

(Continued from page seven)

tail, frost the other side of the Oreo and stick on the back of the treat ball. Place candy corn, small edge down, between the cookie and treat ball, so the wide end of the candy appears to be the "fanned" out tail of the turkey.

Graduate Student Interns at West Suburban Senior Services

The Russell and Josephine Kott Memorial Charitable Trust has generously provided West Suburban Senior Services funding to provide scholarships for graduate students with an interest in providing services to older adults. Six local aging agencies serve as a consortium to oversee the internship program. West Suburban Senior Services has been fortunate to be the lead agency in this group and has four Kott interns this year. They are Carissa Hall from the University of

Illinois at Chicago, Sarah Krywokulsky from Dominican University, Janette Arceneaux and Terri Illum from Governor's State University. We have a fifth intern, Sarah Armstrong from the University of Chicago. All the interns are social work students and are with from us from September through June. Their goal is to learn as much as they can about gerontology. They are working with the casemanagers to assess the needs of seniors and offer support groups on various topics to our Senior Center members and Adult Day Health Care participants. Most importantly, they enrich the lives and assist seniors to live as independently as possible.

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

Coping with Life Changes

Dealing with illness, loss of family and friends, adult children or grandchildren who unexpectedly move home, declining memory and other aspects of the aging process can be challenging and frustrating. West Suburban Senior Services encourages Proviso Township senior citizens to contact its Healthy Aging Counselor, Tami Jimenez, LCSW, for assistance. Tami meets with concerned senior citizens individually in their homes and at the Senior Citizen Center in Bellwood. Her role is to help senior citizens define their concerns and then work with them to define a plan of corrective action. All meetings are confidential, and there is no charge for the service.

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 23rd, 10:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Program presenters are Rainbow Hospice and Tami Jimenez, LCSW, health aging

counselor at West Suburban Senior Services. A complimentary brunch is being served at 10:30 am, and the program follows. Reservations are required by November 16th.

Rainbow Hospice is presenting the program November 17th, 10:00 am to 11:30 am, at OARS Center. A continental breakfast begins the program at 10:00 am. Reservations are required by November 13th.

Flu Shots

West Suburban Senior Services is hosting a flu shot clinic November 5th, 1:00 pm to 2:00 pm, at the Senior Citizen Center in Bellwood. Seniors are being seen by appointment. Appointments may be made by calling West Suburban Senior Services. The flu shots are free; the vaccine is provided by the Cook County Department of Public Health.

Holiday Food Drive

West Suburban Senior Services is sponsoring a holiday food drive November 1st through December 31st to help local pantries respond to growing needs in area communities. Donations of nonperishable food, toiletries and cleaning products may be dropped off at the Senior Citizen Center in

(Continued on page five)

The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Website

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

Board of Directors

The Board of Directors elected, during the 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
Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Arthur Grapenthein
Mrs. Lela Grimble
Mr. Robert A. Jones
Mr. Luigi Mazzei
Commissioner Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Ms. Carole Kulinski
Judge Noreen Love
Mrs. Elaine Reno

(Continued from page ten)

Stepper Dance Class Beginners and advanced students are welcome in this free class. It is offered Thursdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Take Charge of Your Health This ongoing series continues November 3rd, November 10th and November 17th, 10:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood.

Taking Advantage of Post Holiday Sales Holiday gift buying often means extra stress about expenses, so University of Illinois Extension is sharing tips for stretching your dollars at after-Thanksgiving sales. This program is scheduled November 30th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and December 2nd, 10:30 am to 11:30 am, at OARS Center.

Thanksgiving Luncheon A traditional turkey meal is being served November 19th, 11:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Additional information is presented in a separate article.

Triton Dinner Outing West Suburban Senior Services is hosting a dinner outing to Triton College on December 2nd, 5:30 pm to 7:00 pm. Additional information is presented in a separate article.

