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uled October 13th, October 20th, October 27th, November 3rd, November 10th and November 17th. A minimum enrollment is required for this program to take place, and enrollment is allowed only through the second class session.

Take Charge of Your Health! is sponsored by AgeOptions. The program is made possible through a grant from the U. S. Administration on Aging via the Illinois Department of Public Health.

Weekend Meals Programs

West Suburban Senior Services is pleased to announce two new programs to help seniors (age 60 and older) with their weekend meal needs:

Weekend Congregate Boxed Meals This service is available to seniors who participate in the congregated lunch program on Fridays at the Senior Citizen Center in Bellwood and at the OARS Center in LaGrange. These diners may

pre-order two boxed lunches and pick them up on Friday after their hot lunch has been served. Boxed lunch orders are required by 12:00 noon on the preceding Wednesday; the suggested donation for the two weekend meals is \$1.00 each. All contributions are voluntary and confidential.

Weekend Home Delivered Meals This service is available to agency clients who currently receive home delivered meals weekdays. Seniors who choose to participate in the weekend program will receive two extra frozen meals on Fridays with their regular hot meal. The frozen meals can then be safely and easily reheated in a microwave on the weekend. The suggested donation for the two weekend meals is \$1.00 (50 cents per meal). All contributions are voluntary and confidential.

Funds for the weekend boxed congregated and weekend home delivered meals programs were provided through an award from AgeOptions under the American Recovery and Reinvestment Act, through the Illinois Department on Aging and Federal Administration on Aging. This funding is temporary and expires September 30, 2010.

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.

More information may be available in a separate article.

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
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

Holiday Talent Competition

West Suburban Senior Services is pleased to host its first *Holiday Senior Talent Quest* November 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Categories of competition are vocal, instrumental, dance and other. Individuals and groups are welcome to perform; performances are limited to ten minutes each and must have a holiday theme. Interested seniors must sign up for the competition at West Suburban Senior Services by November 5th, and a minimum number of contestants is required for the competition to take place. Prizes are being awarded for the first, second and third place performances.

'Mad Money' Days

Everyone enjoys some extra spending money, and West Suburban Senior Services invites seniors (age 60 and older) to participate in *Mad Money Days* this month at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange.

West Suburban Senior Services is issuing its own form of currency in the form of *Mad Money* coupons October 1st through October 23rd at its two nutrition sites. Here's how the coupons work: Each time seniors have lunch at the Bellwood site or at the LaGrange site in this time period, they will receive a *Mad Money* coupon. *Only these*

Mad Money coupons can then be used to purchase items at an auction October 26th, 10:30 am, at the Senior Citizen Center, and October 27th, 10:30 am, at OARS Center. Coupons must be used at the site where they were earned, and seniors may not pool their coupons. Any coupons not used at the auction will be void. Note: To help seniors earn more *Mad Money* coupons for the auction, the agency has designated Tuesdays and Fridays as *Double Coupon Days*. Seniors having lunch those days receive two *Mad Money* coupons.

Lunch reservations for the Bellwood and LaGrange nutrition sites are required by 12:00 noon on the business day before seniors plan to eat. Suggested meal donation is \$2.00.

Your Age by Chocolate Math

Don't Tell Me Your Age;
You'd probably lie anyway-
But the Hershey Man will know!
You're Age by Chocolate Math
It takes less than a minute...
Work this out as you read...
Be sure you don't read the bottom until you've worked it out!

- First of all, pick the number of times a week that you would like to have chocolate (more than once but less than 10).
- Multiply this number by 2 (just to be bold)
- Add 5

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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 or our website

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 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.

