

(Continued from page eleven)

am to 2:30 pm. The event combines Rules of the Road classroom instruction, a vision screening and a driver safety program. Reservations are needed only for Rules of the Road classes.

Update on the Treatment of Hypertension

The University of Illinois College of Pharmacy is presenting this important program May 21st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Vaccines for Adults The University of Illinois College of Pharmacy is presenting this program May 22nd, 10:00 am to 11:00 am, at OARS Center. Discussion includes the vaccine for shingles.

Veterans Information Session The Illinois Department of Employment Security is coming to the Senior Citizen Center in Bellwood May 10th, 10:30 am to 11:30 am, to present information about employment issues and related concerns of interest to veterans and their survivors.

Waffle Cone Sundaes This dessert is being served May 31st, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00, and reservations are required.

Walgreen Portraits Compliments of Walgreen Drug Stores, seniors may have a free four-inch by six-inch photograph taken May 3rd, 10:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood, and May 17th, 9:30 am to 11:30 am, at OARS Center. Appointments are not necessary.

Water Reclamation Plant Tour West Suburban Senior Services is planning a tour of the Stickney Water Reclamation Plant in Cicero June 15th from 11:00 am to 1:00 pm. The tour is done from the agency bus, and participation is limited. Also, participants must have security clearance before touring the plant. The non-refundable transportation fee is \$5.00. Required paperwork must be completed by May 11th. Interested participants should contact the Senior Center Director.

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

WSSSS

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

Caregiver's Corner

West Suburban Senior Services is pleased to offer several different resources for area caregivers, whether they are caring for an elderly spouse, parent, relative, neighbor, or grandchild. All groups meet at the Senior Citizen Center in Bellwood in the 2nd Floor Conference room at 10:30 am and end in time for congregate lunch at 11:30 am. Eldercare may be available for caregivers of older adults during the sessions. To arrange, please telephone Nicolette, the Caregiver Specialist, at (708) 547-5600, Extension 401.

Caregiver Education Beginning June 6th, sessions meet the 1st Wednesday of each month. Each educational session focuses on skill building and problem solving for those caring for persons 60 and older includes video presentations and guest speakers.

Caregiver Support Group Beginning May 9th, this group meets the 2nd Wednesday of each month. Each session focuses on maintaining emotional health and reducing stress through peer support and story telling, and finding ways to relieve tension.

Meditation and Centering Beginning May 17th, this group meets the 3rd Thursday of each month.

Open to all, Matt Barnes (our SHIP volunteer) is teaching basic meditation and relaxation techniques to promote health and emotional well-being.

Lending Library The Caregiver Specialist has a small collection of books and videos on a variety of topics of interest to caregivers. These materials are available at River Park Center; interested persons should call first to insure that someone is available to assist them.

Unable to make it to scheduled events or need other kinds of assistance? The caregiver specialist is available for one-on-one consultations.

Did You Know?

The Older Americans Act Nutrition Program is the largest US community based food and nutrition assistance program targeted to older adults. In 2005, local organizations provided 241 million meals to 2.7 million vulnerable older adults. For a majority of these participants, the single meal provided by either the home-delivered or congregate program provided one half or more of their total food for the day to continue to live as healthy as possible at home in the community.

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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 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 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 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 the 34th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Honorable Gary Woll, President
Ms. Carole Kulinski, Vice President
Mrs. Lois Albers, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Lela Grimble
Honorable Noreen Love
Ms. Debbie Noweder
Honorable Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Dorothy Lindsey
Mr. John O'Sullivan
Mr. Michael Sturino

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

Older Americans Day Lunch West Suburban Senior Services invites seniors to this special lunch May 18th, 11:30 am, at the Senior Citizen Center in Bellwood and at OARS Center. The menu features chicken Kiev, herb flavored potatoes, green peas, tossed salad, a wheat roll, cherry pie, and milk and coffee. Suggested meal donation is \$1.75. Reservations are required by 12:00 noon on May 15th.

Pie A la Mode For \$1.00, seniors may enjoy this dessert May 24th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Pokeno Parties This game is being played May 4th, May 11th and May 25th, 12:15 to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments. A special Early Bird Pokeno session is planned May 18th. Additional information is provided in a separate article.

