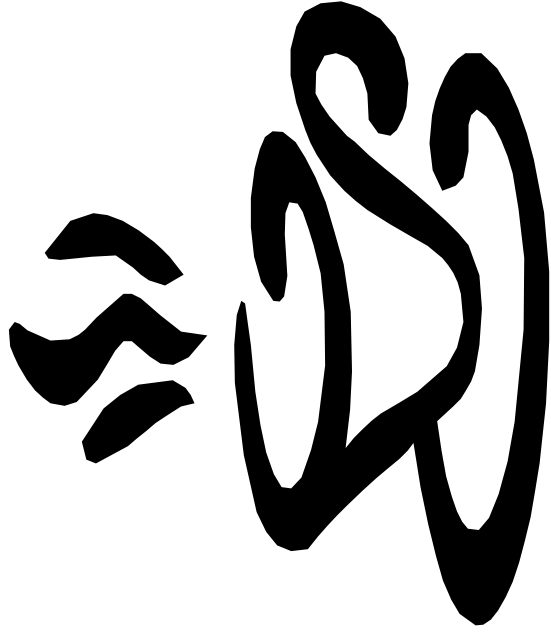


(Continued from page ten)

viduals and groups wanting to explore volunteer opportunities at the agency's three sites (Bellwood, Forest Park, and LaGrange) are invited to stop by for refreshments and information.

Volunteer Holiday Get-Together West Suburban Senior Services invites its volunteers to a



coffee December 13th, 9:30 am, at Bellwood Senior Center. Volunteers are asked to make their reservations with the Senior Center director by December 3rd.

Waffle Sundaes This tasty holiday treat is being served November 8th, 12:15 pm, at Bellwood Senior Center, and November 12th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00, and reservations are required.

Wild Wednesday Grab bags and surprises are planned November 17th, 12:15 pm, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required.

Yahrtzee Party Friendly competition, prizes, and refreshments are featured November 26th, 10:15 am to 11:15 am, at Bellwood Senior Center. Cost is 50 cents, and reservations are needed by November 24th.

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

Avoid Problems with Holiday Purchases

The holiday season means gifts, and that usually means shopping. The Federal Trade Commission (FTC) offers these tips to help you shop wisely:

- Know your rights. By law, retailers --- including e-tailers --- are required to ship an order within the time stated on their website or in their ads, or at the time the order is placed. If a company doesn't promise a time, it must ship the order within 30 days after receiving it. If the company is unable to ship within the promised time, it is required to say so and allow the consumer to agree to the delay, or to cancel the order and receive a prompt refund.

- Keep good records. Be sure to track your purchases. Keep printouts of the web pages where you placed your orders with details about the transaction, including your emails to the retailers and their responses to you.

- Get satisfaction. If you have an unsatisfactory shopping experience, the best course of action is to contact the retailer. Look for an address to write to or a phone number to call. If you have never heard of the seller, check on its location and reputation with the Better Business Bureau or with the state attorney general's office.

- If you are dissatisfied with the way the matter is handled, take your business elsewhere in the future. However, it is important to recognize that while some business practices may be poor customer service, these practices are not necessarily against the law.

- File a complaint. If you suspect the business may have broken the law, file a complaint with the FTC toll free at (877) 382-4357. The FTC works for the consumer to prevent fraudulent, deceptive, and unfair business practices in the marketplace, and to provide information that helps consumers spot, stop, and avoid such practices. The FTC enters Internet, telemarketing, identity theft and other fraud-related complaints into a secure online database available to hundreds of civil and criminal law enforcement agencies in the United States and abroad.

Be Sure to Visit the Sharing Tree

West Suburban Senior Services announces its second annual Sharing Tree in the lobby of Bellwood Senior Center. The tree is decorated with ornaments that indicate items designed agency clients would enjoy. All gift suggestions are \$3.00 or less. Ornaments are coded; no names appear on them.

