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Stepper Dance Class Beginners and advanced students are welcome in this free class. It is offered March 5th, March 12th and March 19th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Strong for Life Elmhurst Memorial Healthcare is the program presenter March 10th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants are learning practical, usable ways to maintain healthy bones and strong muscles.

Tax Filing Assistance American Association of Retired Persons (AARP) is providing free tax filing assistance at the Senior Citizen Center in Bellwood for low-and middle-income seniors age 60 and older. This service is available on Thursdays, March 5th through April 9th, 8:30 am to 12:30 pm. Appointments are required and may be made by telephoning the agency.

Think Spring Hat Parade and Tea Party West Suburban Senior Services invites seniors to shed the winter blahs by participating in this event March 20th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood and at OARS Center. Prizes are being awarded for the most creatively decorated hats.

Women's History Month Observance March is Women's History Month, and to commemorate the event, West Suburban Senior Services is hosting a series of speakers. At OARS Center, Western Springs Police Chief Pamela Church is speaking March 11th from 10:30 am to 11:30 am. WGN Television anchor and reporter Micah Materre is speaking at the Senior Citizens Center, but a date was still being finalized when *The Senior Chronicle* went to press.

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.

More information may be available in a separate article.

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

Casino Trip

West Suburban Senior Services is sponsoring an outing to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, on March 25th. The trip leaves from the Senior Citizen Center in Bellwood at 8:30 am and returns there at approximately 6:00 pm. The \$25.00 per-person cost includes round-trip transportation on a motor coach, an all-you-can-eat buffet and a \$10.00 voucher for 50 slot points earned. Also, everyone in the agency's group has the option of playing a three-hour session of matinee bingo beginning at 1:00 pm.

Paid *non-refundable cash* reservations are due at the Senior Citizen Center by March 13th, and a minimum registration is required. As a reminder, the casino requires one of the following forms of photo identification: current passport, valid driver's license, valid State-issued identification card, current military identification, an immigration card or a consulate card.

Gourmet Dinner Party

West Suburban Senior Services is pleased to host a gourmet dinner party series at the Senior Citizen Center in Bellwood. The first dinner of 2009 is March 27th from 5:00 to 7:00 pm.

The meal is catered by an area restaurant, and participants have the experience of elegant dining with fine china, goblets, and linen table cloths and napkins. Cost is \$9.00 per person, and prepaid, nonrefundable reservations are due at the Senior Citizen Center by March 23rd. A minimum registration is required for this event to take place.

Join PTHS 209 and West Suburban Senior Services for Grandparents' Day!

Proviso Township High School District 209 and West Suburban Senior Services invite seniors to a Saturday of entertainment, information and relaxation March 14th, 12:00 noon to 3:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park.

Activities begin with refreshments from 12:00 noon to 1:00 pm. Seniors are encouraged to come out, mingle and enjoy the fun. During the event, West Suburban Senior Services' staff will be available to share information about available programs and services. Seniors are also being treated to a theatrical performance by the Math and Science Academy Theater group at 1:00 pm. Party bingo follows the theater performance. The event is being supported by all District 209 high schools and is open to all community grandparents.

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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. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the Senior Chronicle out due to increased postage costs. 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 or our website

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.

Website

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

Board of Directors

The Board of Directors elected, during the 36th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Debbie Nowader, President
Mrs. Lela Grimble, Vice President
Mrs. Tywana Rand, Secretary
Mrs. Lois Albers, Treasurer

Directors

Mrs. Jann Beauchamp
Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Arthur Grapenthein
Mrs. Lela Grimble
Mr. Robert A. Jones
Mr. Luigi Mazzei
Commissioner Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Ms. Carole Kulinski
Judge Noreen Love
Mrs. Elaine Reno

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Mystery Bingo This party bingo is scheduled March 9th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is 50 cents per card, and refreshments are served.

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 3rd, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

Pie A la Mode For \$1.00, seniors may enjoy this dessert March 12th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

Planning for Incapacity Legal Assistance Foundation of Metropolitan Chicago is presenting this program March 24th, 10:30 am to 11:30 am, at OARS Center, and April 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include power of attorney and living wills.

Pokeno Blow-Out A double session of Pokeno is planned March 13th at the Senior Citizen Center in Bellwood. For \$1.00, seniors play from 10:15 am to 11:15 am, and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments. A minimum registration is required for this activity to take place.

