

(Continued from page eleven)

Answers

- 1 Betty Buckley
- 2 Shirley Partridge
- 3 Samantha Stephens (*Bewitched*)
- 4 Alice
- 5 Edith Bunker
- 6 Lanford
- 7 Louise Jefferson
- 8 Grace (*Under Fire*)
- 9 Diahann Carroll
- 10 Psychology
- 11 Marian Cunningham
- 12 Suzanne Somers
- 13 *Little House on the Prairie*
- 14 Kate and Allie
- 15 Miss Ellie
- 16 Billy Jo, Betty Jo and Bobby Jo
- 17 Maureen
- 18 Mr. Mooney
- 19 Mama (Vicki Lawrence)
- 20 Tony Danza

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.

The Hodgkin's Meal Site is located at 9301 63rd in Hodgkins.

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 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.

Two Simple Steps to Juice Safety

Serious outbreaks of foodborne illness have been traced to drinking fruit and vegetable juice and cider that were not treated to kill harmful bacteria.

- Always read the label to make sure that juice has been pasteurized or treated.
- When in doubt, ask! Always ask if you're unsure whether a juice product has been treated, especially for juices sold in refrigerated cases of grocery or health food stores, cider mills or farm markets. Also, don't hesitate to ask if the food labeling is unclear, or if the juice or cider is sold by the glass.

When fruits and vegetables are fresh-squeezed, bacteria from the produce can end up in your juice or cider. Unless the produce or the juice has been treated to destroy any harmful bacteria, the juice could be contaminated.

The Senior Chronicle

West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
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

Art Exhibits

The community is invited to view and enjoy the creativity of students in West Suburban Senior Services' art class. Select pieces are being displayed at the Bellwood and Maywood Public Libraries in mid-May. An additional exhibit is located on the first floor of the Senior Citizen Center in Bellwood all month.

Art Workshop --- Join Now!

This is a workshop for all levels... beginners or skilled. Participants draw with pen, pencil, charcoal or pastels. They paint with water-based acrylics or oils. They make their own compositions: still life, landscapes, seascapes, creative abstracts. Students receive individual instruction in whatever they choose to do. There are also opportunities to exhibit work publicly. Sessions meet on Tuesdays from 9:00 am to 11:00 am at the Senior Citizen Center in Bellwood. There is a modest \$2.00 per-session fee.

Boot Camp Tour Reservations

Reservations for the Cook County Sheriff's Boot Camp tour are due at the Senior Citizen Center in Bellwood by 4:00 pm on May 13th. The \$6.00 per-person cost includes transportation on a school bus. A minimum regis-

tration is required for the outing to take place. The tour departs from the Senior Citizen Center May 24th at 9:00 am. Participants tour the camp between 10:30 am and 11:30 am, and return to the Senior Center at approximately 12:00 noon. Some walking is involved in the tour.

Brain Healthy Diet

As we age, we become concerned about our brain and its functioning. Here are some tips for keeping your brain healthy.

☐ Reduce the amount of high fat and high cholesterol foods you consume. Foods that are high in fat and high in cholesterol clog your arteries and can also have a negative effect on your brain and its processing. On the opposite side of things, HDL or "good cholesterol" can help protect your brain's cells. These include mono-unsaturated fats and poly-unsaturated fats. Also, avoid frying foods.

☐ Increase the amount of "good foods" that you eat. "Good foods" are foods that may reduce the risk of heart disease, stroke and may protect brain cells. Fruits and vegetables with dark skins, such as spinach, beets, blueberries and strawberries, have high levels of naturally occurring antioxidants. Cold water fish, such as salmon and tuna, have beneficial omega-3

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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 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 37th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Lela Grimble, Vice President
Mr. Arthur Grapenthein, Vice President
Mr. Robert A. Jones, Treasurer
Mr. Ted Griffin, Secretary

Directors

Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Luigi Mazzei
Mrs. Debbie Nowader
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Jann Beauchamp

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older adult consumers and the aging network. Older adults, family members, caregivers, senior service agencies, local government officials, advocates and all interested persons are encouraged to attend.