(Continued on page 3)

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

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

Funding

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

Non-Discrimination

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

Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 31st Annual Meeting held in Forest Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mr. Michael Sturino, Esq., President
 Ms. Carole Kulinski, Vice President
 Honorable Gary Woll, Treasurer
 Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
 Honorable Anthony Calderone
 Mrs. Mary Conti
 Ms. Carole Kulinski
 Mrs. Dorothy Lindsey
 Honorable Noreen Love
 Honorable Anthony Peraica
 Mr. John O'Sullivan
 Mr. Gary Woll

Honorary Directors

Mrs. Annette Barker
 Honorable Lawrence Terrell

(Continued from page four)

November 15th
 Bellwood

Root Beer Floats

12:15 pm
 November 2nd Bellwood
 November 5th Forest Park &
 OARS

Rules of the Road

10:00 am
 November 5th
 Forest Park

Sharing Tree

8:30 am to 4:00 pm
 November 18th through
 December 10th

(Continued from page 3)

- c) October
- d) November

5. What president scoffed at the idea of having a national Thanksgiving Day?

- a) George Washington
- b) Thomas Jefferson
- c) Abraham Lincoln
- d) Ulysses S. Grant

6. Who is credited with leading the crusade to establish Thanksgiving Day?

- a) Sarah Jessica Parker
- b) Sara Lee
- c) Sarah Joyce DeVauch
- d) Sarah Josepha Hale

7. Which president established Thanksgiving as a national celebration?

- a) John Adams
- b) Thomas Jefferson
- c) Abraham Lincoln
- d) Woodrow Wilson

8. Which president moved the date of Thanksgiving twice?

Bellwood

Social Security Update

11:00 am
 November 8th
 Bellwood

Spanish Club

11:00 am
 November 5th & November
 16th
 Bellwood

Tax Aide Training

Weeks of January 10th and
 January 17th
 Hinsdale

Terrific Bingo Party

12:15 pm
 November 23rd
 Bellwood

Thanksgiving Lunch

11:00 am
 November 18th
 Bellwood, Forest Park &
 OARS

Veterans Day Observance

10:45 am
 November 11th
 Bellwood
 Bellwood, Forest Park &
 OARS

Wild Wednesday

12:15 pm
 November 17th
 Bellwood, Forest Park &
 OARS

Volunteer Fair

10:00 am
 November 10th
 Bellwood
 Bellwood, Forest Park &
 OARS

Volunteer Holiday

Get-Together
 9:30 am
 December 13th
 Bellwood

Yahtzee Party

10:15 am
 November 26th
 Bellwood

- a) Abraham Lincoln
- b) Theodore Roosevelt
- c) Franklin D. Roosevelt
- d) Dwight D. Eisenhower

ANSWERS:

1. b – They landed in 1620, and had their first Thanksgiving the next year, 1621.
2. c – Their stores of flour had all been depleted. There was no bread or pastry of any kind.
3. d – The name “Cornucopia” is your clue that it comes from ancient Greece
4. b – June
5. b – Jefferson did not think the accomplishments of the pilgrims warranted a national holiday.
6. d – Sarah Josepha Hale was a mid-nineteenth century magazine editor
7. c – Lincoln, in 1863, four months after the battle at Gettysburg, which resulted in 53,000 casualties.
8. c – Franklin D. Roosevelt

Briefly Stated

Advisory Council Meeting

10:30 am
November 10th
Bellwood

Art Class

9:00 am
Tuesdays
Bellwood

Beginning Sewing Class

9:30 am
December 2nd, December 9th,
December 16th, December
23rd & December 30th
Bellwood