Resume's: Retooling Them for Success Illinois Employment and Training Center in Maywood is conducting this class March 31st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class also provides one-on-one instruction for seniors who want to create a first-time resume'. Class registration is required and may be done by telephoning West Suburban Sen-

ior Services.

Rules of the Road Class Illinois Secretary of State staff are conducting this review class April 17th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is given. The class is free, but reservations are required and may be made by telephoning the agency.

Senior Connection This new program begins March 9th at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

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 6th and March 20th, 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.

Spring Concert Proviso Township High School District 209 and West Suburban Senior Services are hosting a Grandparents' Concert and Lunch March 14th at the Mathematics and Science Academy in Forest Park. Additional information is provided in a separate article.

St. Patrick's Day Lunch and Party Seniors are invited to celebrate March 17th at the Senior Citizen Center in Bellwood and at OARS Center. Additional information is presented in a separate article.

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Briefly Stated

Advisory Council

10:00 am
March 11th
Bellwood

11:00 am
March 11th
OARS

Art Class

9:00 am
Tuesdays
Bellwood

Arthritis Foundation

Exercise Class

10:00 am
Mondays
OARS

Banana Splits

12:15 pm
March 26th
Bellwood & OARS

Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
March 2nd
Bellwood

10:15 am
March 3rd
OARS

Brain Games

12:15 pm
March 4th, March 11th &
March 18th
Bellwood

Breakfast Bingo

9:30 am
March 30th
Bellwood

Casino Trip

8:30 am
March 25th
Milwaukee, WI

Chair Exercises

10:00 am
Fridays
OARS

Chocoholics' Week

Times Vary
March 16th through March
20th
Bellwood & OARS

**Common Eye Disorders
of the Elderly**

10:30 am
March 16th
Bellwood

**Diabetes: What You
Need to Know**

10:30 am
March 13th
OARS

Exercise Class

10:00 am
Monday through Friday
Bellwood

Gift Shop

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

Gourmet Dinner Party

5:00 pm
March 27th
Bellwood

Grief Support Group

2:00 pm
March 2nd & March 16th
Bellwood

Haircuts

10:30 am
March 10th & March 24th
Bellwood

**Handling Fruits &
Vegetables Safely**

10:30 am
March 4th
OARS

Infectious Disease Control

10:30 am
March 10th
OARS

Joe Fire Entertainment

10:30 am
March 31st
Bellwood

Legal Assistance

By Appointment
Bellwood

Line Dancing

9:30 am
Fridays
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

'Mad Money' Auctions

10:30 am
March 26th
Bellwood

10:00 am
March 27th
OARS

**Meditation & Centering
Class**

12:15 pm
March 6th & March 20th
Bellwood

Movie Days

12:15 pm
March 3rd, March 10th, March
24th & March 31st
Bellwood

Mystery Bingo

12:15 pm
March 9th
Bellwood

Mystery Reading Club

9:30 am
March 3rd
Bellwood

Pie A la Mode

12:15 pm
March 12th
Bellwood & OARS

Planning for Incapacity

10:30 am
March 24th
OARS

10:30 am
April 13th
Bellwood

Podiatry Clinic

9:00 am
Thursdays
Bellwood

Pokeno Blow-Out

10:30 am
March 13th
Bellwood

Pokeno Parties

12:15 pm
March 6th & March 23rd
Bellwood

10:30 am
March 25th
OARS

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St. Patrick's Day Celebration

As the saying goes, everyone is a little bit Irish on St. Patrick's Day, and West Suburban Senior Services invites seniors to a party luncheon at its two nutrition sites on March 17th.

*Senior Citizen Center
439 Bohland Avenue
Bellwood*

10:30 am Entertainment by Jim Pappa
11:30 am Corned Beef and Cabbage Luncheon
12:15 pm Party Bingo

*OARS Center
712 East Elm
LaGrange*

10:30 am Entertainment
11:30 am Corned Beef and Cabbage Luncheon
12:15 pm Party Bingo

The \$2.00 cost includes lunch and activities. Reservations are required by 12:00 noon on March 10th.

Take Charge of Your Health!

West Suburban Senior Services is hosting another session of the *Take Charge of Your Health!* program this spring at the Senior Citizen Center in Bellwood. The class is designed to help seniors with a chronic illness thrive---and not just survive.

