

(Continued from page seven)

duced to Haiti on March 22nd at 10:30 am and can sample Haitian cuisine on March 30th at 10:30 am. Future programs include Costa Rica in April and Greece in May.

Aromatherapy

Aromatherapy can be used to help improve a person's mood, cognitive functioning or overall health. It can help relax a person's body and mind. It can help reduce stress and ailments that come along with stress, such as aching muscles and headaches.

There are different ways to use aromatherapy: through topical applications or through smelling the scents. For example, basil can be used to uplift the effects on depression, and to relieve headaches and migraines. Peppermint oil stimulates the senses, helps digestion and clears congestion. Lavender oil is used to calm and relax.

It also helps alleviate insomnia, and soothes headaches and migraines. Lemon grass oil can work as an antidepressant and helps reduce stress. Jasmine oil also works as an antidepressant and relaxes the nerves. As always, seniors should consult with their physician before starting any "self-treatment" to see if there are any interactions with current medications or with other pre-existing conditions.

Resources from www.aromaweb.com

Restarting WSSS Services

If you're a senior who terminated assistance from West Suburban Senior Services and now find that you need help again, please contact Sarah Halstead at (708) 547-5600, extension 230. Sarah specializes in restarting services such as Adult Day Health Care, Chore house-keeping, Home Delivered Meals, personal care, respite and other assistance. Such services are crucial for helping seniors remain in their homes.

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.

The Hodgkin's Meal Site is located at 9301 63rd in Hodgkins.

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 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

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
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

Be Counted in 2010!

Beginning March 19th and extending through April 19th, the U. S. Census Bureau will have a Questionnaire Assistance Center at the Senior Citizen Center in Bellwood. Between 10:00 am and 3:00 pm on Mondays, Tuesdays and Thursdays, seniors and other community residents may receive assistance completing their 2010 Census form. Also, respondents may obtain a copy of the *Be Counted* questionnaire if they did not receive one at their place of residence, or if they believe they were not added to the census questionnaire sent to their place of residence.

This month, census questionnaires are being delivered to or mailed to households nationwide. With only ten questions, the 2010 Census questionnaire is one of the shortest questionnaires in history and takes just ten minutes to complete. The individual in whose name the housing unit is owned or rented should complete the questionnaire on behalf of every person living in the residence, including relatives and non-relatives.

Households should complete and mail back their questionnaires upon receipt. Households that do not respond may receive a replacement questionnaire in early April. Census takers will visit households that do not return questionnaires to take a count in person.

Casino Trip

West Suburban Senior Services is sponsoring an outing to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, on March 31st. The bus 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 \$5.00 voucher for 25 points earned. Also, everyone has the option of playing matinee bingo beginning at 1:00 pm.

Paid *non-refundable cash reservations* are due by March 19th, and a minimum registration is required for the trip to take place. 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.

Fashion Show and Tea

New to You Upscale Resale Shop in Broadview and West Suburban Senior Services are cosponsoring their first annual *Spring Fashion Show and Tea* March 25th, 10:30

(Continued on page five)

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 37th 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. Jann Beauchamp, Treasurer

Directors

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

Honorary Directors

Mrs. Lois Albers
Commissioner Anthony Peraica

(Continued from page 5)

- ❑ 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.

Classes are scheduled April 20th, April 27th, May 4th, May 11th, May 18th and May 25th, 10:00 am to 12:30 pm. *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.

It's Time to Catch Spring Fever!

Spring soon begins, and West Suburban Senior Services invites seniors to shed their cabin fever at a spring carnival March 29th at the Senior Citizen Center in Bellwood. The schedule is presented below:

- 10:00 am to 11:00 am *Games and Popcorn* – Seniors are invited to test their skills at skee- ball, golf putting, fish bowl toss, bubble blowing and other games, walk outdoors (weather permitting) and enjoy complimentary popcorn.
- 11:00 am to 11:30 am *Sing Along*
- 11:30 am to 12:15 pm *Lunch* - Seniors may order either the hot meal entrée on the menu, or

a tuna salad or egg salad boxed lunch for the suggested donation of \$2.00. However, boxed lunch orders are required by 12:00 noon on March 24th.

