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Citizen Center in Bellwood. Games at both sites are scheduled from 10:15 am to 11:00 am. They include *Thanksgiving Operator*, *Pin the Hat on the Pilgrim*, and table word search competitions. Party bingo is played from 11:00 am to 11:30 am. Following lunch, Pokeno is scheduled from 12:15 pm to 1:00 pm. Cost for all is \$2.00. Suggested donation for lunch only is \$1.75. Reservations are required, and a minimum participation is required for the festival to take place.

Uncle Sam Sundaes This patriotic ice cream dessert is being served November 6th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood, and November 7th, 12:15 pm to 12:30 pm, at OARS Center. Cost is \$1.00.

Veterans Day Observance West Suburban Senior Services has planned activities to honor our veterans from all wars on November 6th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and on November 7th,

10:30 am to 11:30 am, at our OARS Center in LaGrange.

Westlake Hospital Screenings Seniors have the opportunity to participate in complimentary glucose, cholesterol, prostate cancer and bone density screenings November 18th, 9:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Appointments are not necessary. Fasting for the blood tests is recommended but not required.

Winter Energy Costs Citizens Utility Board (CUB) is presenting this program November 5th, 10:30 am to 11:30 am, at OARS Center. Discussion focuses on keeping heating bills under control, understanding consumer rights, and knowing what to expect this winter.

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

More information may be available in a separate article.

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

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

The OARS Center is located at 712 Elm in LaGrange

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

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

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

Counting Your Blessings Amidst Loss

The holidays can be an especially trying time for persons who have lost a loved one. To help seniors cope with their feelings of loss, West Suburban Senior Services is hosting *Counting Your Blessings Amidst Loss*, a conversation about dealing with grief during the holiday season and taking care of oneself.

The program is scheduled November 10th, 10:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Program presenters are Rainbow Hospice and Tami Jimenez, LCSW, Healthy Aging Counselor at West Suburban Senior Services. A complimentary brunch is being served at 10:30 am, and the program follows.

Seniors planning to attend are asked to RSVP by November 5th.

Flu Shot Clinic

West Suburban Senior Services is hosting a flu shot clinic November 5th, 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 may be made by telephoning West Suburban Senior Services. The flu shots are free, but a limited amount of vaccine is available.

Give Yourself the Gift of Good Health

With the holidays quickly approaching, West Suburban Senior Services is offering senior citizens the opportunity to give themselves the gift of good health through informational programs and complimentary screenings at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. The November schedule is presented here.

*Senior Citizen Center
439 Bohland Avenue
Bellwood*

November 10th, 10:30 am to 12:00 noon, *Counting Your Blessings Amidst Loss Program*. Rainbow Hospice and Tami Jimenez, LCSW, Healthy Aging Counselor at West Suburban Senior Services, are leading this conversation about dealing with grief during the holiday season and taking care of one's self. A complimentary brunch is being served at 10:30 am, and the program follows. Seniors planning to attend should RSVP by November 5th.

November 13th, 10:30 am to 12:00 noon, *Advances in the Treatment of Cataracts Program and Cataract Screening*. Kirk Eye Center is providing this service.

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The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Board of Directors

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

Officers

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

Directors

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

Honorary Directors

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

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Sleep Patterns & Aging
10:00 am
November 21st
OARS

Spanish Club
11:00 am
November 20th
Bellwood

Thanksgiving Luncheon
11:30 am
November 20th
Bellwood & OARS

Triton Dinner Outing
5:30 pm
December 3rd
River Grove

Turkey Trot Festival
10:15 am
November 18th
OARS

10:15 am
November 25th
Bellwood

Uncle Sam Sundaes
12:15 pm
November 6th
Bellwood

November 7th
12:15 pm
OARS

Veterans Day Observance
10:30 am
November 6th
Bellwood

10:30 am
November 7th
OARS

Westlake Hospital Health Screenings
9:30 am
November 18th
Bellwood

Winter Heating Costs
10:00 am
November 5th
OARS

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Rules of the Road Class Illinois Secretary of State staff are conducting this review class December 19th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is also given. The class is free, but reservations are needed.