Robber Bingo This unique form of party bingo is being played May 16th, 12:15 pm to 1:15 pm, at the Senior Citizens Center in Bellwood. Cost is \$1.00 per card.

Root Beer Floats For \$1.00, seniors may enjoy this old-fashioned dessert May 10th, 12:15 pm, at the Senior Citizen Center in Bellwood, and May 29th, 12:15 pm, at OARS Center. Reservations are required.

Senior Health Fair As part of its Older Americans Month celebration, West Suburban Senior

Services is hosting a Senior Health Fair May 31st, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Additional information is provided in a separate article.

Senior Jazzercise This class provides seniors an enjoyable way to become and stay physically fit. Taught by a trained instructor, the class features movement exercises that increase flexibility, strength and endurance. The class is offered Monday, Wednesday and Friday, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. (On Tuesdays and Thursdays, seniors exercise with taped instructions.)

Senior Job Fair West Suburban Senior Services announces its annual Senior Job Fair May 14th, 9:00 am to 1:00 pm, at the Senior Citizen Center in Bellwood.

Spanish Class Seniors receive instruction in basic conversational Spanish during this class. The class meets May 3rd, May 10th, May 17th, May 24th and May 31st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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 May 11th and May 25th, 11:00 am, at the Senior Citizen Center in Bellwood.

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

Super Senior The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 21st, 9:30

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In 2005, over 940,000 homebound older persons nationwide received home delivered meals. An Administration on Aging survey of home delivered meal participants found that

- 61 percent lived alone.
- 85 percent had incomes under \$20,000.
- 73 percent were 75 or older.
- 86 percent reported that as a result of the program, they ate more balanced meals.
- 91 percent reported that as a result of the program, they could continue to live in their own home.

The situation for many homebound seniors in Proviso Township is similar to this national profile. During the last fiscal year (October 2005 through September 2006), West Suburban Senior Services delivered more than 21,000 meals to home-bound seniors. During this same time period, the agency also delivered more than 800 units of emergency food to seniors in need.

Nationally, in 2005, 1.7 million older persons participated in congregate meal programs at Senior Centers and other congregate sites. An Administration on Aging survey of congregate meal participants reported that

- 52 percent lived alone.
- 62 percent were 75 or older.
- 79 percent reported that as a result of the program, they ate more balanced meals.
- 72 percent reported that as a result of the program, they could continue to live in their own home.

West Suburban Senior Services' congregate lunch program serves seniors age 60 and older. Menus are approved by a dietician, and lunches are catered Monday through Friday. Between October 2005 and September 2006, the agency served ap-

proximately 15,000 lunches at its nutrition sites. In addition to the meals, seniors also socialized with friends, and participated in various recreational and educational programs and activities.

Seniors are encouraged to review the menu in this edition of *The Senior Chronicle* and to make a reservation at the nutrition site (Bellwood or La-Grange) closest to their home. Lunch reservations are due by 12:00 noon on the business day before seniors plan to eat. Suggested meal donation is \$1.75.

Eulogy for a Veteran

Do not stand at my grave and weep.
I am not there, I do not sleep.

I am a thousand winds that blow.
I am the thousand glints on snow.

I am the sunlight on ripened grain.
I am the gentle autumn rain.

When you awaken in the morning's hush,
I am the swift uplifting rush
of quiet birds in circled flight,
I am the soft stars that shine at night.

Do not stand at my grave and cry,
I am not there, I did not die.

Author Unknown

Please Give Your Input!

AgeOptions (Suburban Area Agency on Aging) is seeking input from older adults during a public hearing May 18th, 1:00 pm to 3:00 pm, at the Senior Citizen Center in Bellwood. AgeOptions is developing an Area Plan for Older Adult Services for 2008 to 2010,

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Chicago Sundaes Named in honor of the Windy City, this dessert is being served May 17th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00; reservations are required.

Chocolate Chip Day May 15th has been designated as National Chocolate Chip Day, and to celebrate the occasion, seniors may enjoy a special ice cream creation at the Senior Citizen Center in Bellwood. Serving time is 12:15 pm, and cost is \$1.00.

