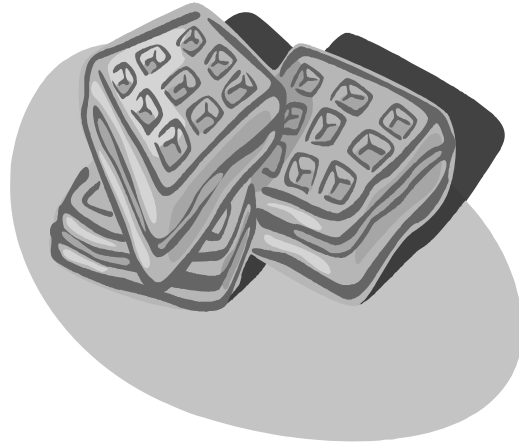


(Continued from page nine)

Triton Dinner Outing West Suburban Senior Services is hosting an outing to Triton College on October 29th for a Halloween dinner. Additional information is presented in a separate article.

Waffle Sundaes October is *National Dessert Month*, and seniors are invited to enjoy this ice cream treat October 16th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.



Wii Bowling Tournament The Bellwood Public Library and West Suburban Senior Services are cosponsoring this computerized and interactive activity October 20th, 12:30 pm to 1:30 pm, at the library (corner of Bohland and Washington Avenues). Seniors are invited to test their skills at simulated bowling. Reservations are required and may be made by telephoning West Suburban Senior Services.

Winter Energy Costs Citizens Utility Board (CUB) is presenting this program October 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Discussion focuses on keeping heating bills under control, understanding consumer rights, and knowing what to expect this winter.

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



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

Caregiver Support Group

Are you providing care to an older adult who is no longer able to care for him or herself?

Then you will be interested in this support group! You will learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences.

Respite services is available for those who are providing care at the time of the group session. Please contact Michelle Barker, Caregiver Specialist, with any further questions at 708-547-5600 extension 401.

When: Every other Wednesday, starting October 8, 2008

Where: West Suburban Senior Services
439 Bohland Avenue
Bellwood, Illinois 60104
3rd Floor

Time: 2:00 pm – 3:00 pm

Flu Shots

West Suburban Senior Services is hosting a flu shot clinic October 15th, 12:00 noon to 4:00 pm, at the Senior Citizen Center in Bellwood. Seniors age 60 and

older are being seen *only by appointment*. Appointments may be made by telephoning West Suburban Senior Services. The flu shots are free, but a limited amount of vaccine is available.

Have a 'Fright-fully' Good Time with Us!

West Suburban Senior Services has planned a series of fall and Halloween activities this month at the Senior Citizen Center and at OARS Center:

*Senior Citizen Center
439 Bohland Avenue
Bellwood*

October 22nd, 10:30 am to 11:30 am, Halloween Picture Decorating Workshop. Seniors are invited to decorate a picture to enter in the agency's contest. Seniors may also pick up a picture at the Senior Citizen Center starting October 1st and take it home to decorate; to be considered for judging, all entries must be returned to the Senior Center by 4:00 pm on October 27th. On October 31st, prizes are being awarded for the three most creatively decorated pictures.

October 27th, 12:15 pm to 1:15 pm, Pumpkin Patch Pokeno and Dessert. Cost for all is \$1.00, and prizes are related to a fall theme.

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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. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the Senior Chronicle out due to increased postage costs. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

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

Non-Discrimination

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

252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Board of Directors

The Board of Directors elected, during the 35th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

- Mrs. Elaine Reno, President
- Mrs. Debbie Nowader, Vice President
- Ms. Carole Kulinski, Secretary
- Mrs. Lois Albers, Treasurer

Directors

- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Mrs. Lela Grimble
- Honorable Noreen Love
- Honorable Anthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

Honorary Directors

- Honorable Anthony Calderone
- Honorable Gary Woll

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Pumpkin Patch Pokeno 12:15 pm October 27 th Bellwood	Robber Bingo 10:15 am October 1 st & October 8 th Bellwood	Rules of the Road Class 1:30 pm December 19 th Bellwood	Relaxation Techniques 10:30 am October 23 rd Bellwood	Spanish Club 11:00 am October 10 th & October 24 th Bellwood
10:00 am October 10 th OARS				

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mentation required for Circuit Breaker is needed for this program. West Suburban Senior Services can help seniors file this application electronically.

