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portunity to investigate if they have any unclaimed assets through her Cash Dash program. Seniors planing to have lunch afterwards need a reservation by 12:00 noon on May 6th.

Strawberry Shortcake This traditional summer dessert is being served May 16th, 12:15 pm, at Bellwood Senior Center, and May 20th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00, and reservations are required by May 13th and May 17th, respectively.

Super Senior Program The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center May 23rd. Seniors can participate in Rules of the Road review classes either from 9:00 am to 11:00 am, or from 12:00 noon to 2:00 pm. Class appointments are required and may be made by telephoning West Suburban Senior Services: (708) 547-5600. In addition, between 9:00 am and 2:00 pm, seniors may take the vision test, secure a free and non-expiring photo identification card, and renew their driver's license

(seniors age 74 and younger). Appointments for these services are not required, and participants are being helped on a first come, first serve basis.

Terrific Bingo Party Mariner Health of Westchester is hosting a complimentary bingo party May 24th, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on May 23rd. Suggested meal donation is \$1.50.

Weight Loss Program Meeting West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center. Additional information is available from the agency's community outreach nurse.

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

*The River Park Center is located at 8300 Roosevelt Road in Forest Park.
The Senior Center is located at 439 Bohland Avenue in Bellwood.
The OARS Center is located at 712 Elm in LaGrange*

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

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

The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

OARS Center 712 East Elm LaGrange, Illinois 60525
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

West Suburban Senior Services Celebrates Older Americans Month

May is Older Americans Month, and West Suburban Senior Services invites seniors to *Celebrate Long-Term Living*, the theme selected by the Administration on Aging to recognize and honor the valuable contributions of older persons to their communities.

When Older Americans Month was established in 1963, only seventeen million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty, and there were few programs to meet their needs. In April 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." President Jimmy Carter renamed the observance "Older Americans Month" in 1980, and it has become a tradition.

Today, one in six Americans, or 44 million people, is age 60 and older. While most older Americans are active members of their families and communities, others are at risk of losing their independence. These individuals include four million Americans age 85 years and older, those who are living alone without a caregiver, those living in nursing homes or other institutional set-

tings, members of minority groups, older persons with physical or mental impairments, older persons residing in rural areas, low-income older persons, and those who are abused, neglected or exploited.

West Suburban Senior Services offers a wide variety of programs and services that help the elderly remain independent. This assistance is tailored specifically for each senior's needs, functional abilities, level of socialization and interests. Programs include

- Adult Day Health Care that provides supervision of seniors requiring assistance during the day because of health care and social needs, confusion or disability.
- Caregiver Support and Respite Assistance that helps family members who are providing care to elderly relatives.
- Elder Abuse Investigation and Intervention by highly trained, professional and protective service specialists.
- Home Delivered Meals five days a week for eligible seniors.
- Senior Advocate who helps older adults un-

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The Senior Chronicle

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

Funding

West Suburban Senior Services (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, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission 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 addition 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 provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. 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 31st Annual Meeting held in Forest Park, 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
 Honorable Anthony Calderone
 Mrs. Mary Conti
 Ms. Carole Kulinski
 Mrs. Dorothy Lindsey
 Honorable Noreen Love
 Honorable Anthony Peraica
 Mr. John O'Sullivan
 Mr. Gary Woll

Honorary Directors

Mrs. Annette Barker
 Honorable Lawrence Terrell

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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 13th and May 27th, at Bellwood Senior Center.

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

Stamp Club West Suburban Senior Services is forming a Stamp Club where seniors may trade and sell stamps, and talk about stamp collecting. Any interested seniors, whether they are beginners or specialists in stamp collecting, are invited to attend the initial meeting May 10th, 12:30 to 1:30 pm, at Bellwood Senior Center.

