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Surprise Bingo This variation of party bingo is being played November 12th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and November 27th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

Tax Aide Program 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 7th and January 14th, 2008, at Katherine Legge facility in Hinsdale and to pass an examination. 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 the Senior Citizen Center in Bellwood beginning February 2008.

Turkey Trot Festival Games and contests highlight this event November 20th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Veterans Day Observance The Naval Junior ROTC Color Guard and drill team from Proviso West High School is performing November 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The event is part of West Suburban Senior Services' observance of Veterans Day.

Waffle Sundaes This dessert is being served November 1st, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Yankee Doodle Sundaes In honor of Veterans Day, this patriotic dessert is being served November 8th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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

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

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

The OARS Center is located at 712 Elm in LaGrange

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

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

The Senior Chronicle

West Suburban Senior Services

(708) 547-5600

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

Flu Shot Clinic

West Suburban Senior Services is holding a flu shot clinic November 7th, 10:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood. Seniors age 60 and older are being seen only by appointment. Appointments can be made by telephoning West Suburban Senior Services. The flu shots are free, but a limited amount of vaccine is available.

Be Sure to Visit the Sharing Tree

West Suburban Senior Services announces its Fifth 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 15th through December 7th (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 12th for distribution to our Home Delivered Meal participants and other clients.

Additional information is available at the Senior Citizen Center.

Annual Thanksgiving Lunch

West Suburban Senior Services is hosting its Annual Thanksgiving lunch November 15th at the Senior Citizen Center in Bellwood and at OARS Center beginning at 11:00 am. The menu features roasted turkey breast, cornbread dressing, sweet potatoes, green peas, a roll, pumpkin pie, and milk and coffee. The meal is free to senior citizens age 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 9th.*

Fun with Computers Class

Proviso High School District 209 and West Suburban Senior Services are co-sponsoring an introductory computer class for seniors November 13th, 10:00 am to 11:00 am, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park. The class is designed to make computers user-friendly for seniors who may be apprehensive about using them.

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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 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, 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 34th 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
- Mrs. Lois Albers, Treasurer
- Mrs. Elaine Reno, Secretary

Directors

- Honorable Anthony Calderone
- Mrs. Mary Conti
- Mrs. Lela Grimble
- Honorable Noreen Love
- Ms. Debbie Noweder
- Honorable Anthony Peraica
- Ms. Tywanne Rand
- Honorable Donald Sloan
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

Honorary Directors

- Mrs. Dorothy Lindsey
- Mr. John O'Sullivan
- Mr. Michael Sturino

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suggested donation of \$1.75. In addition, the Senior Citizen Center in Bellwood is hosting a Holiday Survival Party featuring party bingo from 10:15 am to 11:15 am, a dessert at 12:00 noon, and Pokeno from 12:15 pm to 1:15 pm. Cost for the party activities is \$1.50. Reservations for lunch and the party activities are required by 12:00 noon on November 20th. Questions should be directed to the Senior Citizen Center.

Thank You, Veterans

West Suburban Senior Services invites area residents of all ages to sign a special card expressing appreciation to veterans for their service to our country. The card is located in the lobby of the

Senior Citizen Center in Bellwood, and persons may sign it between 8:30 am and 4:00 pm weekdays through November 9th. The signed card is then being presented to veterans at the VA Hospital in Hines. Another part of the agency's Veterans Day observance features a performance by the Naval Junior ROTC Color Guard and Drill Team from Proviso West High School. It is scheduled November 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is available at the Senior Citizen Center.

