

(Continued from page nine)

cate, Consuelo LeZama. This month's meetings are to be held May 9th and May 23rd, 11:00 am to 2:00 pm, 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

Spring Fling Youth Outreach Services and West Suburban Senior Services are cosponsoring this event May 22nd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors are invited to model a favorite spring outfit or hat. Surprises are planned. Lunch follows at 11:30 am.

Stress Busters Elmhurst Memorial Healthcare is presenting this program May 12th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch is served at 11:30 am for the suggested donation of \$1.75.

Super Senior The Secretary of State's mobile driver services facility is coming to the Senior

Citizen Center in Bellwood May 19th from 9:30 am to 2:30 pm. Additional information is presented in a separate article.

Tea and Talk This program is scheduled May 14th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors may enjoy a cup of tea and a pastry, and visit with a local dignitary or a representative of a community organization. Proviso Township is this month's guest.

Waffle Cone Sundaes This ice cream treat is being served May 1st, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Whist and Spades West Suburban Senior Services invites card players to this friendly competition May 14th and May 28th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Refreshments are being served.

Yankee Doodle Sundaes This patriotic berry and ice cream treat is being served May 29th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood, and May 30th, 12:15 pm to 12:30 pm, at OARS Center. Cost is \$1.00.

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

Menu Choice Days

West Suburban Senior Services is pleased to offer diners at its two meal sites menu options on designated dates this month. On these dates, senior citizens aged 60 and older may order either the hot meal on the menu or a gourmet boxed lunch for the suggested donation of \$1.75. Reservations for the hot meals are required by 12:00 noon on the business day before seniors plan to have lunch; however, the boxed lunches have the different reservation deadlines noted below.

- May 7th Ham and cheese croissant boxed lunch option. *Reservation deadline is 12:00 noon on May 5th.*
- May 19th Egg salad on roll boxed lunch option. *Reservation deadline is 12:00 noon on May 15th.*
- May 30th, Turkey croissant boxed lunch option. *Reservation deadline is 12:00 noon on May 28th.*

Lunch reservations may be made by telephoning the agency.

To Senior Citizen Clubs...

West Suburban Senior Services invites senior clubs to hold a luncheon meeting at either the Senior Citizen Center in Bellwood or at the OARS Center in LaGrange. In addition to serving club members a catered meal for the suggested donation of \$1.75, the agency provides a comfortable room for the meeting and offers a choice of programs for the meeting. These range from educational activities such as a senior benefit checkup to social activities such as (a tea party. These "extras" are provided at no cost.

To schedule a site tour, or to discuss menu selections and program possibilities, interested clubs should contact the Senior Center Director. The Senior Citizen Center is located at 439 Bohland Avenue in Bellwood; OARS is located at 712 East Elm Street in LaGrange.

Older Americans Month Celebration

May is Older Americans Month, and West Suburban Senior Services' observance includes various activities throughout May that accent this year's theme of *Working Together for Strong, Healthy and Supportive Communities.*

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the Senior Chronicle out due to increased postage costs. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

West Suburban Senior Services supported by the AgeOptions under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn and Proviso Townships, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

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

252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Board of Directors

The Board of Directors elected, during the 35th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

- Mrs. Elaine Reno, President
- Mrs. Debbie Nowader, Vice President
- Ms. Carole Kulinski, Secretary
- Mrs. Lois Albers, Treasurer

Directors

- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Mrs. Lela Grimble
- Honorable Noreen Love
- Honorable Anthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

Honorary Directors

- Honorable Anthony Calderone
- Honorable Gary Woll

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Wisconsin Wonders Trip

West Suburban Senior Services is planning a two-night, three-day trip to northern Wisconsin October 18th through October 20th. Arranged by Mayflower Tours, this fully escorted trip features visits to the Circus World Museum, Mt. Horeb shops and the Mustard Museum, a Swiss dinner with entertainment in New Glarus, a visit to House on the Rock and the Historic Villa Louis, a dinner cruise aboard the Spirit of Dubuque, a historic Galena, Illinois, trolley tour, and a visit to Wisconsin's cheese capital. Participants also receive \$15.00 in Mayflower money.