Turkey Trot Bingo With prizes related to Thanksgiving, this party bingo is being played November 9th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood, and November 18th, 10:30 am to 11:30 am, at OARS Center. Cost is \$1.00.

Veteran's Day Observance Various activities are planned November 5th at the Senior Citizen Center

in Bellwood and November 10th at OARS Center. Additional information is presented in a separate article.

Vital Signs Good health and proper nutrition go hand-in-hand, and University of Illinois Extension is helping seniors to understand their individual health challenges and nutritional needs November 6th, 10:30 am to 11:30 am, at OARS Center.

What's in a Serving: Idaho Plate Method Seniors learn simple ways to calculate the nutritional and caloric values of what they eat November 9th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. University of Illinois Extension is the program presenter.

Winter Health Tips and Party Bingo Oakridge Nursing Home is sharing information to help seniors stay active during the winter and hosting party bingo with prizes related to that theme. The event is scheduled November 6th at the Senior Citizen Center in Bellwood. A continental breakfast is served at 9:30 am, followed by the program at 9:45 am and party bingo at 10:15 am.

Wii Bowling This computerized recreation is being offered every Tuesday, 9:30 am to 10:30 am and 12:30 pm to 1:30 pm, and every Wednesday, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Reservations are required.

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

Briefly Stated

Advisory Council
10:00 am
November 11th
Bellwood

11:00 am
November 11th
OARS

Art Class
9:00 am
Tuesdays
Bellwood

Biingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza
10:15 am
November 2nd
Bellwood

10:15 am
November 3rd
OARS

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

Breakfast Bingo
9:30 am
November 13th
Bellwood

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

Chair Yoga Class
9:00 am
November 5th, November 12th
& November 19th
Bellwood

Christmas Auction
12:15 pm
November 16th
Bellwood

Clutter Solutions
10:30 am
November 18th
Bellwood

Counting Your Blessings
Amidst Loss
10:30 am
November 23rd
Bellwood

10:00 am
November 17th
OARS

Exercise Class
10:00 am
Monday through Friday
Bellwood

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

Gourmet Holiday Dinner
4:30 pm
November 13th
Bellwood

Grief Support Group
1:00 pm
November 2nd &
November 16th
Bellwood

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

Helping Hands Workshop
10:30 am
November 4th & November
25th
Bellwood

Holiday Sweets
12:15 pm
November 12th
Bellwood & OARS

Holiday Talent Quest
10:30 am
November 16th
Bellwood

Internet Café
10:00 am
Mondays & Wednesdays
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

Making the Most of Your
Medicare
11:00 am
November 11th
Bellwood

12:30 pm
November 17th
Bellwood

Making Holiday Gifts from
Plant Cuttings
10:30 am
November 10th
Bellwood

10:30 am
November 9th
OARS

Meditation & Centering
Class
12:15 pm
November 13th
Bellwood

Movie Days
12:15 pm
November 3rd, November
10th, November 18th &
November 24th
Bellwood

Mystery Bingo
12:15 pm
November 23rd
Bellwood

10:30 am
November 24th
OARS

Mystery Reading Club
9:30 am
November 3rd
Bellwood

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Parties
12:30 pm
November 20th & November
30th
Bellwood

Preparing a Home and Car
Disaster Kit
10:30 am
November 12th
Bellwood

10:30 am
November 13th
OARS

(Continued from page seven)

Root Beer Floats For \$1.00, seniors may enjoy this dessert November 5th at the Senior Citizen Center in Bellwood and at OARS Center. Serving time is 12:15 pm to 12:30 pm.

Rules of the Road Staff from the Secretary of State's office is offering this review class December 18th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. There is no charge, but reservations are required.