Super Senior Program

The Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 16th, 9:30 am to 2:00 pm. It combines Rules of the Road classroom instruction, a vision test and a driver safety program. Reservations are needed only for the Rules of the Road review class, which is scheduled from 9:30 am to 11:00 am. Seniors under 74 years old may also obtain an Illinois photo identification card and renew their driver's license senior citizens.

Taste of Healthy Summer Eating

West Suburban Senior Services and University of Illinois Extension are hosting a *Taste of Healthy Summer Eating Fair* May 19th, 10:00 am to 11:30 am at the Senior Citizen Center in Bellwood. Food stations at the fair will feature healthy seasonal appetizers, beverages, desserts and salads. Seniors are invited to sample these foods, and pick up related nutritional information and recipes. In addition, information about produce at farmers' markets is being shared.

The fair also features blood pressure checks and a flea market. Donations for the flea market are being accepted at the Senior Center between 8:00 am and 3:00 pm May 16th and May 17th. *No furniture is included in the flea market.*

Lunch is served at 11:30 am to seniors age 60 and older for the suggested donation of \$2.00. Meal reservations are required by 12:00 noon on May 18th.

TV Mom Trivia

- 1 On *Eight Is Enough*, who played stepmom Abbey?
- 2 What television mom drove a flowered bus?
- 3 What television mom's second child was named Adam?
- 4 What single television mom worked with Flo?
- 5 What television mom was often called "Dingbat"?
- 6 Where does television mom Roseanne Conner live?
- 7 What television mom's husband owned a dry cleaning business?
- 8 What television mom has an ex-mother-in-law named Jean?
- 9 Who played television mom Julia?
- 10 What was television mom Jill Taylor going to school for?
- 11 Mr. C belonged to what television mom?
- 12 What television mom did commercials for Thigh Master?
- 13 On what show did television mom and her hubby adopt a child named Albert?
- 14 What two television moms shared an apartment and the name of this sitcom?
- 15 What was the name of the television mom who lived at South Fork?
- 16 Can you name television mom Kate Bradley's three daughters?
- 17 June Lockhart played a television mom on *Lost in Space*. What was her character name?
- 18 What was the name of Lucy's boss when she worked at the bank?
- 19 Who was Ken Berry's television mom?
- 20 Judith Light played a television mom. What was the name of her live-in housekeeper?

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Flooding: Information and Local Concerns An engineer from the Metropolitan Water Reclamation District of Greater Chicago is presenting this program May 5th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Last summer's flooding is among the issues being discussed.

Grandparents Raising Grandchildren Support Group Many grandparents raising grandchildren are overwhelmed by the emotional, financial and physical strain. They are invited to join this support group to share stories with other grandparents and to learn about legal issues, community resources, advocacy, financial assistance and self-care. This support group meets the second Monday of each month between 1:00 pm and 2:00 pm at the Senior Citizen Center in Bellwood. This month's meeting is May 9th.

Health Benefits of Fruit Fresh fruits are in season, and University of Illinois Extension is sharing some helpful --- and sometimes surprising --- health benefits of produce. This program is scheduled May 16th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and May 9th, 12:15 pm to 1:00 pm, at the Hodgkins meal site.

How to Safely Dispose of Light Bulbs University of Illinois Extension is presenting this program May 10th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and May 18th, 12:15 pm to 1:00 pm, at the Hodgkins meal site. The personal and environmental hazards of improper disposal are among the topics being discussed.

How to Select and Use Uncommon Fruits Farmers' markets are soon opening, and University of Illinois Extension is sharing information that can help seniors with their produce selections.

This program is scheduled May 20th, 12:15 pm to 1:00 pm, at the Hodgkins meal site.

Ice Cream Parlor Seniors may select either an ice cream cone or an ice cream sandwich at this special feature May 3rd, 12:00 noon to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost for each dessert is \$1.00.

Keeping Debt under Control This programs helps seniors learn to identify signs of a credit crisis and to use available options to repay creditors. Money Management International is conducting the workshop May 23rd, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood.