Also, senior citizens can file applications for the Low Income Home Energy Assistance Program (LIHEAP) at Proviso-Leyden Council for Community Action (PLCCA), 411 Madison Street in Maywood. Elderly and disabled persons started filing last month. Persons with shut-off notices and emergency furnace needs may file in October, and the general public may file in November. Seniors who are not sure if they qualify for these and other benefit programs may complete a *Benefits CheckUp questionnaire* and find out! *CheckUp* forms, and additional information about these and other benefit programs may be obtained from the agency.

Triton Halloween Dinner

West Suburban Senior Services is hosting a dinner outing to Triton College on October 29th, 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.

Spook-tacular Bingo 12:15 pm October 28 th Bellwood	Stress Management 10:00 am October 17 th OARS	Triton Dinner Outing 5:30 pm October 29 th River Grove
10:00 am October 28 th OARS		
Sweetest Day Luncheon & Party 11:30 am October 18 th Bellwood	Waffle Sundaes 12:15 pm October 16 th Bellwood & OARS	

The \$15.00 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 reservations are due at the time reservations are made. The reservation deadline is October 20th.

We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours on Columbus Day, October 13th. The Bellwood and LaGrange nutrition sites are serving lunch at 11:30 am for the suggested donation of \$1.75. Reservations are required by 12:00 noon on October 10th.

In addition, the Senior Citizen Center in Bellwood is hosting a program on winter energy costs at 10:30 am. The Citizens Utility Board is discussing tips for keeping heating bills under control, consumer rights and what consumers should expect this winter. At 12:15 pm, seniors are invited to play popcorn party bingo in observance of *Popcorn Poppin' Month*. Cost is \$1.00, and prizes are related to the theme.

Briefly Stated

Advisory Council

10:00 am
October 15th
Bellwood

11:00 am
October 15th
OARS

Art Class

9:00 am
Tuesdays
Bellwood

Arthritis Foundation

Exercise Class

10:00 am
October 3rd, October 10th,
October 14th,
October 17th, October 21st &
October 24th
Bellwood

10:00 am

October 1st, October 8th,
October 15th & October 22nd
OARS

Banana Splits

12:15 pm
October 9th
Bellwood & OARS

Bewitching Games

10:30 am
October 28th
Bellwood

10:30 am
October 29th
OARS

Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
October 6th
Bellwood

10:15 am
October 7th
OARS

Brain Games

12:15 pm
October 1st, October 8th,
October 15th, October 22nd &
October 29th
Bellwood

Chair Exercises

10:00 am
October 6th, October 13th,
October 20th & October 27th
OARS

Cheese Cake Day

12:15 pm
October 2nd
Bellwood & OARS

Cream Pie Day

12:15 pm
October 23rd
Bellwood & OARS

Creative Writing Class

10:00 am
October 28th
Bellwood

Exercise Class

10:30 am
Monday through Friday
Bellwood

Going Green

10:30 am
October 9th
Bellwood

Haircuts

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

Halloween Classic Movie

10:30 am
October 29th
Bellwood

Halloween Luncheon

11:30 am
October 31st
Bellwood & OARS

Halloween Picture
Decorating Workshop

10:30 am
October 22nd
Bellwood

10:30 am

October 27th
OARS

Holiday Quilting Project

12:15 pm
October 7th & October 21st
Bellwood

Legal Assistance

9:30 am
October 21st
Bellwood

Line Dancing

9:30 am
Fridays
Bellwood

Lunch with
Police & Fire Chiefs

11:30 am
October 20th
Bellwood

11:30 am
October 21st
OARS

Making Time for Yourself

10:30 am
October 27th
Bellwood

Meditation & Centering
Classes

12:15 pm
October 10th & October 24th
Bellwood

Monster Sundaes

12:15 pm
October 30th
Bellwood & OARS

Movie Day

12:15 pm
October 14th
Bellwood

Mystery Reading Club

9:30 am
October 7th
Bellwood

Overmedicating Yourself

10:30 am
October 16th
Bellwood

Pandemic Flu Program

10:30 am
October 2nd
Bellwood

10:00 am

October 3rd
OARS

Pokeno Parties

12:15 pm
October 3rd, October 10th,
October 17th & October 24th
Bellwood

Popcorn Bingo

12:15 pm
October 13th
Bellwood

10:00 am
October 14th
OARS

(Continued from page eight)

Pokeno Parties This game is scheduled October 3rd, October 10th, October 17th and October 24th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card, and refreshments are served.

