

(Continued from eleven)

### YOGA: Stretch Your Body, Mind and Spirit

**E**very Thursday at 10:00 am, instructor Juanita Zamudio, leads a special group of Adult Day Health Care clients through a stimulating, yet tranquil workout of yoga movements. To the peaceful tones of flutes and chimes, clients participate in standing, floor and chair routines. Everyone can join in to reap the benefits of conscious breathing, stretching and balance.

The last portion of the class involves deep breathing exercises while holding hands in a circle. New woodland music of water, birds and chimes, dim lighting and a focus candle facilitate relaxation techniques to calm the mind and spirit. Juanita, herself, is a wonderfully calming spirit who guides her class to a renewal on a weekly basis.

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

More information may be available in a separate article.

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

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

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

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.

### Candy Quiz

Answers to Candy Quiz from Page One: (1) 3 Musketeers (2) Mounds (3) Milky Way (4) Mars (5) Hollywood (6) Oh Henry (7) Snickers (8) Butterfinger (9) Babe Ruth (10) 5<sup>th</sup> Avenue (11) M & M's (12) Clark Bar (13) Kiss (14) Pay Day (15) Bit- O- Honey (16) Almond Joy (17) Rolo (18) Hershey (19) Kit Kat (20) Mr. Good Bar (21) Life Savers (22) Star Burst (23) Nestles Crunch (24) Skor (25) Milk Dud

# 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

### Candy Trivia

**T**his is the perfect trivia puzzle not only for seniors with a sweet tooth but also for those who enjoy a mental challenge. The answer to each question is a popular candy. Answers are provided on back page in this issue of *The Senior Chronicle*.

- 1 A famous swashbuckling trio
- 2 Indian burial grounds
- 3 Galaxy
- 4 Red planet
- 5 Home of movie stars
- 6 A famous author
- 7 Not laughing out loud
- 8 Can't hold on to anything
- 9 Famous former baseball player
- 10 Famous New York street
- 11 Twin letters
- 12 Superman's other identity
- 13 A sweet affection
- 14 Favorite day for working people
- 15 What bees make
- 16 Nut happiness
- 17 Pleasingly plump
- 18 Two female pronouns
- 19 A feline
- 20 Single women look for him
- 21 Round flotation devices
- 22 Sun explosion
- 23 Bite with crackling noise
- 24 Determines who wins most games
- 25 Dry cow

### Mark Your Calendar for Our Rummage Sale!

**W**est Suburban Senior Services is holding a rummage sale May 28<sup>th</sup>, 9:00 am to 1:00 pm, at the Senior Citizen Center, 439 Bohland Avenue (corner of Bohland and Butterfield) in Bellwood. Toys, books, clothing (children and adult) and miscellaneous items are being sold. *No appliances or large furniture pieces are included in the sale.* Sale donations are being accepted at the Senior Citizen Center in Bellwood May 22<sup>nd</sup>, May 26<sup>th</sup> and May 27<sup>th</sup> between 10:00 am and 2:00 pm.

### Older Americans Month Observance

**M**ay is Older American Month, and West Suburban Senior Services' observance includes activities that accent this year's theme of *Living Today for a Better Tomorrow*. The focus is on prevention efforts and programs that are helping older adults have better health as they age and avoid the risks of chronic disease, disability and injury.

Senior Citizen Center  
439 Bohland Avenue  
Bellwood

Laughter is often said to be the best medicine, and

(Continued on page five)

**The Senior Chronicle**

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

**Funding**

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

**Non-Discrimination**

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

**Website**

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

**Board of Directors**

The Board of Directors elected, during the 36<sup>th</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

**Officers**

- Mrs. Debbie Nowader, President
- Mrs. Lela Grimble, Vice President
- Mrs. Tywana Rand, Secretary
- Mrs. Lois Albers, Treasurer

**Directors**

- Mrs. Jann Beauchamp
- Mrs. Janice Carter
- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Mr. Arthur Grapenthein
- Mrs. Lela Grimble
- Mr. Robert A. Jones
- Mr. Luigi Mazzei
- CommissionerAnthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

**Honorary Directors**

- Ms. Carole Kulinski
- Judge Noreen Love
- Mrs. Elaine Reno

(Continued from page ten)

ish 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 8<sup>th</sup> and May 22<sup>nd</sup>, 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 arios pasar un rato agradable, llame a Consuelo LeZama (708) 547-5600.

