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Spanish Club Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held at 11:00 am, October 1st, October 12th, and October 22nd at Bellwood Senior Center.

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

Terrific Bingo Party Mariner Health of Westchester is hosting this complimentary bingo party October 26th, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Refreshments are being served. Reservations are required by October 25th.

Veterans Day Observance A ceremony honor-

ing all veterans is planned November 11th, 10:45 am, at Bellwood Senior Center. Seniors are invited to lunch afterwards with members of the Illinois National Guard. Meal reservations are needed by 12:00 noon November 10th, suggested meal donation is \$1.50.

Volunteer Appreciation Lunch West Suburban Senior Services is honoring its volunteers at a lunch October 25th, 11:30 am, at Bellwood Senior Center. Volunteers are asked to make their reservations with the Senior Center director by October 21st.

Yahzee Party Friendly competition, prizes, and refreshments are featured October 5th, 10:15 to 11:15 am, at Bellwood Senior Center. Cost is 50 cents, and reservations are needed by October 4th.

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 Holiday Stress and Depression

Ideally, the holidays should be a season of joy. However, many people find those days lonely and depressing. The National Mental Health Association and other experts offer these tips for coping with stress and depression during the holidays:

- De-commercialize the holidays by taking the emphasis off of buying excessive gifts, and redirecting your energy toward spending more time with family and friends and rediscovering the meaning of the season. However, experts advise not to try to control family members by giving advice for fixing their lives.

- Keep your sugar intake low by avoiding excessive consumption of alcohol and desserts. You might get a quick lift from these, but as blood sugar levels crash, so can your energy and spirits.

- Get outside and exercise. Exercise can not only lift your spirits, but also some natural sunlight can help fight depression during the winter.

- Volunteer some time to help others.

- Remember that the holiday season does not eliminate reasons for feeling sad or lonely. There is room for these feelings to be present,

even if you choose not to express them.

- Leave the past in the past, reflect on your good fortune, and look toward the future. Life brings changes, and each season can be enjoyed in its own way.

- Enjoy activities that are free --- looking at holiday decorations, going window shopping without buying, and so forth.

- Celebrate the holidays in a new way with new friends or with someone you have not heard from in a while.

- Save time for yourself by setting realistic goals and by letting others share responsibility of activities. Do not put your entire focus on just one day, for the holiday sentiment and activities can be spread out to lessen stress and increase enjoyment.

Enjoy Healthy Fall Foods

Apples and pumpkins are two traditional fall foods that are delicious and healthy.

An apple has only 80 calories, is low in sodium, and contains very little fat. If the skin is eaten, apples are a good source of fiber. One apple with its skin contains about 3 grams of fiber.

Apples can be served in many different ways. For example, dried apples are a good snack, and apple

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

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

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

The OARS Center is located at 712 Elm in LaGrange

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

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

The Senior Chronicle

The *Senior Chronicle* is published by West Suburban Senior Services (formerly Proviso Council on Aging) 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 the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

West Suburban Senior Services (formerly Proviso Council on Aging) is supported by the Suburban Area Agency on Aging under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn, the Community Development Block Grant program of the City 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 additional 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 prevent premature and inappropriate nursing home placement by providing direct community services to senior citizens aged 60 and above. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 30th Annual Meeting held in Rosemont, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

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

Directors

Mrs. Lois Albers
 Mrs. Annette Barker
 Honorable Anthony Calderone
 Mrs. Mary Conti
 Ms. Carole Kulinski
 Mrs. Dorothy Lindsey
 Mr. John O'Sullivan
 Honorable Lawrence Terrell
 Mr. Gary Woll

Honorary Directors

Mr. Arthur Diaz
 Rev. Willie Dugan
 Mrs. Alberta Steele

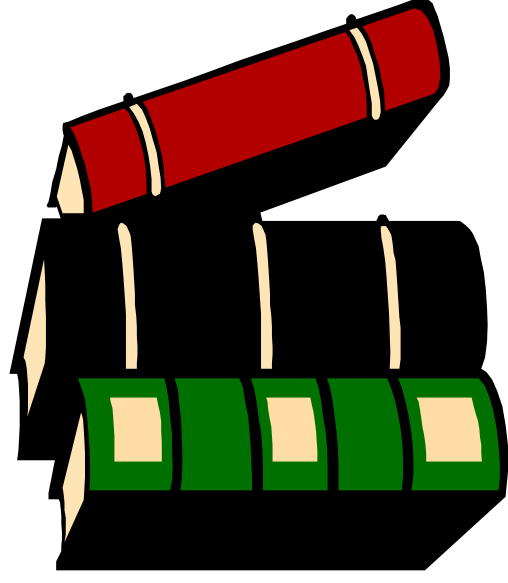
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Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is October 6th.