Popcorn Bingo October is *National Popcorn Poppin' Month*, and seniors are invited to play popcorn party bingo October 13th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and October 14th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00, and prizes are related to the theme.

Pumpkin Patch Pokeno This activity is scheduled October 27th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 fee includes the game and dessert.

Relaxation Techniques Fairview Care Center of LaGrange Park is presenting this program October 23rd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and October 10th, 10:00 am to 11:00 am, at OARS Center. Mini-massages are planned at the end of the program.

Robber Bingo This challenging form of party bingo is scheduled October 1st and October 8th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents.



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Rules of the Road Class Illinois Secretary of State staff are conducting this review class December 19th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is also given. The class is free, but reservations are needed and may be made by telephoning the agency.

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 10th and October 24th, 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.

Spook-tacular Bingo This seasonal party bingo is planned October 28th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and October 28th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

Sweetest Day Luncheon and Party This weekend event is planned on October 18th at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Stress Management Seniors are invited to learn and practice various stress reduction techniques October 17th, 10:00 am to 11:00 am, at OARS Center. Fairview Care Center of LaGrange Park is the program presenter.

(Continued on back cover)

Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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 Commissions of Berwyn and Proviso Townships, local villages, and donations		October 1, 2008 Cheeseburger on Bun Scalloped Potatoes Pineapple Juice Fruit Yogurt	October 2, 2008 Meatballs Mashed Potatoes Mixed Vegetables Tossed Salad Banana	October 3, 2008 Barbecued Pork Ribette Macaroni and Cheese Mixed Greens Coleslaw Fruited Gelatin
October 6, 2008 Beef Stew Spinach Cottage Cheese and Pear Salad Carrot Muffin	October 7, 2008 Chicken Breast Cornbread Stuffing California Vegetables Apple Juice Mandarin Oranges	October 8, 2008 Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	October 9, 2008 Chicken Marinara on Roll Whole Potatoes Green Beans Tossed Salad Pineapple Chunks	October 19, 2008 Stuffed Green Pepper Buttered Macaroni Carrots Pineapple Juice Grapes
October 13, 2008 Pepper Steak White Rice Mixed Vegetables Confetti Coleslaw Applesauce	October 14, 2008 Swedish Meatballs Mashed Potatoes Peas and Corn Cucumber Salad Banana	October 15, 2008 Meatball Sandwich Whole Potatoes Italian Vegetables Tossed Salad Honeydew Melon	October 16, 2008 Chicken Breast Cacciatore Whole Potatoes Carrots Orange Juice Fruit Mix	October 17, 2008 Chicken Salad on Roll Pickled Cucumbers Tomato-Rice Soup Marble Pound Cake
October 20, 2008 Baked Chicken Au Gratin Potatoes Green Beans Carrot-Raisin Salad Chilled Peaches	October 21, 2008 Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	October 22, 2008 Stuffed Cabbage Roll Mixed Vegetables Three Bean Salad Fruit Juice Orange	October 23, 2008 Beef Tacos Black Beans Apple Juice Pineapple Chunks	October 24, 2008 Spaghetti & Meatballs Carrots Tossed Salad Fruit Gelatin
October 27, 2008 Spinach Lasagna Green Beans Tossed Salad Apple Sauce	October 29, 2008 Grecian Chicken Whole Potatoes Carrots Tossed Salad Chocolate Chip Cookies	October 30, 2008 Cheeseburger on Bun Scalloped Potatoes Pineapple Juice Fruit Yogurt	October 31, 2008 Meatballs Mashed Potatoes Mixed Vegetables Tossed Salad Banana	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

OARS Center
712 Elm
LaGrange, Illinois 60525

(Continued from front cover)

October 28th, 10:30 am to 11:15 am, Bewitching Games. Seniors are invited to try their skill at Donut Bite, Ring-Around-a-Pumpkin, Pumpkin Bowling, Candy Corn Catch and a Trick-or-Treat Adventure. There is no charge.

October 28th, 12:15 pm to 1:15 pm, Spook-tacular Party Bingo. Cost is \$1.00.

October 29th, 10:15 am to 11:30 am, Classic Halloween Movie and Treats. There is no fee.