Line Dancing Senior citizens 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 require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class May 13th and May 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Memorial Day Observance West Suburban Senior Services invites seniors to start their holiday weekend with special activities May 27th at its two nutrition sites. At the Senior Citizen Center in Bellwood, an appreciation service for past and pre-

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Briefly Stated

Advisory Council
10:00 am
May 11th
Bellwood & Hodgkins

Antique Sharing
10:30 am
May 9th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Art Exhibit
8:00 am
Throughout May
Bellwood

Bingo
12:15 pm
Thursdays
Bellwood & Hodgkins

Bingo Bonanza
10:15 am
May 2nd
Bellwood

Blood Pressure Screenings
10:00 am
May 5th, May 12th, May 19th
& May 26th
Bellwood

10:00 am
May 5th, May 11th, May 19th
& May 25th
Hodgkins

Boot Camp Tour
9:00 am
May 24th
Bellwood

Brain Games
12:15 pm
May 4th, May 11th, May 18th
& May 25th
Bellwood

Bring a Friend Day
11:30 am
May 31st
Hodgkins

Building Bird Houses
10:30 am
May 31st
Bellwood

12:15 pm
May 25th
Hodgkins

Caregiver Support Group
2:00 pm
May 4th & May 18th
Bellwood

Chair Exercise
10:00 am
May 2nd, May 9th, May 16th
& May 23rd
Hodgkins

Coffee Klatch
10:00 am
May 5th
Hodgkins

Colorful Lunch Series
11:30 am
May 10th
Bellwood

Creative Writing
10:00 am
May 24th
Bellwood

Dessert Days
12:15 pm
May 12th, May 19th & May
26th
Bellwood

12:15 pm
May 2nd
Hodgkins

Eat What You Want Day
11:00 am
May 11th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

Flea Market
10:00 am
May 19th
Bellwood

Flooding: Information & Local Concerns
10:30 am
May 5th
Bellwood

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

Grandparents' Day
10:00 am
May 14th
Forest Park

Grandparents Raising Grandchildren Support Group
May 9th
1:00 pm
Bellwood

Greek Night
4:00 pm
May 21st
Bellwood

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

Health Benefits of Fruits
10:30 am
May 16th
Bellwood

12:15 pm
May 9th
Hodgkins

How to Safely Dispose of Light Bulbs
10:30 am
May 10th
Bellwood

12:15 pm
May 18th
Hodgkins

How to Select and Use Uncommon Fruits
12:15 pm
May 20th
Hodgkins

Ice Cream Parlor
12:00 Noon
May 3rd
Bellwood

Internet Café
9:30 am
Mondays
Bellwood

Keeping Debt under Control
10:30 am
May 23rd
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Meditation & Centering Class
12:15 pm
May 13th & May 27th
Bellwood

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sent members of the Armed Services is planned from 10:45 am to 11:15 am. Following lunch at 11:30 am, participants may enjoy a Yankee Doodle sundae and patriotic party bingo from 12:15 pm to 1:15 pm. Cost for all is \$3.00; suggested donation for lunch only is \$2.00. At the Hodgkins meal site, the fun begins with patriotic treats and a raffle at 10:00 am. Following lunch at 11:30 am, participants may play party bingo. Cost for all is \$2.50; suggested donation for lunch only is \$2.00. Reservations at both sites are required.

Mother's Day Celebration This event features lunch, refreshments, door prizes and bingo. It is being held May 5th, 11:30 am to 1:30 pm, at the Senior Citizen Center in Bellwood, and May 6th, 10:00 am to 1:30 pm, at the Hodgkins meal site.

Movie Days Seniors are invited to watch a movie each Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *The Fighter* on May 3rd, *Morning Glory* on May 10th, *Solitary Man* on May 17th, *The Tourist* on May 24th and *Black Swan* on May 31st.

Mystery Reading Club Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting May 2nd, 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.

Open Game Day Seniors who enjoy friendly competition are invited to play various board games May 11th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. Available games include *Clue*, *Scraples* and *Yahtzee*. Seniors are welcome to bring their personal favorite games as well.

Party Bingo Days The following dates and party bingo themes have been scheduled this month at the Senior Citizen Center in Bellwood: *Everything Frozen* on May 9th, *Farmers' Market* on May 16th and *Everything Bathroom* on May 23rd. At Hodgkins, themes are *Farmers' Market* on May 3rd and *Patriotic* on May 27th. Games at both sites begin at 12:15 pm, and there is a fee.

