

(Continued from page eleven)

fee and hot tea. The \$14.00 per-person cost includes the buffet; tip is extra. Seating is limited, and reservations are being accepted at the Senior Citizen Center in Bellwood on a first come, first serve basis. *Nonrefundable cash* payments are due at the time reservations are made. The reservation deadline is November 1st.

Varicose Veins The Deicke Center for Nursing Education at Elmhurst College is presenting this program October 11th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am for the suggested donation of \$1.75.

Volunteer Open House West Suburban Senior Services is hosting an open house for prospective volunteers October 26th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Interested individuals and groups are invited to stop by for refreshments and to learn about volunteer opportunities at the agency's Bellwood, Forest Park and LaGrange sites.

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.

Winter Weather Predictions If you're wondering what kind of winter to expect this year, then you won't want to miss this program by the National Weather Service October 15th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. The program includes information on prediction tools and forecasting snow, ice and cold temperatures.

Yahtzee This is being played October 12th, 10:00 am to 11:00 am, at OARS Center. Prizes are being awarded.

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

Plan to Join Us for 'An Afternoon of Food, Fun and Frivolity'

Music of the 1940s, a buffet lunch, door prizes, raffles and a 50/50 cash raffle are being featured at this fall event October 21st, 1:00 pm to 4:00 pm, at the Proviso Mathematics and Science Academy, 8601 West Roosevelt Road at the corner of First Avenue and Roosevelt Road, Forest Park.

It is being co-sponsored by Proviso Township, Proviso Township Mental Health Commission, Proviso Township High School District 209 and West Suburban Senior Services with all proceeds benefiting West Suburban Senior Services.

A buffet lunch is being served from 1:00 pm to 2:15 pm. Catered by Cuomo, the lunch includes salad, mostaccioli, hot beef sandwiches, fried chicken, coffee and dessert. Live entertainment highlighting music of the '40s follows the meal. Door prize drawings are scheduled throughout the event, and a 50/50 cash raffle is being held.

The Proviso Township Mental Health Commission is sponsoring admission to this event for the first 250 Proviso Township senior citizens. Those complimentary tickets may be picked up at the Proviso Township Referral Office, 2129 West Roosevelt Road, Broadview and at West Suburban Senior Services, 439 Bohland Avenue, Bellwood, between 9:00 am and 3:00 pm through

October 12th. Requests for complementary tickets are being honored on a first come, first serve basis while the tickets are available. Seniors must provide proof of residency such as a drivers license and each senior citizen may pick up only one ticket for themselves. No complimentary tickets may be reserved and complimentary tickets will not be available at the event.

Also, tickets may be purchased at West Suburban Senior Services through October 12th. Price is \$20.00. Proceeds shall benefit West Suburban Senior Services. Additional information is available from the agency.

Triton Holiday Dinner

West Suburban Senior Services is hosting a dinner outing to Triton College on December 5th, 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary art students, the buffet includes an assortment of hot entrees, salads, cold cuts, cheeses, rolls, desserts, and coffee and hot tea. The \$14.00 per-person cost includes the buffet; tip is extra.

Seating is limited, and reservations are being accepted at the Senior Citizen Center in Bellwood on a first come, first serve basis. *Nonrefundable*

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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 is supported by the AgeOptions under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn, 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 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 34th 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
Mrs. Lois Albers, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Honorable Anthony Calderone
Mrs. Mary Conti
Mrs. Lela Grimble
Honorable Noreen Love
Ms. Debbie Noweder
Honorable Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Dorothy Lindsey
Mr. John O'Sullivan
Mr. Michael Sturino

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gested donation of \$1.75. Reservations are required.

Purchasing by Catalogue and On-Line University of Illinois Extension is presenting this program October 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants are receiving security and ordering tips that can be helpful during the upcoming holiday shopping season.

Sing Away Your Stress Seniors are invited to practice this tension-reduction technique October 22nd, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Elmhurst Memorial Healthcare is the program presenter.

Spa Day West Suburban Senior Services is pleased to offer seniors this opportunity for relaxation and revitalization October 19th at the Senior Citizen Center in Bellwood. The event begins with a breakfast snack bar at 9:30 am. From 10:00 am to 11:00 am, seniors participate in the University of Illinois Extension's program titled *A New You*. At 11:00 am, participants play Pokeno. A turkey croissant boxed lunch is being served in a private dining area from 11:30 am to 12:00 noon. Complimentary manicures by nail



technician Latrice Turner follow from 12:00 noon to 1:00 pm. Cost for all is \$2.00. Spa reservations are required by October 15th. The monthly spa program is scheduled to continue through March, 2008.