October 30th, 12:15 pm to 12:30 pm, Monster Sundaes. Cost is \$1.00.

October 31st, 11:30 am to 12:30 pm, Halloween Lunch. The menu features boneless barbecued pork ribettes, scalloped potatoes, mixed greens, coleslaw, corn bread, pecan pie, and milk and coffee. Reservations are required by 12:00 noon on October 28th; suggested meal donation is \$1.75. Following lunch, prizes are being awarded for the three most creative costumes and the three most creatively decorated picture entries.

OARS Center
712 East Elm
LaGrange

October 27th, 10:15 am to 11:15 am, Halloween Picture Decorating Workshop. Seniors are invited to decorate a picture to enter in the agency's contest. Prizes are being awarded for the three most creatively decorated entries during the Halloween luncheon. Seniors may also pick up a picture at the OARS site beginning October 1st and take it home to decorate. To be considered for judging, all pictures must be returned to OARS Center by 4:00 pm on October 27th.

October 28th, 10:00 am to 11:00 am, Spook-tacular Party Bingo. Cost is \$1.00.

October 29th, 10:30 am to 11:15 am, Bewitching Games. There is no charge.

October 30th, 12:15 pm to 12:30 pm, Monster Sundaes. Cost is \$1.00.

October 31st, 11:30 am to 12:30 pm, Halloween Lunch. Reservations are required by 12:00 noon on October 28th; suggested meal donation is \$1.75. Following lunch, prizes are being awarded for the three most creative costumes and the three most creatively decorated Halloween picture entries.

How to Stay Young

The late comedian George Carlin offered this advice for staying young:

- *Throw out non-essential numbers.* This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
- *Keep only cheerful friends.* The grouches pull you down.
- *Keep learning.* Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. An idle mind is the devil's workshop, and the devil's name is Alzheimer's.
- *Enjoy the simple things.*
- *Laugh often, long and loud.* Laugh until you gasp for breath.
- *The tears happen.* Endure, grieve and move on. The only person who is with us our entire life is ourselves. *Be alive while you are alive.*

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Line Dancing Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 am. There is no charge.

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.

Lunch with Police and Fire Chiefs Seniors are invited to meet informally with their local police and firefighters during lunch October 20th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and October 21st, 11:30 am to 12:30 pm, at OARS Center. Suggested meal donation is \$1.75, and reservations are due by 12:00 noon on October 17th.

Making Time for Yourself This informative and entertaining program is being held October 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The agency's healthy aging counselor is the presenter.

Meditation and Centering Classes Basic meditation and relaxation techniques are the focus of this class October 10th and October 24th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Monster Sundaes As part of its observance of *National Dessert Month*, West Suburban Senior Services invites seniors to build their own sundaes

October 30th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Movie Day This month's selection is *Welcome Home, Roscoe Jenkins*, a comedy featuring Martin Lawrence. Show time is 12:15 pm, and refreshments are served.

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 7th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

Overmedicating Yourself Glenn A. Kushner, MD, is presenting this program October 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Prescription and non-prescription drug interactions are among the topics being discussed.

Pandemic Flu Program With the flu season quickly approaching, seniors are invited to learn more about the flu virus and ways to help stay healthy. This program is scheduled October 2nd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and October 3rd, 10:00 am to 11:00 am, at OARS Center. Information about West Suburban Senior Services' flu shot clinic is presented in a separate article.

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.

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Center in Bellwood and at OARS Center. Cost is \$1.00.

Cream Pie Day This dessert is being served October 23rd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00; it is part of the agency's observance of *National Dessert Month*.

Creative Writing Class New and returning students are welcome at this monthly class at the Senior Citizen Center in Bellwood. This month's meeting is October 28th from 10:00 am to 11:30 am. There is no enrollment cost.

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.

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.

Going Green Seniors are invited to learn how to save energy and money while using their appliances, computers, televisions and so forth October 9th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Best Buy in Melrose Park is the program presenter.

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 14th and October 28th at 10:30 am. Appointments are required.

Halloween Classic Movie Treats and perhaps a few tricks are planned during this movie October 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am for the suggested donation of \$1.75.

Halloween Luncheon 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 boneless barbecued pork ribettes, scalloped potatoes, mixed greens, coleslaw, corn bread, pecan pie, and milk and coffee. Reservations are required by 12:00 noon on October 28th; suggested meal donation is \$1.75.