Cook Out Seniors are invited to celebrate spring at a cook out May 2nd, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood. The menu features jumbo beef hot dogs, baked beans, coleslaw, fruited gelatin, fruit juice, and milk and coffee. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on May 1st.

Cream Cake Dessert Strawberry whipped cream cake is being served May 3rd, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00, and reservations are required.

Creative Writing Class West Suburban Senior Services is pleased to host this class May 22nd, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new students are welcome.

Declutter Class Seniors are invited to learn ways to declutter their homes and lives at this class May 21st, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood.

Eat What You Want Day May 11th has received this designation, and seniors are invited to participate in a snack feast at OARS Center from 10:15 am to 11:15 am. Cost is \$1.00.

Everything Sweet Bingo This bingo party is for seniors who have a sweet tooth, for sugar-free and regular sweet treats are the prizes. The event is scheduled May 14th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and May 2nd, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve moment. The class is held Tuesdays and Thursdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Foster Grandparents West Suburban Senior Services is pleased to cosponsor 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. The next meeting is May 16th at 10:30 am.

Gourmet Dinner Party West Suburban Senior Services is hosting a gourmet dinner party May 25th, 5:00 pm to 7:00 pm, at the Senior Citizen Center. Cost is \$7.00 per person, and no refunds are available. Paid reservations are due by May 22nd.

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 May 8th and May 22nd at 10:30 am. Appointments are required.

Healthy Eating on a Budget The corporate dietician from Jewel Foods is presenting this program May 17th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors may sample recipes.

Hearing Screenings The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood June 25th, 1:00 pm to

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	May 1, 2007	May 2, 2007	May 3, 2007	May 4, 2007
Please telephone each site by 12:00 p.m. the prior day for lunch reservations	Sliced Turkey Herb Stuffing Mixed Greens Cranberry Sauce Apricots	Jumbo Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruited Gelatin	Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	Cheese Ravioli Broccoli Kidney Bean Salad Banana
May 7, 2007	May 8, 2007	May 9, 2007	May 10, 2007	May 11, 2007
Salisbury Steak Mashed Potatoes Lettuce & Sliced Tomatoes Vegetable Soup Tropical Fruit	Spaghetti & Meatballs Green Beans Creamy Coleslaw Chocolate Cake	Chicken Fajitas Spanish Rice Refried Beans Fruited Gelatin	Herb Baked Chicken Leg Quarter Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Oranges	Seafood Salad on Bun Sliced Carrots Citrus Segments Salad Split Pea Soup Vanilla Pudding
May 14, 2007	May 15, 2007	May 16, 2007	May 17, 2007	May 18, 2007
Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	Swedish Meatballs White Rice Cauliflower Tossed Salad Hawaiian Dessert	Barbecued Chicken Breast Macaroni & Cheese Confetti Coleslaw Fruit Juice Butterscotch Pudding	Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot-Raisin Salad Fruit Yogurt	Chicken Kiev Herb-Flavored Potatoes Green Peas Tossed Salad Cherry Pie
May 21, 2007	May 22, 2007	May 23, 2007	May 24, 2007	May 25, 2007
Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Pear Halves	Roasted Chicken Rice Pilaf California Blend Vegetables Orange Juice Pineapple Chunks	Barbecued Roast Pork Spaghetti Okra & Tomatoes Apple Sauce Banana	Sloppy Joe on Bun Mexicorn Cottage Cheese & Pear Cream of Broccoli Soup Cookie	Spinach Lasagna with Meat Sauce Italian Mixed Vegetables Tossed Salad Apricots
May 28, 2007	May 29, 2007	May 30, 2007	May 31, 2007	
<i>Closed for Memorial Day</i>	Sliced Turkey Herb Stuffing Mixed Greens Cranberry Sauce Apricots	Jumbo Beef Hot Dog on Bun Baked Beans Coleslaw Fruited Gelatin	Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements
West Suburban Senior Services is supported by the AgeOptions, 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.				

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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and wants to know

- what is needed to create livable communities for all ages.
- what issues are affecting older adults in Proviso Township and in neighboring communities.
- what resources and choices are important to seniors and their families.
- what is needed to plan for the future.

