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buffet; gratuities are extra. Paid cash reservations (\$13.00) are due at the Senior Citizen Center by November 29th. Seating is limited, and fees cannot be refunded.

Turkey Talk Trailside Museum staff are coming to the Senior Citizen Center in Bellwood November 20th, 10:30 am to 11:30 am, to present a program about wild turkeys. Reservations are recommended.

Turkey Trot Festival Party bingo, treats and contests are included in this event. It is being held from 10:00 to 11:00 am, November 21st, at OARS Center; 12:15 pm to 1:15 pm, November 14th, at the Senior Citizen Center in Bellwood; and 12:15 pm to 1:15 pm, November 20th, at River Park Center. The \$2.00 fee includes lunch at 11:30 am. Reservations are required.

Veteran's Day Observance A ceremony honoring veterans is planned November 10th, 10:30

am, at the Senior Citizen Center in Bellwood. Seniors are invited to lunch and to a Celebrate America party following the ceremony. Meal reservations are required by 12:00 noon on November 9th; suggested meal donation is \$1.75.

Vital Signs University of Illinois Extension is presenting this program November 7th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include the risk factors for disease, and how diet and exercise influence blood pressure, glucose levels and other vital signs.

Waffle Cone Sundaes This unique dessert is being served November 28th, 12:15 pm, at OARS Center, and November 30th, 12:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required.

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

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

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

The OARS Center is located at 712 Elm in LaGrange

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations.. Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

The Senior Chronicle

WSSSS

West Suburban Senior Services

(708) 547-5600

OARS Center 712 East Elm LaGrange, Illinois 60525
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

Annual Thanksgiving Lunch

West Suburban Senior Services is hosting its Annual Thanksgiving lunch November 16th at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers beginning at 11:00 am. The menu features roasted turkey breast, cornbread dressing, sweet potatoes, green peas, wheat roll, pumpkin pie, milk and coffee. The meal is free to senior citizens aged 60 and older who donate a nonperishable food item for local food pantries. The suggested meal donation for other senior citizens is \$1.75. *The reservation deadline is November 10th at 12:00 noon.*

Be Sure to Visit the Sharing Tree

West Suburban Senior Services announces its Fourth Annual Sharing Tree in the lobby of the Senior Citizen Center in Bellwood. The tree is decorated with ornaments that indicate items designated agency clients would enjoy. All gift selections 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 16th through

December 8th (weekdays) 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 the Senior Citizen Center by December 11th for distribution to our home delivered meals participants. Additional information is available from the Senior Center director.

Cell Phones for Seniors

West Suburban Senior Services and the Cook County Sheriff's Department invite senior citizens to register and receive a free 911 emergency cell phone December 11th, 10:30 am, at the Senior Citizen Center in Bellwood. In addition to the telephone, participating seniors are receiving two batteries, a charger and instructions on how to access the 911 service on their cell phone. Reservations for the phone distribution are required and may be made by telephoning West Suburban Senior Services at (708) 547-5600.

The sheriff's Cell Phone for Seniors program is designed to give Cook County residents over age 65 an extra measure of security as they are driving, taking public transportation or participating in outdoor activities.

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The Senior Chronicle

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

Funding

West Suburban Senior Services (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 the 32nd Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Honorable Gary Woll, President
Ms. Carole Kulinski, Vice President
Mr. John O'Sullivan, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Dorothy Lindsey
Honorable Noreen Love
Honorable Anthony Peraica
Mr. Michael Sturino

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enjoy this dessert November 21st, 12:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required.

Thanksgiving Tea Party Tea, refreshments and a program are highlighted at this event November 13th, 10:00 am, at River Park Center, and November 14th, 10:00 am, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Time Management for the Holidays University of Illinois Extension is presenting this program November 30th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Triton Holiday Buffet Seniors are invited to enjoy the creative holiday recipes of Triton College culinary students and chefs at an all-you-can-eat buffet December 6th, 5:30 pm to 7:00 pm, at the school. Beverage and desserts are included on the

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Officers' Club
10:30 am
November 27th
Bellwood

Podiatry Clinic
9:30 am
Thursdays in Bellwood
November 10th in Forest Park

Pokeno
10:00 am
November 17th OARS
November 22nd Forest Park

12:15 pm
November 3rd & November 10th
Bellwood

Protecting Your Heart from Disease
10:30 am
November 13th
Bellwood

Rules of the Road Review Class
1:30 pm
December 11th
Bellwood

Spanish Club
11:00 am
November 3rd & November 16th
Bellwood

Tax Aide Training
Weeks of January 8th & January 15th
Hinsdale

Terrific Bingo
12:15 pm
November 28th
Bellwood

Texas Pineapple Sundae
12:15 pm
November 21st
Bellwood

Thanksgiving Tea Party
10:00 am
November 13th Forest Park
November 14th Bellwood & OARS