**Stepper Dance Class** Beginners and advanced students are welcome in this free class. It is offered May 7<sup>th</sup>, May 14<sup>th</sup> and May 28<sup>th</sup>, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

**Take Charge of Your Health!** Information is presented in a separate article.

**West Suburban Walkers** After a winter break, the agency is pleased to restart its walking group every Wednesday at 10:00 am. Seniors meet at the Senior Citizen Center in Bellwood and then walk in the local area at their own pace.

**Who to Talk with When You're in Financial Debt** This timely program is being given May 12<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Money Management International is the program presenter.

**Wii Bowling** This computerized recreation is being offered every Tuesday, 9:30 am to 10:30 am and 12:30 pm to 1:30 pm, and every Wednesday, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood.

**Yankee Doodle Sundaes** This patriotic fruit and ice cream dessert is being served May 21<sup>st</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.



**Briefly Stated**

**Advisory Council**

10:00 am  
May 13<sup>th</sup>  
Bellwood

11:00 am  
May 13<sup>th</sup>  
OARS

**Art Class**

9:00 am  
Tuesdays  
Bellwood

**Arthritis Foundation  
Exercise Class**

10:00 am  
Mondays  
OARS

**Banana Splits**

12:15 pm  
May 14<sup>th</sup>  
Bellwood & OARS

**Bingo**

10:00 am  
Thursdays  
OARS

12:15 pm  
Thursdays  
Bellwood

**Bingo Bonanza**

10:15 am  
May 4<sup>th</sup>  
Bellwood

10:15 am  
May 6<sup>th</sup>  
OARS

**Brain Games**

12:15 pm  
May 6<sup>th</sup>, May 13<sup>th</sup>, May 20<sup>th</sup>  
& May 27<sup>th</sup>.  
Bellwood

**Breakfast Bingo**

9:00 am  
May 26<sup>th</sup>  
Bellwood

**Chair Exercises**

10:00 am  
Fridays  
OARS

**Cinco de Mayo Celebration**

May 5<sup>th</sup>  
10:30 am  
Bellwood & OARS

**Circus Party**

10:30 am  
May 28<sup>th</sup>  
Bellwood

10:00 am  
May 22<sup>nd</sup>  
OARS

**Creative Writing Class**

10:00 am  
May 26<sup>th</sup>  
Bellwood

**Exercise Class**

10:00 am  
Monday through Friday  
Bellwood

**Gift Shop**

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

**Gourmet Dinner Party**

5:00 pm  
May 29<sup>th</sup>  
Bellwood

**Grief Support Group**

2:00 pm  
May 4<sup>th</sup> & May 18<sup>th</sup>  
Bellwood

**Haircuts**

10:30 am  
May 12<sup>th</sup> & May 26<sup>th</sup>  
Bellwood

**Ice Cream Cones**

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

**Legal Assistance**

By Appointment  
Bellwood

**Line Dancing**

9:30 am  
Fridays  
Bellwood

**Luncheon**

11:30 am  
Weekdays  
Bellwood & OARS

**Meditation &  
Centering Class**

12:15 pm  
May 8<sup>th</sup> & May 22<sup>nd</sup>  
Bellwood

**Mother's Day Lunch**

11:00 am  
May 7<sup>th</sup>  
Bellwood & OARS

**Movie Days**

12:15 pm  
May 5<sup>th</sup>, May 12<sup>th</sup>, May 19<sup>th</sup>  
& May 26<sup>th</sup>  
Bellwood