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Podiatry Clinic
9:30 am
Thursdays
Bellwood

Pokeno Parties
12:15 pm
November 2nd & November
30th
Bellwood

**Preparing a Healthy
Thanksgiving Meal**
10:00 am
November 13th
OARS

**Preventing Weight Gain
During the Holidays**
10:45 am
November 20th
Bellwood

Robber Bingo
10:15 am
November 14th
Bellwood

Spa Day
9:30 am
November 9th
Bellwood

Spanish Club
11:00 am
November 15th
Bellwood

Surprise Bingo
12:15 pm
November 12th
Bellwood

10:00 am
November 27th
OARS

Tax Aide Program
Weeks of January 7th & Janu-
ary 14th
Hinsdale

Terrific Bingo
12:15 pm
November 27th
Bellwood

Turkey Trot Festival
12:15 pm
November 20th
Bellwood

Veterans Day Observance
10:30 am
November 8th
Bellwood

Waffle Sundaes
12:15 pm
November 1st
Bellwood & OARS

Yankee Doodle Sundaes
12:15 pm
November 8th
Bellwood & OARS

Briefly Stated

Advisory Council Meeting
10:00 am
November 21st
Bellwood

11:00 am
November 21st
OARS

An Inside View of the Turkey Industry
10:30 am
November 27th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Arthritis Foundation Exercise Class
10:00 am
November 5th, November 6th,
November 14th, November
19th, & November 20th
OARS

12:15 pm
November 6th & November
19th
Bellwood

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

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza
10:15 am
November 5th Bellwood
November 12th OARS

Caregiver Education
10:30 am
November 7th
Bellwood

Caregiver Support Group
10:30 am
November 14th
Bellwood

Coping With Holiday Stress
10:30 am
November 26th
Bellwood

Crazy Eight Bingo
10:15 am
November 28th
Bellwood

Creative Ways to Enjoy Your Leftover Turkey
10:30 am
November 19th
Bellwood

Creative Writing Class
10:00 am
November 27th
Bellwood

DeClutter Class
12:30 pm
November 26th
Bellwood

Early Bird Pokeno
9:15 am
November 16th
Bellwood

Everything Sweet Bingo
10:00 am
November 21st
OARS

Everything Sweet Bingo
12:15 pm
November 26th
Bellwood

Exercise Class – Audio Tape
10:30 am
Monday through Friday
Bellwood

Gifts from the Kitchen
10:30 am
November 29th
Bellwood

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

Gourmet Dinner Party
5:00 pm
November 16th
Bellwood

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

Holiday Ornament Making
10:00 am
November 1st
Bellwood

Holiday “Stained Glass” Art Project
10:30 am
November 27th
Bellwood

Holiday Survival Party
10:15 am
November 23rd
Bellwood

Lalpalooza Sundaes
12:15 pm
November 29th
Bellwood & OARS

Legal Assistance
9:00 am
November 20th
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

Medicare Navigator Class
12:00 Noon
November 19th
Bellwood

Meditation & Centering
10:30 am
November 9th
Bellwood

Movie Day
12:15 pm
November 13th
Bellwood

Mystery Reading Club
9:30 am
November 6th
Bellwood

November Tea Party
10:00 am
November 2nd
Bellwood

Officers’ Club
10:30 am
November 26th
Bellwood

Old Fashioned Sing-Along
10:30 am
November 12th
Bellwood

Pamper Yourself Day
10:00 am
November 7th
Bellwood

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November Tea Party Designing creative scrap-books easily is the focus of this event November 2nd, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Lois Albers is the instructor. Cost for the tea and program is \$1.00.

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 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Old Fashioned Sing-Along The Half and Half Seniors are scheduled to return to the Senior Citizen Center in Bellwood November 12th, 10:30 am to 11:30 am. Lunch follows the performance at 11:30 am. Suggested meal donation is \$1.75.

Pamper Yourself Day West Suburban Senior Services is pleased to offer this day of relaxation November 7th at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Parties This game is being played November 2nd and November 30th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments. A special Early Bird Pokeno session is planned November 16th. Additional information is provided in a separate article.

Preparing a Healthy Thanksgiving Meal University of Illinois Extension is sharing recipes and nutritional tips with seniors November 13th, 10:00 am to 10:30 am, at OARS Center. Lunch follows at 11:30 am for the suggested donation of \$1.75.