State Treasurer's Visit Illinois State Treasurer Judy Topinka is visiting Bellwood Senior Center May 9th, 10:30 am to 11:00 am, as part of West Suburban Senior Services' celebration of Older Americans Month. In addition to talking about her official duties, she is giving seniors the op-

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Older Americans Day Celebration 11:00 am May 19 th Bellwood, Forest Park & OARS	Podiatry Clinic Thursdays in Bellwood May 6 th in Forest Park	Self Defense for Seniors 1:30 pm May 26 th Bellwood	Super Senior Program 9:00 am May 23 rd Bellwood
Outlet Mall Trip 9:30 am May 19 th Aurora	Pokeno 12:15 pm May 6 th and May 13 th Bellwood	Senior Job Fair 9:30 am May 16 th Bellwood	Terrific Bingo Party 12:15 pm May 24 th Bellwood
Pamper Yourself Special Specials 9:30 am to 2:30 pm Tuesdays, Wednesdays & Thursdays in May Hillside	Quilting Class 10:30 am May 3 rd and May 24 th Bellwood	Spanish Club 11:00 am May 13 th & May 27 th Bellwood	Weight Loss Program Meeting 9:30 am Fridays Bellwood
Pickle Week Observance 11:00 am May 25 th Bellwood	Regional Transportation Authority Reduced Fare Program 11:00 am June 23 rd Bellwood July 14 th Forest Park	Stamp Club 12:30 pm May 10 th Bellwood	State Treasurer's Visit 10:30 am May 9 th Bellwood
Pinochle Party 12:15 pm May 2 nd , May 9 th , May 16 th & May 23 rd Bellwood	RED (Rest, Exercise & Diet) Plan 10:30 am May 24 th Bellwood	Strawberry Shortcake 12:15 pm May 16 th Bellwood May 20 th Forest Park & OARS	
	Roaming Through Rosehill 9:00 am May 7 th Chicago		

Briefly Stated

Advisory Council Meeting
10:30 am
May 11th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Art Demonstration
10:30 am
May 10th
Bellwood

Beginning Genealogy Class
10:45 am
May 16th
Bellwood

Beginning Spanish Class
10:30 am
May 5th, May 12th, May 19th
& May 26th
Bellwood

Bellwood Police and Fire Academy
1:30 pm
Thursdays, May 5th through July 7th
Bellwood

Bingo
12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza
10:00 am
May 2nd
Bellwood

Birthday Celebration
12:15 pm
May 3rd
Bellwood, Forest Park & OARS

Breakfast Bingo
9:00 am
May 20th
Bellwood

Craft Coop
12:15 pm
Fridays
Bellwood

Cream Pie Day
12:15 pm
May 3rd
Bellwood

Creative Writing Adventure
10:00 am
May 24th
Bellwood

Crocheting Class
10:30 am
May 5th, May 12th, May 19th
& May 26th
Bellwood

Declutter Club
12:15 pm
May 23rd
Bellwood

End-of-Life Decisions
10:30 am
May 27th
Forest Park

Exercise Class – Audio Tape and Video Tape
10:30 am
Monday through Friday
Bellwood

Foster Grandparents
10:30 am
Monthly
Bellwood

Fun and Fitness
10:30 am
Monday through Friday
Bellwood, Forest Park & OARS

Gardening Club
1:30 pm
May 2nd
Bellwood

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

Haircuts
10:30 am
May 11th & May 24th
Bellwood

Hearing Screenings
9:00 am
May 12th
Bellwood

Home Decorating Tips
10:00 am
May 17th
Bellwood

Ice Cream Cones
12:15 pm
May 31st Bellwood
June 3rd Forest Park & OARS

Ice Cream Social
12:15 pm
May 9th Bellwood
May 13th Forest Park

Legal Assistance
9:00 am
May 17th
Bellwood

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

Magic Mountain Sundaes
12:15 pm
May 23rd Bellwood
May 27th Forest Park

Mammography Screenings
By Appointment
May 13th
Bellwood

Massages
10:30 am
May 12th
Maywood

Maywood Park Dinner Outing
6:00 pm
May 16th
Maywood

Maywood Park Tour
11:30 am
May 26th
Maywood

Memorial Day Observance
10:30 am
May 27th
Bellwood

Mother’s Day Celebration
11:00 am
May 5th Bellwood
May 6th Forest Park & OARS

Movie Day
12:15 pm
May 17th
Bellwood

Mystery Reading Club
9:30 am
May 3rd
Bellwood

Mystery Wednesday
11:00 am
May 18th
Bellwood, Forest Park & OARS

Officers’ Club
10:30 am
May 23rd
Bellwood

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derstand and access benefits and services.

