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Services is organizing a trip to the Tale of the Tombstones October 15th, 1:00 pm, at the Forest Home Cemetery in Forest Park. During this two-hour walking tour, actors portray the dearly departed and bring history to life. This year's theme is "Uncovering the Secrets of Fraternal Organizations." Cost is \$10.00 per person, and seniors must furnish their own transportation. A minimum registration is required for this outing to take place. Prepaid, non-refundable reservations are due at the Senior Citizen Center by October 6th.

Terrific Bingo Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo October 24th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

Vital Signs University of Illinois Extension is presenting this program October 17th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include the risk factors for disease, and how diet and exercise influence

blood pressure, glucose levels and other vital signs.

Volunteer Open House Individuals and groups interested in volunteering at West Suburban Senior Services are invited to this open house October 20th, 10:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Additional information is available from the Senior Center director.

Volunteer Pitch-In West Suburban Senior Services' volunteers are having a pitch-in meal October 18th, 5:00 pm to 6:30 pm, at the Senior Citizen Center in Bellwood. Participants are asked to sign up with the Senior Center Director.

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

West Suburban Senior Services Announces Changes at River Park Center

Seniors visiting River Park Center this month can expect to encounter changes both in the building's physical structure and program offerings:

- **Congregate Lunch Program** Seniors citizens aged 60 and older are dining in a remodeled bistro that features seating for twenty-five participants. Effective October 1st, the site serves catered lunches to seniors Monday, Wednesday and Friday at 11:30 am for the suggested donation of \$1.75. Reservations are being accepted on a first come, first serve basis, and must be received at the agency by 12:00 noon on the business day before seniors want to have lunch. A minimum number of reservations are needed for the site to serve lunch. The site also features expanded educational and recreational programs and activities. The October calendar includes special desserts, a party bingo bonanza and weekly party bingo, a Harvest Tea, a Pumpkin Patch Festival, a monthly podiatry clinic and much more. Details about these programs are included in this edition of *The Senior Chronicle*.

- **Case Management** The agency's Senior Services Director and several of the social work staff now have offices at the site. Senior citizens who wish to talk with a case manager there are welcome to stop by but are encouraged to call ahead. A brochure outlining agency services is available at River Park as well as at the Bellwood and LaGrange sites.

- **Adult Day Health Care** This program continues at the Senior Citizen Center in Bellwood and at the OARS Center in LaGrange. The Adult Day Care Director's office is now at the Bellwood site.

An official open house at River Park Center is scheduled for October 23rd from 10:30 am to 12:30 pm. Agency staff are available to meet with seniors and to assist with their concerns. We encourage you to stop by for refreshments and information. The address is 8300 Roosevelt Road in Forest Park, Illinois.

Senior Health and Information Fair

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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 the 32nd Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

- Honorable Gary Woll, President
- Ms. Carole Kulinski, Vice President
- Mr. John O'Sullivan, Treasurer
- Mrs. Elaine Reno, Secretary

Directors

- Mrs. Lois Albers
- Honorable Anthony Calderone
- Mrs. Mary Conti
- Mrs. Dorothy Lindsey
- Honorable Noreen Love
- Honorable Anthony Peraica
- Mr. Michael Sturino

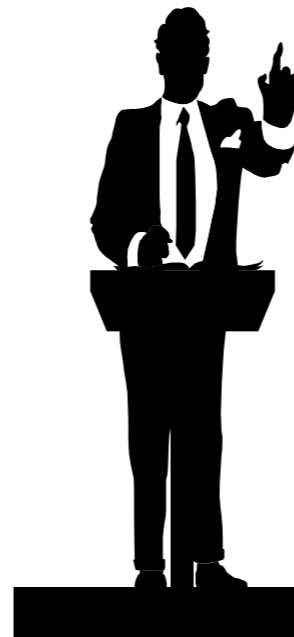
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Center. Cost is 50 cents.

Pumpkin Patch Festival Pumpkin decorating and party bingo highlight this event October 9th, 10:30 am to 1:30 pm, at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers. Cost is \$1.00. Seniors may enjoy lunch that day for the "spook-tacular" donation of \$1.00. Reservations are required by 12:00 noon on October 6th.