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 12th and October 26th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

Surprise Bingo This variation of party bingo is being played October 15th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Sweetest Day Lunch and Bingo Party Seniors are invited to celebrate Sweetest Day at this special event October 20th, 10:15 am to 1:00 pm, at the Senior Citizen Center in Bellwood. Everything Sweet party bingo is being played from 10:15 am to 11:15 am. A turkey croissant boxed lunch is being served at 11:30 am; dessert follows at 12:00 noon. Cost for all is \$2.50; reservations are required by 12:00 noon on October 17th.

Triton Holiday Dinner West Suburban Senior Services is hosting a dinner outing to Triton College December 5th, 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary art students, the buffet includes an assortment of hot entrees, salads, cold cuts, cheeses, rolls, desserts, and coffee.

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Briefly Stated

Advisory Council Meeting

10:00 am
October 10th
Bellwood

11:00 am
October 10th
OARS

Art Class

9:00 am
Tuesdays
Bellwood

**Arthritis Foundation
Exercise Class**

10:00 am
October 1st, October 2nd,
October 9th, October 10th,
October 16th, October 17th &
October 24th
OARS

12:15 pm
October 2nd, October 9th,
October 10th, October 16th,
October 17th & October 24th
Bellwood

Best Sellers Reading Club

9:30 am
October 30th
Bellwood

Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
October 1st Bellwood
October 15th OARS

Black Cows

12:15 pm
October 4th
Bellwood & OARS

Breakfast Bingo

9:15 am
October 26th
Bellwood

Caregiver Education

10:30 am
October 3rd
Bellwood

Caregiver Support Group

10:30 am
October 10th
Bellwood

Cream Pie Day

12:15 pm
October 25th
Bellwood & OARS

Creative Writing Class

10:00 am
October 23rd
Bellwood

DeClutter Class

12:30 pm
October 29th
Bellwood

Dollar Day

12:15 pm
October 22nd
Bellwood

Early Bird Pokeno

9:15 am
October 5th
Bellwood

Exercise Class –

Audio Tape
10:30 am
Monday through Friday
Bellwood

Fall Casino Trip

8:00 am
October 17th
Milwaukee, WI

Fall Ice Cream Cones

12:15 pm
October 18th
Bellwood & OARS

**Getting Bad News from
Your Doctor**

10:30 am
October 25th
Bellwood

Gourmet Dinner Party

5:00 pm
October 26th
Bellwood

Halloween Classic Movie

10:00 am
October 29th
OARS

12:15 pm
October 30th
Bellwood

Halloween Lunch

11:30 am
October 31st
Bellwood & OARS

Halloween Party

10:30 am
October 31st
Bellwood & OARS

Haircuts

10:30 am
October 9th & October 23rd
Bellwood

Incontinence Information

10:30 am
October 4th
Bellwood

10:00 am
October 23rd
OARS

Legal Assistance

9:00 am
October 16th
Bellwood

Live Theater Performance

10:30 am
October 23rd
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

Meditation & Centering

10:30 am
October 12th & October 26th
Bellwood

Monster Sundaes

12:15 pm
October 31st
Bellwood & OARS

Movie Day

12:15 pm
October 23rd
Bellwood

Mystery Reading Club

9:30 am
October 2nd
Bellwood

Officers' Club

10:30 am
October 29th
Bellwood

Oktober Fest

10:30 am
October 16th
Bellwood

10:00 am
October 19th
OARS

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Monster Sundaes Seniors are invited to create a Halloween ice cream treat October 31st, 12:00 noon to 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. The sundaes are part of West Suburban Senior Services' Halloween celebration.

Movie Day Seniors are invited to enjoy good company, tasty refreshments and entertaining movies this month at the Senior Citizen Center in Bellwood. October 23rd features *The Ultimate Gift* with James Garner. This film explores how the life of a young man of privilege is changed after the death of his grandfather. On October 30th, seniors are invited to join in the pre-Halloween fun of the classic *Abbot and Costello Meet Frankenstein*. Films begin at 12:15 pm.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting October 2nd, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

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 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Oktoberfest Entertainment, refreshments and surprises highlight this event October 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood and October 19th, 10:00 am to 11:00 am, at OARS Center. Both sites serve lunch at 11:30 am, and reservations are required.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokeno Party This game is being played October 12th, 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. A special Early Bird Pokeno session is planned October 5th. Additional information is provided in a separate article.