Time Management for the Holidays
10:30 am
November 30th
Bellwood

Triton Holiday Buffet
5:30 pm
December 6th
River Grove

Turkey Talk
10:30 am
November 20th
Bellwood

Turkey Trot Festival
10:00 am
November 21st
OARS

12:15 pm
November 14th Bellwood
November 20th Forest Park

Veteran's Day Observance
10:30 am
November 10th
Bellwood

Vital Signs
10:30 am
November 7th
Bellwood

Waffle Cone Sundaes
12:15 pm
November 28th OARS
November 30th Bellwood

(Continued from front cover)

West suburban residents wanting to donate working and non-working cell phones for this program may bring them to the Senior Citizen Center between 8:00 am and 4:00 pm Monday through Friday. The program accepts any brand, make or model of cellular telephone and components thereof.

I'm Not Old...Just Mature

Today at the drugstore, the clerk was a gent.
From my purchase he subtracted a nice ten percent.
I asked for the reason of this lesser amount;
He cheerfully answered, "The Seniors' Discount."

I went to McDonald's for a burger and fries;
And there, once again, got a pleasant surprise.
The boy poured some coffee, which he handed to me.
He said, "For you seniors, the coffee is free."

Understand – I'm not old – I'm merely mature;
But some things are changing, of that I am sure.
The newspaper print gets smaller each day,
And people speak softer – can't hear what they say.

My teeth are my own (I have the receipt),
And I almost remember all the people I meet.
Oh, I've slowed down a bit...not a lot, I am sure.
You see, I'm not old...I am merely mature.

The gold in my hair has been bleached by the sun.
You should see all the damage the chlorine has done.
Washing my hair has turned it all white,
But don't call it gray...saying "blond" is just right.

My friends all get older...much faster than me.
They seem much more wrinkled, from what I can see.
I've got "character lines," not wrinkles...for sure,
But don't call me old...just call me mature.

But I'm keeping up on what's hip and what's hot.
I think I can dance...on second thought, not.
But I'm still in the running...in this I'm secure,
I'm not really old... I'm only mature.

Low Income Home Energy Assistance Program

West Suburban Senior Services is accepting applications from income-qualified seniors age 60 and older for the Low Income Home Energy Assistance Program (LIHEAP). This program helps homeowners and renters alike. A one-time payment is made to utility companies that then credit the accounts of eligible clients for the amount of the LIHEAP grant.

To qualify, the monthly income for a one-person household is \$1,225. The monthly income for a two-person household is \$1,650.

When filing a LIHEAP application, seniors **must** bring the following information:

- Social Security cards for all household members.
- Proof of 2006 monthly income, including Social Security benefits, pension, wages and so forth for all household members over 16 years old
- Current light bill under the applicant's name
- Current gas (heating) bill under the applicant's name.

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one day per month in Forest Park (November 10th), 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 This game is being played November 3rd and November 10th, 12:15 pm, at the Senior Citizen Center in Bellwood; November 17th, 10:00 am, at OARS Center; and November 22nd, 10:00 am, at River Park Center. Cost is \$1.00 per card;



the fee includes prizes and refreshments. a healthy lifestyle. Topics include healthy oils, alternative protein sources, and the use of more fruits, vegetables and whole grains in meals. The program is being presented November 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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 participant receives an instructional book. The class is scheduled, December 11th, 1:30 pm, at the Senior Citizen Center in Bellwood.

Spanish Club Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held November 3rd and November 16th, 11:00 am, at the Senior Citizen Center in Bellwood.

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

Tax Aide Training The American Association of Retired Persons (AARP) is seeking volunteers for its Tax Aide program. (The tax aides receive no compensation for their service.) Applicants are required to complete two weeks of training during the weeks of January 8th and January 15th, 2007, at Katherine Legge facility in Hinsdale and to pass an examination. The Tax Aide program runs February 1st through April 5th, and is geared to help low-and middle-income seniors age 60 and older. The Tax Aide service is again being offered at the Senior Citizen Center in Bellwood beginning February 2007.