Progressive Lunch Seniors are invited to enjoy this unique meal October 30th, 11:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Each course of the meal is being served in a different area of the center, and each serving area is designated with a special theme. Reservations are required by 12:00 noon on October 27th; suggested meal donation is \$1.75.

RED Plan University of Illinois Extension is presenting this program about relaxation, exercise and diet October 23rd, 10:00 am to 11:00 am, at the OARS Center. Reservations are recommended.



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 participant receives an instructional book. The class is scheduled, December 11th, 1:30 pm, at the Senior Citizen Center in

Bellwood.

Seniors and Emergencies The Cook County Sheriff's Department is presenting this program October 13th, 10:45 am, at River Park Center; October 16th, 10:45 am, at the Senior Citizen Center in Bellwood; and October 30th, 10:00 am, at OARS Center. Take-home information is being provided.

Senior Health Fair West Suburban Senior Services and Proviso Township are cosponsoring this event October 23rd, 9:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Additional information is being shared in a separate article in this newsletter.

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 October 6th and October 20th, 11:00 am, at the Senior Citizen Center in Bellwood.

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

Sweetest Day Lunch and Bingo Party Seniors are invited to celebrate Sweetest Day at a special Saturday lunch and bingo party October 21st, 11:00 am to 1:00 pm, at the Senior Citizen Center in Bellwood. The menu features a turkey croissant boxed lunch. Meal reservations are required by 12:00 noon on October 18th. Suggested meal donation is \$1.75. The cost for party bingo is 50 cents per card.

Tale of the Tombstones West Suburban Senior *(Continued on back cover)*

Briefly Stated

Advisory Council Meeting
10:30 am
October 11th
Bellwood

Apple Pie A la mode
12:15 pm
October 12th Bellwood &
OARS
October 13th Forest Park

Art Class
9:00 am
Tuesdays
Bellwood

Banana Splits
12:15 pm
October 19th Bellwood &
OARS
October 20th Forest Park

Bingo
12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza
10:15 am
October 2nd
Bellwood, Forest Park &
OARS

Birthday Celebration
12:15 pm
October 24th
Bellwood, Forest Park &
OARS

Breakfast Bingo
9:30 am
October 27th
Bellwood

Cheese Cake
12:15 pm
October 26th Bellwood &
OARS
October 27th Forest Park

Chicago Premium Outlet Mall Trip
Time to be announced
November 4th
Aurora

Concord Place Bingo Party
1:00 pm
October 17th
Northlake

Creative Writing Class
10:00 am
October 24th
Bellwood

Declutter Class
12:15 pm
October 30th
Bellwood

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

Fall Picnic
11:30 am
October 4th
Bellwood, Forest Park &
OARS

Fall Wreath Making Class
10:30 am
October 24th
Bellwood

First Aid & Fire Safety for Seniors
10:45 am
October 19th
Bellwood

Foster Grandparents
10:30 am
To Be Announced
Bellwood

Friday the 13th Party
11:00 am
October 13th
Bellwood

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

Gourmet Dinner Party
5:00 pm
October 27th
Bellwood

Haircuts
10:30 am
October 11th & October 24th
Bellwood

Halloween Party
11:00 am
October 30th Forest Park
October 31st Bellwood &
OARS

Harvest Tea Party
10:00 am
October 10th Bellwood
October 16th Forest Park

Hearing Screenings
1:00 pm
October 30th
Bellwood

Holiday Open House
1:30 pm
December 8th
Oak Park

Holiday Shopping Trip
Time to be announced
December 2nd
Geneva

Household Hazardous Wastes
10:45 am
October 12th
Bellwood

Ice Cream and Cake
12:15 pm
October 5th Bellwood &
OARS
October 6th Forest Park

Legal Assistance
9:00 am
October 17th
Bellwood

Luncheon
11:30 am
Monday through Friday
Bellwood, Forest Park &
OARS

Mad Hatter Tea Party
10:00 am
October 19th
OARS

Maywood Park Dinner Outing
6:00 pm
October 5th
Melrose Park

Movie Day
12:15 pm
October 10th
Bellwood

Mystery Reading Club
9:30 am
October 3rd
Bellwood

Mystery Wednesday
11:00 am
October 11th
Forest Park

Officers' Club
10:30 am
October 30th
Bellwood

Oktoberfest
11:00 am
October 18th Forest Park
October 24th Bellwood

Old Country Buffet Dinner Outing
4:30 pm
October 13th
Northlake

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(Continued from page seven)

Mad Hatter Tea Party Seniors are invited to wear their favorite hat to this event October 19th, 10:00 am to 11:00 am, at OARS Center. The \$1.00 fee includes refreshments and a program. Reservations are required.