Fees include transportation on a deluxe motor-coach, free home pick up and return, four meals (two dinners and two breakfasts), hotel lodging for two nights and admission to all scheduled attractions. Per-person rates are \$579 for twin, \$718 for single, and \$575 for triple accommodations.

A \$150.00 deposit (with no cancellation fee waiver) is required at the time a participant signs up for the trip. Participants wanting an optional cancellation fee waiver must pay a \$200.00 deposit at the time of signing up for the trip. The optional \$50.00 cancellation fee waiver is not refundable. However, participants that purchase one are guaranteed a full refund for cancellations. Also, if participants have to leave the trip early at any time because of a personal illness, or illness or death of an immediate family member or a traveling companion, the fee waiver guarantees a full refund for any unused services.

All deposit checks should be made payable to Mayflower Tours and mailed to West Suburban Senior Services, 439 Bohland Avenue, Bellwood, IL 60104. The deadline for deposits is June 13th.

Final tour payments are due no later than September 18th. Those checks, made payable to Mayflower Tours, should be mailed directly to the company: Mayflower Tours, Group Sales Department, 1225 Warren Avenue, P. O. Box 490, Downers Grove, IL 60515.

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	Senior Talent Quest 10:30 am May 19 th Bellwood	Spring Fling 10:30 am May 22 nd Bellwood	Tea Party 10:00 am May 6 th Bellwood
Remembering the '40s 12:15 pm May 2 nd Bellwood	Silent Auction 10:30 am May 16 th Bellwood & OARS	Stress Busters 10:30 am May 12 th Bellwood	Waffle Cone Sundaes 12:15 pm May 1 st Bellwood & OARS
10:30 am May 9 th OARS	Sketch Class 10:00 am May 20 th Bellwood	Super Senior 9:30 am May 19 th Bellwood	Whist & Spades 12:15 pm May 14 th & May 28 th Bellwood
Senior Health & Fitness Fair 9:30 am May 13 th OARS	Spanish Club 11:00 am May 9 th & May 23 rd Bellwood	10:00 am May 20 th OARS	Yankee Doodle Sundaes 12:15 pm May 29 th Bellwood
Senior Job Fair 9:00 am May 12 th Bellwood		Tea and Talk 10:30 am May 14 th Bellwood	12:15 pm May 30 th OARS

Briefly Stated

Advisory Council
10:00 am
May 14th
Bellwood

11:00 am
May 14th
OARS

Art Class
9:00 am
Tuesdays
Bellwood

Banana Splits
12:15 pm
May 22th
Bellwood & OARS

Best Sellers Reading Club
9:30 am
May 27th
Bellwood

Bird House Craft
10:00 am
May 23rd
OARS

Bring Your Own Board Checkers Fridays
10:30 am
May 2nd, May 9th, May 16th,
May 23rd & May 30th
Bellwood & OARS