- Case Managers who assess, arrange and evaluate supportive efforts of seniors and their family members to help seniors remain independent.
- Dietician- approved congregate lunches at the agency’s nutrition sites.
- Senior Center that offers educational and recreational activities.
- Transportation on handicapped accessible buses, including wheelchair lifts.

Additional information about these and other services is available. The agency invites seniors to enjoy the activities included in this edition of *The Senior Chronicle* and to *Celebrate Long-Term Living*.

Cancer–Fighting Foods

Certain foods have been shown to lower the risk of cancer. These foods seem to help the body destroy cancer-causing substances before they can damage cells. For instance, dark green vegetables such as spinach, greens and broccoli may help lower the risk of cancer of the voice box, throat and lung. Dark yellow or orange vegetables and fruits such as carrots, squash, sweet potatoes and cantaloupe also may protect against these kinds of cancer. Vegetables from the cabbage family, called cruciferous vegetables, may also help protect against some cancers. Besides cabbage, other vegetables in this family are bok choy, cauliflower, broccoli, Brussels sprouts, collard and greens such as kale and turnip.

Vitamin pills do not seem to protect against cancer the way natural foods do. Making good food choices daily can promote good health and may help lower your risk of getting cancer.

Senior Job Fair

Job search skills and employment opportunities are being featured at West Suburban Senior Services’ third annual Senior Job Fair May 16th at Bellwood Senior Center.

Between 9:00 am and 9:30 am, seniors can refresh their resume’ writing and job interviewing skills at a class conducted by local employment experts. Employers are available to meet with seniors from 9:30 am to 11:30 am.

Random Thoughts

If you’re going to try cross-country skiing, start with a small county.

I like long walks, especially when they’re taken by people who annoy me.

I don’t exercise because it makes the ice jump right out of my glass.

The cardiologist’s diet: If it tastes good, spit it out.

How old would you be if you didn’t know how old you are?

The aging process could be slowed down if it had to work its way through the government.

When you’re dissatisfied and would like to go back to youth, think of Algebra.

Last Will and Testament: “Being of sound mind, I spent all my money.”

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2, 2005 Pork Chop Mashed Potatoes Sliced Tomatoes on Lettuce Wedge Vegetable Soup Fresh Apple	May 3, 2005 Spaghetti and Meatballs Seasoned Green Beans Creamy Coleslaw Chocolate Cake	May 4, 2005 Corned Beef and Cabbage Boiled Potatoes Tomato Juice Angel Food Cake with Strawberries	May 5, 2005 Herb Baked Chicken Leg Quarter Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Oranges	May 6, 2005 Seafood Jambalaya White Rice Sliced Carrots Citrus Segments Salad Vanilla Pudding
May 9, 2005 Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	May 10, 2005 Baked Ham Red Beans and Rice Cauliflower Tossed Salad Hawaiian Dessert	May 11, 2005 BBQ Chicken Breast Macaroni and Cheese Confetti Coleslaw Apple Juice Rice Pudding	May 12, 2005 Smothered Steak Whipped Potatoes Stewed Tomatoes Carrot-Raisin Salad Fruit Yogurt	May 13, 2005 Tuna Salad on Bun Grape Juice Navy Bean Soup Hot Spiced Peaches
May 16, 2005 Beef Stroganoff Buttered Noodles Tossed Salad Mushroom Soup Fresh Pear	May 17, 2005 BBQ Pork Au Gratin Potatoes Green Peas Waldorf Salad Tapioca Pudding	May 18, 2005 Roasted Chicken Leg Quarter Rice Pilaf California Vegetables Orange Juice Pineapple Chunks	May 19, 2005 Chicken with Broccoli and Cheese Herb Flavored Potatoes Peas Tossed Salad Cherry Pie	May 20, 2005 Lasagna Italian Mixed Vegetables Tossed Salad Apricots
May 23, 2005 Stuffed Cabbage Roll Green Beans Cottage Cheese and Pear Salad Cream of Potato Soup Chocolate Chip Muffin	May 24, 2005 Sliced Turkey Pecan Stuffing Mixed Greens Cranberry Sauce Fresh Orange	May 25, 2005 Jumbo Beef Hot Dog on Bun Baked Beans Coleslaw Lemonade Fruit Gelatin	May 26, 2005 Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	May 27, 2005 Cheese Ravioli Broccoli Kidney Bean Salad Fresh Banana
May 30, 2005 <i>Closed for Memorial Day</i>	May 31, 2005 Spaghetti and Meatballs Seasoned Green Beans Creamy Coleslaw Chocolate Cake	West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.		All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements

