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number interns, volunteers and others who assist with services. We rely on local organizations, governmental bodies and businesses to further support the mission of the organization. These services may not be available during the entire year, may have specific eligibility criteria, or may not be available in all communities that the agency serves.

The services include

- Adult Day Health Care
- Benefits Assistance
- Case Management Services
- Caregiver Education and Support
- Chore Housekeeping
- Congregate Meals
- Emergency Food Services
- Friendly Visiting
- Home Delivered Meals
- Information Services and Assistance
- Mental Health Counseling
- Respite Services for Caregivers
- Podiatry Care
- Senior Citizen Center
- Telephone Reassurance

Transportation Volunteer Activities

The newest service the agency is providing is through the Heart of Bellwood Food Pantry. This pantry relocated at the Senior Citizen Center in Bellwood when their old location was damaged by the flooding in July, 2010. The pantry assists numerous individuals including a number of senior citizens. Finally, the agency, through a generous grant from an area foundation, provides tuition support and direction for interns with specialization in gerontology. If you need help, the agency can help or refer you to the organization or service that will help.

We encourage you to become involved, to donate, to spend time with us, to volunteer. These are very difficult times for non-profit organizations given the significant decrease in donations and governmental grants and contracts. Yet, demand and requests for services are escalating. We struggle to do more with less while maintaining our quality, responsiveness and stability of services. As we approach our 40th year, we look forward to helping and assisting the next generation of senior citizens and their families.

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.

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

A Guide to Medications for Senior Citizens

It is important to practice safe habits with medication as many drugs can be lethal if taken in the wrong way. Senior citizens should use the following tips to ensure safe use of medications. When a doctor prescribes a new medication for specified symptoms, remember to tell the doctor about all other medications that are being taken. Remind the physician about allergies or side effects from other types of medications that is experienced. Here are some helpful questions to ask about medications:

- ❑ What is the name of the medication?
- ❑ What is the purpose of the medication?
- ❑ How many times per day should the medication be taken?
- ❑ Should this medication be taken before, during, or after meals?
- ❑ What does "as needed" mean?
- ❑ When should the medication be stopped?
- ❑ What to do if the medication was not taken because the person forgot?
- ❑ What are the side effects of the medication?

Your pharmacist can also answer these questions and provide more information about the medications in question.

Casino Trip

March 18th is the deadline for reserving a seat to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, on March 30th. 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 gaming voucher for 25 points earned. Also, everyone has the option of playing bingo. A minimum registration is required for the trip to take place.

Celebrate Spring with Us!

Spring officially begins this month, and West Suburban Senior Services has planned a series of programs and activities at its Senior Citizen Center in Bellwood and congregare meal site in Hodgkins to help senior citizens enjoy the season.

*Senior Citizen Center
439 Bohland Avenue, Bellwood*

Hawaiian Luau, March 14th, 10:15 am to 11:30 am. Games, music and refreshments are featured.

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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 37th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Lela Grimble, Vice President
Mr. Arthur Grapenthein, Vice President
Mr. Robert A. Jones, Treasurer
Mr. Ted Griffin, Secretary

Directors

Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Luigi Mazzei
Mrs. Debbie Nowader
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Jann Beauchamp

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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 14th.

At the Hodgkins meal site, activities begin with lunch at 11:30 am. Leprechaun party bingo and treats are planned at 12:15 pm. Suggested meal donation is \$2.00. Reservations are required by 12:00 noon on March 16th.

Who We Are and What We Do

Families, caregivers and other individuals sometimes ask who we are and what we do. West Suburban Senior Services is a non-profit organization dedicated to assisting senior citizens in western Cook County. We are not a governmental body although we received governmental funds through grants and contracts that support the organization's services. We receive donations, support for services provided, grants, contracts, foundation funding and funding from United Way to support the mission of the organization.

The mission of the organization is to provide direct services supporting community services. The agency helped over 7,200 different individuals last year from every community in western Cook County. Formally, our mission is to prevent and deter premature and inappropriate nursing home placements. We are a resource for information, a resource of families and senior citizens needing assistance, and a resource to the community. We help senior citizens living in the community to be healthier, stronger, wiser, more engaged and more involved.

