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Senior Center. Individuals and groups wanting to explore volunteer opportunities at the agency's three sites (Bellwood, Forest Park and LaGrange) are invited to stop by for information and refreshments.



Warming Up With Soup The University of Illinois Extension is coming to Bellwood Senior Center October 24th, 10:45 am to 11:30 am, to share ideas for creating inexpensive and healthy homemade soups. Participants can also sample

some of the recipes. Reservations are recommended.

Weight Loss Meeting West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center. On October 21st from 9:30 am to 10:30 am, the University of Illinois Extension is presenting *A New You: Healthy for Everyone*. All seniors are invited to participate in this special workshop; reservations are needed by October 14th.

Winter Skin Protection and Seniors Dr. Allen Parungao, MD, plastic surgeon at Rush Oak Park Hospital, is coming to Bellwood Senior Center December 1st to discuss special skin-related problems seniors encounter during cold weather. His presentation is scheduled from 10:30 am to 11:15 am, and reservations are recommended.

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

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

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

The OARS Center is located at 712 Elm in LaGrange

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

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

The Senior Chronicle

WSSSS

West Suburban Senior Services

(708) 547-5600

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

Flu Shots

As this newsletter was going to press, West Suburban Senior Services was unable to confirm whether the agency would be providing flu shots this year and, if we are, when they would be available. Please accept our apologies in advance but also please telephone the agency to additional information.

Meet Our SHIP Volunteer of the Year!

Matthew Louise Barnes, a volunteer in the Senior Health Insurance Program (SHIP) at West Suburban Senior Services, was recently honored as SHIP Volunteer of the Year by the Illinois Department of Insurance. Matt volunteers every Wednesday at Bellwood Senior Center from 9:30 am to 2:00 pm. She helps seniors by listening to their health-related concerns, filing appeals to Medicare and their health insurance companies, explaining Medicare summaries, comparing coverage among various supplemental health insurance policies, and providing related services at no cost.

Seniors are invited to schedule an appointment with Matt and to meet a lovely person who does not take no for an answer when advocating for seniors. Seniors interested in becoming a SHIP volunteer should also contact the agency.

WSSS Hosts Workshop to Explain New Medicare Prescription Drug Coverage

Seniors are invited to Bellwood Senior Center on October 20th, 10:30 am to 11:30 am, to learn about the specific drug coverage plans approved for Medicare Part D that takes effect in January 2006. Representatives from Social Security, and a Medicare specialist and Senior Health Insurance Program (SHIP) volunteer from West Suburban Senior Services are participating.

The new Medicare prescription drug program requires seniors to choose from the approved coverage plans, each of which has a range of prescription drugs available. To make sure the drugs they are taking are covered, seniors have to review each plan's list of included drugs. Once they have selected a plan, seniors have to pay a monthly premium (about \$37), an annual deductible (\$250) and co-payments that are their responsibility. In addition, there is a period of non-coverage when seniors are responsible for the entire costs of prescription drugs until their annual out-of-pocket costs reach \$3,600. After that, Medicare pays for 95 percent of all their prescription drug costs. Additional information is available by calling West Suburban Senior Services, (708) 547-5600, extension 254.

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The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 31st Annual Meeting held in Forest Park, 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
Honorable Anthony Calderone
Mrs. Mary Conti
Ms. Carole Kulinski
Mrs. Dorothy Lindsey
Honorable Noreen Love
Honorable Anthony Peraica
Mr. John O'Sullivan
Mr. Gary Woll

Honorary Directors

Mrs. Annette Barker
Honorable Lawrence Terrell

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pate in the Rules of the Road classes. Driver's license renewals and identification card photos are limited to 100 participants on a first come, first serve basis. Additional information is available from West Suburban Senior Services, (708) 547-5600, and the Illinois Secretary of State, (800) 252-2904.

Surviving the Holidays The Illinois Center for Financial Education is coming to Bellwood Senior Center November 14th, 10:45 am to 11:30 am, to share tips that can result in financial savings for seniors as they shop during this holiday season. Reservations for this informative program are recommended and may be made by telephoning West Suburban Senior Services.

Terrific (Free) Bingo Party Westchester Health and Rehabilitation Center (formerly Mariner Health of Westchester) is hosting complimentary party bingo October 25th, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on October 24th. Suggested meal donation is \$1.50.