In addition to older adults, family members, caregivers, senior service agencies and advocates and other interested persons are invited to attend the hearing.

Senior Health Fair

West Suburban Senior Services is pleased to host a Senior Health Fair May 31st, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Seniors may participate in the following complimentary screenings:

- ❑ Glucose and cholesterol conducted by Westlake Hospital. Fasting is recommended but not required.
- ❑ Prostate Cancer screening conducted by Westlake Hospital.
- ❑ Cataract and Glaucoma screening conducted by Kirk Eye Center.
- ❑ Bone Density screening conducted by Westlake Hospital
- ❑ Hypertension screening conducted by Modupe Oladeinde, MD

In addition, seniors may participate in an Arthritis Foundation class designed to help prevent and cope with arthritis pain. The University of Illinois Extension is leading this demonstration class between 10:30 am and 11:30 am.

Senior Social

Proviso Township High School District 209 and West Suburban Senior Services are cosponsoring a Senior Social June 16th, 12:00 noon to 2:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road, in Forest Park. A complimentary lunch is being served from 12:00 noon to 1:00 pm, and party bingo is scheduled from 1:00 pm to 2:00 pm. Additional information is being shared in the June edition of *The Senior Chronicle*.

Super Seniors Program

The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood on May 21st from 9:30 am to 2:30 pm. This Super Seniors is a convenient and voluntary program that combines Rules of the Road classroom instruction, a vision screening test and a driver safety program. Appointments are required only for the Rules of the Road classes.

West Suburban Senior Services Hosts Annual Lunch with Your Mayor Series

As part of its Older Americans Month celebration, West Suburban Senior Services invites seniors to have lunch with their mayor. This is an opportunity to meet informally with the mayor, and to share ideas and concerns with him. Also, at each luncheon, West Suburban Senior Services' staff is available to answer questions about programs, assistance and activities for area seniors.

At 11:30 am on the designated dates, lunch is be-

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ing served at the Senior Citizen Center in Bellwood. Seniors age 60 and older dine for the suggested donation of \$1.75. Because the meals are catered, reservations are required by 12:00 noon on the business day before each meeting.

At the time of *The Senior Chronicle's* publication, the following luncheons had been scheduled:

May 8th Melrose Park Mayor Ron Serpico
 May 14th Bellwood Mayor Frank Pasquale
 May 16th Hillside Mayor Joseph Tamburino
 May 17th Westchester Mayor Paul Gattuso
 May 21st Maywood Mayor Henderson Yarough

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Officers' Club
 10:30 am
 May 30th
 Bellwood

Older Americans Day Lunch
 11:30 am
 May 18th
 Bellwood & OARS

Pie A la Mode
 12:15 pm
 May 24th
 Bellwood & OARS



Podiatry Clinic
 9:30 am
 Thursdays
 Bellwood

Pokeno Parties
 12:15 pm
 May 4th, May 11th & May 25th
 Bellwood

Robber Bingo
 12:15 pm
 May 16th
 Bellwood

Root Beer Floats
 12:15 pm
 May 10th Bellwood
 May 29th OARS

Senior Health Fair
 9:30 am
 May 31st
 Bellwood

Senior Jazzercise
 10:30 am
 Monday, Wednesday & Friday
 Bellwood

Senior Job Fair
 9:00 am
 May 14th
 Bellwood

Spanish Class
 10:30 am
 May 3rd, May 10th, May 17th,
 May 24th & May 31st
 Bellwood