Beginning Spanish Class

10:30 am
November 4th, November 11th
& November 18th
Bellwood

Bingo

12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza

10:00 am
November 1st
Bellwood

Birthday Celebration

12:15 pm
November 16th
Bellwood

Bunco Party

10:15 am
November 24th
Bellwood

Celebrate America Party

11:30 am
November 11th
Bellwood

Craft Co-op

12:15 pm
Fridays
Bellwood

Declutter Club

12:15 pm
November 29th
Bellwood

Double Dip Cones

12:15 pm
November 16th Bellwood
November 19th Forest Park &
OARS

Emergency Preparedness

11:00 am
November 30th
Bellwood

**Exercise Class – Audio Tape
and Video Tape**

10:30 am
Monday through Friday
Bellwood

Foster Grandparents

10:30 am
Monthly
Bellwood

Fun and Fitness

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

Gifts from the Kitchen

10:45 am
November 18th
Bellwood

Gift Shop

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

Haircuts

10:30 am
November 10th &
November 23rd
Bellwood

Holiday Breakfast

8:00 AM

November 10th
Bellwood

Holiday Carnival

10:30 am
December 9th
Bellwood

Holiday Centerpiece Class

9:30 am
December 7th
Bellwood

Holiday Luncheon

11:30 am
December 21st
Bellwood, Forest Park &
OARS

Holiday Parfaits

12:15 pm
November 24th Bellwood
November 26th Forest Park &
OARS

**Lake Michigan Cruise
and Lunch**

9:00 am
December 10th
Chicago

Laws Affecting Seniors

10:45 am
November 4th
Bellwood

Legal Assistance

9:00 am
November 16th
Bellwood

Luncheon

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

Movement Games

10:30 am
November 22nd
Bellwood

Movie Day

12:15 pm
November 30th

(Continued from front page)

Area residents are invited to select an ornament from the Sharing Tree November 18th through December 10th between 8:30 am and 4:00 pm, and purchase one of the listed items. The wrapped gift should then be tagged with the tree ornament and returned to Bellwood Senior Center by December 11th for distribution. Additional information is available from the Senior Center director.

**Agency Hosts Annual
Thanksgiving Lunch**

West Suburban Senior Services is hosting its annual Thanksgiving meal November 18th at Bellwood Senior Center, and OARS and River Park Centers beginning at 11:00 am. The menu features roasted turkey breast, cornbread dressing, green peas, sweet potatoes, wheat roll, pumpkin pie, and milk and coffee.

The meal is free to seniors age 60 and older who bring nonperishable food items for local food pantries. The cost for the seniors is \$1.50. *The reservation deadline is November 12th at 12:00 noon.*

Holiday Eating Tips

For many people, holidays result in weight gain. To cut down on calories in typical holiday foods,

- cook turkey stuffing separately --- instead of inside the bird --- to reduce fat.
- remove skin from the turkey before eating.
- use canned, non-fat chicken or turkey gravy instead of pan drippings.
- make pumpkin pie with low-fat milk.
- make mashed potatoes with low-fat butter-milk, fat-free sour cream, or non-fat milk instead of whole milk and butter.
- serve low-fat appetizers such as fresh vegetables and a low-fat dip, instead of high-fat cheeses and snack crackers.

Money Management Help Available

West Suburban Senior Services and the American Association of Retired Persons (AARP) are offering seniors assistance for managing their bills. Specially trained volunteers open and organize mail, set up budgets, balance check-books, and provide other bill paying services for seniors who remain in control of their finances but need some help keeping things in order.

To participate in this program, seniors must meet eligibility criteria that are based on income and assets. Additional information is available from Senior Advocate Consuelo LeZama, (708) 547-5600, extension 231.

Thanksgiving Quiz

1. What year did the pilgrims have their first Thanksgiving feast?
 - a) 1620
 - b) 1621
 - c) 1625
 - d) 1776
2. What food was probably NOT on the pilgrims' Thanksgiving menu?
 - a) Corn
 - b) Fish
 - c) Pumpkin pie
 - d) Dried fruit
3. The Horn of Plenty, or Cornucopia, which symbolizes abundance, originated in which country?
 - a) Holland
 - b) Turkey
 - c) United States
 - d) Greece
4. In 1676, a day of thanksgiving was proclaimed to take place during what month?
 - a) May
 - b) June