Maywood Park Dinner Outing West Suburban Senior Services is organizing a dinner outing to Maywood Park October 5th, 6:00 pm to 9:00 pm. Cost is \$13.14. It includes an all-you-can-eat prime rib and pasta buffet, coffee and tea during buffet hours, taxes and gratuity, admission and a program, and valet parking. A minimum registration is required for this outing to take place. Pre-paid, non-refundable reservations are due at the Senior Citizen Center by September 22nd.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are planned for October 10th, 12:15 pm, at the Senior Citizen Center in Bellwood. This month's selection is *Take the Lead*. Antonio Banderas is a professional ballroom dancer who teaches ballroom dancing to problem students in New York. Reservations are required by October 9th.

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 3rd, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. 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 October 11th has been designated Mystery Wednesday at River Park Center. Surprises are planned for the day beginning at 10:30 am, and the only way to find out what they

are is to be there. Lunch is served at 11:30 am for the suggested donation of \$1.75.

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 October 30th, 10:30 am, at the Senior Citizen Center in Bellwood.

Oktoberfest This celebration is set October 18th, 11:00 am, at River Park Center, and October 24th, 11:00 am, at the Senior Citizen Center in Bellwood. Games, entertainment and refreshments are being featured.

Old Country Buffet Dinner Outing West Suburban Senior Services is hosting a dinner outing at Old Country Buffet, 139 West North Avenue, Northlake, October 13th, 4:30 pm. Seniors are responsible for securing their own transportation and for paying the cost of their dinner. Additional information is available from the Senior Center Director.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (October 13th), 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 6th and October 20th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Popcorn Poppin Month Celebration October is National Popcorn Month, and popcorn treats are being served October 25th, 11:00 am, at the Senior Citizen Center in Bellwood and at River Park

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2, 2006 Spinach Ravioli French Cut Green Beans Tossed Salad Apple Pie	October 3, 2006 Spanish Style Chicken Potatoes Carrots Tossed Salad Chocolate Chip Cookies	October 4, 2006 Cheeseburger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	October 5, 2006 Meatball Sandwich Whole Potatoes Mixed Vegetables Tossed Salad Banana	October 6, 2006 BBQ Boneless Pork Ribbete Macaroni and Cheese Seasoned Mixed Greens Coleslaw
October 9, 2006 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	October 10, 2006 Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Apple Juice Mandarin Oranges	October 11, 2006 Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin	October 12, 2006 Taco Salad Tortilla Chips Apple Juice Tropical Fruit	October 13, 2006 Sweet and Sour Chicken Filet Rice Pilaf Broccoli Peach Halves Almond Cookie
October 16, 2006 Pepper Steak White Rice Mixed Vegetables Pickled Beets Applesauce	October 17, 2006 Swedish Meatballs Mashed Potatoes Zucchini and Tomatoes Fruit Gelatin Fruit Yogurt	October 18, 2006 Roast Pork Sweet Potatoes Black-eyed Peas Smothered Cabbage Apricot Halves	October 19, 2006 Chicken Breast White Rice Carrots Orange Juice Fruit Mix	October 20, 2006 Chicken Salad on Bun Pickled Cucumbers Tomato-Rice Soup Brownie
October 23, 2006 Baked Chicken Leg Quarter Augratin Potatoes Green Beans Carrot-Raisin Salad	October 24, 2006 Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	October 25, 2006 Stuffed Cabbage Roll Whole Potatoes Three-Bean Salad Fruit Juice Orange	October 26, 2006 Chicken Fajitas Mexican Rice Refried Beans Pineapple Chunks	October 27, 2006 Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
October 30, 2006 Spinach Ravioli French Cut Green Beans Tossed Salad Apple Pie	October 31, 2006 BBQ Ribbete 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,		All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104
(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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This is the final gourmet dinner for the year; the program is set to resume in March.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hair-stylist is at the Bellwood site October 11th and October 24th at 10:30 am. Appointments are required.