The agency is governed by a Board of Directors that serve without compensation. The Board of Directors establishes policy, assures compliance with funding requirements and assures quality services are provided to those individuals that need our services. The Board of Directors hires staff, establishes services and direction for the agency, reviews and approves contracts for items like food, and assures that the agency meets its mission. Board members serve for three year terms and may serve for two terms. Officers of the Board of Directors comprise leadership of the Board of Directors and include the president, vice president, secretary and treasurer. Each officer has unique responsibilities.

Because the agency is a non-profit organization, no individual or business owes the organization's assets like buildings or vehicles. These assets are owned by the organization and are dedicated for use by the organization. There are no stockholders.

The agency was incorporated in September, 1973 or thirty eight years ago. In those thirty eight years, we estimate that over 100,000 different individuals have been assisted by the organization. In these past years, the agency was headquartered in Maywood, Northlake and Bellwood. Currently operating out of four locations in Bellwood, Forest Park, Hodgkins and LaGrange, the organization provides a variety of services.

What services are provided by the organization? Services are dependent upon our success in obtaining grants and contracts for our services, the support of those services in the community, and the ability of the organization to successfully provide the assistance. You have probably seen our buses on your street, may have driven by one of our building, have talked to one of our staff in the hospital, or seen our home delivered meals being delivered. The agency current has about 50 staff,

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Chicken Fest and Party Bingo This activity is scheduled at the Senior Citizen Center in Bellwood March 18th from 4:30 pm to 6:00 pm. The \$5.00 fee includes the meal and bingo. *Paid reservations are due by March 16th, and a minimum registration is necessary for this event to take place.*

Colorful Lunch Series Each month on a designated date, the activity, decorations and dessert at the Senior Center in Bellwood are centered on a specific color. The color on March 29th is yellow. Lunch participants who wear yellow attire to lunch that day are eligible to enter a door prize drawing.

Creative Writing This class resumes March 22nd, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. New and returning students are welcome. There is no fee.

Dessert Days Senior citizens may enjoy the following treats at the Senior Citizen Center in Bellwood for the cost of \$1.00 each: banana splits on March 3rd, root beer floats on March 10th, fruit parfaits on March 14th, cream pie on March 24th and wheel barrow sundaes on March 31st.

Early Bird Bingo A French toast and sausage breakfast begins this activity March 25th, 9:30 am, at the Senior Citizen Center in Bellwood. Party bingo follows from 10:00 am to 11:00 am. Cost for all is \$2.00. Reservations are required by March 22nd, and a minimum registration is required for this activity to take place.

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

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.

Grandparents Raising Grandchildren Support Group Many grandparents raising grandchildren are overwhelmed by the emotional, financial and physical strain. They are invited to join this new support group to share stories with other grandparents and to learn about legal issues, community resources, advocacy, financial assistance and self-care. This support group meets the second Monday of each month between 1:00 pm and 2:00 pm at the Senior Citizen Center in Bellwood. This month's meeting is March 14th. Interested senior citizens should contact Michelle Bonadies, LCSW, at (708) 234-1851.

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 8th and March 22nd at 10:30 am.

Internet Café Senior citizens are invited to learn basic computer skills every Monday between 9:30 am and 12:00 noon at the Senior Citizen Center in Bellwood. There is no class fee.

Line Dancing Senior citizens 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

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Briefly Stated

Advisory Council
10:00 am
March 9th
Bellwood & Hodgkins

Art Class
9:00 am
Tuesdays
Bellwood

Bingo Bonanza
10:15 am
March 7th
Bellwood

Blood Pressure Screenings
10:30 am
March 2nd, March 10th,
March 16th, March 24th &
March 30th
Hodgkins

