free health information and health screens are available for the entire family -- children through senior citizens. Additional information is included in a separate article.

**Just for Men** This new care giving group meets March 19<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is designed to meet the unique needs and challenges of male caregivers.

**Line Dancing** Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 10:30 am and 11:30 am. There is no charge.

**Lunch Reservations** Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

**March Madness** This event features party bingo, lunch and Pokeno March 7<sup>th</sup> at the Senior Citizen Center in Bellwood and March 25<sup>th</sup> at OARS Center. Party bingo is being played from 10:15 am to 11:15 am. Lunch is served at 11:30 am, and Pokeno follows from 12:15 pm to 1:15 pm. Cost for all is \$2.25, and a minimum registration is required for this activity to take place.

**Meditation Overview and Classes** Matt Barnes is introducing seniors to the techniques and benefits of basic meditation March 4<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Subsequent meditation and relaxation classes are scheduled March 14<sup>th</sup> and March 28<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center.

**Movie Day** This month's selection is *Waitress*, a comedy about the power of friendship, motherhood and second chances. Keri Russell stars. It is being shown March 18<sup>th</sup>, 12:15 pm to 2:15 pm, at the Senior Citizen Center in Bellwood, and March 19<sup>th</sup>, 9:30 am to 11:30 am, at OARS Center. Refreshments are served.

**Mystery Bingo** This challenging form of party bingo is scheduled March 24<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and March 12<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

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**Cheese Cake Day** For \$1.00, seniors may enjoy this dessert March 20<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Reservations are required.

**Chocoholics' Week Observance** West Suburban Senior Services is commemorating this national celebration with a special dessert March 18<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

**Concord Place Bingo and Ice Cream Social** This complimentary event is scheduled March 10<sup>th</sup>, 1:00 pm to 2:00 pm, at Concord Place in Northlake. Limited bus transportation is available from the Senior Citizen Center in Bellwood. Reservations for the bus and the ice cream social are required by March 6<sup>th</sup>, and may be made by telephoning West Suburban Senior Services.

**Cream Pie Day** This special dessert is being served March 6<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Creative Writing Class** New and returning students are welcome at this monthly class at the Senior Citizen Center in Bellwood. This month's meeting is March 25<sup>th</sup> from 10:00 am to 11:30 am. There is no enrollment fee.

**DeCluttering Class** Seniors are invited to learn ways for decluttering their homes and lives at this class March 31<sup>st</sup>, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. There is no enrollment fee.

**Early Bird Bingo** West Suburban Senior Services is hosting a breakfast-bingo party March 28<sup>th</sup>, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. French toast, sausage, juice, milk and coffee are served at 9:15 am; party bingo is played from 10:00 am to 11:00 am. Cost for the

meal and game is \$2.00. Reservations are required by 12:00 noon on March 26<sup>th</sup>, and a minimum registration is required.

**Egg Decorating** Seniors are invited to participate in this spring activity March 11<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Virginia Burger is the instructor.

**Egg Hunt** West Suburban Senior Services is hosting its annual egg hunt March 20<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood, and March 20<sup>th</sup>, 10:00 am, at OARS Center. In addition to hunting for tasty treats, participants are also hunting for prize eggs. This event is being held rain or shine.

**Exercise Class – Audio Tape** This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

**Fake Check Scams** The United States Postal Inspection Service is coming to the Senior Citizen Center in Bellwood March 11<sup>th</sup>, 10:45 am to 11:30 am, and to OARS Center March 7<sup>th</sup>, 10:00 am to 11:00 am, to alert seniors about fraudulent financial schemes. Fake checks are among the topics being discussed.

**Flower Pot Painting and Planting** This "think spring" activity is taking place March 31<sup>st</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 fee includes a flower pot, instruction, and a small plant. Reservations are required by March 24<sup>th</sup>.

**Fun with Computers Class** West Suburban Senior Services and Proviso Township High School District 209 are continuing basic computer classes for seniors at the Proviso Mathematics and Science Academy in Forest Park.