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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Home Decorating Tips Home Depot in Broadview is presenting a "Pennies for a Pound's Worth of Improvement" workshop May 17th, 10:00 am to 11:00 am, at Bellwood Senior Center. There is no fee for this activity, but reservations are required by May 13th: (708) 547-5600.

Ice Cream Cones This summer treat is being served May 31st, 12:15 pm, at Bellwood Senior Center, and June 3rd, 12:15 pm, at OARS and River Park Centers. Cost is 25 cents. Reservations are required by May 27th and June 2nd, respectively.

Ice Cream Social Seniors are invited to enjoy tasty ice cream treats May 9th, 12:15 pm, at Bellwood Senior Center, and May 13th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required by May 6th and May 12th, respectively.

Legal Assistance On May 17th 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.

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, River Park and OARS Centers can be arranged.

Magic Mountain Sundaes This unique dessert is being served May 23rd, 12:15 pm, at Bellwood

Senior Center, and May 27th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00; reservations are required by May 20th.

Mammography Screenings West Suburban Senior Services and Cook County Bureau of Health Services are cosponsoring free mammograms May 13th at the Bellwood Village Hall, 3200 Washington Boulevard, Bellwood. To be eligible for the screening (an X-ray of the breast), individuals must be age 40 or older. Also, they cannot be breast feeding or pregnant, or have had a mammogram within the last twelve months. Registration is limited and appointments are required. Women who have a palpable lump (one they can feel) or a bloody discharge from the nipples, or those who have had previous breast surgery are not eligible for these screenings. They should contact either their own doctor or the breast and cervical cancer screening program at Cook County Hospital at (312) 864-5471.

Massages Dr. Dana Celar of Celar Chiropractic is providing free shoulder and neck massages for seniors May 12th, 10:30 am to 11:00 am, at Bellwood Senior Center. Pre-registration is required by May 10th: (708) 547-5600. Reservations are being accepted on a first come, first serve basis.

Maywood Park Dinner Outing West Suburban Senior Services is organizing a dinner outing to Maywood Park May 16th at 6:00 pm. Participants can select two of the four entrees on the "daily double menu": 10 ounce New York Strip steak, jumbo shrimp, chicken or tilapia. The meal also features fresh baked bread, salad, vegetable, potato and coffee. The meal cost is \$9.95, and a minimum number of participants is required for the park's group rate. Seniors are responsible for their own transportation to the park. Free parking is available across from the park, or seniors may

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have valet parking for a \$4.00 fee. Park admission and program costs are included in the dinner fee. Prepaid reservations are needed at Bellwood Senior Center by May 2nd.