Thanksgiving Lunch West Suburban Senior Services is hosting its annual Thanksgiving lunch November 17th at Bellwood Senior Center, and OARS and River Park Centers beginning at 11:00 am. The menu features roasted turkey breast, cornbread dressing, mashed potatoes, green peas, wheat roll, pumpkin pie, milk and coffee. The meal is free to seniors age 60 and older who bring nonperishable food items for local food pantries. The cost for other seniors is \$1.50. *The reservation deadline is November 11th at 12:00 noon.*

Update on Tuberculosis and Seniors Staff from the Suburban Cook County Tuberculosis Sanitarium District are coming to Bellwood Senior Center November 8th, 10:45 am to 11:15 am, to present this timely and important program. Also, seniors may sign up to have a free TB test done later in November.

Vial of Life Wal-Mart pharmacists are coming to River Park Center October 14th, 10:45 am, and Bellwood Senior Center October 18th, 10:45 am, to explain Wal-Mart's Vial of Life program. The program is designed to make seniors' medical information readily available to emergency personnel whether they are at home or in their vehicle. Reservations are recommended so that Wal-Mart pharmacists bring a sufficient number of materials to distribute to participants.

Vision Screenings October is Glaucoma Awareness Month, and Dr. Spero Kinnas, MD, from Westchester Eye Center, is performing cataract and glaucoma screenings October 18th, 10:00 am to 11:00 am, at Bellwood Senior Center. These screens are free, but space is limited..

Volunteer Open House and Informational Fair West Suburban Senior Services is hosting an informational forum for prospective volunteers October 24th, 10:00 am to 12:00 noon, at Bellwood

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We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours on Columbus Day, October 10th. The Bellwood, Forest Park and LaGrange nutrition sites are serving lunch at 11:30 am, and special events are planned at Bellwood Senior Center:

- **Senior Forum** State Representative Karen Yarbrough is sharing information about senior-related issues considered by the Illinois General Assembly during its recent legislative session. Also, West Suburban Senior Services' staff are providing information about various agency services including elder abuse investigations, senior benefits and programs designed to help seniors remain in their homes. In addition, representatives from the Arthritis Foundation and PACE are participating in the event. The senior forum opens with a breakfast snack bar at 9:45 am and concludes at 11:30 am.
- **Pumpkin Patch Festival** Pumpkin decorating (teams of three), bingo and treats are planned from 12:00 noon to 1:30 pm. The \$2.00 fee includes lunch at 11:30 am. Reservations are required by 12:00 noon on October 7th.

Thank You

West Suburban Senior Services thanks senior citizens and family members who recently contributed to the agency's Annual Fundraiser. Well over 800 different individuals contributed and every dollar raised was used to support the organization

and its mission of assisting senior citizens. Thank you again.

Super Senior Program

The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center October 17th. Seniors can

- Participate in Rules of the Road classes either from 9:30 am to 11:30 am or from 12:00 pm to 2:00 pm. The course reviews safe driving techniques and Illinois driving laws. Participants also take a practice written exam.
- Take the vision test between 9:30 am and 2:30 pm. Illinois law requires senior citizens age 75 and older to take a road test and a vision test each time they renew their licenses. These seniors who pass the vision test at Super Senior Day have up to 90 days to take their road test without needing an additional vision screening at the Secretary of State's office.
- Secure a free, non-expiring Illinois photo identification card between 9:30 am and 2:30 pm. Residents aged 65 and older must provide proof of birth date. This can be done with a valid Illinois driver's license.
- Renew their driver's license (seniors age 74 and younger) between 9:30 am and 2:30 pm. The renewal fee is \$10.00 (a four-year license) for seniors under age 69 and \$5.00 for seniors age 69 and older.

Pre-registration is required to participate in the Rules of the Road review classes. Reservations are made by telephoning West Suburban Senior Services. Driver's license renewals and identifica-

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Medicare Prescription Plans The new Medicare prescription drug plans are being presented at this important meeting October 20th, 10:30 am to 11:30 am, at Bellwood Senior Center. This Medicare Part D coverage takes effect January 1, 2006. Additional information is presented in a separate article in this issue of *The Senior Chronicle*.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are featured October 11th, 12:15 pm, at Bellwood Senior Center. This month's selection is *Monster-In-Law* with Jane Fonda and Jennifer Lopez. Reservations are required by October 10th.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting October 4th, 9:30 am, at Bellwood Senior 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 19th.

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 31st, at Bellwood Senior Center.