Spanish Club
 11:00 am
 May 11th & May 25th
 Bellwood

Super Senior
 9:30 am
 May 21st
 Bellwood

Surprise Bingo
 10:00 am
 May 21st
 OARS

12:15 pm
 May 22nd
 Bellwood

Terrific Bingo
 12:15 pm
 May 29th
 Bellwood

Update on Treatment of Hypertension
 10:30 am
 May 21st
 Bellwood

Vaccines for Adults
 10:00 am
 May 22nd
 OARS

Veterans Information
 10:30 am
 May 10th
 Bellwood

Waffle Cone Sundaes
 12:15 pm
 May 31st
 Bellwood & OARS

Walgreen Portraits
 10:00 am
 May 3rd
 Bellwood

9:30 am
 May 17th
 OARS

Water Reclamation Plant Tour
 June 15th
 11:00 am
 Cicero

Briefly Stated

Advisory Council Meeting
 10:00 am
 May 9th
 Bellwood

11:00 am
 May 9th
 OARS

Alternative Medicine
 10:30 am
 May 3rd
 Bellwood

Art Class
 9:00 am
 Tuesdays
 Bellwood

Arthritis Foundation Exercise Program: An Introduction
 10:30 am
 May 22nd
 Bellwood

Arthritis Foundation Exercise Program: Demonstration Class
 10:30 am
 May 31st
 Bellwood

Bargain Bingo
 10:00 am
 May 15th
 OARS

12:15 pm
 May 1st
 Bellwood

Benefits Check Up Clinic
 10:00 am
 May 22nd Bellwood
 May 29th OARS

Best Sellers Reading Club
 9:30 am
 May 29th
 Bellwood

Bingo
 10:00 am
 Thursdays
 OARS

12:15 pm
 Thursdays
 Bellwood

Bingo Bonanza
 10:15 am
 May 7th Bellwood
 May 8th OARS

Bring a Friend Day
 11:15 am
 May 29th Bellwood
 May 31st OARS

Bunco Parties
 12:15 pm
 May 2nd, May 9th & May 23rd
 Bellwood

Cernan Earth & Space Center Outing
 1:00 pm
 May 30th
 River Grove

Chicago Sundaes
 12:15 pm
 May 17th
 Bellwood & OARS

Chocolate Chip Day
 12:15 pm
 May 15th
 Bellwood

Cook-Out
 11:30 am
 May 2nd
 Bellwood

Cream Cake Dessert
 12:15 pm
 May 3rd
 Bellwood & OARS

Creative Writing Class
 10:00 am
 May 22nd
 Bellwood

DeClutter Class
 12:30 pm
 May 21st
 Bellwood

Early Bird Pokeno
 9:00 am
 May 18th
 Bellwood

Eat What You Want Day
 May 11th
 10:15 am
 OARS

Everything Sweet Bingo
 10:00 am
 May 2nd
 OARS

12:15 pm
 May 14th
 Bellwood

Exercise Class Audio Tape
 10:30 am
 Tuesdays and Thursdays
 Bellwood

Foster Grandparents
 10:30 am
 May 16th
 Bellwood

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

Gourmet Dinner Party
 5:00 pm
 May 25th
 Bellwood

Haircuts
 10:30 am
 May 8th & May 22nd
 Bellwood

Healthy Eating on a Budget
 10:30 am
 May 17th
 Bellwood

Hearing Screenings
 1:00 pm
 June 25th
 Bellwood

Kentucky Derby Party
 10:15 am
 May 5th
 Bellwood

Legal Assistance
 9:00 am
 May 15th
 Bellwood

Luncheon
 11:30 am
 Weekdays
 Bellwood & OARS

Maywood Park Dinner Outing
 6:00 pm
 May 3rd
 Melrose Park

Memorial Day Observance
 10:30 am
 May 24th
 Bellwood

METRA Train Safety
 10:00 am
 May 1st
 OARS

Mother's Day Celebration
 11:00 am
 May 8th Bellwood
 May 10th OARS

Mother's Day Tea
 10:00 am
 May 11th
 Bellwood

Movie Day
 10:00 am
 May 14th
 OARS

12:15 pm
 May 15th
 Bellwood

Mystery Luncheon
 10:30 am
 May 15th
 Bellwood

Mystery Reading Club
 9:30 am
 May 1st
 Bellwood

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2:00 pm, to conduct hearing screenings. There is no fee for this service, but appointments are required by June 21st.

Kentucky Derby Party This special weekend event is scheduled May 5th at the Senior Citizen Center in Bellwood. Festivities begin at 10:15 am with appetizers in the starting gate. A spaghetti luncheon, courtesy of Westchester Health and Rehabilitation Center, is being served from 11:30 am to 12:15 pm. Participants may enjoy dessert from 12:15 pm to 12:30 pm in the Winner's Circle. Party bingo is scheduled from 12:30 pm to 1:30 pm. The lunch is free; bingo cost is \$1.00. Reservations needed by May 2nd.