Brain Games
12:15 pm
March 2nd, March 9th, March
16th & March 23rd
Bellwood

Caregiver Support Group
2:00 pm
March 2nd & March 16th
Bellwood

Casino Trip
8:00 am
March 30th
Milwaukee, WI

Chair Exercise
10:30 am
March 7th, March 14th,
March 21st & March 28th
Hodgkins

Chicken Fest & Party
Bingo
4:30 pm
March 18th
Bellwood

Colorful Lunch Series
11:00 am
March 29th
Bellwood

Creative Writing
10:00 am
March 22nd
Bellwood

Dessert Days
12:15 pm
March 3rd, March 10th,
March 14th, March 24th &
March 31st
Bellwood

Early Bird Bingo
9:30 am
March 25th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

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

Grandparents Raising
Grandchildren Support
Group
March 14th
1:00 pm
Bellwood

Hawaiian Luau
10:30 am
March 14th
Bellwood
Internet Café
9:30 am
Mondays
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Macular Degeneration
Information & Vision
Screening
10:00 am
March 21st
Bellwood

Mardi Gras Observances
11:30 am
March 8th
Bellwood & Hodgkins

Meditation & Centering
Class
12:15 pm
March 11th & March 25th
Bellwood

Movie Days
12:30 pm
March 1st, March 8th, March
15th, March 22nd & March
29th
Bellwood

Mystery Bingo
12:15 pm
March 1st
Hodgkins

Mystery Reading Club
9:30 am
March 7th
Bellwood

Oak Park Arms Chorus
10:30 am
March 1st
Bellwood

Organic versus Natural
Foods
10:30 am
March 22nd
Bellwood

12:15 pm
March 23rd
Hodgkins

Party Bingo Days
12:15 pm
March 14th, March 21st &
March 28th
Bellwood

Pizza & Pokeno
11:30 am
March 11th
Bellwood

Planting Spring Bulbs
10:30 am
March 16th
Bellwood

12:15 pm
March 15th
Hodgkins

Planting Vegetable
Seedlings
10:30 am
March 2nd
Bellwood

12:15 pm
March 28th
Hodgkins

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Parties
12:15 pm
March 4th
Bellwood

12:15 pm
March 21st
Hodgkins

Joint Replacement
10:30 am
March 24th
Bellwood

Rules of the Road
1:30 pm
April 15th
Bellwood

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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.

Mardi Gras Observances West Suburban Senior Services is celebrating Fat Tuesday March 8th at both of its congregate meal sites. At the Senior Citizen Center in Bellwood, puczynski are being served for 50 cents each between 10:30 am and 11:00 am. Treats and free bingo are scheduled at the Hodgkins meal site from 10:30 am to 11:00 am. Lunch is served at both locations for the suggested donation of \$2.00.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class March 11th and March 25th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days Senior citizens 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 *Salt* on March 1st, *Secretariat* on March 8th,



You Again on March 15th, *Life as We Know It* on March 22nd and *Conviction* on March 29th.

Mystery Bingo This party bingo is being played March 1st, 12:15 pm to 1:15 pm, at the Hodgkins meal site. Cost is 50 cents per card.

Mystery Reading Club Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting March 7th, 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.

Party Bingo Days The following dates and party bingo themes have been scheduled this month at the Senior Citizen Center in Bellwood: *Hawaiian* on March 14th, *Everything Kitchen* on March 21st and *Spring Things* on March 28th. Games are played between 12:15 pm and 1:15 pm. Cost is \$1.00 per session.

Pizza and Pokeno This activity is scheduled March 11th at the Senior Citizen Center in Bellwood. A pizza lunch is served at 11:30 am for the suggested donation of \$2.00. Pokeno is played from 12:00 noon to 1:00 pm. Cost for that activity is \$1.00. Reservations are required.

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 Parties This game is scheduled March 4th, 12:15 pm to 1:15 pm, at the Senior Citizen Center. The \$1.00 cost includes prizes and refreshments. At Hodgkins, the activity is scheduled March 21st,

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Organic versus Natural Foods, March 23rd, 12:15 pm to 1:00 pm. University of Illinois Extension helps seniors understand the differences between these two food categories.

It's Spring!

