

(Continued from page eleven)

sonas mayores de sesenta años pasar un rato agradable, llame a Consuelo LeZama (708) 547-5600.

**Steps to Becoming More Physically Active**  
The West Cook County Area Office of the American Cancer Society is sharing information on the impact diet and exercise have on cancer prevention. The program is on May 14<sup>th</sup>, 11:00 am, at River Park Center.

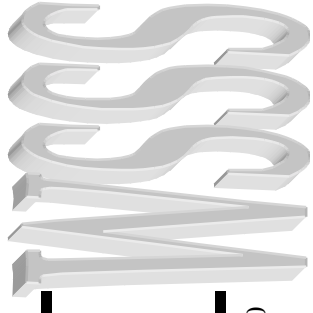
**Stroke Awareness** May is Stroke Awareness Month, and West Suburban Senior Services is hosting an educational forum May 27<sup>th</sup>, 11:00 am, at the Howard Mohr Community Center, 7640 Jackson Boulevard, Forest Park. Dr. Sudha Gupta, MD, is discussing stroke warning signs, risk factors, treatment, and prevention. Individual stroke risk assessments are available. This program is open to all seniors.

**Summer Skin Protection** As outdoor activities increase in the warmer weather, skin care is a major concern. On May 11<sup>th</sup>, 11:00 am, the West Cook County Area Office of the American Cancer Society is presenting a Summer Skin Protec-

tion program at Bellwood Senior Center.

**Volunteer Appreciation Cookout** West Suburban Senior Services is hosting an appreciation lunch for its volunteers May 26<sup>th</sup>, 11:00 am, at Bellwood Senior Center. Agency volunteers should RSVP to the Senior Center director by May 24<sup>th</sup>.

**Walking Club** West Suburban Senior Services is pleased to announce a walking club. Interested seniors are meeting at Bellwood Senior Center Mondays and Wednesdays at 10:00 am and walking in the Bellwood community.



# The Senior Chronicle

West Suburban Senior Services 439 Bohland Avenue Bellwood, Illinois 60104 (708) 547-5600  
Volume XVII, Issue 5

## Join the Celebration of Older Americans Month

May has once again been designated as Older Americans Month. This year's theme, "Aging Well, Living Well," has been selected to celebrate and recognize older Americans who are living longer, healthier, and more productive lives. As part of its month-long celebration, West Suburban Senior Services invites seniors age sixty and older to a complimentary lunch May 19<sup>th</sup>, 11:30 am, at its nutrition sites. The menu features seasoned chicken filet, herb-flavored potatoes, baby carrots and Brussels sprouts, salad, wheat roll, and fruit compote. Reservations are needed by 12:00 noon on May 17<sup>th</sup>, when making their reservation, seniors should designate the site --- Bellwood, Forest Park, or LaGrange --- where they are planning to eat.

The celebration of Older Americans Month continues with a variety of programs, ranging from health and nutrition to educational and leisure. This issue of *The Senior Chronicle* provides specific details about these events.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65<sup>th</sup> birthdays. About one-third of older Americans lived in poverty, and there were few programs to meet their needs.

In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as Senior Citizens Month. In 1980, President Jimmy Carter designated the name be changed to Older

Americans Month. This tradition is celebrated across the country through ceremonies, events, fairs and other such activities.

## We Have a New Name!

Effective July 1<sup>st</sup>, Proviso Council on Aging is changing its name to West Suburban Senior Services. This change reflects the agency's expanded service area. We continue to provide seniors and their families with a comprehensive array of services at our three sites. Agency addresses and telephone numbers remain the same.

## Eating Alone

If you live alone, you may not enjoy cooking or eating alone. However, if you cook for just an hour once a week, you can make enough food --- if you cook dishes such as spaghetti sauce or meatloaf --- to freeze for several meals.