Preventing Weight Gain During the Holidays Dr. Modupe Oladeinde, MD, is the presenter for this program November 20th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Spa Day West Suburban Senior Services is pleased to offer seniors this opportunity for relaxation and revitalization November 9th at the Senior Citizen Center in Bellwood. The event begins with a breakfast snack bar at 9:30 am. From 10:00 am to 11:00 am, seniors participate in the University of Illinois Extension’s program titled *A New You*. At 11:00 am, the Avenue Boutique in Maywood is presenting a program on accessorizing winter wardrobes. A ham and cheese croissant boxed lunch is being served in a private dining area from 11:45 am to 12:30 pm. Cost for all is \$2.00. Spa Day reservations are required by November 5th. The monthly spa program is scheduled to continue through March, 2008.

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 meeting is to be held November 15th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			November 1, 2007	November 2, 2007
			Meatballs on Bun Mashed Potatoes Mixed Vegetables Tossed Salad Banana	Bar-B-Que Ribbets Macaroni and Cheese Mixed Greens Coleslaw Fruit Gelatin
November 5, 2007	November 6, 2007	November 7, 2007	November 8, 2007	November 9, 2007
Beef Stew Green Beans Tossed Salad Apple Pie	Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Mandarin Oranges	Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	Taco Salad Tortilla Chips Apple Juice Tropical Fruit	Stuffed Green Pepper Buttered Macaroni Carrots Pineapple Juice Grapes
November 12, 2007	November 13, 2007	November 14, 2007	November 15, 2007	November 16, 2007
Pepper Steak White Rice Mixed Vegetables Pickled Beets Applesause	Swedish Meatballs Mashed Potatoes Zucchini & Tomatoes Fruited Gelatin Fruit Yogurt	Roast Pork Sweet Potatoes Black Eyed Peas Smothered Cabbage Apricot Halves	Roast Turkey Breast Sweet Potatoes Cornbread Dressing Green Peas Pumpkin Pie	Chicken Salad on Bun Pickled Cucumbers Tomato and Rice Soup Marble Pound Cake
November 19, 2007	November 20, 2007	November 21, 2007	November 22, 2007	November 23, 2007
Baked Chicken Leg Quarter Au Gratin Potatoes Green Beans Carrot and Raisin Salad Chilled Peaches	Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	Stuffed Cabbage Roll Mixed Vegetables Three Bean Salad Fruit Juice Orange	Closed for Thanksgiving	Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
November 26, 2007	November 27, 2007	November 28, 2007	November 29, 2007	November 30, 2007
Spinach Ravioli Green Beans Tossed Salad Apple Pie	Grecian Chicken Whole Potatoes Carrots Tossed Salad Chocolate Chip Cookie	Cheeseburger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	Meatball Sandwich on Bun Mashed Potatoes Mixed Vegetables Tossed Salad Banana	Bar-B-Que Ribbets Macaroni and Cheese Mixed Greens Coleslaw Fruit Gelatin

West Suburban Senior Services is supported by the AgeOptions, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.

All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements. Please telephone each site by 12:00 p.m. the prior day for lunch reservation.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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Class size is limited, and reservations are being accepted on a first come, first serve basis at the Senior Citizen Center in Bellwood.

Have You Filed for 2006 Circuit Breaker and Illinois Cares Rx Benefits?

Income-qualified seniors age 65 and older still have time to file for benefits under the Illinois Department on Aging's Circuit Breaker program. These benefits include tax grants, a license plate discount of \$54, and prescription drug assistance. Additional information and assistance are available from West Suburban Senior Services' Senior Advocate Consuelo LeZama.

Medicare Navigator Class

Seniors are invited to attend a special internet clinic November 19th, 12:00 noon to 1:00 pm, at the Senior Citizen Center in Bellwood. Conducted by West Suburban Senior Services' Senior Advocate, the workshop features instruction to access various internet sites including Google, Medicare, Illinois Rx and Blue Cross Insurance. With this knowledge, seniors can research supplemental insurance coverage, and also manage Medicare and prescription drugs on-line. Registration for the internet workshop is encouraged; space may be reserved by contacting the Senior Citizen Center.

Medicare Part D Reminder

The Social Security Administration has designated November 15th through December 30th as the next enrollment period for prescription drug coverage under Medicare Part

D. Seniors who recently turned 65 are encouraged to apply for this assistance. Also, updated information is available for seniors who are currently enrolled in Medicare Part D but wish to make changes in their coverage. Seniors who have questions may call the Senior Health Insurance Program (SHIP) volunteers at West Suburban Senior Services.