- 12:15 pm to 12:30 pm *Wheelbarrow Sundaes* – This ice cream and fruit creation is being offered for \$1.00.
- 12:30 pm to 1:30 pm *Bargain Auction* – Auction donations are welcome and may be brought to the Senior Center between 8:00 am and 4:00 pm the week before the event.

Women's History Month Observance

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 10:45 on the designated dates.

March 30th
Micha Matere
News Anchor
WGN Television

International Cuisine Days

West Suburban Senior Services announces a series of *International Cuisine Days* at the Senior Citizen Center in Bellwood. Each month, seniors learn about the traditions and customs of the designated county, and can sample authentic recipes prepared by University of Illinois Extension. This month, the designated country is Haiti. Seniors are being intro-

(Continued on page 1)

(Continued from page three)

Clutter Solutions Bathrooms --- and particularly medicine cabinets – are the focus of this presentation March 24th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lois Albers is the presenter.

Creative Writing This class resumes March 23rd, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

Egg Hunt West Suburban Senior Services is hosting its annual egg hunt April 1st, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at the congregate meal site in Hodgkins. In addition to hunting for tasty treats, seniors are also searching for prize eggs. The event is being held rain or shine.

English as a Second Language Class This class meets Mondays from 10:00 am to 11:00 am at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

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, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood, and 10:30 am to 11:00 am, at the Hodgkins meal site.

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.

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are March 1st

and March 15th from 1:00 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 9th and March 23rd at 10:30 am.

Internet Café West Suburban Senior Services is hosting basic computer classes Mondays, Tuesdays and Wednesdays, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The Wednesday class is taught in Spanish. There is no class fee.

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.

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, and Fridays, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. 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 require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class March 12th and March 26th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

(Continued on page six)

Briefly Stated

Advisory Council
10:00 am
March 10th
Bellwood

11:00 am
March 10th
Hodgkins

Art Class
9:00 am
Tuesdays
Bellwood

Bingo
12:15 pm
Thursdays
Bellwood & Hodgkins

Bingo Bonanza
10:15 am
March 1st
Bellwood

Bingo & Ice Cream Social
1:00 pm
March 19th
Northlake

Black Cows (Root Beer Floats)
12:15 pm
March 11th
Bellwood

Brain Games
12:15 pm
March 3rd, March 10th,
March 17th, March 24th, &
March 31st
Bellwood & Hodgkins

Caregiver Support Group
2:00 pm
March 3rd & March 17th
Bellwood

Cheese Cake
12:15 pm
March 4th
Bellwood

Chicken Fest & Party
Bingo
4:30 pm
March 12th
Bellwood

Chocolate Party Bingo
12:15 pm
March 15th
Bellwood

Clutter Solutions
10:45 am
March 24th
Bellwood

Creative Writing
10:00 am
March 23rd
Bellwood

Egg Hunt
12:15 pm
April 1st
Bellwood & Hodgkins

English as a Second Language Class
10:00 am
March 1st, March 8th, March
15th, March 22nd &
March 29th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

10:30 am
Weekdays
Hodgkins

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

Grief Support Group
1:00 pm
March 1st & March 15th
Bellwood

Haircuts
10:30 am
March 9th & March 23rd
Bellwood

Internet Café
10:00 am
Mondays, Tuesdays &
Wednesdays
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

12:15 pm
Fridays
Hodgkins

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Meditation & Centering Class
12:15 pm
March 12th & March 26th
Bellwood

Movie Days
12:30 pm
March 2nd, March 9th, March
16th, March 23rd &
March 30th
Bellwood

Mystery Bingo
12:15 pm
March 8th
Bellwood

Mystery Reading Club
9:30 am
March 2nd
Bellwood

Overview of Crimes against Seniors
10:30 am
March 16th
Bellwood

Pie A la Mode
12:15 pm
March 18th
Bellwood

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Blow-Out
9:30 am
March 19th
Bellwood

Pokeno Parties
10:30 am
March 5th & March 26th
Bellwood

12:15 pm
March 9th & March 23rd
Hodgkins

Rules of the Road
1:30 pm
April 16th
Bellwood

Senior Property Tax Freeze
10:30 am
March 2nd
Bellwood

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

(Continued on page ten)

(Continued from page four)

Movie Days Seniors are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Amelia* on March 2nd, *Good Hair* on March 9th, *Time Travelers Wife* on March 16th, *Coco* on March 23rd and *Hurricane Season* on March 30th.