Here are some tips for cooking for one:

- Buy salads and fruits at salad bars or buy the new packaged salads. This may seem more costly, but it is actually cheaper than buying each salad item separately and having it spoil in the refrigerator.
- Ask your grocer to break up large packages of meat, fruits, vegetables, and eggs so you can buy smaller portions.
- Here are some tips for helping to make meals

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Many of the activities and events scheduled are available for no or minimum cost and we schedule the activities and events at each of the agency's sites. In addition, please feel free to join us for lunch as many activities are scheduled at midday. If you have suggestions for different activities, please contact us. We attempt to provide a variety of events that are of interest to area senior citizens. West Suburban Senior Services does not have a membership fee and area senior citizens are welcome to attend any and all events that they find interesting.

*The River Park Center is located at 8300 Roosevelt Road in Forest Park.*

*The Senior Center is located at 439 Bohland Avenue in Bellwood.*

*The OARS Center is located at 712 Elm in LaGrange*

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations.. Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

## The Senior Chronicle

The *Senior Chronicle* is published by West Suburban Senior Services (formerly Proviso Council on Aging) and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the the Senior Center, River Park Center, at the OARS Center or on our buses.

### Funding

West Suburban Senior Services (formerly Proviso Council on Aging) is supported by the Suburban Area Agency on Aging under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn and Cicero, the Community Development Block Grant program of the City of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

### Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For additional information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

### Mission

The mission of West Suburban Senior Services is to prevent premature and inappropriate nursing home placement by providing direct community services to senior citizens aged 60 and above. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

### Board of Directors

The Board of Directors elected, during their 30<sup>th</sup> Annual Meeting held in Rosemont, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

Mr. Michael Sturino, Esq., President  
 Ms. Carole Kulinski, Vice President  
 Honorable Gary Woll, Treasurer  
 Mrs. Elaine Reno, Secretary

#### Directors

Mrs. Lois Albers  
 Mrs. Annette Barker  
 Honorable Anthony Calderone  
 Mrs. Mary Conti  
 Ms. Carole Kulinski  
 Mrs. Dorothy Lindsey  
 Mr. John O'Sullivan  
 Honorable Lawrence Terrell  
 Mr. Gary Woll  
 Mrs. Sandra T. Zsuppon

#### Honorary Directors

Mr. Arthur Diaz  
 Rev. Willie Dugan  
 Mrs. Alberta Steele

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**and Screening** White Crane Wellness Center is presenting life-saving information and demonstrations on prostate and testicular cancer May 21<sup>st</sup>, 10:00 am, at Bellwood Senior Center. This interactive workshop includes a review of relevant anatomy and physiology, prostate and testicular cancer mini health assessments, testicular self-exam education, and tips on how to talk to loved ones about testicular and prostate cancer. A free non-fasting prostate cancer blood test (PSA) is offered to men age 50 and older; men and women are encouraged to attend the workshop. Space is limited, and registration is required.

**Root Beer Floats** For \$1.00, seniors can enjoy this summer treat May 28<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon May 26<sup>th</sup>.

**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. This class is scheduled May 7<sup>th</sup>, 10:00 am, at River Park Center. Please call in advance for reservations.

**Senior Information Fairs** West Suburban Senior Services is sponsoring two Senior Information Fairs this month. Seniors are invited to learn about benefit programs, the Senior Health Insurance Program (SHIP), and much more. One fair is scheduled for May 11<sup>th</sup>, 1:00 to 5:00 pm, at Ms. Roberts Academy of Hair Design in Hillside. The other is being held May 25<sup>th</sup>, 9:00 to 11:30 am, at Victory Centre in Melrose Park.

**Senior Studies** Representatives from Triton College are coming to Bellwood Senior Center May 27<sup>th</sup>, 11:00 am, to share information about the school's senior studies program. Seniors planning to have lunch after the program need a reservation by 12:00 noon May 26<sup>th</sup>.

**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 at 11:00 am, May 7<sup>th</sup>, May 18<sup>th</sup>, and May 28<sup>th</sup> at Bellwood Senior Center.