Modifying Recipes for Better Health

Some recipe changes can result in an acceptable change or one that some people don't even notice. University of Illinois Extension offers the following recipe modifications:

- ❑ Reduce sugar by one-third: Instead of 1 cup of sugar, use 2/3 cup. This works best in canned and frozen fruits, puddings and custards. For quick breads and muffins, use 1 tablespoon of sugar per one 1 cup of flour. Add vanilla, cinnamon or nutmeg to help enhance flavor.
- ❑ Reduce fat by one-third: If a recipe calls for 1/2 cup fat, use 1/3 cup fat. This works best in gravies, sauces, puddings and some cookies. For cakes and quick breads, use 2 tablespoons fat per cup of flour.
- ❑ Omit salt or reduce salt by one-half: If a recipe says 1/2 teaspoon of salt, use 1/4 teaspoon. Do not eliminate salt from yeast breads or rolls --- it is important for flavor and texture.
- ❑ Substitute whole grain and bran flours: Whole wheat flour can replace from 1/4 to 1/2 the all-purpose flour. If a recipe has 3 cups of all-purpose flour, use 1-1/2 cups

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Holiday “Stained Glass” Art Project West Suburban Senior Services’ art instructor Vince Coppola is teaching participants to make a paper cut-out stained glass window design at this workshop November 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes lunch at 11:30 am. Reservations are required by November 21st.

Holiday Survival Party West Suburban Senior Services is open the day after Thanksgiving, November 23rd, and is serving lunch at its Bellwood and OARS sites at 11:30 am for the suggested donation of \$1.75. In addition, the Senior Citizen Center in Bellwood is hosting a Holiday Survival Party featuring party bingo from 10:15 am to 11:15 am, a dessert at 12:00 noon, and Pokeno from 12:15 pm to 1:15 pm. Cost for the party activities is \$1.50. Reservations for lunch and the party activities are required by 12:00 noon on November 20th.

Lalapalooza Sundaes This dessert is being served November 29th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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

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 sen-

iors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Medicare Navigator Class Seniors are invited to attend a special internet clinic November 19th, 12:00 noon to 1:00 pm, at the Senior Citizen Center in Bellwood. Conducted by West Suburban Senior Services’ Senior Advocate, the workshop features instruction to access various internet sites including Google, Medicare, Illinois Rx and Blue Cross Insurance. With this knowledge, seniors can research supplemental insurance coverage, and also manage Medicare and prescription drugs on-line. Registration for the internet workshop is encouraged.

Meditation and Centering Basic meditation and relaxation techniques are the focus of this class November 9th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Day Seniors are invited to enjoy good company, tasty refreshments and an entertaining movie this month at the Senior Citizen Center in Bellwood. November 13th features *A Prairie Home Companion* with Meryl Streep, Lily Tomlin and John C. Reilly heading an all-star cast. The movie explores backstage moments during the popular radio show of the same title. The film begins at 12:15 pm.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting November 6th, 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.

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Hint: He can tell if you have been naughty or nice.

Crazy Eight Bingo For 25 cents per card, seniors are invited to play this special party bingo November 28th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Lunch is served at 11:30 am for the suggested meal donation of \$1.75.

Creative Ways to Enjoy Your Leftover Turkey University of Illinois Extension is presenting recipes for preparing leftover holiday turkey. The program is scheduled November 19th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Creative Writing Class West Suburban Senior Services is pleased to host this class November 27th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new students are welcome.

Declutter Class Seniors are invited to learn ways to declutter their homes and lives at this class November 26th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood.

Early Bird Pokeno West Suburban Senior Services is hosting a breakfast-Pokeno party November 16th, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. Pancakes, sausage, juice, milk and coffee are served at 9:15 am; Pokeno is played from 10:00 am to 11:00 am. Cost for the meal and game is \$2.00. Reservations are required by 12:00 noon on November 14th, and a minimum registration is required.

Everything Sweet Bingo This bingo party is set November 21st, 10:00 am to 11:00 am, at OARS Center, and November 26th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Gifts From the Kitchen University of Illinois Extension invites seniors to make a personalized gift for a friend or a family member at this class November 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge, but reservations are required by November 26th.