Mystery Bingo This party bingo is being played March 8th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

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 2nd, 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.

Overview of Crimes against Seniors Staff from the Cook County State's Attorney is presenting this program March 16th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. New identity theft scams are among the topics being discussed.

Pie A la Mode Pie and ice cream are being served March 18th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood. 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 Blow-out This double session of Pokeno is scheduled March 19th from 9:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The \$2.00 cost includes prizes and a French toast breakfast. Reservations are required by 12:00 noon

on March 17th, and a minimum registration is needed for this activity to take place.

Pokeno Parties The schedule is March 5th and March 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and March 9th and March 23rd, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. Cost for each party is \$1.00.

Rules of the Road This review class is being conducted by staff from the Illinois Secretary of State April 16th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. There is no fee, but reservations are required.

Senior Property Tax Freeze Seniors may sign up for this tax relief March 2nd, 10:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

St. Patrick's Day Party Seniors are invited to celebrate March 17th at both West Suburban Senior Services' nutrition sites. Festivities begin at 10:00 am in Bellwood and 10:30 am in Hodgkins. Lunch is served at 11:30 am for the suggested donation of \$2.00.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting March 12th and March 26th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

Spring Carnival West Suburban Senior Services invites seniors to catch the spring fever at this event March 29th at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Spring Fashion Show New to You Upscale Resale Shop in Broadview and West Suburban Senior Services are hosting this event March 25th, 10:30

(Continued on page ten)

(Continued from page five)

is the presenter. A new shingles vaccine is among the topics being discussed.

Salerno Pincente Ristorante
9301 West 63rd
Hodgkins

Am I Losing My Mind?, March 8th, 12:30 pm.

Blood Pressure Screenings, March 11th and March 25th, 10:30 am to 11:30 am. This service is being provided by the Pleasantview Fire Protection District.

The Facts about Shingles: Prevention and Treatment, March 1st, 12:30 pm.

Where's the Sodium and Fat in Your Diet?, March 29th, 12:30 pm. University of Illinois Extension is sharing tips for healthy menu planning at home.

Hispanic Family Health Fair

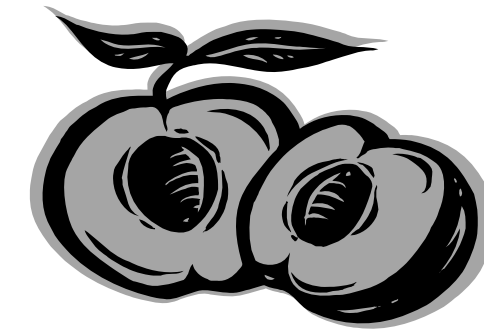
Free health information and screenings, haircuts and activities for children and snacks are being featured at the Fourth Annual Hispanic Family Health Fair sponsored by Proviso Township and West Suburban Senior Services April 10th, 9:00 am to 1:00 pm, at the Melrose Park Civic Center, 1000 North 25th Avenue in Melrose Park.

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

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

In the Kitchen for Good Health

West Suburban Senior Services is opening its kitchen to those seniors who want hands-on experience preparing healthy meals. The program begins March 15th, 12:15 pm, at the Senior Citizen Center in Bellwood. University of Illinois Extension is the instructor. The first session is *Cooking with Herbs and Spices*. There is no class fee, but participation is limited. Registration may be made by telephoning the agency.