Casino Day
1:00 pm
May 20th
Westchester

Container Gardening Ideas
10:30 am
May 8th
Bellwood

Cook-Out
11:30 am
May 28th
Bellwood & OARS

Creative Writing Class
10:00 am
May 27th
Bellwood

Decluttering Class
12:30 pm
May 19th
Bellwood

Early Bird Bingo
9:30 am
May 30th
Bellwood

Everything Sweet Bingo
12:15 pm
May 12th
Bellwood

10:00 am
May 27th
OARS

Foster Grandparents
10:30 am
May 21st
Bellwood

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

Gourmet Dinner Party
5:00 pm
May 30th
Bellwood

Haircuts
10:30 am
May 13th & May 27th
Bellwood

Hearing Screens
10:00 am
May 29th
Bellwood

Helping Hands
12:15 pm
May 6th
Bellwood

**Horse Racing:
A Jockey's Insights**
10:30 am
May 1st
Bellwood

Kentucky Derby Party
10:00 am
May 3rd
Bellwood

Legal Assistance
9:30 am
May 20th
Bellwood

Line Dancing
10:00 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

**Meditation & Centering
Classes**
12:15 pm
May 9th & May 23rd
Bellwood

Milk Shakes
12:15 pm
May 15th
Bellwood & OARS

**Military Appreciation
Month Observance**
10:30 am
May 29th
Bellwood

10:30 am
May 30th
OARS

Mother's Day Celebration
11:30 am
May 8th
Bellwood & OARS

Mystery Reading Club
9:30 am
May 6th
Bellwood

Navigator Computer Lab
10:00 am
Weekdays
Bellwood

Officers' Club
10:30 am
May 19th
Bellwood

Old Fashioned Sing-Along
10:30 am
May 15th
Bellwood

**Older Americans Month
Luncheon**
11:30 am
May 16th
Bellwood & OARS

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Parties
10:45 am
May 9th & May 23rd
Bellwood

**Police Appreciation Lunch-
eon**
11:30 am
May 13th
Bellwood

11:30 am
May 14th
OARS

Program Potluck
10:00 am
May 6th
OARS

10:30 am
May 27th
Bellwood

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telephone the agency to sign out copies of the current reading selection.

Navigator Computer Lab West Suburban Senior Services invites seniors to use its computer lab at the Senior Citizen Center in Bellwood. Staff is available Monday through Friday between 10:00 am and 12:00 noon to help seniors access various internet sites including Google, Medicare, Illinois Rx and Blue Cross Insurance. With this knowledge, seniors can research supplemental insurance coverage, and also manage Medicare and prescription drugs on line. Appointments for the computer lab are required.

Old Fashioned Sing-Along Live entertainment is being featured May 15th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am for the suggested donation of \$1.75.

Older Americans Month Luncheon Senior citizens aged 60 and older are invited to this event May 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood and at OARS Center. Additional information is included in a separate article.

Police Appreciation Luncheon Seniors are invited to dine with local police chiefs May 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and May 14th, 10:30 am to 11:30 am, at OARS Center. Additional information is presented in a separate article.

Program Potluck This new feature is scheduled May 6th, 10:00 am to 11:00 am, at OARS Center, and May 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch is served at both sites for the suggested donation of \$1.75.

Remembering the '40s Party A fifty-cent dessert and team games (Name that Tune and trivia, for example) are featured May 2nd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and May 9th, 10:30 am to 11:30 am, at OARS Center.

Senior Health and Fitness Fair Complimentary health screens and information, and fitness demonstrations are among the activities planned for this event May 13th, 9:30 am to 11:30 am, at OARS Center in LaGrange. Additional information is provided in a separate article.

Senior Job Fair West Suburban Senior Services is hosting its annual Senior Job Fair May 12th, 9:00 am to 1:00 pm, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Senior Talent Quest Individuals and groups are welcome to perform during this friendly competition May 19th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Silent Auction This activity is a part of the Older Americans Day luncheon May 16th at the Senior Citizen Center in Bellwood and at OARS Center. Additional information is presented in a separate article.

Sketch Class Seniors are invited to do basic sketch techniques with West Suburban Senior Services' art instructor May 20th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. No previous art experience is necessary to participate.