Officers' Club Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, October 25th, at Bellwood Senior Center.

Oktoberfest Displays, entertainment, and refreshments highlight this celebration October 11th, 10:30 am to 12:30 pm, at Bellwood Senior Center. Seniors are invited to display one of their collections and share information about it with guests. Lunch donation is \$1.50, and reservations are required by 12:00 noon October 8th.



Pinochle Party Seniors are invited to play this challenging card game October 4th, October 11th, October 18th, and October 25th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (October 1st), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Pokeno is being played October 8th, October 15th, and October 22nd, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Pokeno Bash A double session of Pokeno is planned October 29th at Bellwood Senior Center. For \$1.00, seniors can play from 10:15 to 11:15 am and from 12:15 to 1:15 pm. The fee includes prizes and refreshments.

Rules of the Road This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. The class is scheduled October 25th 1:00 pm, at Bellwood Senior Center.

Safe Medication Use and Immunizations The University of Illinois at Chicago College of Pharmacy is coming to River Park Center October 1st, at 10:30 am. Seniors are invited to bring in their prescription and over-the-counter medicines to discuss with a pharmacist. Free blood pressure screens and immunization checks are also being provided. Seniors should telephone (708) 547-5600, extension 302, for an appointment with a pharmacist. Lunch follows the program for a suggested donation of \$1.50.

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Briefly Stated

Advisory Council Meeting

10:30 am
October 13th
Bellwood

Apple People Art

10:30 am
October 19th
Bellwood

Art Class

9:00 am
Tuesdays
Bellwood

Bats: Fact and Fiction

11:00 am
October 7th
Bellwood

Beginning Sewing Class

9:30 am
October 7th, October 14th, October 21st
& October 28th
Bellwood

Beginning Spanish Class

10:30 am
October 14th & October 28th
Bellwood

Bingo

12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza

10:00 am
October 4th
Bellwood

Birthday Celebration

12:15 pm
October 19th
Bellwood

Breakfast

8:30 am
October 1st & October 22nd
Bellwood

Bunco Party

10:15 am
October 13th
Bellwood

Casino Trip

8:30 am
October 13th
Milwaukee

Craft Co-op

12:15 pm
Fridays
Bellwood

Cream Pie Day

12:15 pm
October 22nd Forest Park & OARS
October 26th Bellwood

Declutter Club

12:15 pm
October 25th
Bellwood

Dessert Month Celebration

12:15 pm
October 18th
Bellwood

Emergency Preparedness

11:00 am
October 19th
Bellwood

Exercise Class

10:30 am
Monday through Friday
Bellwood

Foster Grandparents

10:30 am
Monthly
Bellwood

Fun and Fitness

10:30 am

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rituals of predominately Roman Catholic Europeans.

Think You Know Everything? Test Your Trivia Knowledge

- A dime has 118 ridges around the edge.
- A cat has 32 muscles in each ear.
- A crocodile cannot stick out its tongue.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A ‘jiffy’ is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years.
- An ostrich’s eye is bigger than its brain.
- Butterflies taste with their feet.
- Cats have over 100 vocal sounds; dogs only have about 10.
- Tigers have striped skin, not just striped fur.

There is more...

- If you are an average American, in your whole life, you will spend an average of six months waiting at red lights.
- It is impossible to sneeze with your eyes open.
- Leonardo Da Vinci invented the scissors.
- Al Capone’s business card said he was a used furniture dealer.
- There are more chickens than people in the world.
- The microwave was invented after a researcher walked by a radar tube and a chocolate bar meted in his pocket.
- There are 293 ways to make change for a dollar.
- Peanuts are one of the ingredients of dynamite.
- Rubber bands last longer when refrigerated.

For people interested in words...

➤ Dreamt is the only English word that ends in the letters “mt.”

➤ No word in the English language rhymes with month, orange, silver, or purple.

➤ Maine is the only state whose name is just one syllable.

➤ The words racecar, kayak, and level are the same whether they are read left to right or right to left.

➤ The sentence “The quick brown fox jumps over the lazy dog” uses every letter of the alphabet.

Winter Protection for Perennial Container Gardens

The University of Illinois Extension offers these tips to provide winter protection for perennials grown as part of a container garden:

Move the containers into a garage or basement that does not freeze. This keeps the root system of the plant warm enough to survive the winter. Plants can be brought inside as the top of the plant dies down but before the hard freeze occurs. Once inside, the plants will need very little watering as the soil should be only lightly moistened.