**Musical Program**

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

**Mystery Reading Club**

9:30 am  
May 5<sup>th</sup>  
Bellwood

**Podiatry Clinic**

9:00 am  
Thursdays  
Bellwood

**Pokeno Parties**

10:30 am  
May 8<sup>th</sup>, May 22<sup>nd</sup> & May  
29<sup>th</sup>

12:30 pm

May 11<sup>th</sup>  
Bellwood

**Protecting Your Money in  
Tough Economic Times**

10:30 am  
May 14<sup>th</sup>  
Bellwood

10:00 am  
May 13<sup>th</sup>  
OARS

**Robber Bingo**

10:00 am  
May 20<sup>th</sup>  
Bellwood

**Rummage Sale**

9:00 am  
May 28<sup>th</sup>  
Bellwood

**Spanish Club**

11:00 am  
May 8<sup>th</sup> & May 22<sup>nd</sup>  
Bellwood

**Stepper Dance Class**

10:30 am  
May 7<sup>th</sup>, May 14<sup>th</sup> & May  
28<sup>th</sup>  
Bellwood

(Continued from page seven)

Classes are scheduled May 6<sup>th</sup>, May 13<sup>th</sup>, May 20<sup>th</sup>, May 27<sup>th</sup>, June 3<sup>rd</sup> and June 10<sup>th</sup>. Enrollment is allowed only through the second class session. Class time is 10:00 am to 12:30 pm.

*Take Charge of Your Health!* is funded by AgeOptions. The program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health.

**Television Converter Box Installation**

**W**est Suburban Senior Services is installing television converter boxes for Proviso Township seniors on a first come, first serve basis through the end of May. Seniors interested in receiving this service are asked to telephone the agency and add their name to the waiting list. There is no installation fee. The transition to digital television is scheduled to occur on June 12<sup>th</sup>.

**Tips for Reading Nutrition Facts Labels**

**T**he U. S. Department of Health and Human Services shares this information to help seniors understand the Nutrition Facts label on packaged foods:

- ❑ Check servings and calories. Look at the serving size and how many servings you are actually eating. If you are eating two servings of a food, you double the calories and nutrients, including the percent of Daily Value (DV).
- ❑ Make your calories count. Look at the calories on the Nutrition Facts label and compare them with the nutrients they offer. First check

the calories, and then check to see if it is packed with enough nutrients to make the calories worth eating. For example, 400 or more calories per serving of a single food is high.

- ❑ Eat less sugar. Foods high in added sugars may provide calories but few essential nutrients. Make sure added sugars are not one of the first few ingredients. Names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup and fructose.
- ❑ Know your fats. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts and vegetable oils. Fat should be in the range of no more than 20 percent to 35 percent of the calories you eat. Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease.

- ❑ Reduce sodium (salt) and increase potassium. Older adults tend to be salt sensitive, so aim to eat no more than 1,500 milligrams of sodium each day --- the equivalent of about ¾ teaspoon of salt. Also, look for foods high in potassium, such as sweet potatoes, beet greens, white potatoes, white beans, low-fat or fat-free yogurt, prune juice and bananas. These counteract some of sodium's effect on blood pressure. Most sodium you eat is likely to come from processed foods, but at 1,500 milligrams, you need to be careful with the salt shaker, too.