International Cuisine Days

West Suburban Senior Services announces a series of *International Cuisine Days* at the Senior Citizen Center in Bellwood. Each month, seniors learn about the traditions and customs of the designated county, and can sample authentic recipes prepared by University of Illinois Extension. This month, the designated country is Haiti. Seniors are being introduced to Haiti on March 22nd at 10:30 am and can sample Haitian cuisine on March 30th at 10:30 am.

Future programs include Costa Rica in April and Greece in May.

(Continued on page eight)

(Continued from page seven)

Mark Your Calendar for These Upcoming Senior Center Events!

April 22nd Rummage Sale - West Suburban Senior Services is holding this event from 9:30 am to 1:30 pm.

May 17th Super Senior Illinois Secretary of State's mobile driver services facility offers seniors a Rules of the Road review class, vision testing, State Identification Cards and license renewal (for those seniors not required to take a behind-the-wheel driving test).

May 22nd Greek Night Themed Dinner The Women's Philoptochos Society of Holy Apostles Greek Orthodox Church in Westchester are hosting this event.

September 9th Cell Phones for Seniors Sponsored by the Cook County Sheriff's Department, this program provides cell phones that are able to access 911 emergency services only.

September 30th Senior Citizen Law Enforcement Academy This six-week informational program is designed to give Cook County senior citizens an overview of the criminal justice system in the county. It is presented by the Cook County Sheriff's Department.

Senior Property Tax Freeze

The Proviso Township Deputy Assessor is available to help seniors complete paperwork for the Senior Property Tax Freeze March 2nd, 10:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Appointments are encouraged and may be made by telephoning West Sub-

urban Senior Services. Assistance is also available for homebound seniors.

St. Patrick's Day Luncheon and Party

Everyone is a little Irish on St. Patrick's Day, and West Suburban Senior Services is celebrating with a corned beef and cabbage lunch, and other festivities March 17th at the Senior Citizen Center in Bellwood and at the congregate meal site in Hodgkins.

At Bellwood, activities begin at 10:00 am with a variety of games and contests. A special dessert follows lunch at 11:30 am. Leprechaun party bingo concludes the day's events. Cost for all is \$2.00, and reservations are required by 12:00 noon on March 15th.

At the Hodgkins meal site, activities begin with a sing-along at 10:45 am. Following lunch at 11:30 am, treats are planned, and Leprechaun party bingo is being played. Cost for all is \$2.00, and reservations are required by 12:00 noon on March 16th.

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, 2½ hour classes taught by two trained class leaders. Discussion centers on coping with fatigue, frustration and isolation related to ongoing health conditions:

(Continued on page eleven)

(Continued from front cover)

am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch, for seniors age 60 and older, follows at 11:30 am for the suggested donation of \$2.00. The menu features beef stroganoff. Reservations are required by 12:00 noon on March 23rd. There is no charge for the fashion show or tea.

Seniors who would like to model in the fashion show should contact the Senior Center Director as soon as possible. Participants visit the resale shop a week before the fashion show and select the outfits they would like to model. They are not required to purchase these outfits.

Good Food and Enjoyable Company

Are Always on the Menu at Our Senior Lunch Site



Senior Citizen Center
439 Bohland Avenue in Bellwood

Seniors age 60 and older may enjoy lunch between 11:30 am and 12:30 pm Monday through Friday for the suggested donation of \$2.00. Reservations are needed by noon on the business day before seniors plan to eat and may be made by calling (708) 547-5600.

Here's to Your Good Health

West Suburban Senior Services is hosting a series of health screenings and programs this month at its two nutrition sites:

*Senior Citizen Center
439 Bohland Avenue in Bellwood*

Am I Losing My Mind?, March 9th, 10:45 am. Rainbow Hospice shares information to help seniors distinguish between memory loss normally associated with aging and abnormal loss that could indicate Alzheimer's disease and other medical conditions. Brain games are also included in the program.

Food Safety: Your Health Depends on It, March 18th, 10:45 am. University of Illinois Extension shares information for preventing foodborne illnesses.