The program consists of six, 2 ½ hour classes

taught by two trained class leaders. Discussion centers on

- coping with fatigue, frustration and isolation related to ongoing health conditions.
- exercising to maintain and improve strength and flexibility.
- using medications.
- communicating with family, friends and health professionals.
- practicing good nutrition, and
- evaluating new treatment options.

Seniors who recently completed the program comment that the class "provided motivation to take actual steps for solving problems and taking care of our health," and "taught us how to respond to life."

Classes are scheduled April 7th, April 14th, April 21st, April 28th, May 5th and May 12th. Enrollment is allowed only through the second class session.

Take Charge of Your Health! is sponsored by AgeOptions. The program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health.

Television Converter Box Installation

West Suburban Senior Services is installing television converter boxes for Proviso Township seniors on a first come, first served basis. Seniors interested in receiving this service are asked to telephone the agency and add their name to the waiting list. There is no installation fee.

The television converter box is one option to tran-

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Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
March 2, 2009	March 3, 2009	March 4, 2009	March 5, 2009	March 6, 2009
Cheeseburger 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 Juice Applesauce	Meatballs Mashed Potatoes California Vegetables Pineapple Vanilla Pudding	Oven Fried Chicken Au Gratin Potatoes Peas and Carrots Cream of Broccoli Soup Cantaloupe
March 9, 2009	March 10, 2009	March 11, 2009	March 12, 2009	March 13, 2009
Spinach Ravioli Meat Sauce California Vegetables Lettuce Wedge Orange	Turkey a la King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	Meatloaf Mashed Potatoes Green Beans Coleslaw Applesauce	Italian Baked Chicken Rice Pilaf Italian Mixed Vegetables Minestrone Soup Mandarin Oranges	Bar B Que Roast Pork Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
March 16, 2009	March 17, 2009	March 18, 2009	March 19, 2009	March 20, 2009
Stuffed Cabbage Roll Whipped Potatoes Wax Beans Lettuce Wedge Pear Halves	Bar B Que Chicken Macaroni and Cheese Green Peas Coleslaw Banana	Breaded Pork Cutlet Rice Pilaf Green Beans Vegetable Soup	Spaghetti with Meat Sauce Mixed Vegetables Cucumbers Fruit Cocktail	Sliced Turkey Mashed Potatoes Broccoli Cottage Cheese and Pears Mandarin Oranges
March 23, 2009	March 24, 2009	March 25, 2009	March 26, 2009	March 27, 2009
Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	Stuffed Green Peppers 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 Sliced Apple Rings Fruit Yogurt

All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements

West Suburban Senior Services is supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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OARS Center
712 East Elm
LaGrange

Center in Bellwood and at the OARS Center in LaGrange.

West Suburban Senior Services is issuing its own form of currency in the form of *Mad Money* coupons March 2nd through March 25th at its two nutrition sites. Here's how the coupons work: Each time seniors have lunch at the Bellwood site or at the LaGrange site in this time period, they will receive a *Mad Money* coupon. *Only these Mad Money* coupons can then be used to purchase items at an auction March 26th, 10:30 am, at the Senior Citizen Center, and March 27th, 10:00 am, at OARS Center. Coupons must be used at the site where they were earned, and seniors may not pool their coupons. Any coupons not used at the auction will be void. Note: To help seniors earn more *Mad Money* coupons for the auction, the agency has designated Tuesdays and Fridays as *Double Coupon Days*. Seniors having lunch those days receive two *Mad Money* coupons.

Lunch reservations for the Bellwood and LaGrange nutrition sites are required by 12:00 noon on the business day before seniors plan to eat. Suggested meal donation is \$1.75.

Menu Choice Days

West Suburban Senior Services is pleased to offer lunch participants at the Senior Citizen Center in Bellwood and the OARS Center in LaGrange meal options on designated dates. On these dates, seniors may order either the lunch on the menu or a gourmet boxed lunch for the suggested donation of \$1.75. Reservations for the hot meals are required by 12:00 noon on the business day before

seniors plan to eat; the boxed lunches have different reservation deadlines noted below.

March 9th Ham and cheese croissant boxed lunch option. Reservation deadline is 12:00 noon on March 5th.

March 25th Turkey croissant boxed lunch option. Reservation deadline is 12:00 noon on March 23rd.