Pet Connection Staff from the British Home is presenting a program on the relationship between pets and older adults October 4th, 10:45 am to 11:30 am, at Bellwood Senior Center. Reservations are recommended.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (October 7th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno This game is being played October 7th, October 18th and October 28th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Popcorn Poppin Month This observance is being celebrated October 12th at Bellwood Senior Center. The fun starts at 11:00 am. Robber bingo is being played from 12:15 pm to 1:15 pm. Lunch reservations are due by 12:00 noon on October 11th. Suggested meal donation is \$1.50.

Pumpkin Patch Festival Pumpkin decorating (teams of three), bingo and treats highlight this event October 10th, 12:00 noon to 1:30 pm, at Bellwood Senior Center. The \$2.00 fee includes lunch at 11:30 am. Reservations are needed by 12:00 noon on October 7th.

Quilting Class West Suburban Senior Services is pleased to resume its free quilting classes October 11th and October 25th, 10:30 am to 11:30 am, at Bellwood Senior Center. Material is provided, but seniors should bring their own sewing needle. Reservations are recommended.

Schemes, Scams and Flim-Flam: Consumer Fraud October is Crime Prevention Month, and

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 3, 2005 Spinach Ravioli Fresh Cut Green Beans Tossed Salad Apple Pie	October 4, 2004 Turkey Burger on Bun Scalloped Potatoes Tossed Salad Pineapple Juice Chocolate Chip Cookie	October 5, 2005 Roasted Chicken Leg Quarter Mashed Potatoes Peas and Corn Macaroni Salad Fruit Yogurt	October 6, 2005 Roast Beef Sandwich on Bun Mixed Vegetables Coleslaw Fresh Banana	October 7, 2005 Taco Salad Tortilla Chips Apple Juice Fresh Fruit
October 10, 2005 Seafood Salad on Bun Pasta Salad Chicken Gumbo Soup Pudding	October 11, 2005 Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Cranberry Nut Muffin	October 12, 2005 Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Dinner Salad Carrot Muffin	October 13, 2005 Sweet and Sour Chicken Filet Rice Pilaf Broccoli Peach Halves Almond Cookie	October 14, 2005 Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
October 17, 2005 Pepper Steak White Rice Mixed Vegetables Pickled Beets Fresh Apple	October 18, 2005 Swedish Meatballs Mashed Potatoes Zucchini and Tomatoes Fruit Gelatin Fruit Yogurt	October 19, 2005 Roast Pork Sweet Potatoes Black-eyed Peas Smothered Cabbage Cornbread Apricot Halves	October 20, 2005 Chicken Breast White Rice Carrots Orange Juice Pound Cake	October 21, 2005 Chicken Salad on Bun Pickled Cucumbers Tomato and Rice Soup Brownie
October 24, 2005 Stuffed Cabbage Roll Whole Potatoes Three Bean Salad Cranberry Juice Fresh Orange	October 25, 2005 Hot Dog on Bun Baked Beans Peas and Carrots Lemonade Chocolate Cake	October 26, 2005 Baked Chicken Leg Quarter Augratin Potatoes Green Beans Carrot Raisin Salad Chilled Peaches	October 27, 2005 Open Face Turkey Sandwich Mashed Potatoes Green Peas Pudding	October 28, 2005 Barbecued Boneless Pork Ribbets Macaroni and Cheese Seasoned Mixed Greens Fruit Gelatin
October 31, 2005 Barbecued Ribbets Scalloped Potatoes Mixed Greens Coleslaw Pecan Pie	West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.		All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements.	Please telephone each site by 12:00 p.m. the prior day for lunch reservations.

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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Caregiver Support Group West Suburban Senior Services has a support group for family members who care for seniors with Alzheimer's, dementia or chronic illness. The group provides family members with an opportunity to meet others in similar situations and to discuss a variety of issues related to caring for loved ones. The group's next meeting is October 18th from 11:00 am to 12:00 noon at River Park Center.

Casino Trip West Suburban Senior Services is hosting a trip to the Potawatomi Casino, Milwaukee, Wisconsin, on December 20th. The bus leaves Bellwood Senior Center at 8:30 am and returns there at 6:30 pm. The \$30.00 per-person fee includes transportation, a free buffet, a ticket to the show featuring the Lettermen singing group, and \$10.00 back when earning 50 points on a machine. Paid cash reservations are due at Bellwood Senior Center by November 28th, and fees cannot be refunded. A minimum registration is required for this trip to take place.