Setting Goals: Food and Physical Activity University of Illinois Extension is helping seniors de-

velop individualized health plans November 20th, 10:30 am to 11:30 am, at OARS Center. This workshop is a part of the ongoing Living Healthy and Strong as We Age series cosponsored by University of Illinois Extension and West Suburban Senior Services.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting November 6th and November 19th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

(Continued on page eleven)

Root Beer Floats
12:15 pm
November 5th
Bellwood & OARS

Rules of the Road
1:30 pm
December 18th
Bellwood

Setting Goals: Food &
Physical Activity
10:30 am
November 20th
OARS

Spanish Club
11:00 am
November 6th & November
19th
Bellwood

Stepper Dance Class
10:30 am
Thursdays
Bellwood

Take Charge of Your
Health
10:00 am
November 3rd, November
10th & November 17th
Bellwood

Taking Advantage of Post
Holiday Sales
10:30 am
November 30th
Bellwood

10:30 am
December 2nd
OARS

Thanksgiving Lunch
11:00 am
November 19th
Bellwood & OARS

Triton Dinner Outing
5:30 pm
December 2nd
River Grove

Turkey Trot Bingo
12:30 pm
November 9th
Bellwood

10:30 am
November 18th
OARS

Veteran's Day Observance
10:30 am
November 5th
Bellwood

10:30 am
November 10th
OARS

Vital Signs
10:30 am
November 6th
OARS

What's in a Serving:
Idaho Plate Method
10:30 am
November 9th
Bellwood

Winter Health Tips &
Bingo
9:30 am
November 6th
Bellwood

Wii Bowling
9:30 am & 12:30 pm
Tuesdays
Bellwood

9:30 am
Wednesdays
Bellwood

Yoga Class
Monday, Wednesday &
Friday
9:00 am
Bellwood

Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
November 2, 2009 Beef Stew Brown Rice Spinach Honeydew Melon	November 3, 2009 Chicken Breast Sweet Potatoes Broccoli Orange Juice Mandarin Oranges	November 4, 2009 Tuna Salad on Bun Three Bean Salad Chicken Gumbo Applesauce	November 5, 2009 Chicken Marinara on Roll Green Beans Tossed Salad Pineapple Chunks	November 6, 2009 Stuffed Green Peppers Carrots Pineapple Juice Fresh Grapes
November 9, 2009 Pepper Steak Brown Rice Mixed Vegetables Cucumbers Applesauce	November 10, 2009 Swedish Meatballs Mashed Potatoes Peas and Corn Carrot Sticks Banana	November 11, 2009 Roast Pork Sweet Potatoes Black-eyed Peas Smothered Cabbage Apricot Halves	November 12, 2009 Chicken Breast Cacciatore Whole Potatoes Carrots Orange Juice Grapes	November 13, 2009 Chicken Salad on Roll Pickled Cucumbers Tomato Rice Soup Fruit Mix
November 16, 2009 Baked Chicken Mashed Potatoes Green Beans Carrot Raisin Salad Chilled Peaches	November 17, 2009 Hot Dog on Bun Peas and Carrots Cherry Apple Juice Chocolate Cake	November 18, 2009 Stuffed Cabbage Roll Mixed Vegetables Fruit Juice Mandarin Oranges	November 19, 2009 Creamy Chicken Stew Rice Pilaf Brussels Sprouts Tossed Salad Pineapple Chunks	November 20, 2009 Spaghetti and Meatballs Italian Vegetables Tossed Salad Grapes
November 23, 2009 Spinach Lasagna Green Beans Tossed Salad Applesauce	November 24, 2009 Grecian Chicken Whole Potatoes Carrots Three Bean Salad Tropical Fruit	November 25, 2009 Cheeseburger on Bun Broccoli Cantaloupe	November 26, 2009 <i>Happy Thanksgiving</i>	November 27, 2009 <i>Agency Closed</i>
November 30, 2009 Beef Stew Brown Rice Spinach Honeydew Melon	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		All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.	

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

(Continued from page five)

Club Latino

A partir de este mes aparecera un articulo en español sobre topicos que nos interesen a la comunidad latina, asi como programas de los que podamos seguir disfrutando, como es el yoga, la gimnacia, las comidas, etc., y tenemos que seguir apoyando dichos programas reuniendonos como hasta ahora y que Todos, sigamos apoyando el Club, que gracias a Consulo y a ustedes a sobre vivido por poco mas de 9 años.