Hearing Screenings, March 4th, 11:00 am. Lauret Hearing in Melrose Park is conducting the tests. The screenings are preceded by a program at 10:30 am that discusses how hearing problems sometimes imitate some symptoms of Alzheimer's disease. *Appointments for the complimentary hearing screenings are required and may be made by telephoning West Suburban Senior Services.*

Know Your Numbers, March 11th, 9:30 am to 12:00 noon. Westlake Hospital is providing free blood pressure, bone density, cholesterol, glucose and prostate cancer screenings. Fasting for the blood work is recommended but not required. Participants will be screened on a first-come, first-serve basis.

The Facts about Shingles: Prevention and Treatment, March 2nd, 10:45 am. Dominick's Pharmacy

(Continued on page seven)

(Continued from page nine)

Spanish Club
11:00 am
March 12th & March 26th
Bellwood

Spring Carnival
10:00 am
March 29th
Bellwood

Spring Fashion Show
10:30 am
March 25th
Bellwood

Spring Things Bingo
12:15 pm
March 22nd
Bellwood

Stepper Dance Class
10:30 am
Thursdays
Bellwood

Stretching Your Food Dollar
10:30 am
March 11th
Bellwood

12:30 pm
March 12th
Hodgkins

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

Waffle Cone Sundaes
12:15 pm
March 25th
Bellwood

Wii Bowling
12:30 pm
Tuesdays
Bellwood

12:15 pm
Dates to be announced
Hodgkins

Yoga Class
Monday, Wednesday &
Friday
9:00 am
Bellwood

(Continued from page six)

am to 11:30 am, at the Senior citizen Center in Bellwood. Additional information is presented in a separate article.

Spring Things Bingo With prizes related to the theme, this party bingo is scheduled March 22nd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

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

Stretching Your Food Dollar University of Illinois Extension is sharing practical tips for maximizing buying power at the grocery store. The program is being presented March 11th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and March 12th, 12:30 pm to 1:30 pm, at the Hodgkins meal site.

Tax Filing Assistance American Association of Retired Persons (AARP) is providing free tax fil-

ing assistance at the Senior Citizen Center in Bellwood for low- and middle-income seniors age 60 and older. This service is available on Thursdays through April 8th, 8:30 am to 12:30 pm. *Appointments are required and may be made by telephoning the agency.*

Waffle Cone Sundaes This treat is being served March 25th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Wii Bowling This computerized recreation is being offered every Tuesday, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. Also, it is being scheduled at the Hodgkins meal site. However, a start date was not available when *The Senior Chronicle* went to press.

Yoga Class This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

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 during this month's meeting of the Advisory Council. The council is composed of senior and community representatives, and agency and catering staff. The Advisory Council is meeting March 10th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at the Hodgkins' site located in Salerno Pincente Ristorante.

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.

Bingo Party bingo is held every Thursday beginning at 12:15 pm at both the Bellwood and Hodgkins congregate meal sites.

Bingo Bonanza A double session of party bingo is planned March 1st, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments. Lunch is served at 11:30 am for the suggested donation of \$2.00.

Bingo and Ice Cream Social Concord Place is hosting this complimentary event March 19th, 1:00 pm to 2:00 pm, at its Northlake facility. The bus departs from the Senior Citizen Center in Bellwood at 12:30 pm and returns there at 2:30 pm. Seating is limited, so bus reservations should be made in advance.

Black Cows Root beer floats are being served March 11th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood, and at the congregate meal site in Hodgkins. There is no charge for this activity.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets March 3rd and March 17th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Cheese Cake For \$1.00, seniors may enjoy this treat March 4th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood.

Chicken Fest & Party Bingo This activity is scheduled at the Senior Citizen Center in Bellwood March 12th from 4:30 pm to 6:00 pm. The \$5.00 fee includes the meal and bingo. *Paid reservations are required by March 9th, and a minimum registration is necessary for this event to take place.*

Chocolate Party Bingo In observance of *National Chocolate Week*, West Suburban Senior Services is hosting this special party bingo March 15th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Refreshments and prizes are related to the theme. Cost is \$1.00.

(Continued on page four)