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tries through the students' and faculty members' experiences, and learn about local customs, culture, social conditions and more. Additional information is available by telephoning West Suburban Senior Services.

### Triton Dinner

**W**est Suburban Senior Services is hosting a dinner outing to Triton College on February 20<sup>th</sup>, 2008 from 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary art students, the buffet includes an assortment of hot entrees, salads, cheeses, rolls, desserts, and coffee and hot tea. The \$9.50 per-person cost includes the buffet; tips are extra.

Seating is limited, and reservations are being accepted at the Senior Citizen Center in Bellwood on a first come, first serve basis. *Nonrefundable cash payments* are due at the time reservations are made. The reservation deadline is February 10<sup>th</sup>.

### Women's History Month Celebration

**W**est 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 10:45 am on the designated dates.

**March 13<sup>th</sup>**

Angela Stewart and Dakeya Mason  
911 Center Telecommunicators

**March 18<sup>th</sup>**

Karen Okura  
*Animal Behaviorist*

**March 25<sup>th</sup>**

Penny Murad  
*Nanny, Chicago Nannies*

**March 27<sup>th</sup>**

Ginger Zee  
*Meteorologist, NBC WMAQ  
Channel Five Television*

The following forums have been scheduled at OARS Center at 10:00 am on the designated dates:

**March 14<sup>th</sup>**

Lynda Miller  
*Toot-Toot the Clown*

**March 28<sup>th</sup>**

Vivian Ingersol  
*Art Dolls*

In addition, seniors are invited to enjoy two movies about influential women. *A League of Their Own*, featuring a River Forest native, is being shown March 4<sup>th</sup>, 12:15 pm to 2:15 pm, at the Senior Citizen Center, and March 5<sup>th</sup>, 10:00 am to 12:00 noon, at OARS Center. *The Dorothy Dandridge Story* with Halle Berry is scheduled March 25<sup>th</sup>, 12:15 pm to 2:15 pm, at the Senior Citizen Center, and March 26<sup>th</sup>, 10:00 am to 12:00 noon, at OARS Center.

Additional speakers for OARS Center were being scheduled when *The Senior Chronicle* went to press. Information is available from West Suburban Senior Services.

# 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 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 12<sup>th</sup>, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

**Art Class** The Senior Citizen Center in Bellwood offers seniors a chance to work in various media such as water colors, acrylics, pastels and oils, and to receive instruction in basic drawing. Classes take place every Tuesday at 9:00 am, and are instructed by a competent artist and sculptor. There is a fee for enrollment.

**Banana Split Day** This dessert is being served March 27<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Best Sellers Reading Club** West Suburban Senior Services and the Bellwood Public Library are cosponsoring 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 25<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to participate should telephone the agency now to sign out copies of the current reading selection.

**Bingo** Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join to-

gether for a lively game beginning at 12:15 pm at the Senior Citizen Center and 10:00 am at the OARS Center.

**Bingo Bonanza** A double session of party bingo is planned March 3rd at the Senior Citizen Center in Bellwood, and March 4th 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.

**Cardiology and Preventive Medicine** Charlotte Bai, assistant professor of medicine, Cardiology Division, Loyola University of Chicago, is presenting this program March 6<sup>th</sup>, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Recent advancements in the treatment of heart problems are among the topics being discussed.

**Caregiver Education** West Suburban Senior Services' caregiver specialist is conducting a session March 5th to provide skill building and problem solving strategies for those caring for seniors age 60 and older. This month's focus is personal care assistance. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

**Casino Trip** West Suburban Senior Services is planning a trip to the Resorts Casino in East Chicago, Indiana, on March 19<sup>th</sup>. The \$25 per-person fee includes round trip bus transportation, an all-you-can-eat buffet lunch, five hours of gaming and \$5.00 of casino coins. Paid *cash* reservations are due at the Senior Citizen Center in Bellwood by March 10<sup>th</sup>, and a minimum registration is required for this activity to take place.

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