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 1, 2004 Meat Loaf Mashed Potatoes Stewed Tomatoes Lettuce Wedge Fruit Cocktail	November 2, 2004 Chicken Breast Cornbread Stuffing California Blend Vegetables Cranberry Muffin	November 3, 2004 Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Dinner Roll Carrot Muffin	November 4, 2004 Breaded Chicken Filet on Bun Potato Salad Vegetable Soup Tapioca Pudding	November 5, 2004 Spaghetti with Meatballs Carrots Tossed Salad Fruit Gelatin
November 8, 2004 Chicken Salad on Bun Pickled Cucumbers Tomato & Rice Soup Hot Spiced Peaches	November 9, 2004 Swedish Meatballs Mashed Potatoes Zucchini & Tomatoes Garbanzo Bean Salad Brownie	November 10, 2004 Roast Pork Sweet Potatoes Black-Eyed Peas Smothered Cabbage Chilled Peas	November 11, 2004 Chicken Breast with Tomatoes & Mushrooms Noodles Carrots Pound Cake	November 12, 2004 Pepper Steak White Rice Mixed Vegetables Pickled Beets Fresh Apple
November 15, 2004 Stuffed Cabbage Roll Whole Potatoes Three Bean Salad Fresh Orange	November 16, 2004 Turkey Sausage on Bun Creamy Cucumber Salad Peas and Carrots Chocolate Cake	November 17, 2004 Ham & Cheese Submarine Sandwiches Potato Salad Fruit Cookie	November 18, 2004 Turkey Cornbread Stuffing Sweet Potatoes Peas Pumpkin Pie	November 19, 2004 BBQ Boneless Pork Ribette Macaroni and Cheese Mixed Greens Coleslaw Gelatin Dessert
November 22, 2004 Hamburger on Bun Hash Brown Potatoes Mixed Vegetables Tomato Wedge Chilled Peaches	November 23, 2004 Roast Chicken Leg Quarter Rice Pilaf Cut Corn Garbanzo Bean Salad Fruit Yogurt	November 24, 2004 Chili Tossed Salad Chocolate Chip Cookie	November 25, 2004 <i>Closed for Thanksgiving</i>	November 26, 2004 Taco Salad Tortilla Chips Fresh Fruit
November 29, 2004 Meat Loaf Mashed Potatoes Stewed Tomatoes Lettuce Wedge Fruit Cocktail	November 30, 2004 Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Cranberry Nut Muffin	November 24, 2004 West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Ber- wyn, local villages, and donations		November 29, 2004 <i>Please telephone each site by 12:00 p.m. the prior day for lunch reservations. All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements</i>

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104
(708) 547-5600

River Park Center
8300 Roosevelt Road
Forest Park, Illinois 60130
(708) 771-0101

OARS Center
712 Elm
LaGrange, Illinois 60525
(708) 547-5600

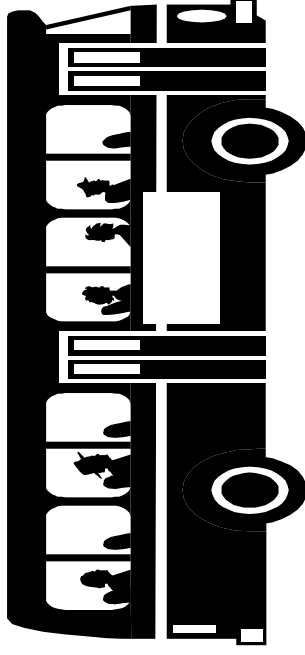
(Continued from page five)

nog, chicken cordon bleu, rice pilaf, green beans almondine, garden salad, a dinner roll, milk, and coffee. The suggested meal donation is \$1.50; reservations are required by 12:00 noon December 17th.

Holiday Parfaits This delicious dessert is being served November 24th, 12:15 pm, at Bellwood Senior Center, and November 26th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00, and reservations are required.

Lake Michigan Cruise and Lunch West Suburban Senior Services announces a luncheon and Lake Michigan cruise aboard the *Mystic Blue*. The outing is set for December 10th depending on interest. The \$45.50 per person cost is based on a minimum participation of forty persons. The registration deadline is November 30th.