Pokeno Parties This game is scheduled May 6th and May 20th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments. At Hodgkins, the game is scheduled May 17th from 12:15 pm to 1:00 pm. Cost is 50 cents.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting May 6th and May 20th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

Spring Craft Floral centerpieces are being made at the Senior Citizen Center in Bellwood May 18th from 10:45 am to 11:30 am. To facilitate planning, reservations are required by May 13th.

Taste of Summer Seniors are invited to learn about healthy and tasty summer foods during this program May 10th, 12:15 pm to 1:00 pm, at the Hodgkins meal site. University of Illinois Extension is the presenter.

Ten Myths and Ten Truths about Memory Disorders Rainbow Hospice is presenting this program May 3rd, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood.

Using Accessible Public Transportation Regional Transportation Authority is sharing information about accessible CTA, Metra and Pace mainline service, trip planning, travel safety tips and fares. This program is scheduled May 26th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood.

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Join Us for Greek Night!

The Women's Philoptochos Society of Holy Apostles Greek Orthodox Church in Westchester is hosting an evening of Greek food and entertainment Saturday, May 21st, at the Senior Citizen Center in Bellwood. The event begins with entertainment from 4:00 pm to 5:00 pm. Dinner is served to seniors age 60 and older between 5:15 pm and 6:30 pm. There is no charge for this event, but seating is limited. Reservations are due at the Senior Center by May 13th.

Lunch Menu Options

West Suburban Senior Services continues alternative meal options this month at the Senior Citizen Center in Bellwood. On those days, seniors may order either the catered lunch listed on the menu or the alternative meal listed below. Suggested donation for all meals is \$2.00. Lunches are served between 11:30 am and 12:30 pm to seniors age 60 and older.

Friday, May 6th
Sausage Pizza

Wednesday, May 11th
Vito Sandwich

Tuesday, May 17th
Grilled Pork Chop Sandwich

Tuesday, May 31st
Mini-Italian Beef Sandwich on Roll

Mark Your Calendar for the Family and Senior Citizen Health Fair

Proviso Township High School District 209, Proviso Township and West Suburban Senior Services are hosting their Fifth Annual Family and Senior Citizen Health Fair Saturday, August 13th, 9:00 am to 1:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park. Additional information is being shared in next month's edition of *The Senior Chronicle*.

Older Americans Month Observance

May is *Older Americans Month*, and West Suburban Senior Services has planned programs and activities at both of its nutrition sites to celebrate the observance. Some of those events are listed below. The 2011 national theme is *Older Americans: Connecting the Community*. It acknowledges the many ways by which older adults bring inspiration and continuity to communities. It also highlights the many ways technology is helping older adults live longer, healthier and more engaged lives.

Senior Citizen Center
439 Bohland Avenue, Bellwood

Older Americans' Lunch, May 13th, 11:30 am to 12:30 pm. The menu features seasoned chicken, whole potatoes, green beans, salad, pound cake with strawberries, and milk and coffee. Suggested meal donation is \$2.00, and reservations are required by May 10th.

Older Americans' Month Proclamation, May 2nd, 11:30 am. Bellwood Mayor Frank Pasquale is presenting a proclamation acknowledging seniors' contributions in the village, and joining seniors for lunch.

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Senior Art Exhibit, entire month of May, 8:00 am to 4:00 pm. Members of the agency's art class are displaying some of their paintings and sketches on the first floor of Senior Center. The exhibit is housed in the display case by the back entrance.

Senior Talent Quest, May 17th, 10:30 am to 11:30 am. 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 9th, and a minimum number of contestants are required. Prizes are being awarded for performances.

Taking Time for Yourself, May 31st, 10:00 am to 12:00 noon. Aroma therapy, chair yoga, and a special luncheon are among the activities planned. Reservations are required by May 24th.

Salerno Pincente Ristorante
9301 West 63rd Street, Hodgkins

Coloring Contest, May 13th, 10:00 am. Prizes are being awarded.

Older Americans' Lunch, May 13th, 11:30 am to 12:30 pm. The menu features eggplant rotolini, pasta, cottage cheese, orange juice and fruit cocktail. Reservations are required by 12:00 noon on May 12th.