Maywood Park Tour West Suburban Senior Services is offering seniors a chance to tour the horse stables at Maywood Park May 26th, 11:30 am to 1:00 pm. The tour is being conducted by horse trainer Kimberly Rinker. Reservations for this outing are being accepted on a first come, first serve basis through May 23rd. A boxed lunch is available to participants for a suggested meal donation of \$1.50.

Memorial Day Observance This is a time to remember those persons --- past and present --- who have served this country in the military. The service is scheduled May 27th, 10:30 am, at Bellwood Senior Center. A Celebrate America party follows the ceremony. Party reservations are needed by 12:00 noon May 26th.

Mother's Day Celebration Door prizes, refreshments and a candlelight lunch are being featured at a Mother's Day celebration May 5th, 11:00 am, at Bellwood Senior Center, and May 6th, 11:00 am, at OARS and River Park Centers. Reservations are required by 12:00 noon May 4th.

Movie Day Popcorn, soft drinks, good company, and an entertaining movie are being featured May 17th, 12:15 pm, at Bellwood Senior Center. This month's selection is *In Good Company*. Reservations are required by May 16th.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting May 3rd, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons plan-

ning 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 18th.

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 23rd, at Bellwood Senior Center.

Older Americans Day Seniors are invited to celebrate Older Americans Day with a special lunch, refreshments and door prizes May 19th, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. The menu features chicken with broccoli and cheese, herb potatoes, peas, salad, a roll, cherry pie, and milk and coffee. Suggested meal donation is \$1.50; reservations are required by 12:00 noon May 16th.

Outlet Mall Shopping Trip West Suburban Senior Services and Memorial Park District are co-sponsoring a trip to the Chicago Premium Outlet Mall near Aurora May 19th. Participants depart from Eisenhower Center, 700 Speechley, Hillside, at 9:30 am and return there at 2:30 pm. The \$8.00 fee is for transportation only. Seating is limited, and prepaid reservations are being accepted on a first-come, first-serve basis.

Pamper Yourself Specials In observance of Older Americans Month, West Suburban Senior Services and Ms. Roberts Academy of Hair Design, 552 Mannheim Road, Hillside, are cosponsoring special senior discounts on manicures, roller sets, wash and styles, and perm relaxers.

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Cream Pie Day For \$1.00, seniors may enjoy this delicious dessert. It is being served May 3rd, 12:15 pm, at Bellwood Senior Center. Reservations are required.

Creative Writing Adventure This class is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. On the fourth Tuesday of the month, starting May 24th, 10:00 am to 11:30 am, at Bellwood Senior Center, participants are learning various aspects of writing: techniques to advance plot and develop character, to critique their own work and the writings of others, to revise their work, to copyright and publish their work, and much more. Participants should bring their own short story, poem or essay of no more than 350 words to the first class. The writing should be about a memory --- from childhood, from a particular situation, from a current life experience, or from another idea. Interested seniors may register for the class by telephoning West Suburban Senior Services.

Crocheting Class This basic class is being offered Thursdays during May, 10:30 am to 11:30 am, at Bellwood Senior Center. There is no fee for the instruction.

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 23rd, 12:15 pm, at Bellwood Senior Center.

End-of-Life Decisions White Crane Wellness Center, in conjunction with Rainbow Hospice, is presenting a workshop May 27th, 10:30 am, at River Park Center to help seniors address end-of-life issues. Topics being covered include ethical wills, the five wishes document, power of attorney, and hospice care and medical benefits connected with it. Sandy Rowe of Rainbow Hospice

is the presenter.

Exercise Class – Audio Tape and Video Tape This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at Bellwood Senior Center.

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.

Gardening Club West Suburban Senior Services announces a new Gardening Club at Bellwood Senior Center. In addition to getting together for monthly meetings, participating seniors may garden at the Senior Center. The next meeting is scheduled May 2nd at 1:30 pm.

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 Bellwood Senior Center. Gift certificates are also available.

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 11th and May 24th at 10:30 am. Appointments are required.

Hearing Screenings The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center May 12th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon May 10th.