El Nuevo Club Latino invita cordialmente a per-

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<b>Active</b>	11:00 am May 26 <sup>th</sup> Bellwood
	<b>Walking Club</b> 10:00 am Mondays and Wednesdays Bellwood
	<b>Stroke Awareness</b> May 27 <sup>th</sup> 11:00 am Forest Park
	<b>Senior Studies</b> 11:00 am May 27 <sup>th</sup> Bellwood
	<b>Spanish Club</b> 11:00 am May 7 <sup>th</sup> , May 18 <sup>th</sup> , & May 28 <sup>th</sup> Bellwood
	<b>Summer Skin Protection</b> 11:00 am May 11 <sup>th</sup> Bellwood

**Steps to Becoming More Physically**

**Volunteer Appreciation Cookout**

(Continued from front cover.)

- a more pleasant experience:
- Set an attractive table with flowers, a colorful tablecloth, and placemat.
- Listen to the radio or to the television, or put on a music tape.
- Invite a friend over.
- Make plans to eat out with a friend or relative at least once a week.

West Suburban Senior Services' congregate lunch program offers seniors an opportunity to enjoy lunch at a location close to their home, to socialize with good friends, and to meet some new friends as well. Suggested meal donation is \$1.50, and reservations are needed by 12:00 noon on the business day before seniors plan to eat.

### Volunteers sought for

#### Money Management Program

West Suburban Senior Services is pleased to announce its participation in the Illinois Volunteer Money Management Program. Created by the American Association of Retired Persons (AARP), the program is a protective service for limited-income seniors who need help managing their finances. The goal of the program is to assist low-income seniors, to promote independent living, and to prevent unnecessary institutionalization, guardianship, or homelessness.

- West Suburban Senior Services needs volunteers to help in three aspects of the Money Management Program:
- To serve on an Advisory Council that meets quarterly to provide guidance and support to the program.

- To help assemble money management program packets for other volunteers to use with clients.

- To serve as a bill payer for seniors in Proviso, Leyden and Norwood Park townships who remain in control of their finances but need some help keeping things in order. This volunteer opens and organizes a Money Management client's mail, sets-up a simple budget, balances the client's checkbook, and provides bill-paying services.

Bill payer volunteers are required to complete a detailed application, furnish references, pass a criminal background check, and complete training provided at Bellwood Senior Center. AARP provides insurance coverage of client funds, and volunteer activity and accounts are monitored monthly.

### The Images of Mother

*Four Years of Age* My Mommy can do anything!

*Eight Years of Age* My Mom knows a lot! A whole lot!

*Twelve years of Age* My Mother doesn't really know quite everything.

*Fourteen Years of Age* Naturally, Mother doesn't know that, either.

*Sixteen Years of Age* Mother? She's hopelessly old-fashioned.

*Eighteen Years of Age* That old woman? She's way out of date!

*Twenty-five Years of Age* Well, she might know a little bit about it.

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quired for the class; reservations are being accepted through May 7<sup>th</sup>.

**Karaoke Party** Jim Papa is your host for this lively step back in time May 18<sup>th</sup>, 12:00 noon, at Bellwood Senior Center. Refreshments are being served, but seniors wanting to eat lunch before the party need a reservation by 12:00 noon May 17<sup>th</sup>.

**Legal Assistance** On May 18<sup>th</sup> from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone us for more information regarding appointments.

**Legal Checkup for Seniors** Bellwood Public Library and West Suburban Senior Services are cosponsoring this program to help seniors assess their legal health. An attorney who works with

the American Association of Retired Persons' legal network is guiding seniors through the assessment and helping them develop a personal plan of action to address legal concerns. This workshop is scheduled June 22<sup>nd</sup>, 10:00 am, at the library. Reservations are required by June 18<sup>th</sup>.

**Lunch Reservations** Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, and River Park and OARS Centers can be arranged.