Sink containers into holes in the ground, leaving the top part of the plant exposed. This provides the insulation needed to keep the roots alive through the winter season.

Group the plants together on a patio or a balcony, and place materials, such as straw, compost, or mulch, around the containers to provide insulation.

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way, Veteran's Administration, Proviso Township, Lyons Township, the 708 Mental Health Commission of Berwyn, local villages, and donations</i></p>				
<p>October 4, 2004 Meat Loaf Mashed Potatoes Stewed Tomatoes Lettuce Wedge Fruit Cocktail</p>	<p>October 5, 2004 Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables</p>	<p>October 6, 2004 Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Dinner Salad Carrot Muffin</p>	<p>October 7, 2004 Breaded Chicken Filet Potato Salad Vegetable Soup Tapioca Pudding</p>	<p>October 8, 2004 Spaghetti with Meatballs Carrots Tossed Salad Fruit Gelatin</p>
<p>October 11, 2004 Chicken Salad on Bun Cucumbers Tomato and Rice Soup Sliced Tomatoes Hot Spiced Peaches</p>	<p>October 12, 2004 Swedish Meatballs Mashed Potatoes Zucchini and Tomatoes Garbanzo Bean Salad Brownie</p>	<p>October 13, 2004 Roast Pork Sweet Potatoes Black-Eyed Peas Smothered Cabbage Chilled Pears</p>	<p>October 14, 2004 Chicken Breast with Tomatoes and Mushrooms Noodles Carrots Pound Cake</p>	<p>October 15, 2004 Pepper Steak White Rice Mixed Vegetables Pickled Beets Fresh Apple</p>
<p>October 18, 2004 Stuffed Cabbage Roll Parslief Whole Potatoes Three Bean Salad Fresh Orange</p>	<p>October 19, 2004 Turkey Sausage on Bun Creamy Cucumber Salad Peas and Carrots Chocolate Cake</p>	<p>October 20, 2004 Baked Chicken Leg Quarter Sliced Potatoes Green Beans Carrot Raisin Salad Chilled Peaches</p>	<p>October 21, 2004 Meatballs Whipped Potatoes Wax Beans Coleslaw Fruit Cocktail</p>	<p>October 22, 2004 BBQ Boneless Pork Ribette Macaroni and Cheese Seasoned Mixed Greens Gelatin Desert</p>
<p>October 25, 2004 Hamburger on Bun Hash Brown Potatoes Mixed Vegetables Tomato Wedge Chilled Peaches</p>	<p>October 26, 2004 Roast Chicken Leg Rice Pilaf Cut Corn Garbanzo Bean Salad Fruit Yogurt</p>	<p>October 27, 2004 Chili Tossed Salad Chocolate Chip Cookie</p>	<p>October 28, 2004 Roast Beef Sandwich on Bun Mixed Vegetables Coleslaw Fresh Banana</p>	<p>October 29, 2004 BBQ Ribette Scalloped Potatoes Mixed Greens Creamy Coleslaw Pecan Pie</p>

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

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

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

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October 4th, October 11th, October 18th
& October 25th

October 5th Bellwood
October 8th Forest Park & OARS

Podiatry Clinic
Thursdays in Bellwood
October 1st in Forest Park

Veterans Day Observance
October 26th
Bellwood

Pokeno
October 15th & October
22nd
Bellwood

Mystery Reading Club
October 8th, October 15th & October
22nd
Bellwood

Mystery Wednesday
October 6th
Bellwood, Forest Park & OARS

Officers' Club
October 25th
Bellwood

Pokeno Bash
October 29th
Bellwood

Rules of the Road
October 25th
Bellwood

Safe Medication Use and Immunizations
October 1st
Forest Park

Spanish Club
October 1st, October 12th & October
19th
Bellwood

Yahzee Party
October 5th
Bellwood

Volunteer Appreciation Lunch
October 25th
Bellwood

October 22nd
Bellwood

Terrific Bingo Party
October 26th
Bellwood

Veterans Day Observance
November 11th
Bellwood

Volunteer Appreciation Lunch
October 25th
Bellwood

Yahzee Party
October 5th
Bellwood

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bits can be added to pancakes. Also, you can enjoy an easy hot apple treat by sprinkling sliced apples with cinnamon, wrapping them in foil, and grilling them. If you enjoy hot apple cider, add a small amount of cranberry juice and a cinnamon stick to unsweetened apple juice. Simmer in a saucepan for about 10 minutes.