China Town Tour West Suburban Senior Services and Memorial Park District are cosponsoring a walking tour of Chicago's China Town October 5th. Participants depart from Eisenhower Center at 10:30 am and return there at 2:00 pm. The \$8.00 fee is for transportation; seniors are responsible for purchasing their own lunch. Reservations can be made by contacting the park district, (708) 547-3900.

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

Creative Writing Adventure This class is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. On October 25th, 10:00 am to 11:30 am, at Bellwood Senior Center, participants are learning various

aspects of writing: techniques to advance plot and develop character, to critique their own work and the writings of others, to revise their work, to copyright and publish their work, and much more. Reservations are required.

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 31st, 12:15 pm, at Bellwood Senior Center.

Dessert Month Celebration Seniors are invited to take part in West Suburban Senior Services' observance of National Dessert Month by enjoying a variety of tasty treats at Bellwood Senior Center and River Park Center. Each dessert costs \$1.00, and reservations are required by 12:00 noon the day before a dessert is served. The menu at Bellwood Senior Center is October 6th, black forest cake; October 13th, strawberry cloud whipped cream cake; October 17th, key lime pie; and October 27th, banana splits. The menu at River Park Center is October 7th, Black Forest cake; October 14th, strawberry cloud whipped cream cake; October 17th, key lime pie; and October 28th, banana splits. Sugar-free ice cream is available for diabetics.

Ear Exams Dr. Robert Strnad, MD, is conducting free ear exams October 27th, 10:30 am to 11:30 am, at Bellwood Senior Center. This screening checks for general eardrum health including infections and wax impactions. Limited appointments are available.

Exercise Class – Audio Tape This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at Bellwood Senior Center.

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

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

Glucose Checks Westchester Health and Rehabilitation Center is conducting free glucose screens November 14th, 10:30 am to 11:30 am, at Bellwood Senior Center. This screening can help identify abnormal sugar levels. Fasting is not necessary. Appointments are required and may be made by contacting West Suburban Senior Services.

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 12th and October 25th at 10:30 am. Appointments are required.

Halloween Party Treats without the tricks are planned October 31st, 11:00 am to 1:00 pm, at Bellwood Senior Center and River Park Center. These include a costume contest, door prizes and games. Lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are required by 12:00 noon on October 28th.

Hearing Screenings The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center October 13th, 9:00 am, to conduct screenings. There is no fee for this

service, but appointments are required by 12:00 noon October 11th.

Joint Pain and Stiffness Celar Chiropractic is coming to Bellwood Senior Center October 11th, 10:45 am to 11:30 am. In addition to receiving information to help remedy joint pain, seniors may also participate in a complimentary screening that assesses range of motion and muscle strength. Reservations are recommended and may be made by telephoning West Suburban Senior Services.

Legal Assistance On October 18th 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.

Make a Difference Day Activity West Suburban Senior Services invites seniors to participate in its Letters to the Troop project beginning in October. Letters and cards are being sent to members of the Illinois Army National Guard stationed outside Baghdad. Letter writing sessions are scheduled October 5th, October 6th, October 7th and October 12th, 10:00 am to 11:30 am, at Bellwood Senior Center. The project is set to continue in November and December.

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tion card photos are limited to 100 participants on a first-come, first-serve basis. Additional information is available from West Suburban Senior Services and the Illinois Secretary of State, (800) 252-2904.

Halloween Riddles

- *Why didn't the skeleton cross the road?*
Because he didn't have any guts.
- *What kind of music do mummies listen to?*
Wrap!
- *What's the first thing ghosts do when they enter a car?*
They boo-kle their seatbelts.
- *Why wasn't there any food left after the monster party?*
Because everyone was a goblin!
- *How did the ghost patch his sheet?*
With a pumpkin patch.
- *What did the little ghost have in his rock collection?*
Tombstones.
- *What was the witch's favorite subject in school?*
Spelling.
- *What does a ghost eat for lunch?*
A boo-loney sandwich.
- *What happened to the guy who couldn't keep up his payments to his exorcist?*
He was repossessed!

- *What does a vampire fear most?*
Tooth decay.

Thanks So Much!

West Suburban Senior Services' recent rummage sale was a success. Thanks to everyone who supported this fundraiser with their donations, purchases, and hours of help.

Looking to Share Your Time and Talents? Don't Miss the WSSS Volunteer Fair

West Suburban Senior Services is hosting its annual Volunteer Open House and Informational Fair October 24th, 10:00 am to 12:00 noon, at Bellwood Senior Center. Interested individuals and groups are invited to stop by for refreshments and learn about volunteer possibilities at the agency's sites in Bellwood, Forest Park and LaGrange.