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

Gourmet Dinner Party West Suburban Senior Services is hosting a gourmet dinner party November 16th, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Cost is \$8.00 per person, and no refunds are available. Paid reservations are due by November 12th, and a minimum participation is required.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site November 13th and November 27th at 10:30 am. Appointments are required.

Holiday Ornament Making Volunteers are needed to make ornaments for West Suburban Senior Services’ 2007 Sharing Tree. A workshop is being held November 1st, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Materials are provided.

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whole wheat flour and 1-1/2 cups all purpose flour. Oat bran or oatmeal can replace 1/4 of the all-purpose flour. Bran cereal flour can replace up to 1/4 cup of all purpose flour.

- ❑ Do *not* try to substitute oil for margarine or shortening. They are not interchangeable when baking. A traditional recipe can still taste good and be good for two.
- ❑ Do *not* substitute lite or diet margarine for solid shortenings or regular margarine in baking. Instead, use less regular margarine.

Spa Day

West Suburban Senior Services is pleased to offer seniors an opportunity for relaxation and revitalization at its Spa Day November 9th at the Senior Citizen Center in Bellwood. The event begins with a breakfast snack bar at 9:30 am. From 10:00 am to 11:00 am, seniors participate in the University of Illinois Extension's program titled *A New You*. At 11:00 am, participants are playing Pokeno. A turkey croissant boxed lunch is being served in a private dining area from 11:30 am to 12:00 noon. Complimentary manicures by nail technician Latrice Turner follow from 12:00 noon to 1:00 pm. Cost for all is \$2.00. Spa Day reservations are required.

Thanksgiving Trivia and Humor

- The average American eats 18 pounds of turkey a year.

- The average person consumes 4,500 calories on Thanksgiving Day.
- Thanksgiving is not just a U.S. holiday. Canada declared its Thanksgiving holiday in 1879. Canadians observe it on the second Monday in October.
- A turkey's favorite song is *I'm Dreaming of a White Christmas!*
- If April showers bring May flowers, then May flowers bring pilgrims!

Triton Holiday Dinner

West Suburban Senior Services is hosting a dinner outing to Triton College on December 5th 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary art students, the buffet includes an assortment of hot entrees, salads, cold cuts, cheeses, rolls, desserts, and coffee and hot tea. The \$14.00 per-person cost includes the buffet; tip is extra.

Seating is limited, and reservations are being accepted at the Senior Citizen Center in Bellwood on a first come, first serve basis. *Nonrefundable* cash payments are due at the time reservations are made. The reservation deadline is November 1st.

We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours the day after Thanksgiving, November 23rd. The Bellwood and LaGrange nutrition sites are serving lunch at 11:30 am for the

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting November 21st, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

An Inside View of the Turkey Industry Hormel Foods is presenting this informative program November 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Turkey processing is among the topics being discussed.

Arthritis Foundation Exercise Class This class is scheduled November 5th, November 6th, November 14th, November 19th, and November 20th, 10:00 am to 11:00 am, at OARS Center. At the Senior Citizen Center in Bellwood, the class is scheduled from 12:15 pm to 1:15 pm on November 6th and November 19th. University of Illinois Extension is leading all classes, and new students are welcome.

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

Bingo Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm at the Senior Citizen Center and 10:00 am at the OARS Center.

Bingo Bonanza A double session of party bingo is planned November 5th at the Senior Citizen Center in Bellwood and November 12th 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.

Caregiver Education West Suburban Senior Services' caregiver specialist is conducting a session November 7th to provide skill building and problem solving strategies for those caring for seniors age 60 and older. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

Caregiver Support Group On November 14th, West Suburban Senior Services' caregiver specialist is leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session focuses on maintaining emotional health and reducing stress through peer support and story telling, and finding ways to relieve tension. Subsequent support group meetings are scheduled the second Wednesday of each month.

Coping With Holiday Stress Elmwood Care is presenting this program November 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. A special guest is also going to be in attendance. Can you guess who that will be?

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