Website

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

Board of Directors

The Board of Directors elected, during the 36th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Debbie Nowader, President
Mrs. Lela Grimble, Vice President
Mrs. Tywana Rand, Secretary
Mrs. Lois Albers, Treasurer

Directors

Mrs. Jann Beauchamp
Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Arthur Grapenthein
Mrs. Lela Grimble
Mr. Robert A. Jones
Mr. Luigi Mazzei
Commissioner Anthony Peraica
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Ms. Carole Kulinski
Judge Noreen Love
Mrs. Elaine Reno

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parents are seeking court ordered visitation rights is probably inevitable. When one considers the increase of children born out of wedlock, the increase in the divorce rate, an increase in the propensity for a single custodial parent to move to another location and a general decrease in society's valuation of grandparent relationships, the predictable result would be less tolerance of the grandparents' desire to stay connected to the grandchildren.

Fortunately, the law has stepped in and placed laws on the books in all 50 states that help protect grandparents rights. There is, however, little uniformity between the laws and your rights as a grandparent will vary depending upon what state you live in and what state the custodial parent lives. Grandparent rights statutes will vary but can generally be broken into two large camps, primarily defined as to whether the child's parents are together or not. Therefore, while the right to visit grandchildren is largely protected, it is not absolute. Lenient grandparents rights states allow the grandparents the right to petition for visitation right, regardless of whether the parents are together, even if they both object. Some states allow other family members or even unrelated parties to file such a petition if they can show they have and will continue to have a strong and vital relationship to the child.

Examples of each type would be aunts, uncles or former foster parents. These states lean more towards what is in the best interest of the child rather than the absolute right of the parents to raise a child under the circumstances that they see fit.

Conversely, restrictive grandparents rights states give more credence to the parents' viewpoint as to what is in the best interest of the child. In those states, only grandparents may seek visitation rights and even grandparents may only seek those rights where the parents are not together.

When the parents are together and both refuse to grant visitation, these states infer that there are not any relationship difficulties that are causing the rift and that the parents are jointly acting in the best interests of the child. In cases where the parents are not together, grandparents are often granted visitation, though the circumstances can vary greatly. Since a former relationship is strongly considered, you should always seek to build that strong relationship with the child from the beginning. Of course, the best avenue is to avoid a court battle all together. If you cannot solve the issues on your own, sometimes a professional mediator can be of help. In mediation, both parties agree on a neutral third party to listen to both sides and come up with an agreement that both sides can live with. Neither side wins completely, but both manage to stay out of court and have a partial win. Mediators can consider feelings and circumstances that aren't strictly governed by law; whereas a judge is required to consider applicable law.

Overall, it is important to remember that your kids and their spouses are the connection between you and your grandchildren. The in-laws may also play an important role in how you manage those grandparent relationships. Maintaining good relationships with them all is the best way to avoid visitation issues from the beginning.

Take Charge of Your Health!

West Suburban Senior Services is hosting another session of the *Take Charge of Your Health!* program beginning this month at the Senior Citizen Center in Bellwood. The class is designed to help seniors with a chronic illness thrive --- and not just survive.

The program consists of six, 2 ½ hour classes taught by two trained leaders. Classes are sched-

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Briefly Stated

Advisory Council

10:00 am
October 14th
Bellwood

11:00 am
October 14th
OARS

Art Class
9:00 am
Tuesdays
Bellwood

Banana Splits
12:15 pm
October 15th
Bellwood & OARS

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza
10:15 am
October 5th
Bellwood

10:15 am
October 6th
OARS



Brain Games
12:15 pm
October 7th, October 14th,
October 21st &
October 28th
Bellwood

Breakfast Bingo
9:30 am
October 16th
Bellwood

Caregiver Support Group
2:00 pm
October 7th & October 21st
Bellwood

Cheesecake Day
12:15 pm
October 8th
Bellwood & OARS

Cooking Across the Pyramid
10:30 am
October 8th Bellwood
October 20th OARS

Cream Pie Day
12:15 pm
October 22nd
Bellwood & OARS

Creative Writing Class
10:00 am
October 27th
Bellwood

Everything Sweet Bingo
10:00 am
October 13th
OARS

Exercise Class
10:00 am
Monday through Friday
Bellwood

Food & Bingo Fest
4:30 pm
October 23rd
Bellwood

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

Grief Support Group
1:00 pm
October 5th and October 19th
Bellwood

Haircuts
10:30 am
October 13th & October 27th
Bellwood

Helping Hands Workshop
10:30 am
October 6th & October 7th
Bellwood

Home Safety
10:30 am
October 27th Bellwood
October 2nd OARS

Internet Café
10:00 am
Mondays & Wednesdays
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Logging on to Healthy Recipes
10:30 am
October 12th
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