Immediate Opportunities Available for Older Job Seekers

The Senior Community Service Employment Program (SCSEP) helps people age 55 and older who have limited financial resources with on-the-job training assignments. These assignments are at local community service agencies for up to twenty hours per week at a rate of \$6.50 per hour.

Funded by the government, SCSEP has income requirements. For a one-person household, a senior's income must be less than \$11,963 per year. The annual income for a two-person household cannot exceed \$16,037. Additional information and applications may be obtained by telephoning the Suburban Area Agency on Aging, (800) 699-9043. Callers should ask for Joeline.

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the University of Illinois Extension is presenting this “must hear” program about credit fraud, and home improvement, phone and mail solicitations, and Internet scams. It is scheduled October 25th, 10:30 am to 11:15 am, at Bellwood Senior Center. Reservations are recommended.

Senior Forum: Vital Information Exchange

State Representative Karen Yarbrough is coming to Bellwood Senior Center October 10th to share information about senior-related issues considered by the Illinois General Assembly during its recent legislative session. In addition, West Suburban Senior Services’ staff are providing information about various agency services. Representatives from the Arthritis Foundation and PACE are also participating. The senior forum opens with a breakfast snack bar at 9:45 am and concludes at 11:30 am.



Shopping Trip Resale stores, international shops and assorted boutiques are among the businesses available to shoppers who participate in this METRA trip to Glen Ellyn October 26th. The group leaves Bellwood at 9:05 am and arrives in Glen Ellyn at 9:23 am. Shoppers depart from Glen Ellyn at 1:27 pm and arrive in Bellwood at 1:45 pm. The round-trip fee is \$2.90 for seniors who have the RTA reduced fare card. The round-trip fare for others is \$5.80. Also, seniors are responsible for purchasing their own lunch. The downtown shopping area is within two blocks of

the METRA station. Reservations are required by October 19th and may be made by contacting the Senior Center director at (708) 547-5600, extension 238. A minimum registration is required for this outing to take place.

Spa Day Seniors are invited to participate in a day of relaxation and revitalization October 21st at Bellwood Senior Center. The event begins with a fruit and juice snack bar at 9:00 am. The University of Illinois Extension is presenting *A New You: Healthy for Everyone* program from 9:30 am to 10:45 am, and chair massages by Dr. Dana Celar follow from 10:45 am to 11:30 am. While dining at a special lunch, participants are receiving fashion tips from The Avenue Boutique in Maywood. The \$2.00 cost includes lunch, and registrations are limited. The registration deadline is October 14th.

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 14th and October 28th, 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.

Super Senior The Illinois Secretary of State’s mobile driver services facility is coming to Bellwood Senior Center October 17th between 9:30 am and 2:30 pm. Seniors can participate in Rules of the Road review classes, have a vision screening, secure an Illinois photo identification card and renew their driver’s license (age 74 and younger). Pre-registration is required to partici-

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Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency’s congregate meal program and to share their ideas about activities at the agency’s three nutrition sites during this month’s meeting of the Advisory Council. The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff. The Advisory Council is meeting October 12th, 10:30 am, at Bellwood Senior Center.

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

Bargain Hunters’ Shopping Trip The Economy Shop and the Animal Care League Resale Shop are among the destinations of shoppers on this Saturday outing October 15th, 9:00 am to 2:00 pm, in Oak Park. Both shops are within three blocks of the METRA train station and close to the village’s downtown business district. Participants are responsible for securing their own transportation and for purchasing their lunch.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month’s sessions are October 6th, October 13th, October 20th and October 27th, 10:30 am to 11:30 am, at Bellwood Senior Center.

Bellwood Police and Fire Academy This informative workshop continues October 6th, October

13th, and October 27th, 10:30 am to 11:30 am, at Bellwood Senior Center. Topics are patrol procedures and law enforcement agency operations, fundamentals of investigation and crime scene processing, and gangs and drugs. The academy is open to seniors age 55 and older, and area seniors may make arrangements for transportation with the Bellwood Police Department.

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 3rd at Bellwood Senior Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Birthday Celebration Seniors who are celebrating an October birthday are invited to this special party October 25th, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on October 24th.

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo October 14th, 9:30 am to 10:00 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on October 12th; a minimum registration is required for this activity to take place.

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