**Memorial Day Observances** This is a time to  
(Continued on page ten)

(Continued from page eight)

May 7<sup>th</sup> Forest Park and OARS

**Mystery Reading Club**

9:30 am  
May 4<sup>th</sup>  
Bellwood

**Mystery Wednesday**

11:00 am  
May 12<sup>th</sup>

Bellwood, Forest Park & OARS

**Nature Hike**

11:00 am  
May 8<sup>th</sup>  
Glen Ellyn

**Officers' Club**

10:30 am  
May 24<sup>th</sup>  
Bellwood

**Older Americans Day**

11:30 am  
May 19<sup>th</sup>  
Bellwood, Forest Park & OARS

**Pinochle Party**

12:15 pm  
May 3<sup>rd</sup>, May 10<sup>th</sup>, May 17<sup>th</sup> & May 24<sup>th</sup>

Bellwood

**Podiatry Clinic**

Thursdays in Bellwood  
May 14<sup>th</sup> in Forest Park

**Pokeno**

12:15 pm  
May 14<sup>th</sup> and May 21<sup>st</sup>  
Bellwood

**Pokeno Bash**

10:15 am  
May 25<sup>th</sup>  
Bellwood

**Prostate and Testicular Cancer**

Screening  
10:00 am  
May 21<sup>st</sup>  
Bellwood

**Regional Transportation Authority Outreach Program**

11:00 am  
June 14<sup>th</sup> Forest Park  
June 24<sup>th</sup> Bellwood

**Root Beer Floats**

12:15 pm  
May 28<sup>th</sup>  
Bellwood, Forest Park & OARS

**Rules of the Road**

10:00 am  
May 7<sup>th</sup>  
Forest Park

**Senior Information Fairs**

1:00 pm  
May 11<sup>th</sup>  
Hillside

9:00 am  
May 25<sup>th</sup>

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### Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>May 3, 2004</b></p> <p>Pork Chop Mashed Potatoes Vegetable Soup Lettuce with Sliced Tomatoes Fresh Apple</p>	<p><b>May 4, 2004</b></p> <p>Spaghetti with Meatballs Green Beans Creamy Coleslaw Chocolate Cake</p>	<p><b>May 5, 2004</b></p> <p>Corned Beef Boiled Potatoes Cabbage Angel Food Cake with Strawberries</p>	<p><b>May 6, 2004</b></p> <p>Herb Baked Chicken Sweet Potatoes Brussels Sprouts Mandarin Oranges</p>	<p><b>May 7, 2004</b></p> <p>Baked Fish Whipped Potatoes Sliced Carrots Citrus Segments Salad Vanilla Pudding</p>
<p><b>May 10, 2004</b></p> <p>Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears</p>	<p><b>May 11, 2004</b></p> <p>Baked Ham Red Beans and Rice Cauliflower Tossed Salad Hawaiian Dessert</p>	<p><b>May 12, 2004</b></p> <p>BBQ Chicken Breast Macaroni and Cheese Coleslaw Rice Pudding</p>	<p><b>May 13, 2004</b></p> <p>Smothered Steak Whipped Potatoes Stewed Tomatoes Carrot Raisin Salad Fruit Yogurt</p>	<p><b>May 14, 2004</b></p> <p>Tuna Salad on Bun Navy Bean Soup Lettuce Slices Hot Spiced Peaches</p>
<p><b>May 17<sup>th</sup>, 2004</b></p> <p>Beef Stroganoff Buttered Noodles Garbanzo Beans Tossed Salad Fresh Pears</p>	<p><b>May 18, 2004</b></p> <p>Roasted Chicken Rice Pilaf California Blend Vegetables Tossed Salad Pineapple Chunks</p>	<p><b>May 19, 2004</b></p> <p>Seasoned Chicken Filet Herb Potatoes Baby Carrots and Brussels Sprouts Salad Fruit Compote</p>	<p><b>May 20, 2004</b></p> <p>Sloppy Joe with Bun Mexicorn Cream of Broccoli Soup Pear Salad Brownie</p>	<p><b>May 21, 2004</b></p> <p>Lasagna with Meat Sauce Italian Mixed Vegetables Tossed Salad Apricots</p>
<p><b>May 24, 2004</b></p> <p>Stuffed Cabbage Roll Potato Soup Green Beans Cottage Cheese Chocolate Chip Muffin</p>	<p><b>May 25, 2004</b></p> <p>Sliced Turkey Pecan Stuffing Mixed Greens Fresh Orange</p>	<p><b>May 26, 2004</b></p> <p>Hot Dog with Bun Baked Beans Coleslaw Fruit Gelatin</p>	<p><b>May 27, 2004</b></p> <p>Chicken Breast Scalloped Potatoes Minestrone Soup California Vegetables Chilled Peaches</p>	<p><b>May 28, 2004</b></p> <p>Cheese Ravioli Broccoli Kidney Bean Salad Fresh Banana</p>
<p><b>May 31, 2004</b></p> <p><b>Closed for Memorial Day</b></p>	<p><i>West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, United Way, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commissions of Berwyn and Cicero, local villages, and donations</i></p>			