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 Advo-

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements	April 1, 2008 Sliced Turkey Herb Dressing Corn Cranberry Sauce Apricot Halves	April 2, 2008 Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruited Gelatin	April 3, 2008 Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	April 4, 2008 Cheese Ravioli Broccoli Tossed Salad Fresh Bananas	
	April 7, 2008 Salisbury Steak Mashed Potatoes Sliced Tomatoes and Lettuce Vegetable Soup Tropical Fruit	April 8, 2008 Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	April 9, 2008 Chicken Fajitas Spanish Rice Refried Beans Fruited Gelatin	April 10, 2008 Herb Baked Chicken Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Orange	April 11, 2008 Tuna Salad on Bun Sliced Carrots Citrus Segments Split Pea Soup Vanilla Pudding
	April 14, 2008 Meatball Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	April 15, 2008 Swedish Meatballs White Rice Cauliflower Tossed Salad Tropical Fruit	April 16, 2008 Barbecued Chicken Breast Macaroni and Cheese Confetti Fruit Juice Butterscotch Pudding	April 17, 2008 Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot Raisin Salad Fruit Yogurt	April 18, 2008 Hamburger on Bun Potato Salad Navy Bean Soup Fresh Melon
April 21, 2008 Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Peach Halves	April 22, 2008 Roasted Chicken Rice Pilaf California Vegetables Orange Juice Pineapple Chunks	April 23, 2008 Barbecued Roast Pork Spaghetti Okra and Tomatoes Apple Sauce Banana	April 24, 2008 Sloppy Joe on Bun Green Beans Cottage Cheese and Pear Salad Cream of Broccoli Soup Cookies	April 25, 2008 Spinach Lasagna Italian Mixed Vegetables Tossed Salad Apricots	
April 28, 2008 Stuffed Cabbage Roll Green Beans Cottage Cheese and Pears Cream of Potato Soup Chocolate Chip Muffin	April 29, 2008 Sliced Turkey Herb Dressing Corn Cranberry Sauce Apricot Halves	April 30, 2008 Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruited Gelatin	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 Commissions of Berwyn and Proviso Townships, local villages, and donations.		

Senior Citizen Center
 439 Bohland
 Bellwood, Illinois 60104

OARS Center
 712 Elm
 LaGrange, Illinois 60525

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- ❑ *Senior Job Fair* May 12th, 9:00 am to 1:00 pm, at the Senior Citizen Center in Bellwood. Employers who have current job openings and programs that provide job training for seniors are participating. Senior citizens are encouraged to bring a resume and information required to complete job applications.
- ❑ *Senior Health and Fitness Fair* May 13th, 9:30 am to 11:30 am, at OARS Center. The event features health information and complimentary health screenings including blood pressure and body mass index provided by (Adventist LaGrange Memorial Hospital, podiatry provided by Gary Trent, DPM, spinal screen provided by Celar Chiropractic, glucose tests provided by Care Centers)and vision screens provided by Westchester Eye Center. In addition, the University of Illinois Extension is conducting a diabetic recipe demonstration at 10:00 am and nutrition bingo at 10:30 am, and Jim DeLong is teaching line dancing at 11:00 am. The event concludes with a turkey croissant boxed lunch at 11:30 am. Suggested meal donation is \$1.75, and meal reservations are required by May 8th.
- ❑ *Lunch with Local Police Chiefs* May 13th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and May 14th, 11:30 am to 12:30 pm, at OARS Center. In addition to celebrating *National Police Appreciation Week*, the event gives senior citizens the opportunity to learn about safety issues in their communities.
- ❑ *Older Americans Month luncheon* May 16th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Local mayors have been invited to have lunch and to meet informally with seniors. The menu includes Chicken Kiev, herb potatoes,

green beans, salad and roll, cherry pie, and milk and coffee. Suggested meal donation is \$1.75, and reservations are required by May 13th. The event also includes a silent auction at both sites from 10:30 am to 12:30 pm. Proceeds benefit West Suburban Senior Services.

- ❑ *Senior Talent Quest* May 19th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Individuals and groups are welcome to perform. Categories of competition are vocal, instrumental and dance. Interested seniors must register for the competition by May 15th, and a minimum number of contestants is required for the competition to take place. Prizes are being awarded for first, second and third place performances.
- ❑ *Super Senior* May 19th, 9:30 am to 2:30 pm, at the Senior Citizen Center in Bellwood. Seniors may participate in Rules of the Road classes either from 9:30 am to 11:30 am or from 12:30 pm to 2:30 pm, take the vision screening test, renew their driver's license for senior citizens aged 74 and younger and obtain a free, non-expiring Illinois photo identification card for are residents age 65 and older. Reservations are required only for the Rules of the Road classes.
- ❑ *Military Appreciation Day* May 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and May 30th, 10:30 am to 11:30 am, at OARS Center. Seniors are being honored for their service to our country.
- ❑ *Older Americans Month* was established in 1963 to acknowledge the contributions of past and current older persons to our country. Additional information about upcoming festivi-