Laws Affecting Seniors State Senator Kimberly Lightford is coming to Bellwood Senior Center November 4th, 10:45 am, to discuss recent legislation and programs affecting seniors. Lunch follows the program at 11:30 am for the suggested



donation of \$1.50; luncheon reservations are required by 12:00 noon November 3rd.

Legal Assistance On November 16th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone us for more

information regarding appointments.

Lunch Reservations Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

Movement Games To begin National Game and Puzzle Week, West Suburban Senior Services announces movement activities November 22nd, 10:30 am, at Bellwood Senior Center. The friendly competition includes Card Flip, Guess Who, Gift Wrap, and other challenges. Prizes and refreshments are also featured.

Movie Day Popcorn, soft drinks, good company, and an entertaining movie are being featured November 30th, 12:15 pm, at Bellwood Senior Center. Reservations are required by November 29th.

Mystery Reading Club Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting November 2nd, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is November 3rd.

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National Game and Puzzle Week To mark this observance, West Suburban Senior Services invites seniors to a week of fun and challenges. Festivities begin with team/partner movement games November 22nd, 10:30 am, at Bellwood Senior Center. Other games include bingo on November 23rd, bunco on November 24th, and Yahtzee on November 26th. Specific information about the games is provided in designated sections of this newsletter.

New Year's Eve Party Join with friends to celebrate the end of 2004 and the beginning of 2005 at Bellwood Senior Center, and OARS and River Park Centers on December 31st. Festivities begin with appetizers at 11:00 am. Lunch is served at 11:30 am for the suggested donation of \$1.50. Party bingo is scheduled after the meal. Reservations are required by 12:00 noon on December 29th.

Officers' Club Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, November 29th, at Bellwood Senior Center.

Pinochle Party Seniors are invited to play this challenging card game November 1st, November 8th, November 15th, November 22nd and November 29th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (November 5th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Pokeno is being played November 5th and November 12th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Pokeno Bash A double session of Pokeno is planned November 15th at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Root Beer Floats For \$1.00, seniors can enjoy this tasty treat. The floats are being served November 2nd, 12:15 pm, at Bellwood Senior Center, and November 5th, 12:15 pm, at OARS and River Park Centers. Reservations are required.

Rules of the Road This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. The class is scheduled November 5th, 10:00 am, at River Park Center.

Sharing Tree West Suburban Senior Services announces its second annual Sharing Tree in the lobby of Bellwood Senior Center. The tree is decorated with ornaments that indicate items designated agency clients would enjoy. All gift suggestions are \$3.00 or less. Ornaments are coded; no names appear on them. Area residents are invited to select an ornament from the Sharing Tree November 18th through December 10th between 8:30 am and 4:00 pm, and purchase one of the listed items. The wrapped gift should then be tagged with the tree ornament and returned to Bellwood Senior Center by December 11th for distribution. Additional information is available from the Senior Center director.

Social Security Update A representative from the Social Security Administration is coming to

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(Continued from page three)

joy a double dip ice cream cone. The treat is being served November 16th, 12:15 pm, at Bellwood Senior Center, and November 19th, 12:15 pm, at OARS and River Park Centers. Reservations are needed by November 15th and November 18th, respectively.

Emergency Preparedness The Cook County Health Department is coming to Bellwood Senior Center November 30th, 11:00 am, to help seniors plan for various types of emergencies. Reservations are recommended for this informative program.

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

Foster Grandparents West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

Gifts from the Kitchen If your holiday shopping list contains some hard-to-buy for- individu-



als, then be sure to attend this University of Illinois Extension program November 18th, 10:45 am, at Bellwood Senior Center. Reservations are required.

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

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site November 10th and November 23rd at 10:30 am. Appointments are required.

Holiday Breakfast Seniors are invited to a pancake breakfast November 10th, 8:00 am to 9:30 am, at Bellwood Senior Center. In addition to pancakes, the menu features sausage, hot spiced apples, milk, and coffee. Suggested meal donation is \$1.50; reservations are needed by 12:00 noon on November 8th.

Holiday Carnival Enjoy this seasonal fun December 9th, 10:30 am to 11:30 am, at Bellwood Senior Center. Games, prizes, and treats are featured.