(Continued on Page Ten)

(Continued on page ten)

**Congregate Meals Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>West Suburban Senior Services is supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.</p>				
<b>May 4, 2009</b>	<b>May 5, 2009</b>	<b>May 6, 2009</b>	<b>May 7, 2009</b>	<b>May 8, 2009</b>
Salisbury Steak Mashed Potatoes Lettuce and Tomatoes Vegetable Soup Tropical Fruit	Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	Chicken Fajitas Spanish Rice Refried Beans Fruit Gelatin	All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements  Herb Baked Chicken Sweet Potatoes Brussels Sprouts Cherry Apple Juice Mandarin Oranges	Beef Burgundy White Rice California Blend Tossed Salad Banana Bread
<b>May 11, 2009</b>	<b>May 12, 2009</b>	<b>May 13, 2009</b>	<b>May 14, 2009</b>	<b>May 15, 2009</b>
Meatloaf Whipped Potatoes Cauliflower Three Bean Salad Chilled Pears	Swedish Meatballs White Rice Broccoli Tossed Salad Tropical Fruit	Barbecued Chicken Macaroni and Cheese Okra and Tomatoes Fruit Juice Butterscotch Pudding	Smothered Steak Scalloped Potatoes Green Beans Carrot and Raisin Salad Fruit Yogurt	Hamburger on Bun Potato Salad Navy Bean Soup Fresh Melon
<b>May 18, 2009</b>	<b>May 19, 2009</b>	<b>May 20, 2009</b>	<b>May 21, 2009</b>	<b>May 22, 2009</b>
Beef Stroganoff Rice Pilaf Green Beans Tossed Salad Pear Halves	Roasted Chicken Whole Potatoes California Blend Orange Juice Pineapple Chunks	Barbecued Roast Pork Spaghetti Stewed Tomatoes Apple Sauce Banana	Sloppy Joe on Bun Mixed Vegetables Cottage Cheese and Pear Salad Cream of Broccoli Soup Cookie	Stuffed Green Peppers Whipped Potatoes Carrots Fresh Punch Juice Fresh Pear
<b>May 25, 2009</b>	<b>May 26, 2009</b>	<b>May 27, 2009</b>	<b>May 29, 2009</b>	<b>May 30, 2009</b>
<b>Closed for Memorial Day</b>	Sliced Turkey Herb Stuffing Corn Cucumber Salad Apricot Halves	Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Cantaloupe	Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	Beef Burgundy White Rice California Blend Tossed Salad Banana Bread

Senior Citizen Center  
439 Bohland  
Bellwood, Illinois 60104

OARS Center  
712 Elm  
LaGrange, Illinois 60525

(Continued from page five)

*Miniature Golf Outing*, May 27<sup>th</sup>, 10:00 am to 12:30 pm. The \$5.00 per person cost includes bus transportation on an agency bus, 18 holes of miniature golf and a boxed lunch. Registration for this activity is limited, and a minimum participation is required. Paid reservations (cash) are due by May 22<sup>nd</sup>.

*Patio Party*, May 16<sup>th</sup>, 11:00 am to 1:30 pm. A bratwurst lunch for seniors (age 60 and older) is being served for \$1.00. Participants may line dance between 11:00 am and 11:45 am, and step between 12:30 pm and 1:00 pm. Lunch reservations are due by May 13<sup>th</sup>, and a minimum registration is required for this activity to take place.

*Rummage Sale*, May 28<sup>th</sup>, 9:00 am to 1:00 pm. Toys, books, clothing and miscellaneous items are being sold.

OARS Center  
712 East Elm  
LaGrange

*Bargain Auction*, May 29<sup>th</sup>, 10:00 am to 11:30 am. Miscellaneous items are being sold.

*Bingo Blow-Out*, May 26<sup>th</sup>, 9:30 am to 1:00 pm. The \$3.00 fee includes lunch and three hours of party bingo. Reservations are required by May 21<sup>st</sup>, and a minimum registration is needed for this activity to take place.

*Continental Breakfast*, May 8<sup>th</sup>, 9:00 am to 10:00 am. Cost is \$1.00. Reservations are required by May 13<sup>th</sup>.

**Senior Talent Quest**

**W**est Suburban Senior Services is pleased to host its Second Annual *Senior Talent Quest*. Seniors are invited to perform May 19<sup>th</sup> between 10:30 am and 11:30 am at the Senior Citizen Center in Bellwood and at OARS Center. Categories of competition are vocal, instrumental, dance and other. Individuals and groups are welcome; performances are limited to ten minutes each. Interested seniors must register for the competition by May 15<sup>th</sup>, 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.