Preparing a Healthy Thanksgiving Meal University of Illinois Extension is sharing recipes and nutritional tips with seniors October 30th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood, and November 13th, 10:00 am to 10:30 am, at OARS Center. Lunch follows both sessions at 11:30 am.

Pumpkin Decorating For \$1.00, seniors can create a personalized pumpkin during a workshop October 29th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and October 30th, 10:00 am to 11:00 am, at OARS Center. Reservations are required by October 26th.

Pumpkin Patch Festival Party bingo and Pokeno highlight this event October 8th at the Senior Citizen Center in Bellwood and October 22nd at OARS Center. In Bellwood, bingo is played from 10:15 am to 11:15 am; following lunch at 11:30 am, participants may enjoy an ice cream treat and play Pokeno from 12:15 pm to 1:15 pm. The timetable at OARS Center is Pokeno from 10:00 am to 11:00 am, lunch and dessert at 11:30 am and party bingo from 12:15 pm to 1:00 pm. The festival cost is \$1.00; lunch is an additional sug-

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
October 1, 2007	October 2, 2007	October 3, 2007	October 4, 2007	October 5, 2007
Spinach Ravioli Green Beans Tossed Salad Apple Pie	Grecian Chicken Whole Potatoes Carrots Tossed Salad Chocolate Chip Cookie	Cheeseburger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	Meatballs on Bun Mashed Potatoes Mixed Vegetables Tossed Salad Banana	Bar-B-Que Ribbets Macaroni and Cheese Mixed Greens Coleslaw Fruit Gelatin
October 8, 2007	October 9, 2007	October 10, 2007	October 11, 2007	October 12, 2007
Beef Stew Green Beans Tossed Salad Apple Pie	Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Mandarin Oranges	Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	Taco Salad Tortilla Chips Apple Juice Tropical Fruit	Stuffed Green Pepper Buttered Macaroni Carrots Pineapple Juice Grapes
October 15, 2007	October 16, 2007	October 17, 2007	October 18, 2007	October 19, 2007
Pepper Steak White Rice Mixed Vegetables Pickled Beets Applesause	Swedish Meatballs Mashed Potatoes Zucchini & Tomatoes Fruited Gelatin Fruit Yogurt	Roast Pork Sweet Potatoes Black Eyed Peas Smothered Cabbage Apricot Halves	Chicken Breast Cacciatore Whole Potatoes Carrots Orange Juice Mixed Fruit	Chicken Salad on Bun Pickled Cucumbers Tomato and Rice Soup Marble Pound Cake
October 22, 2007	October 23, 2007	October 24, 2007	October 25, 2007	October 26, 2007
Baked Chicken Leg Quarter Au Gratin Potatoes Green Beans Carrot and Raisin Salad Chilled Peaches	Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	Stuffed Cabbage Roll Mixed Vegetables Three Bean Salad Fruit Juice Orange	Chicken Fajitas Mexican Rice Refried Beans Pineapple Chunks	Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
October 29, 2007	October 30, 2007	October 31, 2007		
Spinach Ravioli Green Beans Tossed Salad Apple Pie	Grecian Chicken Whole Potatoes Carrots Tossed Salad Chocolate Chip Cookie	Cheeseburger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt Pecan Pie		

West Suburban Senior Services is supported by the AgeOptions, 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 reservation.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

(Continued from front cover)

cash payments are due at the time reservations are made. The reservation deadline is November 1st.

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

West Suburban Senior Services is hosting an open house for prospective volunteers October 26th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Interested individuals and groups are invited to stop by for refreshments and to learn about volunteer opportunities at the agency's Bellwood, Forest Park and LaGrange sites. *Make a Difference Day* is October 27th, and West Suburban Senior Services welcomes those individuals who want to make a positive difference in the lives of Proviso Township seniors.