Aqui tambien encontraran las fechas de reunion para el mes correspondiente y en este mes de noviembre, tendremos la comida de agradecimiento a Consuelo, el día viernes 6 de noviembre en el restaurant China Bufet, en el centro comercial de North Ave y R-45 Mannheim; (junto a l Super "Tony's",) y el 19 del mismo mes de Noviembre, Jueves, sera la comida del Dia de Gracias fecha en que acostumbramos traer comida que no se eche a perder, para que la agencia, los reparta entre las personas de escasos recursos.

Se acercan ya todas las festividades de fin de año y tenemos que hacer estas muy lucidas y divertidas.

Asi pues nos seguiremos viendo por aqui con el mismo entusiasmo y cariño que hasta hoy hemos tenido. Si tienen alguna sugerencia les agradeceremos nos lo hagan saber.

Turkey Treats

This is a fun Thanksgiving treat from Melissa Cline, CTRS of Morton Plan Mease Rehabilitation Services.

Supplies: Rice Krispy Treats ingredients (3 table- spoons of butter, 10 ounces marshmallows or 4 cups miniature marshmallows, 6 cups crispy rice cereal), Oreo Cookies, Candy Corn, Mini Chocolate Chips, Chocolate Icing.



Instructions: Make rice krispy treats (Spray a 13 x 9 pan and a rubber spatula with cooking spray. Optional: Line the pan with parchment paper or waxed paper for easy removal of the treats. In a 3-quart saucepan, heat butter and marshmallows over medium heat until melted. Remove from heat, and immediately stir in the cereal, using the prepared spatula.) While the treats are on the stove, untwist Oreo cookies. When the treats are finished, shape them into small balls, about the size of a ping pong ball. Cover the top of the cookie with the white cream, with chocolate icing, which acts as our "glue", and place treat ball on top. "Glue" on two mini chocolate chips for the eyes, and a candy corn for the beak. For the

(Continued on back cover)

(Continued from page three)

Counting Your Blessings Amidst Loss West Suburban Senior Services is hosting this conversation November 23rd, 10:30 am, at the Senior Citizen Center in Bellwood, and November 17th, 10:00 am, at OARS Center. Additional information is presented in a separate article.

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, 10:00 am to 10:30 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.

Gourmet Holiday Dinner Seniors are invited to begin their holiday celebrations at this elegant dining experience November 13th, 4:30 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Catered by an area restaurant, the meal features two main entrées, potatoes, a vegetable, salad, breads, a dessert, and coffee and tea. Price is \$9.00 per person, and paid reservations are due by November 10th. A minimum registration is required for the dinner to take place.

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are November 2nd and November 16th, from 1:00 pm to 3:00 pm.

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 10th and November 24th at 10:30 am.

Helping Hands Workshop Volunteers are needed to make Thanksgiving cards and assemble holiday gift bags for the agency's home delivered meal clients. Workshops are scheduled November 4th and November 25th, 10:30 am to 11:30 am, at the Senior Citizen Center.

Holiday Sweets A dessert plate featuring three holiday selections is being served November 12th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Holiday Talent Quest This senior talent competition is being held November 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Categories of competition are vocal, instrumental, dance and other. Individuals and groups are welcome to perform; performances are limited to ten minutes each and must have a holiday theme. Prizes are being awarded.

Internet Café West Suburban Senior Services is hosting basic computer classes Mondays and Wednesdays, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. There is no charge. The Wednesday class is taught in Spanish.

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.

(Continued on page ten)

(Continued from front cover)

Bellwood, OARS Center in LaGrange and River Park Center in Forest Park weekdays between 8:30 am and 4:00 pm. Donations will be distributed to local food pantries throughout the holiday season. Additional information is available at the agency.