**Take Charge of Your Health! (Spanish)**

**W**est Suburban Senior Services is hosting the *Take Charge of Your Health!* program in Spanish at the Senior Citizen Center in Bellwood. The class is designed to help seniors with a chronic illness thrive---and not just survive.

The program consists of six, 2 ½ hour classes taught by two trained class leaders. Discussion centers on

- coping with fatigue,
- frustration and isolation related to ongoing health conditions.
- exercising to maintain and improve strength and flexibility.
- using medications.
- communicating with family, friends and health professionals.
- practicing good nutrition, and
- evaluating new treatment options.

(Continued on page nine)

(Continued from page three)

**Circus Party** Games, entertainment and circus treats are planned May 28<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and May 22<sup>nd</sup>, 10:00 am to 11:30 am, at OARS Center. Lunch follows at 11:30 am for the suggested donation of \$1.75.

**Creative Writing Class** New and returning students are welcome in this class May 26<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge.

**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, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood.

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

**Gourmet Dinner Party** West Suburban Senior Services is hosting a gourmet dinner party May 29<sup>th</sup>, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Catered by an area restaurant, the meal features two meats, potatoes or pasta, a vegetable, salad, bread and dessert. Cost is \$9.00, and paid reservations are due by May 26<sup>th</sup>.

**Grief Support Group** West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are May 4<sup>th</sup> and May 18<sup>th</sup> from 2:00 pm to 3:00 pm.

**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 12<sup>th</sup> and May 26<sup>th</sup> at 10:30 am.

**Ice Cream Cones** This summer treat is being served May 28<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Legal Assistance** Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact 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 9:30 am and 10:30 am. There is no charge.

**Lunch Reservations** Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some 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 Class** Basic meditation and relaxation techniques are the focus of this class May 8<sup>th</sup> and May 22<sup>nd</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Mother's Day Lunch** Door prizes, refreshments and a candlelight lunch are being featured at a

(Continued on page ten)

(Continued from front cover)

Dr. Jeffrey Smith is providing a healthy dose of humor May 11<sup>th</sup>, 10:30 am to 11:30 am, in his How to Be a Healthy Senior program. Stress control, exercise routines, food choices and positive mental attitudes are among the topics included in Dr. Smith's performance.

Nearly 20 percent of Americans age 55 and older experience depression and anxiety disorders, and West Suburban Senior Services is launching two new programs to help area seniors. *Grandparents Raising Grandchildren* is designed to help grandparents by providing emotional support and by locating a variety of services. These include financial aid, medical coverage for grandchildren, child care, guardianship, legal assistance, advocacy with school enrollment and other services. The first meeting of the Grandparents Raising Grandchildren support group is scheduled May 13<sup>th</sup> from 2:00 pm to 3:00 pm. Additional information is available from Caregiver Specialist Michelle Barker at Extension 401.

The second initiative is *Senior Depression: The Facts*. The program explores the causes, signs and treatments of this condition. It is scheduled May 18<sup>th</sup>, 10:45 am to 11:30 am. Seniors who want to schedule a confidential depression screening may contact Tami Jimenez, the agency's healthy aging counselor, at Extension 227. A subsequent support group can be formed if there is sufficient interest.

OARS Center  
712 East Elm  
LaGrange

Fear of falling is a major concern of older adults, and Healing Hands Homecare is presenting fall prevention information that can help seniors be

safer in their homes. The program is scheduled May 12<sup>th</sup> from 10:00 am to 11:00 am.

Good physical health is enhanced by reduced levels of stress, and the Western Springs Police Department is sharing information that can help seniors avoid becoming victims of crime. The workshop is May 20<sup>th</sup> from 10:15 am to 11:30 am.

### Older Americans Month Luncheon

Senior citizens aged 60 and older are invited to attend this event May 15<sup>th</sup>, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. 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 12<sup>th</sup>.