Halloween Picture Decorating Workshop Seniors are invited to decorate a fall picture to enter in the agency's contest. Additional information is provided in a separate article.

Holiday Quilting Project West Suburban Senior Services invites volunteers to design squares for lap-top quilts that will be given to homebound seniors during the holiday season. Materials and instructions are provided, and no prior quilting experience is required. This month's quilting sessions are October 7th and October 21st, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

Legal Assistance On October 21st 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 contact West Suburban Senior Services for more information regarding appointments.

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- ❑ *Surround yourself with what you love*, whether it's family pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
- ❑ *Cherish your health*. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- ❑ *Don't take guilt trips*. Take a trip to the mall, even to the next county or to a foreign country, but not to where the guilt is.
- ❑ *Tell the people you love that you love them, at every opportunity*.

Always remember that life is not measured by the number of breaths we take but by the moments that take our breath away.

Mark Your Calendar

Senior citizens are invited to save these dates for upcoming holiday lunches at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. The suggested donation for each meal is \$1.75, and serving time is 11:30 am. Reservation deadlines are noted.

Thanksgiving, November 20th. The menu features turkey, cornbread dressing, sweet potatoes, peas, wheat roll, pumpkin pie, and milk and coffee. *Reservation deadline is November 17th*. This lunch is free for seniors who bring nonperishable items for area food pantries.

Christmas, December 18th. The menu features chicken cordon bleu, rice pilaf, green beans, tossed salad, dinner roll, pie, and milk and coffee. *Reservation deadline is December 15th*.

Menu Choice Days

West Suburban Senior Services is pleased to offer diners at its two sites meal options on designated dates. On these dates, senior citizens may order either the lunch on the menu or a gourmet boxed lunch for the suggested donation of \$1.75. Reservations for the hot meals are required; the boxed lunches have different reservation deadlines noted below.

October 8th Ham and cheese croissant boxed lunch option. *Reservation deadline is 12:00 noon on October 6th*.

October 13th Egg salad on roll boxed lunch option. *Reservation deadline is 12:00 noon on October 9th*.

October 23rd Turkey croissant boxed lunch option. *Reservation deadline is 12:00 noon on October 21st*.

Senior Assistance Programs

The Illinois Department on Aging is sending yellow postcards to remind seniors to file for *2007 Circuit Breaker Illinois Cares Rx*. To continue receiving help with prescription drugs, the Circuit Breaker grant and license plate discount, seniors must re-apply every year. West Suburban Senior Services can help seniors file electronically. Senior citizens must bring 2007 proof of income, including Social Security benefits, 2007 proof of rent or property taxes paid, and Medicare and Medicare Part D cards.

Senior citizens who file for Circuit Breaker should also file *Medicare D Extra Help*. The same docu-

(Continued on page eleven)

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 15th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

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

Arthritis Foundation Exercise Class West Suburban Senior Services is again pleased to host this class. This month's sessions are October 3rd, October 10th, October 14th, October 17th, October 21st and October 24th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The class schedule at OARS Center is October 1st, October 8th, October 15th and October 22nd, 10:00 am to 11:00 am. New students are welcome.

Banana Splits For \$1.00, seniors may enjoy this ice cream treat as part of the agency's celebration of *National Dessert Month*. The splits are being served October 9th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

Bewitching Games Seniors are invited to try their skill at Donut Bite, Pumpkin Bowling, Candy Corn Catch and a Trick-or-Treat Adventure October 28th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and October 29th, 10:30 am to 11:15 am, at OARS Center. There is no charge.

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 6th at the Senior Citizen Center in Bellwood, and October 7th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments.

Brain Games Seniors are invited to learn fun ways to improve their memory at the Senior Citizen Center in Bellwood. Sessions are scheduled from 12:15 pm to 1:00 pm on October 1st, October 8th, October 15th, October 22nd and October 29th. There is no charge for this activity.

Chair Exercises This class is being offered at OARS Center every Monday from 10:00 am to 10:30 am. Exercises are done with a video-taped instructor.

Cheese Cake Day As part of its observance of *National Dessert Month*, West Suburban Senior Services invites seniors to enjoy this treat October 2nd, 12:15 pm to 12:30 pm, at the Senior Citizen

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