Silent Auction, May 23rd, 10:00 am to 1:00 pm. Seniors are invited to bid on a variety of items and enjoy lunch.

Peripheral Vascular Disease

Westlake Hospital, White Crane Wellness Centers and West Suburban Senior Services are partnering to educate seniors about Peripheral Vascular Disease PVD, which is a narrowing of vessels that carry blood to the arms, legs, stomach or kidneys. On May 4th at 10:30 am, Iftikhar Ahmad, M.D., is discussing this disease at the Senior Citizen Center in Bellwood. Topics include prevention, diagnosis and treatment.

On May 9th, seniors may be screened for this disease. Screenings take place at the Senior Center by appointment from 9:00 am to 4:00 pm. There is no charge for the screening, but appointments are limited and are being accepted on a first-come, first-serve basis.

Public Hearing Planning for the Future

AgeOptions is holding a public hearing May 12th, 12:00 noon to 1:30 pm, at West Suburban Senior Services' congregate meal site in Salerno's Restaurant, 9301 West 63rd Street, Hodgkins.

The purpose of the hearing is to give senior citizens an opportunity to share their thoughts about programs and services for older adults, their families and caregivers in suburban Cook County. AgeOptions is sharing its proposed Fiscal Year 2012 update to the Area Plan on Aging for 2012-2014, and would like to hear comments about how it could best use resources to help older adults remain in their homes. Following that discussion, AgeOptions is sharing information about the impact of healthcare reform legislation on

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fatty acids. Also, some nuts such as almonds, pecans and walnuts, are a good source of vitamin E, which is an antioxidant.

- Increase your vitamin intake. Certain vitamins can help with brain functioning. These include vitamin E, vitamin C, vitamin B12 and folate. Remember to check with your doctor before taking any new vitamins.

Remember a healthy brain is a balanced brain. Be sure to combine a healthy diet with physical exercise, social interaction and mental activities.

Alz.org

Fresh Cut Flowers

This time of year many people want to bring the beauty of their garden indoors. Here are some tips to prolong the life of your fresh cut garden flowers.

- Cut the flowers from the garden first thing in the morning while it is still cool outside. Also, be sure to put them in a clean vase filled with warm water right after you cut them. Be sure to use a clean knife or scissors when cutting flowers.

- Take off any leaves or small flowers that will be below the water line. This will prevent added bacteria from growing in the water and will prevent your flowers from prematurely wilting. Also, be sure to re-cut the stems before putting the flowers in their final vase.

U of I Extension: Gardener's Corner

Third Annual Grandparents' Day

Saturday, May 14th
10:00 am to 1:00 pm

Proviso Mathematics and Science Academy
First Avenue and Roosevelt Road
Forest Park

The event is sponsored by
Proviso Township High School District's 209
Board of Education and
West Suburban Senior Services.

Lunch reservations required
12:00 noon on May 11th:
(708) 547-5600.

The event also features a stepper dance party,
party bingo, door prizes and more.

Home Delivered Meals

West Suburban Senior Services offers home delivered meals to eligible senior citizens aged 60 and older who reside in Proviso Township. These hot meals are delivered Monday through Friday by township drivers. Low salt and diabetic diets are available. In addition to providing seniors with well-balanced, nutritious meals, the program provides personalized well-being checks on the homebound seniors. Interested senior citizens or their family members should contact an intake specialist at the agency for eligibility requirements and additional information.