Modifying Recipes for Better Health

Some recipe changes can result in an acceptable change or one that some people don't even notice. University of Illinois Extension offers the following recipe modifications:

- ❑ Reduce sugar by one-third: Instead of 1 cup of sugar, use 2/3 cup. This works best in canned and frozen fruits, puddings and custards. For quick breads and muffins, use 1 tablespoon of sugar per one 1 cup of flour. Add vanilla, cinnamon or nutmeg to help enhance flavor.
- ❑ Reduce fat by one-third: If a recipe calls for 1/2 cup fat, use 1/3 cup fat. This works

best in gravies, sauces, puddings and some cookies. For cakes and quick breads, use 2 tablespoons fat per cup of flour.

- ❑ Omit salt or reduce salt by one-half: If a recipe says 1/2 teaspoon of salt, use 1/4 teaspoon. Do *not* eliminate salt from yeast breads or rolls --- it is important for flavor and texture.
- ❑ Substitute whole grain and bran flours: Whole wheat flour can replace from 1/4 to 1/2 the all-purpose flour. If a recipe has 3 cups of all-purpose flour, use 1-1/2 cups whole wheat flour and 1-1/2 cups all purpose flour. Oat bran or oatmeal can replace 1/4 of the all-purpose flour. Bran cereal flour can replace up to 1/4 cup of all purpose flour.
- ❑ Do *not* try to substitute oil for margarine or shortening. They are not interchangeable when baking. A traditional recipe can still taste good and be good for two.
- ❑ Do *not* substitute lite or diet margarine for solid shortenings or regular margarine in baking. Instead, use less regular margarine.

Spa Day

West Suburban Senior Services is pleased to offer seniors an opportunity for relaxation and revitalization at its Spa Day October 19th at the Senior Citizen Center in Bellwood. The event begins with a breakfast snack bar at 9:30 am. From 10:00 am to 11:00 am, seniors participate in the University of Illinois Extension's program titled

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Gourmet Dinner Party West Suburban Senior Services is hosting a gourmet dinner party October 26th, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Cost is \$8.00 per person, and no refunds are available. Paid reservations are due by October 22nd.

Halloween Classic Movie *Abbot and Costello Meet Frankenstein* is being shown October 29th, 10:00 am, at OARS Center, and October 30th, 12:15 pm, at the Senior Citizen Center in Bellwood. Seniors are invited to catch the Halloween spirit at this special event!

Halloween Lunch West Suburban Senior Services invites seniors to this special meal October 31st, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. The menu features barbecued ribbetts, au gratin potatoes, mixed greens, creamy coleslaw, pecan pie, and milk and coffee. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on October 29th.

Halloween Party Face painting, a costume contest, monster sundaes and “spook-tacular” bingo highlight the festivities October 31st at the agency’s nutrition sites. At the Senior Citizen Center in Bellwood, face painting is taking place between 10:30 am and 11:00 am; this is followed by contests from 11:00 am to 11:30 am. After lunch, seniors may create a monster sundae, enter a costume contest, and play party bingo from 12:15 pm to 1:15 pm. At OARS Center, seniors play party bingo from 10:00 am to 11:00 am; face painting, monster sundaes and costume judging take place between 12:00 noon and 12:30 pm. Reservations are required.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site October 9th and October 23rd

at 10:30 am. Appointments are required.

Incontinence Information The Simon Foundation for Continence’s program includes treatment and management options for incontinence as well as tips for dealing with the emotional aspects of the condition. This information is being presented October 4th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and October 23rd, 10:00 am to 10:45 am, at OARS Center.

Legal Assistance On October 16th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is available to come to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

Live Theater Performance Seniors are invited to enjoy this one-person play performed by Betty Scott Smith October 23rd, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. It is titled *I Always Wanted to Be*. There is no admission cost, and appetizers are being served.

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

Meditation and Centering Basic meditation and relaxation techniques are the focus of this class October 12th and October 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

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Caregiver Support Group On October 10th, West Suburban Senior Services’ caregiver specialist is leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session focuses on maintaining emotional health and reducing stress through peer support and story telling, and finding ways to relieve tension. Subsequent support group meetings are scheduled the second Wednesday of each month.

Cream Pie Day For \$1.00, seniors may enjoy this treat October 25th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Reservations are required.

Creative Writing Class West Suburban Senior Services is pleased to host this class October 23rd, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new students are welcome.

Declutter Class Seniors are invited to learn ways to declutter their homes and lives at this class October 29th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood.

Dollar Day October 22nd is Dollar Day at West Suburban Senior Services, and for \$1.00, seniors may play robber bingo and enjoy a dessert special at the Senior Citizen Center in Bellwood. Bingo is played from 12:15 pm to 1:15 pm; dessert is served at 12:00 Noon. Reservations are required by October 19th.