Here are some tips for organizing and cleaning:

- Make the bed every morning. It takes a few minutes but gives sixteen hours of order while one carries out their day. It is nice to come back to an orderly room at the end of the day.
- Practice the "Two Minute Pick-up." Each time one leaves the room, put away items that are out. Do this for two minutes. The less one has to put away when one returns, the better one feels.
- Love clean counters. Keep keys, glasses, papers and clutter off the counters.
- Put things away now instead of later. To deal with putting away items later is a big time waster.
- Set the pace for the day by giving enough time for the first event or thing that needs to be completed. This will avoid the feeling of being rushed the rest of the day.

Lunch Menu Options

West Suburban Senior Services continues alternative meal options this month at the Senior Citizen Center in Bellwood. On those days, senior citizens may order either the catered lunch listed on the menu or the alternative meal listed below. Sug-

gested donation for all meals is \$2.00. Lunches are served between 11:30 am and 12:30 pm to seniors age 60 and older.

Tuesday, March 1st
Mini-Italian Beef Sandwich on Roll

Friday, March 4th
Asada Steak Tortas

Tuesday, March 8th
Barbecued Pulled Pork Sandwich on a Whole Wheat Bun

Tuesday, March 15th
Club LuLu Sandwich
Friday, March 18th
Sausage Pizza

Tuesday, March 22nd
Mini-Italian Beef Sandwich on Roll

Mark Your Calendar for These Upcoming Senior Center Events!

Easter Egg Hunt, April 21st. In addition to hunting for tasty treats, seniors are also searching for prize eggs.

Take Charge of Your Diabetes! (Spanish), April 6th. This six-session workshop meets Wednesdays through May 11th from 10:00 am to 12:30 pm. Participants learn more about the disease and how to manage it. Reservations are required.

Super Senior, May 16th. 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.

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Greek Night Themed Dinner, May 21st. The Women's Philoptochos Society of Holy Apostles Greek Orthodox Church in Westchester is hosting this event.

Organizing Important Papers

It is important that all important papers are in order. Keep information on insurance agents, policy numbers, military records and social security information in folders and in a safe place. The ideal location for these papers would be a safety deposit box at the local bank. The papers would be safe and easily accessed if needed.

There are three important papers that need to be filled out and kept where family can have access to in case of an emergency. These papers are:

Power of Attorney for Health Care This is a document designating someone such as a friend, family, or attorney that is trusted to make health care decisions and carry out the person's for who it is designated wishes. This document is used when the person cannot voice their own wishes and instruction.

Living Will This is a document that instructs what the individual wants to be done in a terminal condition or a vegetative state. This would include to allow or not allow any resuscitation or CPR, medications, or tubes or to allow all or only some of these measures.

Power of Attorney for Finances This document gives someone else the ability and legal right to handle the person's personal finances and the paying of bills when the individual is unable to. It is important that the

person that is entrusted with this duty is someone that is trusted with taking care of the person's money.

Senior Citizens Property Tax Freeze

The Proviso Township Deputy Assessor is available to help senior citizens 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. Assistance is also available for homebound seniors.

Spring Fashion Show and Tea

New to You Upscale Resale Shop in Broadview and West Suburban Senior Services are cosponsoring their second annual *Spring Fashion Show and Tea* April 14th, 10:30 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.

Senior citizens 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.

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

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Spring Auction, March 10th, 10:15 am to 11:30 am. A variety of household items are being sold at bargain prices. Auction donations are being accepted at the Senior Center March 8th and March 9th between 8:30 am and 3:30 pm. Clothing and furniture are not included in the sale.

Spring Bulbs, March 16th, 10:30 am to 11:15 am. A University of Illinois horticulturist helps participants add color to their gardens and porches.

Spring Crafts, March 28th, 10:15 am to 11:30 am. Participants may paint either a tee-shirt or a spring visor. There is no fee, but reservations are required by March 23rd.

Spring Decluttering Tips, March 8th, 10:30 am to 11:15 am. University of Illinois Extension shares ideas to help with spring cleaning.