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These specials are available on Tuesdays, Wednesdays and Thursdays in May between 9:30 am and 2:30 pm. Interested seniors should contact West Suburban Senior Services.

Pickle Week Observance Seniors are invited to participate in this unique celebration May 25th, 11:00 am, at Bellwood Senior Center. Reservations are recommended.

Pinochle Party Seniors are invited to play this challenging card game May 2nd, May 9th, May 16th and May 23rd, 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 6th), 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 This game is being played May 6th and May 13th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Quilting Class This class is designed for seniors who want to learn the basics of quilting. The class is meeting May 3rd and May 24th, 10:30 am to 11:30 am, at Bellwood Senior Center. Participants should bring number eight thread and sewing needles. There is no fee for the class.

Regional Transportation Authority Reduced Fare Program Regional Transportation Authority staff are at Bellwood Senior Center June 23rd, 11:00 am to 1:00 pm, and River Park Center July 14th, 11:00 am to 1:00 pm, to register seniors (age 65 and older) for its reduced fare program. Interested seniors should bring a driver's license, RTA

reduced fare permit, passport, State of Illinois identification card, United States immigration alien registration card, or other official government identification with a photo and a birth date as a form of identification. Photographs are being taken and affixed to the reduced fare permit.

RED (Rest, Exercise & Diet) Plan University of Illinois Extension is presenting this interactive program May 24th, 10:30 am, at Bellwood Senior Center. Reservations are recommended.

Roaming Through Rosehill West Suburban Senior Services and Memorial Park District invite seniors to see the graves of Chicago notables including Schwinn, Hinkley and Schmitt, Sears, Florsheim, and Brickhouse at Rosehill Cemetery on Chicago's north side. The cemetery also features a castle-like entranceway and a gravestone shaped like a miniature train car. The outing is set for May 7th, 9:00 am to 2:00 pm. Participants depart from Eisenhower Center, 700 Speechley, Hillside. The \$10.00 fee includes transportation and a program by park district staff. Seating is limited, and prepaid reservations are being accepted on a first come, first serve basis.

Self Defense for Seniors The Bellwood Police Department is conducting this class May 26th, 1:30 pm to 3:30 pm, at Bellwood Senior Center. Participants are learning important tips and techniques for protecting themselves. Reservations are recommended.

Senior Job Fair West Suburban Senior Services announces its third annual Senior Job Fair May 16th at Bellwood Senior Center. From 9:00 am to 9:30 am, seniors may attend a resume' writing and job interviewing workshop. Area employers and senior employment specialists are on hand between 9:30 am and 11:30 am to share information about available job openings and training programs for seniors age 60 and older.

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Briefly Noted

Advisory Council Meeting Seniors are invited to give their input about the agency's congregate 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 11th, 10:30 am, at Bellwood Senior Center.

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

Art Demonstration As part of its Older Americans Month celebration, West Suburban Senior Services invites seniors to attend a painting demonstration May 10th, 10:30 am to 11:30 am, at Bellwood Senior Center. Agency art instructor Vince Coppola is doing the demonstration.

Beginning Genealogy Class Seniors interested in tracing their family roots are invited to this class May 16th, 10:45 am, at Bellwood Senior Center. Reservations are recommended.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are May 5th, May 12th, May 19th and May 26th, 10:30 am to 11:30 am, at Bellwood Senior Center.

Bellwood Police and Fire Academy West Suburban Senior Services is hosting the Bellwood Po-

lice and Fire Academy Thursdays, May 5th through July 14th, 1:30 pm to 3:30 pm, at Bellwood Senior Center. Persons age 55 and older are invited to attend. The first session focuses on the history of police and different police jurisdictions.

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 2nd at Bellwood Senior 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.

Birthday Celebration Seniors who are celebrating a May birthday are invited to this special party May 3rd, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by May 2nd.

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo May 20th, 9:00 am to 10:30 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on May 18th; a minimum registration is required for this activity to take place.

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

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