Early Bird Pokeno West Suburban Senior Services is hosting a breakfast-Pokeno party October 5th, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. French toast, sausage, juice, milk and coffee are served at 9:15 am; Pokeno is played from 10:00 am to 11:00 am. Cost for the

meal and game is \$2.00. Reservations are required by 12:00 noon on October 3rd and a minimum registration is required.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Fall Casino Trip Reservations are now being accepted for West Suburban Senior Services’ outing to the Potawatomi Casino and Bingo Hall on October 17th. The \$20.00 non-refundable fee includes round-trip bus transportation, an all-you-can-eat buffet, and a \$10.00 voucher for 50 points earned. The bus leaves the Senior Citizen Center at 8:00 am and returns there at approximately 6:00 pm. Paid cash reservations are due at the Senior Citizen Center in Bellwood by October 3rd, and a minimum registration is required for this outing to take place.

Fall Ice Cream Cones Waffle cones and tasty toppings are a part of this dessert October 18th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Getting Bad News from Your Doctor Rainbow Hospice is presenting this program October 25th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am for the suggested meal donation of \$1.75.

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.

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A New You. At 11:00 am, participants are playing Pokeno. A turkey croissant boxed lunch is being served in a private dining area from 11:30 am to 12:00 noon. Complimentary manicures by nail technician Latrice Turner follow from 12:00 noon to 1:00 pm. Cost for all is \$2.00. Spa Day reservations are required by October 15th. Next month's Spa Day is November 9th. The monthly Spa Day program is scheduled to continue through March, 2008.

We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours on Columbus Day, October 8th. The Bellwood and LaGrange nutrition sites are serving lunch at 11:30 am for the suggested donation of \$1.75.

In addition, the Senior Citizen Center in Bellwood is hosting a Pumpkin Patch Festival featuring party bingo from 10:15 am to 11:15 am, a dessert at 12:00 noon, and Pokeno 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 5th. Questions should be directed to the Senior Citizen Center.

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Podiatry Clinic 9:30 am Thursdays Bellwood	Pumpkin Decorating 12:15 pm October 29 th Bellwood	Sing Away Your Stress 10:30 am October 22 nd Bellwood	Triton Holiday Dinner 6:00 pm December 5 th River Grove
Pokeno Party 12:15 pm October 12 th Bellwood	Pumpkin Patch Festival 10:15 an October 8 th Bellwood	Spa Day 9:30 am October 19 th Bellwood	Varicose Veins 10:30 am October 11 th Bellwood
Preparing a Healthy Thanksgiving Meal 10:30 am October 30 th Bellwood	Purchasing By Catalogue & On-Line 10:30 am October 29 th Bellwood	Spanish Club 11:00 am October 12 th & October 26 th Bellwood	Volunteer Open House 9:30 am October 26 th Bellwood
10:00 am November 13 th OARS		Surprise Bingo 12:15 pm September 15 th Bellwood	Winter Weather Predictions 10:30 am October 15 th Bellwood
		Sweetest Day Lunch & Bingo Party 10:15 am October 20 th Bellwood	Yahtzee 10:00 am October 12 th OARS

Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting October 10th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

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

Arthritis Foundation Exercise Class This class is scheduled October 1st, October 2nd, October 9th, October 10th, October 16th, October 17th and October 24th, 10:00 am to 11:00 am, at OARS Center. At the Senior Citizen Center in Bellwood, the class is scheduled from 12:15 pm to 1:15 pm on October 2nd, October 9th, October 10th, October 16th, October 17th and October 24th. University of Illinois Extension is leading all classes, and new students are welcome.

Best Sellers Reading Club West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's next meeting is October 30th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to

participate should telephone the agency now to sign out copies of the current reading selection.

Bingo Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm at the Senior Citizen Center and 10:00 am at the OARS Center.

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

Black Cows Root beer floats are being served October 4th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Breakfast Bingo A pancake meal and party bingo are scheduled for this early-bird special October 26th, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. The fee for all is \$2.00. Reservations are required by October 24th, and a minimum registration is required for this activity to take place.

Caregiver Education West Suburban Senior Services' caregiver specialist is conducting a session October 3rd to provide skill building and problem solving strategies for those caring for seniors age 60 and older. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

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