Halloween Party Treats, games and prizes highlight this event October 30th, 11:00 am, at River Park Center, and October 31st, 11:00 am, at the Senior Citizen Center in Bellwood and at OARS Center. The \$2.00 cost includes lunch; reservations are required by 12:00 noon on October 27th.

Harvest Tea Party West Suburban Senior Services continues its tea party series with a Harvest Tea October 10th, 10:00 am, at the Senior Citizen Center in Bellwood, and October 16th, 10:00 am, at River Park Center. The \$1.00 cost includes the program and a fall craft. Reservations are required.

Hearing Screenings The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood October 30th, 1:00 pm, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on October 26th.

Holiday Open House An exhibit of Presidential documents is among the highlights of this special tour December 8th, 1:30 pm to 2:30 pm, at the Historical Society of Oak Park and River Forest in Oak Park. Admission is by donation.

Holiday Shopping Trip Seniors are invited to enjoy the shopping experience in Geneva, Illinois,

on December 2nd. Participants are traveling roundtrip on METRA from Bellwood. The downtown Geneva shopping district is within one block of the METRA station, and has about 100 specialty shops and numerous restaurants. Seniors are responsible for the costs associated with this trip. Additional information is available from the Senior Center Director.

Household Hazardous Wastes The Illinois Environmental Protection Agency is presenting this program October 12th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors receive information to identify, locate and dispose of hazardous materials in their homes. Information about area collection sites is also available.

Ice Cream and Cake This special dessert is being served October 5th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and October 6th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

Legal Assistance On October 17th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

Lunch Reservations Our 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 \$1.75. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

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	OARS	October 30 th OARS	
	Progressive Lunch 11:00 am October 30 th Bellwood	Senior Health Fair 9:00 am October 23 rd Bellwood	Terrific Bingo 12:15 pm October 24 th Bellwood
Podiatry Clinic 9:30 am Thursdays in Bellwood October 13 th Forest Park	RED Plan 10:00 am October 23 rd OARS	Spanish Club 11:00 am October 6 th & 20 th Bellwood	Vital Signs 10:30 am October 17 th Bellwood
Pokeno 12:15 pm October 6 th & 20 th Bellwood	Rules of the Road Review Class 1:30 pm December 11 th Bellwood	Sweetest Day Lunch and Bingo Party 11:00 am October 21 st Bellwood	Volunteer Open House 10:00 am October 20 th Bellwood
Popcorn Poppin' Month Celebration 11:00 am October 25 th Bellwood & Forest Park	Seniors & Emergencies 10:45 am October 13 th Forest Park October 16 th Bellwood 10:00 am	Tale of the Tombstones 1:00 pm October 15 th Forest Park	Volunteer Pitch-In 5:00 pm October 18 th Bellwood
Pumpkin Patch Festival 10:30 am October 9 th Bellwood, Forest Park &			

(Continued from front page)

Exercise and art therapy classes, cooking demonstrations, massages, complimentary health screenings and flu shots are among the activities taking place at the Senior Health and Information Fair October 23rd, 9:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood.

Sponsored by West Suburban Senior Services and Proviso Township, the event also includes representatives from state, county and local governmental agencies serving seniors; health care providers; and health-related businesses. Most of the activities are being done on a walk-in basis; however, advance registration is required for prostate cancer screenings (PSA) by the Cook County Health Department and for the flu vaccine, also provided by the Cook County Health Department. There is no charge for the shots, but

the vaccine supply is limited, and appointments are being accepted on a first-come first serve basis.

A complete listing of health fair participants and screenings is being made available on October 12th. Seniors may pick up a flyer at the agency's Bellwood, Forest Park and LaGrange sites; area libraries and senior housing centers. They may also call West Suburban Senior Services for that information.

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 and hours of help.

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Registration is required for this activity to take place. Additional information is available from the Senior Center director.