Senior Health and Safety The LaGrange Fire Department is presenting this program November 12th, 10:15 am to 11:00 am, at OARS Center. Discussion topics include personal safety.

Sleep Patterns and Aging Clinical psychologist Kathy Sexton Radek, PhD, is presenting this program November 21st, 10:00 am to 11:00 am, at OARS Center. Discussion includes reasons for sleep disorders and suggestions to remedy them.



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 20th, 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 a pasar un rato agradable, llame a Consuelo LeZama (708) 547-5600.

Thanksgiving Luncheon This traditional meal is being served November 20th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

Triton Dinner Outing West Suburban Senior Services is hosting an outing to Triton College for a Christmas dinner on December 3rd.

Turkey Trot Festival Games, party bingo and Pokeno are included in this event November 18th at OARS Center and November 25th at the Senior

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Briefly Stated

Advisory Council
10:00 am
November 12th
Bellwood

11:00 am
November 12th

OARS

Art Class
9:00 am
Tuesdays
Bellwood

Arthritis Foundation Exercise Class
10:00 am
November 7th, November 14th
& November 21st
Bellwood

10:00 am
November 3rd, November 10th
& November 17th

OARS

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza
10:15 am
November 3rd
Bellwood

10:15 am
November 4th
OARS

Brain Games
12:15 pm
November 5th, November 12th
& November 19th
Bellwood

Breakfast Bingo
9:30 am
November 10th
Bellwood

Cataracts: The Latest Treatments & Screening
10:30 am
November 13th
Bellwood

Chocolate Spa Party
10:00 am
November 19th
Bellwood

Colors of Your Heart
10:30 am
November 24th
Bellwood

Counting Your Blessings Amidst Loss
10:30 am
November 10th
Bellwood

Digital Television
9:30 am
November 11th
Bellwood

Election Day Party
10:30 am
November 4th
Bellwood

Exercise Class
10:30 am
Monday through Friday
Bellwood

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

Haircuts
10:30 am
November 11th &
November 25th
Bellwood

Holiday Sweets
10:30 am
November 4th, November 11th,
November 18th &
November 25th
Bellwood & OARS

Holiday Survival Party
10:30 am
November 28th
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

Medicare & Health Insurance Roundtable
10:30 am
November 17th
Bellwood

Meditation & Centering Classes
12:15 pm
November 14th
Bellwood

Macular Degeneration & Aging
10:00 am
November 19th
OARS

Movie Days
12:15 pm
November 11th, November
18th & November 24th
Bellwood

Mystery Bingo
12:15 pm
November 17th
Bellwood

10:00 am
November 25th
OARS

Mystery Reading Club
9:30 am
November 4th
Bellwood

Pamper Yourself Day
10:00 am
November 14th
OARS

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Parties
12:15 pm
November 7th, November 14th
& November 21st
Bellwood

Robber Bingo
10:15 am
November 5th &
November 26th
Bellwood

Root Beer Floats
10:30 am
November 13th
Bellwood & OARS

Rules of the Road Class
1:30 pm
December 19th
Bellwood

Senior Health & Safety
10:00 am
November 12th
OARS

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- ❑ There are wild turkeys in every state except Alaska.
- ❑ Turkey has more protein than chicken or beef.
- ❑ Turkeys can see in color, but they do not see well at night.
- ❑ A number of places in the United States are named after the turkey. Turkey, Texas, was the most populous in 2005 with 492 residents, followed by Turkey Creek, Louisiana, with 357 residents and Turkey, North Carolina, with 269 residents. There are also nine townships in the country named *Turkey*, three of which are in Kansas.



We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours on Veterans Day, November 11th. The Bellwood and LaGrange nutrition sites are serving lunch at 11:30 am for the suggested donation of \$1.75. In addition, the Senior Citizen Center is hosting a program about digital television at 10:30 am. Best Buy in Melrose Park is the program presenter. At 12:15 pm, seniors are invited to watch *National Treasure*, an adventure featuring Nicolas Cage. Refreshments are served.