Senior Connection

West Suburban Senior Services announces a new program designed to help seniors make connections with others who share similar interests. On March 9th at 10:00 am, senior citizens are invited to share their interests during a 30-minute informal get-together at the Senior Citizen Center in Bellwood. That information will be distributed at a follow-up meeting on March 23rd at 10:00 am. At that time, seniors will have the opportunity to meet others who enjoy similar activities. *Senior Connection* is a program designed to develop and promote friendships; it is not a dating service. Additional information is available.

Senior Property Tax Freeze

The Proviso Township Deputy Assessor is available to help seniors complete paperwork for the Senior Property Tax Freeze March 3rd, 10:30 am to 12:00 noon at the Senior Citizen Center in Bellwood. Appointments are encouraged and may be made by telephoning West Suburban Senior Services. Assistance is also available for homebound seniors.

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16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am.

Diabetes: Everything You Want to Know Dr. Anthony Auriemma, MD, is presenting this program March 13th, 10:00 am to 11:00 am, at OARS Center. Topics include the importance of nutrition and exercise in controlling diabetes.

Gourmet Dinner Party West Suburban Senior Services' gourmet dinner party series begins March 27th, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Grief Support Group West Suburban Senior Services invites seniors to join a new grief support group at the Senior Citizen Center in Bellwood. This month's meetings are March 2nd and March 16th from 2:00 pm to 3:00 pm.

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 10th and March 24th at 10:30 am.

Handling Fruits and Vegetables Safely West Suburban Senior Services' nutrition supervisor is the program presenter. In addition to learning ways to prevent food borne illnesses, participants can also sample a healthy fruit salad. The program is scheduled March 4th from 10:30 am to 11:00 am at OARS Center.

Infectious Diseases This program is being presented by Hinsdale Hospital March 10th, 10:30 am to 11:30 am, at OARS Center.

Joe Fire Entertainment Seniors are invited to enjoy this musical program March 31st, 10:30 am to 12:00 noon, at the Senior Citizen Center in

Bellwood. Lunch is served at 11:30 am for the suggested donation of \$1.75.

Legal Assistance Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact West Suburban Senior Services for more information regarding appointments.

Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 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.

'Mad Money' Auctions West Suburban Senior Services announces Mad Money coupons to help seniors offset the rising cost of living. Additional information is presented in a separate article.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class March 6th and March 20th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days Each Tuesday, seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *The Secret Lives of Bees* on March 3rd, *Flash of Genius* on March 10th, *Changeling* on March 24th and *What Happens in Vegas* on March 31st.

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Here Are Some Things That Get Better With Age

Mind and Body

Wisdom: You can acquire knowledge from a book, but only by living can you acquire wisdom.

Life Stories: The longer you live, the more stories you have and the richer they become.

Emotional Stability: Research shows that people get less neurotic as they get older.

Body Image: You finally start appreciating the body you have.

Patience: You've learned that all good things come with time. So what's the hurry?

Common Sense: It keeps developing as you survive the dares and risks you take throughout life.

Admiration: You admire the accomplishments of others, as you garner their admiration.

Food and Drink

Cheese: Without proper aging, cheeses would lack their flavor and texture.

Eggs: Older eggs are better for hard-cooking, their shell does not stick to the cooked egg white.

Cookbooks: Best loved cookbooks are the ones marked with food and fingerprints.

Tangibles

Style: You may hate the styles today they'll soon make their way back to retro.

Real Estate: If you hold on to property long enough, its value will grow

Money-Saving Perks: Can you say "senior discount"?

Nature

Fruit Trees: Older trees produce higher quality fruit.

A Bird's Song: Mature birds have a stronger and wider range of trills.

What has gotten better as you've aged?

Hispanic Family Health Fair

Free health information and screenings, haircuts and activities for children, snacks, and entertainment for the entire family are being featured at the Third Annual Hispanic Family Health Fair sponsored by Proviso Township and West Suburban Senior Services Saturday, April 4th, 9:00 am to 1:00 pm, at the Melrose Park Civic Center, 1000 North 25th Avenue in Melrose Park.

Screenings include blood pressure, bone density, cholesterol, dental, glucose, prostate cancer, spinal and vision. Also, participants will have the opportunity to discuss prescription and over-the-counter medications with pharmacists, and learn important information about major health concerns from area doctors.