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Horse Racing: A Jockey's Insights Kim Rinker is presenting this program May 1st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. West Suburban Senior Services is also hosting a Kentucky Derby party on May 3rd. Additional party information is presented in a separate newsletter entry.

Kentucky Derby Party This weekend event is scheduled May 3rd at the Senior Citizen Center in Bellwood. Festivities begin at 10:15 am with appetizers at the starting gate. Party bingo is scheduled from 10:30 am to 11:30 am. A turkey croissant boxed lunch is being served at 11:30 am. The event concludes with dessert in the Winners Circle from 12:15 pm to 12:30 pm. Cost is \$2.00, and reservations are required by May 1st.

Legal Assistance On May 20th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is available to come to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 10:00 am and 11:00 am. There is no charge.

Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some 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.

Meditation and Centering Classes Matt Barnes is conducting meditation and relaxation classes May 9th and May 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Enrollment is free.

Milk Shakes This dessert is being served May 15th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Military Appreciation Month Observance West Suburban Senior Services is pleased to honor seniors for their service to our country. Ceremonies are scheduled May 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and May 30th, 10:30 am to 11:30 am, at OARS Center. Veterans who plan to participate are asked to make a reservation with the agency.

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 at OARS Center. Reservations are required by 12:00 noon on May 7th. Suggested meal donation is \$1.75.

Movie Day This month's feature is *August Rush*, a comedy-drama about the relationship challenges of a sheltered young cellist and a charismatic Irish singer-songwriter who fall in love. Robin Williams, Keri Russell and Terrence Howard star. The movie is being shown May 13th, 12:15 pm to 2:15 pm, at the Senior Citizen Center in Bellwood. Refreshments are served.

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 6th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate should

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Cook Out Hot dogs and baked beans highlight this event May 28th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon May 27th.

Creative Writing Class New and returning students are welcome at this monthly class at the Senior Citizen Center in Bellwood. This month's meeting is May 27th from 10:00 am to 11:30 am. There is no enrollment fee.

DeCluttering Class Seniors are invited to learn ways for decluttering their homes and lives at this class May 19th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. There is no enrollment fee.

Early Bird Bingo Breakfast and party bingo highlight this activity May 30th at the Senior Citizen Center in Bellwood. A breakfast of pancakes, sausage, fruit, juice, and milk and coffee is served at 9:30 am. Party bingo begins at 10:00 am. Cost for all is \$2.00. Reservations are required by 12:00 noon on May 28th, and as minimum registration is required for this activity to take place.

Everything Sweet Bingo This party bingo is a must for seniors who have a sweet tooth. It is scheduled May 12th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and May 27th, 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 movement. The class is held Monday through Friday, 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 Grand-

parent program. The monthly meeting is held at the Senior Citizen Center in Bellwood and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care. The next meeting is May 21st at 10:30 am.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reasonable price. Shoppers may purchase items between 10:30 am and 1:30 pm Monday through Friday at the Senior Citizen Center in Bellwood. Gift certificates are also available.

Gourmet Dinner Party West Suburban Senior Services is hosting this event May 30th, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Additional information is provided in a separate article.

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 13th and May 27th at 10:30 am. Appointments are required.

Hearing Screens May is *Better Hearing and Speech Month*, and Digital Hearing Center in River Forest is conducting complimentary screenings May 29th, 10:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Seniors may schedule an appointment by telephoning West Suburban Senior Services. Walk-in are welcome but may have to wait.

Helping Hands Volunteers are needed to make Mother's Day gifts for homebound seniors. A work session is scheduled May 6th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Interested participants should contact the agency.