Terrific Bingo Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo November 28th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Texas Pineapple Sundae Seniors are invited to

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission		November 1, 2006 Cheeseburger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	November 2, 2006 Meatball Sandwich Whole Potatoes Mixed Vegetables Tossed Salad Banana	November 3, 2006 BBQ Boneless Pork Ribbete Macaroni and Cheese Seasoned Mixed Greens Coleslaw
November 6, 2006 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	November 7, 2006 Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Apple Juice Mandarin Oranges	November 8, 2006 Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin	November 9, 2006 Taco Salad Tortilla Chips Apple Juice Tropical Fruit	November 10, 2006 Sweet and Sour Chicken Filet Rice Pilaf Broccoli Peach Halves Almond Cookie
November 13, 2006 Pepper Steak White Rice Mixed Vegetables Pickled Beets Applesauce	November 14, 2006 Swedish Meatballs Mashed Potatoes Zucchini and Tomatoes Fruit Gelatin Fruit Yogurt	November 15, 2006 Roast Pork Sweet Potatoes Black-eyed Peas Smothered Cabbage Apricot Halves	November 16, 2006 Roasted Turkey Breast Cornbread Dressing Sweet Potatoes Green Peas Pumpkin Pie	November 17, 2006 Chicken Salad on Bun Pickled Cucumbers Tomato-Rice Soup Brownie
November 20, 2006 Baked Chicken Leg Quarter Augratin Potatoes Green Beans Carrot-Raisin Salad	November 21, 2006 Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	November 22, 2006 Stuffed Cabbage Roll Whole Potatoes Three-Bean Salad Fruit Juice Orange	November 23, 2006 <i>Closed for Thanksgiving</i>	November 24, 2006 Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
November 27, 2006 Cheese Ravioli French Cut Green Beans Tossed Salad Apple Pie	November 28, 2006 Spanish Style Chicken Potatoes Carrots Tossed Salad Chocolate Chip Cookies	November 29, 2006 Cheeseburger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	November 30, 2006 Meatball Sandwich Whole Potatoes Mixed Vegetables Tossed Salad Banana	All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements

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

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

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

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Legal Assistance On November 21st from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

Lunch Reservations Our 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 \$1.75. Transportation to the Bellwood, River Park and OARS Centers can be arranged.



Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned for November 15th, 10:00 am, at River Park Center;

November 21st, 12:15 pm, at the Senior Citizen Center in Bellwood; and November 22nd, 12:15 pm, at OARS Center. This month's selection at OARS and River Park Centers is *The Prize Winner*. The feature at Bellwood is the comedy *Just My Luck*.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting November 7th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Wednesday November 8th and November 29th have been designated Mystery Wednesdays at River Park Center. Surprises are planned each day beginning at 11:00 am, and the only way to find out what they are is to be there. Lunch is served at 11:30 am for the suggested donation of \$1.75.

New Visions Workshops The Guild for the Blind is conducting a four-session program at the Senior Citizen Center in Bellwood to help seniors adjust to new vision loss. Sessions are scheduled from 10:00 am to 11:30 am on November 2nd, November 16th, November 30th and December 7th. Additional information is provided in a separate newsletter article.

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 November 27th, 10:30 am, at the Senior Citizen Center in Bellwood.

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

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Briefly Stated

Advisory Council Meeting
10:30 am
November 8th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Bingo
12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza
10:15 am
November 6th Bellwood & Forest Park
November 7th OARS

Birthday Celebration
12:15 pm
November 20th
Forest Park

November 21st
Bellwood & OARS

Breakfast Bingo
9:30 am
November 17th
Bellwood

Celebrate America Party
11:15 am
November 10th
Bellwood, Forest Park & OARS

Chicago Premium Outlet Mall Trip
Time to be announced
November 4th
Aurora

Chocolate Lovers' Celebration
12:15 pm
November 27th
Forest Park

Cream Pie Day
12:15 pm
November 17th
Forest Park

Declutter Class
12:15 pm
November 27th
Bellwood

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Cream Pie Day This tasty dessert is being served November 17th, 12:15 pm, at River Park Center. Reservations are required.

Declutter Class Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled November 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

Exercise Class – Audio 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 the Senior Citizen Center in Bellwood.

Fall Ice Cream Cones For 50 cents, seniors may purchase this treat November 2nd, 12:15 pm, at the Senior Citizen Center in Bellwood, and November 3rd, 12:15 pm, at OARS and River Park Centers. Reservations are required.

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.

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.

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 8th and

November 28th at 10:30 am. Appointments are required.

Hearing Screenings The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood November 27th, 1:00 pm, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on November 22nd.

Holiday Luncheon West Suburban Senior Services is serving a holiday lunch December 19th, 11:30 am, at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers. The menu features chicken cordon bleu, rice pilaf, green beans, tossed salad, dinner roll, pie, and milk and coffee. Suggested meal donation is \$1.75. Reservations are required by 12:00 noon on December 15th.

Holiday Open House An exhibit of Presidential documents is among the highlights of this special tour December 8th, 1:30 pm to 2:30 pm, at the Historical Society of Oak Park and River Forest in Oak Park. Admission is by donation.

Holiday Shopping Trip Seniors are invited to enjoy the shopping experience in Geneva, Illinois, on December 2nd. Participants are traveling roundtrip on METRA from Bellwood. The downtown Geneva shopping district is within one block of the METRA station, and has about 100 specialty shops and numerous restaurants. Seniors are responsible for the costs associated with this trip. Additional information is available from the Senior Center Director.