Concord Place Bingo Party Concord Place is hosting a complimentary bingo party October 17th, 1:00 pm to 2:00 pm, at its facility in Northlake. Bus rides are available for seniors requiring transportation. The bus leaves the Senior Citizen Center in Bellwood at 12:30 pm and returns there at approximately 2:30 pm. Reservations for this event are required by October 13th.

Creative Writing Class This activity is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. This class is October 24th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Declutter Class Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled October 30th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

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 the Senior Citizen Center in Bellwood.

Fall Picnic This event features cheeseburgers, scalloped potatoes, macaroni salad, fruit yogurt, games and special treats. Reservations are required by 12:00 noon on October 3rd; suggested meal donation is \$1.75. The picnic is being held at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers.

Fall Wreath Making Class Seniors are invited to participate in this activity October 24th, 10:30

am to 11:30 am, at the Senior Citizen Center in Bellwood. The \$6.00 cost includes all supplies, instruction and lunch. Prepaid, non-refundable reservations are due at the Senior Citizen Center by October 17th; a minimum enrollment is required for this class to take place.

First Aid and Fire Safety for Seniors The Bellwood Fire Department is presenting this program October 19th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. This is an opportunity for seniors to have hands-on experience in basic first aid.

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.

Friday the 13th Party Superstitious party bingo highlights this event October 13th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 fee includes refreshments.

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

Gourmet Dinner Party West Suburban Senior Services continues its monthly gourmet dinner party at the Senior Citizen Center in Bellwood. The next dinner is October 27th from 5:00 pm to 7:00 pm. Cost per person is \$7.00, and prepaid, non-refundable reservations are due at the Senior Citizen Center by October 20th. A minimum registration is required for this event to take place.

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We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours on Columbus Day, October 9th. The Bellwood, Forest Park and LaGrange nutrition sites are serving lunch at 11:30 am for the "spook-tacular" donation of \$1.00.

In addition, the three sites are hosting a Pumpkin Patch Festival featuring pumpkin decorating at 10:30 am and party bingo from 12:15 pm to 1:15 pm. Cost for the festival activities is \$1.00.

Reservations for lunch and the festival activities are required by 12:00 noon on October 6th. Questions should be directed to the Senior Center director.

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

West Suburban Senior Services is hosting an open house for prospective volunteers October 20th, 10:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Interested individuals and groups are invited to stop by for refreshments and learn about volunteer opportunities at the agency's sites in Bellwood, Forest Park and LaGrange. Additional information is available from the Senior Center Director.

Adult Day Health Care

I am excited to take this opportunity to introduce myself as the new Director of Adult Day Health Care. My name is Pamela Williams and we may have met earlier this month through formal and informal introductions. The Adult Day Health Care program has a site in the Senior Center, located 439 Bohland Avenue in Bellwood and in the OARS Center, located 712 East Elm in LaGrange. As part of helping the elderly remain independent, our goal is to delay or prevent institutionalization by providing alternative care, to enhance self-esteem and to encourage socialization in a safe and nurturing environment. We provide recreational services tailored to interest of each participant, a hot lunch meal is prepared each day and transportation is also available to assist families in need. If you would like to hear more information please contact me.



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, Open Kitchens catering, and agency staff. The Advisory Council is meeting October 11th, 10:30 am, at the Senior Citizen Center in Bellwood.

Apple Pie A la Mode This dessert is being served October 12th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and on October 13th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

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, and are instructed by a competent artist and sculptor. There is a fee for enrollment.

Banana Splits This delicious dessert is being offered for \$1.00 October 19th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and October 20th, 12:15 pm, at River Park Center. Reservations are required.

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 2nd at the Senior Citizen Center in Bellwood, and at River Park and OARS Centers. 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 observance October 24th, 12:00 noon, at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers. Reservations are required by 12:00 noon on October 23rd.

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party October 27th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on October 25th, and a minimum registration is required for this activity to take place.

Cheese Cake This tasty dessert is being served October 26th, 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center, and October 27th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

Chicago Premium Outlet Trip West Suburban Senior Services is coordinating a METRA shopping trip to the Chicago Premium Outlet Mall in Aurora on November 4th. Participants depart from the METRA station in LaGrange; a PACE bus then takes shoppers from the Aurora METRA station to the mall. Participants are responsible for all costs associated with this trip, and a mini-

(Continued on page five)