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

'Mad Money' Days

Everyone enjoys some extra spending money, and West Suburban Senior Services invites seniors (age 60 and older) to participate in *Mad Money Days* this month at the Senior Citizen

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Resume's: Retooling Them for Success

10:30 am
March 31st
Bellwood

Rules of the Road Class

1:30 pm
April 17th
Bellwood

Senior Connection

10:00 am
March 9th & March 23rd
Bellwood

Seven-Up Floats

March 3rd
12:15 pm
Bellwood & OARS

Spanish Club

11:00 am
March 6th & March 20th
Bellwood

Spring Concert

10:30 am
March 14th
Bellwood

St. Patrick's Day Lunch & Party

10:30 am
March 17th
Bellwood & OARS

Stepper Dance Class

10:30 am
March 5th, March 12th &
March 19th
Bellwood

Stepper Party

10:30 am
March 24th
Bellwood

Strong for Life

10:30 am
March 10th
Bellwood

Tax Filing Assistance

By Appointment
Thursdays through April 9th
Bellwood

Think Spring Hat Parade & Tea Party

10:30 am
March 20th
Bellwood & OARS

Women's History Month Observance

10:30 am
March 11th
OARS

To Be Announced

Bellwood

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 and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting March 11th, 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. There is a fee for enrollment.

Arthritis Foundation Exercise Class West Suburban Senior Services is pleased to host this class each Monday from 10:00 am to 11:00 am at OARS Center. There is no fee.

Bingo Bonanza A double session of party bingo is planned March 2nd at the Senior Citizen Center in Bellwood, and March 3rd 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 cost includes prizes and refreshments.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled from 12:15 pm to 1:00 pm on March 4th, March 11th and March 18th at the Senior Citizen Center in Bellwood. There is no charge for this activity.

Breakfast Bingo This session of party bingo is

scheduled March 30th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a pancake and sausage meal and the bingo. Reservations are required by 12:00 noon on March 26th, and a minimum registration is required for this activity to take place.

Casino Trip West Suburban Senior Services is sponsoring an outing to the Potawatomi Bingo Casino in Milwaukee on March 25th. Additional information is presented in a separate article.

Chair Exercises This program takes place every Friday at OARS Center from 10:00 am to 10:30 am. There is no charge.

Chocoholics' Week The third week of March has been designated as National Chocolate Week, and West Suburban Senior Services is hosting various activities to mark the occasion. The schedule at the Senior Citizen Center in Bellwood includes brownie ice cream sundaes at 12:15 pm and chocolate party bingo at 12:30 pm on March 16th; chocolate ice cream waffle cones, 12:15 pm, on March 17th; chocolate sundaes, 12:15 pm, on March 18th; a chocolate dessert plate, 12:15 pm, on March 19th; and chocolate surprises, 12:15 pm, on March 20th. At OARS Center, the schedule is chocolate ice cream cones, 12:15 pm, on March 16th; brownie ice cream sundaes, 12:15 pm, on March 17th; chocolate party bingo, 10:30 am, on March 18th; a chocolate dessert plate, 12:15 pm, on March 19th; and chocolate surprises, 12:15 pm, on March 20th. Cost for each activity and treat is \$1.00.

Common Eye Disorders of the Elderly Kirk Eye Center is presenting this program March

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sition to digital television for seniors who currently rely on a rooftop antenna or "rabbit ears" for reception. The federal government is offering households up to two \$40 coupons to help pay for the cost of a government certified converter box. Coupons are available on a first come, first served basis. Interested seniors may access the coupons online at www.DTV2009.gov, call 1-888-388-2009, mail their request to PO Box 2000, Portland, OR 97208, or fax 1-877-388-4632. Coupons expire 90 days after they are mailed, and expired coupons cannot be reissued or replaced. A list of retailers is included in the envelope with the coupons.

Village Days

West Suburban Senior Services is continuing its series of *Village Days* this month at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Seniors (age 60 and older) are in-

vited to enjoy lunch and activities, and to learn more about available programs and services. Activities begin at 10:30 am; lunch is served at 11:30 am. Reservations are required by 12:00 noon on the business day before seniors plan to eat. Additional information is available from the Senior Center Director.

Senior Citizen Center
439 Bohland Avenue
Bellwood

Hines Senior Day, March 23rd
Hillside Senior Day, March 31st

OARS Center
712 East Elm
LaGrange

Western Springs Senior Day, March 11th

Additional *Village Days* are being planned for April.