Senior Citizen Center  
439 Bohland  
Bellwood, Illinois 60104  
(708) 547-5600  
River Park Center

8300 Roosevelt Road  
Forest Park, Illinois 60130  
(708) 771-0101  
OARS Center  
712 Elm

LaGrange, Illinois 60525  
(708) 547-5600

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mower cuts off your toes, don't come running to me."

My Mother taught me how to become an adult "If you don't eat your vegetables, you'll never grow up."

My Mother taught me about sex "How do you think you got here?"

My Mother taught me about genetics "You are just like your father!"

My Mother taught me about my roots "Do you think you were born in a barn?"

My Mother taught me about the wisdom of age "When you get to be my age, you will understand."

My Mother taught me about anticipation "Just wait until your father gets home."

My Mother taught me about receiving "You are going to get it when we get home."

My Mother taught me about justice "One day you'll have kids, and I hope they turn out just like YOU --- then you'll see what it's like."

*Thirty-five Years of Age* Before we decide, let's get Mom's opinion.

*Forty-five Years of Age* Wonder what Mom would have thought about it?

*Sixty-five Years of Age* Wish I could talk it over with Mom.

### Things My Mother Taught Me

My mother taught me logic "If you fall off that swing and break your neck, you can't go to the store with me."

My Mother taught me medicine "If you don't stop crossing your eyes, they're going to freeze that way."

My Mother taught me to think ahead "If you don't pass your spelling test, you'll never get a good job!"

My Mother taught me ESP "Put your sweater on; don't you think that I know when you're cold?"

My Mother taught me to meet a challenge "What were you thinking? Answer me when I talk to you. Don't talk back to me!"

My Mother taught me humor "When that lawn



## Briefly Stated

### Advisory Council Meeting

May 5th  
10:00 am  
Bellwood

### Art Class

9:00 am  
Tuesdays  
Bellwood

### Art Show

10:00 am  
May 18<sup>th</sup>  
Bellwood

### Banana Splits

12:15 pm  
May 20<sup>th</sup> Bellwood  
May 21<sup>st</sup> Forest Park and OARS

### Beginning Spanish Class

10:30 am  
May 13<sup>th</sup> and May 27<sup>th</sup>  
Bellwood

### Bingo

12:15 pm  
Thursdays in Bellwood  
Fridays in Forest Park

### Bingo Bonanza

10:00 am  
May 3<sup>rd</sup> Bellwood  
May 6<sup>th</sup> Forest Park

### Celebrate America Party

11:30 am  
May 28<sup>th</sup>  
Bellwood & Forest Park & OARS

### Container Gardening

10:30 am  
May 17<sup>th</sup>  
Bellwood

### Craft Co-op

12:15 pm  
Fridays  
Bellwood

### Declutter Club

May 13<sup>th</sup>  
Bellwood & Forest Park

### Ice Cream Cones

12:15 pm  
May 4<sup>th</sup> Bellwood  
May 13<sup>th</sup> Forest Park and OARS

### Jazz Spectacular

8:00 pm  
May 7<sup>th</sup>  
River Grove

### Jewelry Making Class

10:15 am  
May 10<sup>th</sup>  
Bellwood

### Karaoke Party

12:00 noon  
May 18<sup>th</sup>  
Bellwood

### Legal Assistance

9:00 am  
May 18<sup>th</sup>  
Bellwood

### Legal Checkup for Seniors

10:00 am  
June 22<sup>nd</sup>  
Bellwood

### Luncheon

11:30 am  
Monday through Friday  
Bellwood, Forest Park & OARS

### Memorial Day Observances

10:30 am  
May 28<sup>th</sup>  
Bellwood, Forest Park & OARS

### Monday Madness

10:00 am  
May 10<sup>th</sup>  
Bellwood

### Mother's Day Celebration

11:00 am  
May 6<sup>th</sup> Bellwood

**Haircuts** Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site May 12<sup>th</sup> and May 25<sup>th</sup> at 10:30 am. Appointments are required.