West Suburban Senior Services Hosts Medicare & Health Insurance Roundtable

If Medicare, Medicare D and supplemental health insurance have you confused and frustrated, then you won't want to miss the *Roundtable on Senior Health* November 17th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes and Dwight Lewis, the agency's Senior Health Insurance Program (SHIP) counselors, are moderating the discussion of seniors' most frequently asked health coverage questions with representatives of major insurance companies. Afterward, companies that participate in the roundtable may meet with interested seniors individually to address specific insurance needs. (The enrollment period for Medicare Part D and supplemental health insurance is November 15th through December 31st.) In addition, Social Security representatives and the SHIP counselors will be available for individual consultations, and the agency's Senior Advocates can help seniors do a comparison via *Medicare.gov* in the agency's computer lab. Seniors who need individual assistance should bring their Medicare card, Medicare D card, current supplemental health insurance policy, a list of their prescription medications and Medicare benefit decisions.

Congregate and Home Delivered Meals Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| November 3, 2008 | November 4, 2008 | November 5, 2008 | November 6, 2008 | November 7, 2008 |
| Beef Stew Spinach Cottage Cheese and Pear Salad Carrot Muffin | Chicken Breast Cornbread Stuffing California Vegetables Apple Juice Mandarin Orange | Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding | Chicken Marinara on Roll Whole Potatoes Green Beans Tossed Salad Apple Chunks | Stuffed Green Peppers Buttered Macaroni Carrots Pineapple Juice Grapes |
| November 10, 2008 | November 11, 2008 | November 12, 2008 | November 13, 2008 | November 14, 2008 |
| Pepper Steak White Rice Mixed Vegetables Confetti Coleslaw Applesauce | Swedish Meatballs Mashed Potatoes Peas and Corn Cucumber Salad Banana | Roast Pork Sweet Potatoes Black-Eyed Peas Smothered Cabbage Apricot Halves | Chicken Breast Cacciatore Whole Potatoes Carrots Orange Juice Fruit Mix | Chicken Salad on Roll Pickled Cucumbers Tomato Rice Soup Marble Pound Cake |
| November 17, 2008 | November 18, 2008 | November 19, 2008 | November 20, 2008 | November 21, 2008 |
| Baked Chicken Au Gratin Potatoes Green Beans Carrot-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 | Turkey Cornbread Stuffing Sweet Potatoes Peas Pumpkin Pie | Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin |
| November 24, 2008 | November 25, 2008 | November 26, 2008 | November 27, 2008 | November 28, 2008 |
| Spinach Lasagna Green Beans Tossed Salad Applesauce | Grecian Chicken Whole Potatoes Carrots Tossed Salad Chocolate Chip Cookie | Cheeseburger on Bun Scalloped Potatoes Pineapple Juice Fruit Yogurt | Closed For Thanksgiving | Bar-B-Que Pork Ribette Macaroni and Cheese Mixed Greens Coleslaw Fruited Gelatin |

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

West Suburban Senior Services in supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.

OARS Center
712 Elm
LaGrange, Illinois 60525

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through December 5th 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 agency participants and clients. Additional information is available at the Senior Citizen Center.

Thank You, Veterans

West Suburban Senior Services has planned observances to honor veterans this month at its two nutrition sites. On November 7th at 10:30 am, the Robert E. Coulter, Jr. American Legion Post 1941 is presenting a program at OARS Center in LaGrange. Afterward, participating veterans are receiving certificates of appreciation. In addition, veterans are invited to display their military memorabilia.

On November 6th at 10:30 am, the Naval Junior ROTC Color Guard and Drill Team from Proviso West High School are performing at the Senior Citizen Center in Bellwood. Afterward, a representative of Illinois Lt. Governor Pat Quinn is presenting certificates of appreciation to participating veterans. In addition, senior citizens may view displays of military memorabilia. Lunch is served at both sites after the ceremonies. Reservations are required by 12:00 noon on the day before the event.

Thanksgiving Luncheon

West Suburban Senior Services is hosting its Annual Thanksgiving lunch November 20th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange.

Seniors citizens are invited to enjoy turkey, cornbread dressing, sweet potatoes, peas, wheat roll, pumpkin pie, and milk and coffee. *The reservation deadline is 12:00 noon on November 17th.* The lunch is free for seniors who bring nonperishable items for area food pantries. Cost for other senior citizens is \$1.75.