Pumpkins are high in vitamin A, the vitamin that helps us see in dim light; helps form skin, hair, and mucous membranes, and keeps them healthy; helps develop bones and teeth; and helps to prevent certain cancers of the skin, lung, and bladder. Since vitamin A is stored in the body, only one

excellent or two good sources are needed every other day. In addition to pumpkins, other excellent sources of Vitamin A are winter squash, sweet potatoes, spinach, carrots, and cantaloupe. Good sources of vitamin A are broccoli, asparagus, nectarines, purple plums, tomatoes, and apricots.

Vitamin A in foods is different from that found in pills. It is hard to get too much vitamin A from foods, but you can get too much from vitamin pills. Too much vitamin A can cause fatigue, weakness, liver dysfunction, headache, an increase in blood calcium, and a decrease in the number of circulating white blood cells. Some

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drugs --- such as laxatives --- may interfere with the body's absorption of vitamin A.

Halloween: A Brief History

Halloween is celebrated every October 31st. But just how and when did this peculiar custom originate? Is it, as some claim, a kind of demon or Satan worship? Or is it just a harmless vestige of some ancient pagan ritual? The word "Halloween" actually has its roots in the Roman Catholic Church. The word is a from a contracted corruption of "All Hallows Eve." November 1st, "All Hollows Day" (or "All Saints Day"), is a Catholic day of observance in honor of saints.

In the 5th century BC in Celtic Ireland, summer officially ended on October 31st. The holiday was called Samhain (sow-en), the Celtic New Year. One legend states that on that day, the disembodied spirits of all those who had died throughout the preceding year would come back in search of living bodies to possess for the next year. It was believed that this was their only hope for the afterlife. The Celts believed all laws of time and space were suspended during this time, allowing the spirit world to intermingle with the living. Naturally, the still living did not want to be possessed by the spirits of the dead. On the night of October 31st, villagers would extinguish the fires in their hearths to make their homes cold and undesirable. They would dress up in all manners of ghoulish costumes and noisily parade around the village in order to frighten away spirits looking for bodies to possess. As belief in spirit possession waned, the practice of dressing up like hobgoblins, ghosts, and witches took on a more ceremonial role.

Irish immigrants fleeing the potato famine

brought the custom of Halloween to America in the 1840s. At that time, favorite pranks in New England included tipping over outhouses and unhinging fences. The custom of trick-or-treating is thought to have originated not with the Irish Celts, but with a 9th century European custom called "souling". On November 2nd, All Souls Day, early Christians would walk from village to village begging for "soul cakes" made out of a square piece of bread with currants. The more soul cakes the beggars would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors. At the time, it was believed that the dead remained in limbo for a time after death, and that prayer, even by strangers, could expedite the soul's passage to Heaven.

The Jack-o-lantern custom probably comes from Irish folklore. As the tale is told, a man named Jack, who was notorious as a drunkard and trickster, tricked Satan into climbing a tree. Jack then carved an image of a cross in the tree's trunk, trapping the devil up the tree. Jack made a deal with the devil that, if he would never tempt him again, he would promise to let him down the tree. According to the folk tale, after Jack died, he was denied entrance to Heaven because of his evil ways, but he was also denied access to Hell because he had tricked the devil. Instead, the devil gave him a single ember to light his way through the frigid darkness. The ember was placed inside a hollowed-out turnip to keep it glowing longer. The Irish used turnips as their "Jack lanterns" originally. But when the immigrants came to America, they found that pumpkins were far more plentiful than turnips. The Jack-o-lantern in America became a hollowed out pumpkin, lit with an ember.

So, Halloween did not grow out of evil practices. It grew out of the rituals of pagan Celts celebrating a New Year, and out of the medieval prayer

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ing an October birthday are invited to this special party October 19th, 12:15 pm, at Bellwood Senior Center. Reservations are required by October 15th.

Breakfast Breakfast is being served at Bellwood Senior Center October 1st and October 22nd from 8:30 am to 10:00 am. The October 1st menu features pancakes, ham, and orange juice; the October 22nd menu is French toast, cranberry juice, and fruit. Suggested meal donation is \$1.50. Reservations are required by 12:00 noon September 29th and October 20th respectively. A minimum registration is required to serve the breakfast.

Bunco Party Seniors are invited to play this game October 13th, 10:15 am to 11:15 am, at Bellwood Senior Center. Cost is 50 cents; the event features prizes and refreshments. Reservations are needed by October 11th.