Making the Most of Your Medicare

AgeOptions is presenting two workshops at the Senior Citizen Center in Bellwood to help seniors be informed consumers about Medicare and the changes pending for next year. The first session, November 11th, 11:00 am to 12:30 pm, is being presented in Spanish. The November 17th session, 12:30 pm to 2:00 pm, is being presented in English. Lunch is served both days (to senior citizens age 60 and older) at 11:30 am for the suggested donation of \$2.00. Reservations are required by 12:00 noon on November 10th and November 16th, respectively.

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 inexpensive items designated agency clients would enjoy. Ornaments are coded, and no names appear on them. Area residents are invited to select an ornament from the Sharing Tree weekdays November 19th through December 4th 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 Center by December 11th for distribution to agency participants and clients.

Something New: Chair Yoga Class

West Suburban Senior Services is pleased to offer this class November 5th, November 12th and November 19th, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. The class teaches beginning yoga techniques with the use of a chair. In addition to helping seniors increase their physical balance, the yoga techniques provide an emotional outlet for stress release. There is no class fee, but registration is required. A minimum participation is needed for the class to take place.

Thank You, Veterans

West Suburban Senior Services has planned observances to honor veterans this month at its two nutrition sites. On November 5th 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 U.S. Army officer is addressing the group and presenting certificates of appreciation to participating veterans. In addition, veterans are invited to display their military memorabilia.

On November 10th at 10:00 am, a U.S. Army officer is speaking to veterans at OARS Center and presenting certificates of appreciation to them. Also, veterans may display their military memorabilia.

Lunch is being served both days at 11:30 am for the suggested donation of \$2.00. Reservations are required by 12:00 noon November 4th and November 9th, respectively.

Club Latino News

(Continued on page seven)

(Continued from page eight)

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 \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Making the Most of Your Medicare AgeOptions is presenting two workshops at the Senior Citizen Center in Bellwood to help seniors be informed consumers about Medicare and the changes pending for 2010. The first session, November 11th, 11:00 am to 12:30 pm, is being presented in Spanish. The November 17th session, 12:30 pm to 2:00 pm, is being presented in English.

Making Holiday Gifts from Plant Cuttings A master gardener with the University of Illinois Extension is conducting this "hands-on" workshop November 10th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and November 9th, 10:30 am to 11:30 am, at OARS Center. Each participant has the opportunity to create a potted plant gift. Materials are provided, and there is no charge.

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

Movie Days Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen

Center in Bellwood. Show time is 12:15 pm. This month's selections are *The Proposal* on November 3rd, *Management* on November 10th, *Imagine That* on November 18th and *Brothers Bloom* on November 24th.

Mystery Bingo Surprise prizes are featured November 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and November 24th, 10:30 am to 11:30 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 3rd, 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.

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 Pokeno is scheduled November 20th and November 30th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments.

Preparing a Home and Car Disaster Kit Disaster readiness information is the focus of this program November 12th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and November 13th, 10:30 am to 11:30 am, at OARS Center. University of Illinois Extension is the program presenter.

(Continued on page nine)

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 and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting November 11th, 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.

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 2nd at the Senior Citizen Center in Bellwood and November 3rd 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 every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood. There is no charge for this activity.

Breakfast Bingo *Holiday Season* is the theme of this activity November 13th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes a pancake and sausage meal, and the party bingo. Reservations are required by November 10th, and a minimum registration is required for this activity to take place.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets November 4th and November 18th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood. Additional information is available from the agency's Caregiver Specialist at extension 401.

Chair Yoga Class This new activity begins November 5th, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Christmas Auction Holiday decorations and supplies are being sold at bargain prices November 16th, 12:15 pm, at the Senior Citizen Center in Bellwood. Proceeds benefit West Suburban Senior Services. Donations of holiday decorations and other holiday items *only* are being accepted November 1st through November 14th between 8:30 am and 4:00 pm.

Clutter Solutions *Paper Clutter* is the focus of Clutter Solutions November 18th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

(Continued on page eight)