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<p>Memorial Day Observance 10:30 am May 27th Bellwood</p> <p>10:00 am May 27th Hodgkins</p> <p>Mother's Day Celebration 11:30 am May 5th Bellwood</p> <p>10:00 am May 6th Hodgkins</p> <p>Movie Days 12:30 pm May 3rd, May 10th, May 17th, May 24th & May 31st Bellwood</p> <p>Mystery Reading Club 9:30 am May 2nd Bellwood</p> <p>Older Americans Lunch 11:30 am May 13th Bellwood & Hodgkins</p> <p>Open Game Day 10:00 am May 11th Bellwood</p>	<p>Party Bingo Days 12:15 pm May 9th, May 16th & May 23rd Bellwood</p> <p>12:15 pm May 3rd May 6th & May 27th Hodgkins</p> <p>Peripheral Vascular Disease 10:30 am May 4th Bellwood</p> <p>Peripheral Vascular Screenings By Appointment May 9th Bellwood</p> <p>Podiatry Clinic 9:00 am Thursdays Bellwood</p> <p>Pokeno Parties 12:15 pm May 6th & May 20th Bellwood</p> <p>12:15 pm May 17th Hodgkins</p> <p>Public Hearing for Area Plan on Aging 12:15 pm May 12th Hodgkins</p>	<p>Senior Talent Quest 10:30 am May 17th Bellwood</p> <p>Silent Auction 10:00 am May 23rd Hodgkins</p> <p>Spanish Club 11:00 am May 6th & May 20th Bellwood</p> <p>Spring Craft 10:45 am May 18th Bellwood</p> <p>Super Senior 9:30 am May 16th Bellwood</p> <p>Taking Time for Yourself 10:00 am May 31st Bellwood</p> <p>Taste of Healthy Summer Eating Fair 10:00 am May 19th Bellwood</p> <p>Taste of Summer 12:15 pm May 10th Hodgkins</p>	<p>Ten Myths & Ten Truths about Memory Disorders 10:30 am May 3rd Bellwood</p> <p>Using Accessible Public Transportation 10:30 am May 26th Bellwood</p> <p>When Income Decreases but Bills Don't 10:30 am May 12th Bellwood</p> <p>Wii Bowling 10:00 am May 6th & May 20th Bellwood</p> <p>10:00 am May 3rd, May 4th, May 10th, May 11th, May 17th, May 18th & May 25th Hodgkins</p> <p>Yahtzee 12:15 pm May 4th Hodgkins</p> <p>Yoga Class 9:00 am Monday, Wednesday & Friday Bellwood</p>
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When Income Decreases but Bills Don't This program addresses setting financial priorities, identifying problem areas, and establishing practical spending and savings plans. Money Management International is conducting the workshop May 12th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood.

Yahtzee Seniors are invited to this friendly competition May 4th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Yoga Class This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

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 during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting May 11th, 10:00 am to 11:00 am, at both the Senior Citizen Center in Bellwood, and at the Hodgkins site located in Salerno Pincente Ristorante.

Blood Pressure Screenings At the Senior Citizen Center in Bellwood, seniors may have their blood pressures checked between 10:00 am and 12:00 noon May 5th, May 12th, May 19th and May 26th. At the Hodgkins meal site, blood pressure clinics are scheduled May 5th, May 11th, May 19th and May 25th from 10:00 am to 12:00 noon.

Brain Games Senior citizens are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:15 pm at the Senior Citizen Center in Bellwood.

Bring a Friend Day Seniors who bring a friend to lunch May 31st at the Hodgkins meal site and their guest are eligible to win a door prize. Three prizes are being awarded.

Building Bird Houses University of Illinois Extension is conducting this workshop May 31st, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and May 25th, 12:15 pm to 1:15 pm, at the Hodgkins meal site. There is no fee, but enrollment is limited.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope

with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets May 4th and May 18th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Coffee Klatch On May 5th at 10:00 am, seniors at the Hodgkins meal site are invited to share their funniest story and enjoy treats. To facilitate planning, reservations are required.

Colorful Lunch Series Each month on a designated date, decorations and dessert at the Senior Citizen Center in Bellwood are centered on a specific color. On May 10th, the color is navy. Lunch participants who wear navy attire to lunch that day are eligible to enter a door prize drawing at 12:15 pm.

Creative Writing This class is scheduled May 24th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. New and returning students are welcome. There is no fee.

Dessert Days Senior citizens may enjoy the following treats at the Senior Citizen Center in Bellwood for the cost of \$1.00 each: banana splits on May 12th, cream pie on May 19th and apple pandowdy on May 26th. At the Hodgkins meal site, seniors may build their own sundaes May 2nd for 50 cents. Serving time at both sites is 12:15 pm.

Eat What You Want Day West Suburban Senior Services is marking this observance with a variety of snacks May 11th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood.

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