**Healthy Moves** Seniors are invited to learn specially designed chair exercises during this class May 20<sup>th</sup>, 10:45 am, at Bellwood Senior Center. The University of Illinois Extension is conducting the class. Reservations are recommended. Seniors planning to have lunch after the class need a reservation by 12:00 noon May 19<sup>th</sup>.

**Hearing Clinic** Hearing Specialist Brian Courtneyman is available the second Thursday of each month. On May 13<sup>th</sup>, he is at Bellwood Senior Center in the morning and River Park Center in the afternoon. Appointments are required.

**Ice Cream Cones** Seniors are invited to enjoy 25 cent ice cream cones. This treat is being served May 4<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and May 13<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Reservations are required.

**Jazz Spectacular** The Triton College Faculty Jazz Quartet and the Bill O'Connell Big Band are featured in concert May 7<sup>th</sup>, 8:00 pm, at Triton College in River Grove. West Suburban Senior Services is holding a block of seats for the show. Interested seniors may purchase a ticket from the Senior Center director by April 19<sup>th</sup>. Tickets are \$6.00, and the fee is nonrefundable. Seniors are responsible for their own transportation, and car-pooling arrangements can be made.

**Jewelry Making Class** Bellwood Senior Center is the site of a jewelry making class May 10<sup>th</sup>, 10:15 am to 11:30 am. Participants are making beaded bracelets. The \$5.00 fee includes supplies and instruction. A minimum enrollment is re-

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endurance and improve movement. The class is held weekdays, 10:15 am to 10:45 am, at Bellwood Senior Center.

**Fabulous Friday** Music is the focus of this event May 14<sup>th</sup> at Bellwood Senior Center. Seniors are invited to sing along to favorite tunes and enjoy refreshments. Lunch follows at 11:30 am.

**Flower Gardening** Ted Stieskal, director of Memorial Park District, is sharing tips for having a green thumb. His presentation is May 5<sup>th</sup>, 11:00 am, at Bellwood Senior Center. Seniors planning to have lunch afterward need a reservation by 12:00 noon May 4<sup>th</sup>.

**Foster Grandparents** West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

**Gift Shop** West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts, and seasonal decorations at a reasonable price. Due to elevator work at Bellwood Senior Center during May and June, shoppers may purchase items between 10:30 am and 12:00 noon Monday through Friday in the dining room at Bellwood Senior Center, and between 10:30 am and 12:00 noon Fridays at River Park Center. A large assortment of spring and Mother's Day gifts are available.

**HIV and Older Americans** The Cook County Department of Public Health is conducting this educational program May 13<sup>th</sup>, 10:30 am, at Bellwood Senior Center. HIV prevention and testing, and HIV's impact on senior communities in Illinois are among the topics being discussed. Reservations are recommended.

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**Hearing Clinic**  
9:30 am

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remember those persons --- past and present --- who have served this country in the military. The services are scheduled May 28<sup>th</sup>, 10:30 am, at Bellwood Senior Center, and OARS and River Park Centers. A Celebrate America party follows the ceremonies. Party reservations are needed by 12:00 noon May 27<sup>th</sup>.

**Monday Madness** Coffee and rolls, and the opportunity to visit with a local personality are being featured May 10<sup>th</sup>, 10:00 am, at Bellwood Senior Center. Cost is 50 cents. Reservations are needed by 12:00 noon May 6<sup>th</sup>.