Turkey Trivia

These turkey facts are courtesy of the University of Illinois Extension:

- The average weight of a turkey purchased at Thanksgiving is 15 pounds. It has about 70 percent white meat and 30 percent dark meat.
- The heaviest turkey ever raised was 86 pounds.
- A turkey's head changes colors when it becomes excited.
- Illinois produced 2.8 million turkeys in 2007.
- Six hundred seventy-five million pounds of turkey are eaten each Thanksgiving in the United States.
- Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys dropped dead with heart attacks.
- The five most popular ways to serve leftover turkey are as a sandwich; in stew, chili or soup, and casseroles; and as a burger.
- Eating turkey does not cause a person to feel sleepy after Thanksgiving dinner. Carbohydrates in the Thanksgiving dinner are the likely cause of sleepiness.

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Chocolate Spa Party This activity is planned November 19th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. It includes a tea party, special treats related to the theme and a program. Participants are asked to bring a copy of their favorite chocolate recipe. Cost is \$1.00. Reservations are required by November 17th, and a minimum registration is required for the spa party to take place.

Colors of Your Heart Elmhurst Memorial Healthcare is presenting this program November 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Counting Your Blessings Amidst Loss West Suburban Senior Services is hosting this conversation November 10th, 10:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood.

Digital Television Best Buy in Melrose Park is discussing this subject November 11th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am for the suggested donation of \$1.75.

Election Day Party Seniors are invited to test their skill at political trivia and enjoy a patriotic dessert November 4th at the Senior Citizen Center in Bellwood. Trivia begins at 11:00 am; lunch is served at 11:30 am for the suggested donation of \$1.75. Dessert follows from 12:00 noon to 12:15 pm for the cost of \$1.00. Following lunch, senior citizens may view a movie about former First Ladies in the White House.

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.

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 \$8.00. Our hairstylist is at the Bellwood site November 11th and November 25th at 10:30 am. Appointments are required.

Holiday Survival Party Seniors who want to unwind after the Thanksgiving holiday are invited to this event November 28th at the Senior Citizen Center in Bellwood. It features party bingo at 10:15 am and lunch at 11:30 am. Cost for all is \$2.00; suggested donation for lunch only is \$1.75. Reservations are required by 12:00 noon on November 26th, and a minimum registration is required for the party to take place.

Holiday Sweets Seniors at the Senior Citizen Center in Bellwood and at OARS Center are invited to sample desserts from various countries this month. The schedule is Mexico on November 4th, France on November 11th, Italy on November 18th and Czechoslovakia on November 25th. Tasting time is 10:30 am.

Legal Assistance Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact West Suburban Senior Services for more information regarding appointments.

Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 am. There is no charge.

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November 17th, 10:30 am to 11:30 am, *Medicare/Health Insurance Roundtable*. Matt Barnes and Dwight Lewis, the agency's Senior Health Insurance Program (SHIP) counselors, are moderating the discussion of seniors' most frequently asked health coverage questions with representatives of major insurance companies. Afterward, companies that participate in the roundtable may meet with interested seniors individually to address specific insurance needs. The enrollment period for Medicare Part D and supplemental health insurance is November 15th through December 31st. In addition, Social Security representatives and the SHIP counselors are available for individual consultations, and the agency's Senior Advocates can help seniors do a computerized comparison via *Medicare.gov* in the agency's computer lab. Seniors who need individual assistance should bring their Medicare card, Medicare D card, current supplemental health insurance policy, a list of their prescription medications and Medicare benefit decisions.

November 18th, 9:30 am to 12:00 noon, *Westlake Hospital Health Screenings*. Senior citizens have the opportunity to participate in diabetes, cholesterol, prostate cancer and bone density screenings. Appointments are not required.

November 24th, 10:30 am to 11:30 am, *Colors of Your Heart*. Elmhurst Memorial Healthcare is presenting this interactive program. It uses four primary colors to determine personality traits and explains how they relate to heart health.

OARS Center
712 East Elm
LaGrange

November 12th, 10:15 am to 11:00 am, *Senior Health and Fire Safety*. The LaGrange Fire Department is the program presenter.