### Senior Stimulus Program

West Suburban Senior Services has designed a stimulus package to help seniors during these challenging economic times. Special programs and discounted activities are being offered during May and subsequent months at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange.

Senior Citizen Center  
439 Bohland Avenue  
Bellwood

*Bingo Blow-Out*, May 18<sup>th</sup>, 12:30 pm to 3:30 pm. The \$3.00 fee includes lunch and three hours of party bingo. Reservations are required by May 14<sup>th</sup>, and a minimum registration is required for this event to take place.

(Continued on page seven)

(Continued from page four)

**Take Charge of Your Health! (Spanish)**  
10:00 am  
May 6<sup>th</sup>, May 13<sup>th</sup>, May 20<sup>th</sup>  
& May 27<sup>th</sup>  
Bellwood

**West Suburban Walkers**  
10:00 am  
Wednesdays  
Bellwood

**Who to Talk to When You're in Financial Debt**  
10:30 am  
May 12<sup>th</sup>  
Bellwood

9:30 am  
Wednesdays  
Bellwood

**Wii Bowling**  
9:30 & 12:30 pm  
Tuesdays

**Yankee Doodle Sundaes**  
12:15 pm  
May 21<sup>st</sup>  
Bellwood & OARS

(Continued from page eight)

special celebration May 7<sup>th</sup>, 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 6<sup>th</sup>.

**Movie Days** Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *Marley and Me* on May 5<sup>th</sup>, *Slumdog Millionaire* on May 12<sup>th</sup>, *Seven Pounds* on May 19<sup>th</sup> and *Bedtime Stories* on May 26<sup>th</sup>.

**Musical Program** The Living Word Christian Academy choir is performing May 21<sup>st</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The program theme is *You Are the Sunshine*. Lunch follows for the suggested donation of \$1.75.

**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 5<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday

and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno Parties** Seniors are invited to play May 8<sup>th</sup>, May 22<sup>nd</sup> and May 29<sup>th</sup>, 10:30 am to 11:30 am, and May 11<sup>th</sup>, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments.

**Protecting Your Money in Tough Economic Times** Staff from the Illinois Attorney General's office is presenting this program May 14<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood and May 13<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. A question and answer period follows each presentation.

**Robber Bingo** This entertaining form of party bingo is scheduled May 20<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

**Rummage Sale** This event is being held May 28<sup>th</sup> at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

**Spanish Club** Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Span-

(Continued on page eleven)

# 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 and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting May 13<sup>th</sup>, 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. There is a fee for enrollment.



**Arthritis Foundation Exercise Class** West Suburban Senior Services is pleased to host this class each Monday from 10:00 am to 11:00 am at OARS Center. There is no fee.

**Banana Splits** Seniors may enjoy this treat for \$1.00. It is being served May 14<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

**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 4<sup>th</sup> at the Senior Citizen Center in Bellwood and May 6<sup>th</sup> 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 cost includes prizes and refreshments.

**Brain Games** Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled from 12:15 pm to 1:00 pm on May 6<sup>th</sup>, May 13<sup>th</sup>, May 20<sup>th</sup> and May 27<sup>th</sup> at the Senior Citizen Center in Bellwood. There is no charge for this activity.

**Breakfast Bingo** This session of party bingo is scheduled May 26<sup>th</sup>, 9:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a French toast and sausage meal and the bingo. Reservations are required by 12:00 noon on May 21<sup>st</sup>, and a minimum registration is required for this activity to take place.

**Chair Exercises** This program takes place every Friday at OARS Center from 10:00 am to 10:30 am. There is no charge.

**Cinco de Mayo Celebration** Spanish foods, entertainment and bingo highlight this event May 5<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood and at OARS Center. The \$1.75 cost includes lunch. Reservations are required by 12:00 noon on May 4<sup>th</sup>.

(Continued on page eight)