Legal Assistance On May 15th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Maywood Park Dinner Outing West Suburban Senior Services is hosting a dinner outing to Maywood Park May 3rd, 6:00 pm to 9:00 pm. The menu features an all-you-can-eat prime rib and pasta buffet for \$5.95. Park admission, parking, program, tax and gratuity are extra. Seating is limited; seniors planning to attend should contact

the Senior Center director by May 1st.

Memorial Day Observance A representative of the U.S. Marine Corps is coming to the Senior Citizen Center in Bellwood May 24th, 10:30 am to 11:30 am, to join in West Suburban Senior Services' observance of Memorial Day. Lunch follows the program.

METRA Train Safety This informative program is being presented May 1st, 10:00 am to 11:00 am, at OARS Center. Reservations are recommended.

Mother's Day Celebration Door prizes, refreshments and a candlelight lunch are being featured at a Mother's Day celebration May 8th, 11:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood, and May 10th, 11:00 am to 12:00 noon, at OARS Center. Reservations are required by 12:00 noon on May 7th and May 9th, respectively. Suggested meal donation is \$1.75.

Mother's Day Tea Party Fresh flowers, refreshments, a program and special bingo highlight this activity May 11th, 10:00 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and a minimum participation is required.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned May 14th, 10:00 am, at OARS Center, and May 15th, 12:15 pm, at the Senior Citizen Center in Bellwood. This month's selection is *The Pursuit of Happiness* featuring Will Smith. Reservations are required by May 11th.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting May 1st, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

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Briefly Noted

Alternative Medicine This program is being presented by Rush-Oak Park Hospital and Complimentary Care Chicago May 3rd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Gail Galvin is discussing Qi Gong, which are techniques to tap the body's energy to relieve stress and improve balance.

Arthritis Foundation Exercise Program: An Introduction West Suburban Senior Services and the University of Illinois Extension are pleased to jointly sponsor this new program at the Senior Citizen Center in Bellwood. It is designed to help seniors both prevent and deal with arthritis pain through specially designed exercise classes. Additional information is being presented May 22nd, 10:30 am to 11:30 am. Seniors may also sign up for the classes at that time. The classes are free, but registration is limited.

Arthritis Foundation Exercise Program: Demonstration Class Seniors attending West Suburban Senior Services' health fair on May 31st have the opportunity to participate in a demonstration of a specially designed exercise class to help prevent and cope with arthritis pain. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood.

Benefits Check Up West Suburban Senior Services' Senior Advocate is conducting two free and confidential clinics to help seniors age 60 and older understand and obtain benefits and services to which they are entitled. Seniors complete a questionnaire that generates a computerized report of benefits which they are eligible to receive. The Senior Advocate will be at the Senior Citizen Center in Bellwood May 22nd from 10:00 am to 11:30 am, and at OARS Center May 29th from

10:00 am to 11:30 am. Clinic appointments are recommended. Walk-in clients are welcome but may have to wait for service.

Bingo Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm (Senior Citizen Center) and 10:00 am (OARS Center). A double session of party bingo is planned May 7th at the Senior Citizen Center in Bellwood and May 8th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Bring a Friend Day Seniors who participate in West Suburban Senior Services' congregate lunch program are invited to bring a friend for a complimentary meal May 29th, 11:15 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and May 31st, 11:15 am to 12:15 pm, at OARS Center. Guests must be age 60 and older, and reservations are required by 12:00 noon the day before each lunch.

Cernan Earth and Space Center Outing West Suburban Senior Services is hosting an outing to the Cernan Earth and Space Center May 30th, 1:00 pm to 2:30 pm. Participants are viewing a new show titled *Stellar Extremes*, a multi-media presentation that explores stellar interiors. Cost for the show is \$4.50, and a minimum registration is required for this activity to take place. Seniors may either drive to Cernan Center (located on the Triton College campus) or ride the agency bus for an additional fee. Registration deadline is May 14th.

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