November 19th, 10:00 am to 11:00 am, *Aging Related Macular Degeneration*. Erma Ahmed, MD, is the program presenter.

November 21st, 10:00 am to 11:00 am, *Sleep and Aging*. Clinical psychologist Kathy Sexton Radek, PhD, is the program presenter.

Menu Choice Days

West Suburban Senior Services is pleased to offer seniors at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange meal options on designated dates. On these dates, senior citizens may order either the lunch on the menu or a gourmet boxed lunch for the suggested donation of \$1.75. Reservations for the hot meals are required by 12:00 noon on the business day before seniors plan to eat; the boxed lunches have different reservation deadlines noted below.

November 5th Ham and cheese croissant boxed lunch option. *Reservation deadline is 12:00 noon on November 3rd.*

November 10th Turkey croissant boxed lunch option. *Reservation deadline is 12:00 noon on November 6th.*

Sharing Tree

West Suburban Senior Services announces its 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 and no names appear on them. Area residents are invited to select an ornament from the Sharing Tree November 20th

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Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Medicare and Health Insurance Roundtable This question-answer session with representatives of major insurance companies is scheduled November 17th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Meditation and Centering Classes Basic meditation and relaxation techniques are the focus of this class November 14th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Macular Degeneration and Aging Erma Ahmed, MD, is presenting this program November 19th, 10:00 am to 11:00 am, at OARS Center. A question-answer period follows her presentation.

Movie Days This month's selections at the Senior Citizen Center in Bellwood are *National Treasure*, an action adventure with Nicolas Cage on November 11th; *Made of Honor*, a romantic comedy with Patrick Dempsey on November 18th; and *Big Fish*, an action adventure with Ewan McGregor, Albert Finney and Jessica Lange on November 24th. Show time is 12:15 pm, and refreshments are served.

Mystery Bingo This party bingo is scheduled November 24th, 12:15 pm to 1:15 pm, at the Sen-

ior Citizen Center in Bellwood, and November 25th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

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 4th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

Pamper Yourself Day A tea party and program highlight this activity November 14th, 10:00 am to 11:00 am, at OARS Center. Reservations are required by November 12th.

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 scheduled November 7th, November 14th and November 21st, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card, and refreshments are served.

Robber Bingo This challenging form of party bingo is scheduled November 5th and November 26th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents.

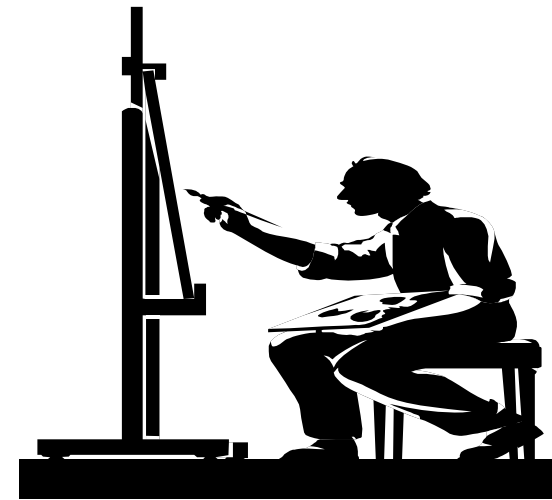
Root Beer Floats This dessert is being served November 13th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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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 12th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

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



Arthritis Foundation Exercise Class West Suburban Senior Services is again pleased to host this class. This month's sessions are November 7th, November 14th and November 21st, 10:00 am to 11:00 am, at the Senior Citizen Center in

Bellwood. The class schedule at OARS Center is November 3rd, November 10th and November 17th, 10:00 am to 11:00 am.

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 3rd at the Senior Citizen Center in Bellwood, and November 4th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments.

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled from 12:15 pm to 1:00 pm on November 5th, November 12th and November 19th at the Senior Citizen Center in Bellwood. There is no charge for this activity.

Breakfast Bingo This session of party bingo is scheduled November 10th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a French toast meal and the bingo. Reservations are required by 12:00 noon on November 6th, and a minimum registration is required for this activity to take place.

Cataracts: The Latest Treatment and Screening Kirk Eye Center is the program presenter November 13th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Complimentary cataract screenings follow the presentation.

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