Vegetable Seedlings, March 2nd, 10:30 am to 11:15 am. A University of Illinois horticulturist helps seniors plant seedlings for collard greens, and seniors learn about the nutritional benefits of the vegetable

Salerno Pincente Ristorante
9301 63rd Street, Hodgkins

Spring Bulbs, March 15th, 12:15 pm to 1:00 pm. A University of Illinois horticulturist helps seniors add color to their gardens and porches.

Spring Craft, March 11th, 12:15 pm to 1:15 pm. Participants decorate an umbrella. Reservations are required by March 7th.

Spring Decluttering Tips, March 7th, 12:15 pm to 1:00 pm. University of Illinois Extension shares tips to help with spring cleaning.

Vegetable Seedlings, March 28th, 12:15 pm to 1:15 pm. A University of Illinois horticulturist helps senior citizens plant seedlings, and seniors learn about the nutritional benefits of the vegetable.

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, Bellwood

Macular Degeneration and Vision Screenings, March 21st, 10:00 am to 11:30 am. Eye Care Associates of Westchester are conducting the vision tests, and are available to answer questions about macular degeneration and other vision concerns. Appointments are not required.

Organic versus Natural Foods, March 22nd, 10:30 am to 11:15 am. University of Illinois Extension helps senior citizens understand the differences between these two food categories.

Rehabilitation Expectations after a Joint Replacement, March 24th, 10:30 am to 11:30 am. Lexington Health Care is the program presenter.

Salerno Pincente Ristorante
9301 West 63rd Street, Hodgkins

Blood Pressure Screenings, March 2nd, March 10th, March 16th, March 24th and March 30th, 10:30 am to 11:30 am.

Chair Exercises, March 7th, March 14th, March 21st and March 28th, 10:30 am to 11:00 am.

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Senior Housing Options 10:30 am March 29 th Bellwood	Spring Crafts 10:00 am March 28 th Bellwood
Spanish Club 11:00 am March 4 th & March 18 th Bellwood	12:15 pm March 11 th Hodgkins
Tax Filing Assistance 8:30 am Thursdays through April 7 th Bellwood	Spring Decluttering Tips 10:30 am March 8 th Bellwood
	12:15 pm March 7 th Hodgkins

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

12:15 pm
March 17th
Hodgkins

Women History Month Observances
10:45 am
March 23rd
Bellwood

10:30 am
March 18th
Hodgkins

Uno Card Game
12:15 pm
March 16th
Hodgkins

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

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12:15 pm to 1:15 pm. Cost is 50 cents per card; winners receive prizes.

Rules of the Road Secretary of State staff is conducting this review class April 15th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. There is no fee, but reservations are required.

Senior Housing Options This program is scheduled March 29th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Resurrection Health Care and Pathway Senior Living are the program presenters.

Sing-Along In observance of *National Sing Out Day*, seniors are invited to join in a sing-along March 22nd, 10:30 am to 11:00 am, at the Hodgkins meal site.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting March 4th and March 18th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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 Thursday mornings through April 7th. *Appointments are required and may be made by telephoning the agency.*

Uno Card Game Seniors are invited to this friendly competition March 16th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Women's History Month Observances A *Women in History Trivia Competition* is being held at the agency's two nutrition sites. The activity is scheduled March 23rd, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood, and March 18th, 10:30 am to 11:00 am, at the meal site in Hodgkins. The highest scorers win a prize.

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 representatives, and agency and catering staff. The Advisory Council is meeting March 9th, 10:00 am to 11:00 am, at both the Senior Citizen Center in Bellwood, and 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 7th, 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.

Brain Games Senior citizens are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:15 pm at the Senior Citizen Center in Bellwood. Note: Brain Games are not being held on March 30th.

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 2nd and March 16th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Casino Trip West Suburban Senior Services is planning a trip to the Potawatomi Casino in Milwaukee, Wisconsin, on March 30th. Cost is \$25.00 per person.

Chair Exercise Senior citizens are invited to exercise on Mondays this month at the Hodgkins meal site. The class is scheduled from 10:30 am to 11:00 am.

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