**Mother's Day Celebration** Door prizes, refreshments, and a candlelight lunch are being featured at a Mother's Day celebration May 6<sup>th</sup>, 11:00 am, at Bellwood Senior Center, and May 7<sup>th</sup>, 11:00 am, at OARS and River Park Centers. Reservations are required by 12:00 noon May 5<sup>th</sup>.

**Mystery Reading Club** Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting May 4<sup>th</sup>, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

**Mystery Wednesday** One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is May 12<sup>th</sup>.

**Nature Hike** West Suburban Senior Services invites seniors to participate in a spring nature hike sponsored by Memorial Park District on May 8<sup>th</sup> from 11:00 am to 2:00 pm. Participants are

visiting the Willowbrook Nature Center in Glen Ellyn. The \$6.00 nonrefundable fee includes transportation, admission to the nature center, and soft drinks. Participants should bring a sack lunch. Reservations are being accepted on a first-come, first-serve basis.

**Officers' Club** Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, May 24<sup>th</sup>, at Bellwood Senior Center.

**Older Americans Day** Seniors age 60 and older are invited to a complimentary lunch May 19<sup>th</sup> at the agency's three nutrition sites. Reservations for the meal are required by 12:00 noon May 17<sup>th</sup>.

**Pinochle Party** Seniors are invited to play this challenging card game May 3<sup>rd</sup>, May 10<sup>th</sup>, May 17<sup>th</sup>, and May 24<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (May 14<sup>th</sup>), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno** Pokeno is being played May 14<sup>th</sup> and May 21<sup>st</sup>, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Pokeno Bash** A double session of Pokeno is planned May 25<sup>th</sup> at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 to 11:15 am and from 12:15 to 1:15 pm. The fee includes prizes and refreshments.

**Prostate and Testicular Cancer Information**

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# Briefly Noted

**Advisory Council Meeting** Seniors are invited to give their input about the agency's congregational meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The advisory council is meeting May 5<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**Art Class** The Bellwood Senior Center offers seniors a chance to paint for pleasure. Classes take place every Tuesday at 9:00 am and cost only \$20.00 for ten lessons. Both beginners and experienced students are welcome.

**Art Show** This exhibition features works in progress by students currently enrolled in West Suburban Senior Services' art class and some works completed by former class members. The show is scheduled May 18<sup>th</sup>, 10:00 am to 1:00 pm, at Bellwood Senior Center. Plan to enjoy the show and then relax at the agency's karaoke party.

**Banana Splits** This delicious treat is being served May 20<sup>th</sup>, 12:15 pm, at Bellwood Senior Center, and May 21<sup>st</sup>, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00, and reservations are required by May 19<sup>th</sup>.

**Beginning Spanish Class** Seniors can learn basic conversational Spanish during this class. This month's sessions are May 13<sup>th</sup> and May 27<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**Bingo** Party bingo is held every Thursday at the Bellwood site and every Friday at River Park Center. Friends can join together for a lively

game beginning at 12:15 pm.

**Bingo Bonanza** A double session of party bingo is planned May 3<sup>rd</sup> at Bellwood Senior Center, and May 6<sup>th</sup> at River Park Center. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Celebrate America Party** On May 28<sup>th</sup>, 11:30 am, seniors are invited to celebrate their patriotism at Bellwood Senior Center, and OARS and River Park Centers. Activities include lunch, entertainment, and root beer floats. Reservations are required by 12:00 noon May 27<sup>th</sup>. Suggested lunch donation is \$1.50. Root beer floats are being sold for \$1.00.

**Container Gardening** Master Gardeners from the University of Illinois Extension are conducting this program May 17<sup>th</sup>, 10:30 am, at Bellwood Senior Center. The \$1.00 registration fee includes instruction and materials. Reservations are required by May 10<sup>th</sup>, and a minimum enrollment is required for this workshop to take place.

**Craft Co-op** Every Friday at 12:15 pm in Bellwood, seniors meet and do various crafts. All crafters are welcome.

**Declutter Club** How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting May 24<sup>th</sup>, 12:15 pm, at Bellwood Senior Center.

**Exercise Class – Audio Tape and Video Tape** This class is a fun way to increase strength, build

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