Lalpalooza Sundae This fruit and ice cream creation is being served November 9th, 12:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required.

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- Current lease. No rent receipts will be accepted.

Additional information is available by telephoning West Suburban Senior Services. Persons under age 60 should apply for LIHEAP at Proviso-Leyden Community Action Agency in Maywood.

Medicare Part D Information

The Social Security Administration is coming to the Senior Citizen Center in Bellwood on November 9th, 10:30 am to 11:30 am, to discuss prescription drug coverage under Medicare Part D. This is an opportunity for seniors who recently turned 65 to apply for the extra help under Medicare Part D.

In addition, updated information is being provided

for seniors who are currently enrolled in Medicare Part D and wish to make changes in their coverage. Seniors who have questions may also call the Senior Health Insurance Program (SHIP) volunteer at West Suburban Senior Services, (708) 547-5600, or Medicare, (800) 548-9034. The Medicare hotline is open 24 hours, seven days a week.

New Visions: Help for Adults with New Vision Loss

The Guild for the Blind is conducting a four-session program at the Senior Citizen Center in Bellwood to help seniors adjust to new vision loss. Sessions are scheduled from 10:00 am to 11:30 am on November 2nd, 16th and 30th, and December 7th.

Workshop topics include

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- Where did I put it? – blindness and low vision terminology, labeling and organizing techniques, and interactive product demonstrations
- Staying Informed and Entertained – reading the newspaper, dining with confidence, adapting crafts and other pastimes
- Magnifiers and More – maximizing remaining vision, learning about magnifiers, experimenting with electronic magnification

- Making Life More Livable – understanding the implications of vision loss, helping others help you, empowering yourself

There is no charge for the program, and participating seniors may have a family member or a friend attend with them. However, advance registration is required and may be made by telephoning West Suburban Senior Services, (708) 547-5600, Extension 238.

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<p>Exercise Class – Audio Tape 10:30 am Monday through Friday Bellwood</p> <p>Fall Ice Cream Cones 12:15 pm November 2nd Bellwood November 3rd Forest Park & OARS</p> <p>Foster Grandparents 10:30 am To Be Announced Bellwood</p> <p>Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood</p> <p>Haircuts 10:30 am November 8th & November 28th Bellwood</p> <p>Hearing Screenings 1:00 pm November 27th Bellwood</p>	<p>Holiday Luncheon 11:30 am December 19th Bellwood, Forest Park & OARS</p> <p>Holiday Open House 1:30 pm December 8th Oak Park</p> <p>Holiday Shopping Trip Time to be announced December 2nd Geneva</p> <p>Lalapalooza Sundaes 12:15 pm November 9th Bellwood</p> <p>Legal Assistance 9:00 am November 21st Bellwood</p> <p>Luncheon 11:30 am Monday through Friday Bellwood, Forest Park & OARS</p>	<p>Movie Day 10:00 am November 15th Forest Park</p> <p>12:15 pm November 21st Bellwood</p> <p>12:15 pm November 22nd OARS</p> <p>Mystery Reading Club 9:30 am November 7th Bellwood</p> <p>Mystery Wednesdays 11:00 am November 8th & November 29th Forest Park</p> <p>New Visions Workshops 10:00 am November 2nd, November 16th, November 30th & December 7th Bellwood</p>
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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency’s congregate meal program and to share their ideas about activities at the agency’s three nutrition sites during this month’s meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering, and agency staff. The Advisory Council is meeting November 8th, 10:30 am, at the Senior Citizen Center in Bellwood.

by 12:00 noon on November 17th and November 20th, respectively.

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

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party November 17th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on November 15th, and a minimum registration is required for this activity to take place.

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.

Celebrate America Party This celebration is being held in conjunction with Veteran’s Day November 10th at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers. Festivities begin at 11:15 am and feature patriotic music, refreshments and door prizes. Suggested lunch donation is \$1.75.

Bingo Bonanza A double session of party bingo is planned November 6th at the Senior Citizen Center in Bellwood and at River Park Center, and November 7th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Chicago Premium Outlet Trip West Suburban Senior Services is coordinating a METRA shopping trip to the Chicago Premium Outlet Mall in Aurora on November 4th. Participants depart from the METRA station in LaGrange; a PACE bus then takes shoppers from the Aurora METRA station to the mall. Participants are responsible for all costs associated with this trip, and a minimum registration is required for this activity to take place. Additional information is available from the Senior Center Director.

Birthday Celebration Seniors who are celebrating a November birthday are invited to this special observance November 20th, 12:00 noon, at River Park Center, and November 21st, 12:00 noon, at the Senior Citizen Center in Bellwood and at OARS Center. Reservations are required

Chocolate Lovers’ Party This “must” for chocolate lovers is being held November 27th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

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