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ties may be obtained by telephoning West Suburban Senior Services.

Senior Talent Competition

West Suburban Senior Services is pleased to host its first *Senior Talent Quest* in May as part of its Older Americans' Month celebration. Seniors are invited to perform Monday, May 19th, between 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Categories of competition are vocal, instrumental, dance and other. Individuals and groups are welcome; performances are limited to ten minutes each. Interested seniors must sign up for the competition at West Suburban Senior Services by May 15th, and a minimum number of contestants is required for the competition to take place. Prizes are being awarded for the first, second and third place performances. Additional information is available.

Stop By and Say Hello

The Village of Maywood and West Suburban Senior Services are cosponsoring a Health Fair for Maywood Seniors May 20th, 9:00 am to 11:00 am, at the Multi-Purpose Center, 200 South Fifth Avenue in Maywood. Complimentary glucose, cholesterol, prostate cancer, bone density and hypertension checks by Westlake Hospital are among the health screenings being provided. Lunch is being served at 11:30 am; party bingo follows at 12:30 pm. Interested Maywood seniors are asked to register at Mayor Henderson Yarbrough's office, (708) 450-4492, by May 15th.

Tax Stimulus Payments

Starting this month, the U.S. Treasury is beginning to mail economic stimulus payments to more than 130 million households. To receive a payment, taxpayers must have a valid Social Security number, \$3,000 of income and file a 2007 federal tax return. Eligible people receive up to \$600 (\$1,200 for married couples). Millions of retirees, disabled veterans and low-wage workers who are usually exempt from filing a tax return must do so this year in order to receive a stimulus payment.

Seniors who do not file regular federal income tax should complete and file a 1040A form. The Internal Revenue Service is mailing this form to qualified seniors. Also, the form is available at various local libraries and at the Senior Citizen Center in Bellwood.

Visit Our Club West!

West Suburban Senior Services' gourmet dinner party on May 30th features a cabaret theme. Doors open at 4:30 pm with appetizers served until 5:00 pm. Dinner is served at 5:00 pm, and diners can enjoy the keyboard music of Eddie Lopez from 5:00 pm to 6:30 pm.

Seating for the dinner party is limited, and paid and nonrefundable reservations are being accepted on a first come, first serve basis. DiLeo is catering the meal. Cost is \$8.00 per person. The reservation deadline is May 23rd.

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting May 14th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

Art Class The Senior Citizen Center in Bellwood offers seniors a chance to work in various media such as water colors, acrylics, pastels and oils, and to receive instruction in basic drawing. Classes take place every Tuesday at 9:00 am, and are instructed by a competent artist and sculptor. There is a fee for enrollment.

Banana Splits For \$1.00, seniors may enjoy this dessert May 22nd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Reservations are required.

Best Sellers Reading Club West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's next meeting is May 27th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to participate should telephone the agency now to sign out copies of the current reading selection.

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 at

the Senior Citizen Center and 10:00 am at the OARS Center.

Bingo Bonanza A double session of party bingo is planned May 5th at the Senior Citizen Center in Bellwood, and May 6th 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.

Bird House Craft Seniors are invited to decorate a small bird house May 23rd, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00, and reservations are required by May 19th.

Bring Your Own Board Checkers Fridays The BYOB (Bring Your Own Board) Checkers Fridays continues May 2nd, May 9th, May 16th, May 23rd and May 30th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood and at OARS Center. Checker players of all skill levels are welcome, and refreshments are being served.

Casino Day Westchester Health and Rehabilitation Center is hosting this complimentary event May 20th, 1:00 pm to 2:30 pm, at its facility in Westchester. A variety of games and refreshments are planned. Seniors planning to participate are asked to register at West Suburban Senior Services. Seniors must furnish their own transportation.

Container Gardening Ideas Adrian Fisher from Good Earth Green House in River Forest is presenting this program May 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The benefits of organic seeds and plants are among the topics being discussed.

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