Meditation & Centering Class

12:15 pm
October 9th &
October 23rd
Bellwood

Movie Days
12:15 pm
October 6th, October 13th,
October 20th &
October 27th
Bellwood

Mystery Friday
12:30 pm
October 9th
Bellwood

10:30 am
October 9th
OARS

Mystery Reading Club
9:30 am
October 6th
Bellwood

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Party
12:15 pm
October 2nd
Bellwood

Popcorn Party Bingo
12:15pm
October 19th
Bellwood

10:30 am
October 23rd
OARS

Rules of the Road
1:30 pm
December 18th
Bellwood

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Protect Yourself From Carbon Monoxide

Carbon Monoxide is a colorless, odorless and potentially dangerous gas that is produced when fuel is burned without enough air for complete combustion. If inhaled in large quantities for a prolonged period of time, it can cause unconsciousness, brain damage and death. Symptoms of carbon monoxide poisoning include fatigue, headaches, dizziness, nausea, coughing, irregular breathing, overall paleness, and cherry-red lips/ears. If you ever experience these symptoms, immediately open the windows and doors to ventilate your home, call 911 or the local fire department and get outside into the fresh air. Here are some simple ways you can protect you and your loved ones from carbon monoxide poisoning.

- ❑ Hire a qualified contractor to ensure that your gas equipment is operating safely and efficiently and that your home is properly ventilated.
- ❑ Have your chimneys and flues cleaned.
- ❑ Ensure burner flames are blue, not orange.
- ❑ Never use a gas range for space heating.
- ❑ Never use a charcoal grill indoors.
- ❑ Use a carbon monoxide detector.

Grandparent Rights

There have always been those special cases where problems exist between parents and grandparents over the right to see and spend time with grandchildren and more cases now than ever.

The increase in the number of cases where grand-

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Spanish Club
11:00 am
October 9th & October 23rd
Bellwood