Casino Trip West Suburban Senior Services is planning a one-day trip to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, October 13th. The bus leaves Bellwood Senior Center at 8:30 am and returns at approximately 6:30 pm. The \$30.00 per person fee includes round-trip transportation, gaming and bingo action, a free all-you-can-eat buffet, a \$10.00 bonus play coupon when you earn 50 points, and a ticket to the production of *The Queen of Bingo* in the Northern Lights Theater. Paid reservations are required by October 6th, and the fee is nonrefundable. A minimum number of seniors is required for the trip to take place.

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

Cream Pie Day This delicious dessert is being

served October 22nd, 12:15 pm, at OARS and River Park Centers, and October 26th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00. Reservations are needed by October 21st and October 25th, respectively.

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting October 25th, 12:15 pm, at Bellwood Senior Center.

Dessert Month Celebration Seniors are invited to join in this tasty celebration October 18th, 12:15 pm, at Bellwood Senior Center. For \$1.00, participants can satisfy their sweet tooth by sampling a variety of desserts. Paid reservations are required by October 15th.

Emergency Preparedness The Cook County Health Department is coming to Bellwood Senior Center October 19th, 11:00 am, to help seniors plan for various types of emergencies. Reservations are recommended for this informative program.

Exercise Class – Audio Tape and Video Tape This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 10:45 am, at Bellwood Senior Center.

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

Gifts from the Kitchen If your holiday shopping list contains some hard-to-buy for- individuals, then be sure to attend this University of Illi-

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nois Extension program November 18th, 10:45 am, at Bellwood Senior Center. Reservations are required.

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

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site October 13th and October 26th at 10:30 am. Appointments are required.

Halloween Party A costume contest, treasure hunt, and refreshments are being featured October 28th, 11:00 am, at Bellwood Senior Center, and October 29th, 11:00 am, at OARS and River Park Centers. Seniors who plan to have lunch need a reservation by 12:00 noon October 27th and October 28th, respectively. Suggested meal donation is \$1.50.

Healthy Holiday Desserts The University of Illinois Extension is presenting this program to help with holiday menu planning. It is scheduled October 21st, 10:45 am, at Bellwood Senior Center. Reservations are required.

Ice Cream Cones Seniors may purchase this tasty treat October 14th, 12:15 pm, at Bellwood Senior Center, and October 15th, 12:15 pm, at OARS and River Park Centers. Cost is 25 cents, and reservations are required.

International Day of Older Persons October 1st has been designated as International Day of

Older Persons, and to commemorate the occasion, West Suburban Senior Services invites seniors to a complimentary lunch that day at its three nutrition sites. Meal reservations are required by 12:00 noon September 30th. The theme for this year's celebration is *Older Persons in an Inter-generational Society*.

Legal Assistance On October 19th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone us for more information regarding appointments.

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

Milk Shake Day Seniors are invited to enjoy this dessert October 5th, 12:15 pm, at Bellwood Senior Center, and October 8th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00, and reservations are required.

Movie Day Popcorn, soft drinks, good company, and an entertaining movie are being featured October 20th, 12:15 pm, at Bellwood Senior Center. Reservations are required by October 18th.

Mystery Reading Club Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting October 5th, 9:30 am, at Bellwood Senior

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Briefly Noted

Advisory Council Meeting Seniors are invited to give their input about the agency's congregational meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The Advisory Council is meeting October 13th, 10:30 am, at Bellwood Senior Center.

Apple People Here is an opportunity to make a unique fall craft that is sure to be a conversation piece. Agency art instructor Vince Coppola is teaching this class October 19th, 10:30 am to 11:30 am, at Bellwood Senior Center. The \$2.00 fee includes apples, instruction, and lunch. Pre-paid reservations are required by October 14th, and fees cannot be refunded.

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

Bats: Fact and Fiction Staff from the Trailside Museum in River Forest are coming to Bellwood Senior Center October 7th, 11:00 am, to present this informative program. Bats' role in nature, their evolution, and their existence in the Chicago area are among the topics to be discussed.

Beginning Sewing Class West Suburban Senior Services is pleased to announce a beginning sewing class at Bellwood Senior Center. The class is meeting October 7th, October 14th, October 21st, and October 28th, 9:30 am to 11:30 am. There is no fee for the class, but pre-registration is required.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are October 14th and October 28th, 10:30 am, at Bellwood Senior Center.

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

Bingo Bonanza A double session of party bingo is planned October 4th at Bellwood Senior Center. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Birthday Celebration Seniors who are celebrat-

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