Holiday Centerpiece Class Seniors are invited to make a holiday silk floral arrangement December 7th, 9:30 am, at Bellwood Senior Center. The \$5.00 fee includes supplies and instruction. Pre-paid reservations are required by November 23rd, and the fee is nonrefundable.

Holiday Luncheon Seniors age 60 and older are invited to a holiday luncheon December 21st, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. The menu features egg

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(Continued from page eight)

Bellwood Senior Center November 8th at 11:00 am to discuss Medicare benefits and coverage. Registration is recommended.

Spanish Club Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held at 11:00 am, November 5th and November 16th, at Bellwood Senior Center.

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

Tax Aide Training The American Association of Retired Persons (AARP) is seeking volunteers

during the weeks of January 10th and January 17th, 2005, at Katherine Legge facility in Hinsdale and to pass an examination. Additional information is available from Dick Greenberg, (630) 323-1807, or Wally Lach, (708) 352-7189. The Tax Aide program runs February 1st through April 15th and is geared to help low- and middle-income seniors age 60 and older. The Tax Aide service is again being offered at Bellwood Senior Center beginning February 2005.

Terrific Bingo Party Mariner Health of Westchester is hosting this complimentary bingo party November 23rd, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Refreshments are being served. Reservations are required by November 22nd.

Thanksgiving Lunch West Suburban Senior Services is hosting its annual Thanksgiving lunch November 18th at Bellwood Senior Center, and OARS and River Park Centers beginning at 11:00 am. The menu features roasted turkey breast, cornbread dressing, green peas, sweet potatoes, wheat roll, pumpkin pie, and milk and coffee. The meal is free to seniors age 60 and older who bring nonperishable food items for local food pantries. The cost for other seniors is \$1.50. *The reservation deadline is November 12th at 12:00 noon.*

Veterans Day Observance A ceremony honoring all veterans is planned November 11th, 10:45 am, at Bellwood Senior Center. Seniors are invited to lunch and to a Celebrate America party afterwards with members of the Illinois National Guard. Meal reservations are needed by 12:00 noon November 10th, suggested meal donation is \$1.50.

Volunteer Fair West Suburban Senior Services is hosting a Volunteer Fair November 10th, 10:00 to 11:30 am, at Bellwood Senior Center. Indi-

(Continued on back cover)

Briefly Noted

Advisory Council Meeting Seniors are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The Advisory Council is meeting November 10th, 10:30 am, at Bellwood Senior Center.

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

Beginning Sewing Class West Suburban Senior Services is pleased to announce a beginning sewing class at Bellwood Senior Center. The class is meeting December 2nd, December 9th, December 16th, December 23rd, and December 30th, 9:30 am to 11:30 am, at Bellwood Senior Center. There is no fee for the class, but pre-registration is required.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are November 4th, November 11th, and November 18th, 10:30 am, at Bellwood Senior Center.

Bingo Party bingo is held every Thursday at the Bellwood site and every Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

Bingo Bonanza A double session of party bingo

is planned November 1st at Bellwood Senior Center. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Birthday Celebration Seniors who are celebrating a November birthday are invited to this special party November 16th, 12:15 pm, at Bellwood Senior Center. Reservations are required by November 15th.

Bunco Party Seniors are invited to play this game November 24th, 10:15 am to 11:15 am, at Bellwood Senior Center. Cost is 50 cents; the event features prizes and refreshments. Reservations are needed by November 23rd.

Celebrate America Party This celebration follows the Veterans' Day observance on November 11th at Bellwood Senior Center. The party begins at 12:00 noon and features patriotic music, refreshments, and door prizes. Lunch is served at 11:30 am for the suggested donation of \$1.50. Party and lunch reservations are required by November 9th.

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

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting November 29th, 12:15 pm, at Bellwood Senior Center.

Double Dip Cones For 50 cents, seniors can en-

(Continued on page five)



for its Tax Aide program. (The Tax Aides receive no compensation for their service.) Applicants are required to complete two weeks of training