Stepper Dance Class
10:30 am
October 1st
Bellwood

Triton Dinner Outing
5:30 pm
October 28th
River Grove

Yoga Class
Monday, Wednesday &
Friday
9:00 am
Bellwood

Waffle Sundaes
12:15 pm
October 1st
Bellwood & OARS

Wii Bowling
9:30 am & 12:30 pm
Tuesdays
Bellwood

9:30 am
Wednesdays
Bellwood



Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
West Suburban Senior Services in supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township., local villages and donations		All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA and DRI Requirements.		
October 5, 2009	October 6, 2009	October 7, 2009	October 8, 2009	October 9, 2009
Beef Stew Brown Rice Spinach Honeydew Melon	Chicken Breast Sweet Potatoes Broccoli Orange Juice Mandarin Oranges	Tuna Salad on Bun Three Bean Salad Chicken Gumbo Applesauce	Chicken Marinara on Roll Green Beans Tossed Salad Pineapple Chunks	Barbecued Pork Ribette Scalloped Potatoes Mixed Greens Coleslaw Pecan Pie
October 12, 2009	October 13, 2009	October 14, 2009	October 15, 2009	October 16, 2009
Pepper Steak Brown Rice Mixed Vegetables Cucumbers Applesauce	Swedish Meatballs Mashed Potatoes Peas and Corn Carrot Sticks Banana	Roast Pork Sweet Potatoes Black-eyed Peas Smothered Cabbage Apricot Halves	Chicken Breast Cacciatore Whole Potatoes Carrots Orange Juice Grapes	Stuffed Green Peppers Carrots Pineapple Juice Fresh Grapes
October 19, 2009	October 20, 2009	October 21, 2009	October 22, 2009	October 23, 2009
Baked Chicken Mashed Potatoes Green Beans Carrot Raisin Salad Chilled Peaches	Hot Dog on Bun Peas and Carrots Cherry Apple Juice Chocolate Cake	Stuffed Cabbage Roll Mixed Vegetables Fruit Juice Mandarin Oranges	Creamy Chicken Stew Rice Pilaf Brussels Sprouts Tossed Salad Pineapple Chunks	Spaghetti and Meatballs Italian Vegetables Tossed Salad Grapes
October 26, 2009	October 27, 2009	October 28, 2009	October 29, 2009	October 30 2009
Spinach Lasagna Green Beans Tossed Salad Applesauce	Grecian Chicken Whole Potatoes Carrots Three Bean Salad Tropical Fruit	Cheeseburger on Bun Broccoli Cantaloupe	Meatballs Mashed Potatoes Mixed Vegetables Tossed Salad Banana	Barbecued Pork Ribette Scalloped Potatoes Mixed Greens Coleslaw Pecan Pie

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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on how to maintain and improve your caregiving relationship:

- ❑ *Take Time for Yourself.* Enlist help from other family members or Adult Day Services.
- ❑ *Learn as much as you can about your loved one's disease* so you will know how to help. You'll also understand what changes to expect in your loved one's behavior.
- ❑ *Help your loved one participate in as many activities* in and outside the home as possible. Maintain the intricate balance between helping your loved one accomplish a task and actually doing the task for him or her. Allow the person the time needed to complete daily activities, such as dressing.
- ❑ *Consult your loved one about family affairs.* Although it's not easy to discuss these topics, you should be informed of your loved one's wishes regarding a living will, durable power of attorney and do-not-resuscitate (DNR) order.
- ❑ *Do not put your life on hold.* Continue to meet with friends, participate in hobbies and maintain a schedule as long as possible. You will feel more energized and are less likely to feel resentful in the long run.

Beating the Blues

The last three months of the year can mean different things to different people. Some associate crisp temperatures and less daylight hours with the excitement of the upcoming holiday season. For others, fall and wintertime is a terrible, dark, cold period that seems to drag on forever. Hundreds of thousands of people suffer from "the blues" that only occurs during this time

of year. This is called Seasonal Affective Disorder (SAD).

Symptoms of SAD include: decreased motivation, difficulty waking in the morning, feeling down, withdrawing from family or friends and simply feeling blah. Sometimes, there are other factors that lead to the "blues" like facing the holiday season after the loss of a loved one, financial troubles with the increased cost of utilities and feeling stressed about all that needs to be done soon.

The National Mental Health Association has some tips. Don't be so hard on yourself for feeling down-take action and get help. Don't live in the past-focus on the future. Enjoy holiday activities that don't cost anything like walking in the leaves or snow and spending quality time with the ones you love and care about. Finally, exercise wherever and whenever you can. You don't need a lot of money. Walk the mall or join us for some stretching and toning at West Suburban Senior Services.

Walk to Better Fitness and a Healthier Lifestyle

This is a great time for seniors to increase their fitness level for a better quality of life. Fitness should involve more than just improving your appearance; it is really about maintaining your health. Please remember to talk to your doctor before starting any exercise regimen. Aerobic exercise –loosely defined as physical activity that makes your muscles, heart and lungs work harder-is best. Walking is one of the safest, most effective and easiest forms of exercise. Experts say 30 minutes of walking 3-5 times a week can bring about significant improvements in your fitness level.

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Food and Bingo Fest Dinner and party bingo are planned October 23rd, 4:30 pm to 6:30 pm, at the Senior Citizen Center in Bellwood. Cost for all is \$5.00. Paid reservations are due by October 19th, and a minimum registration is required for this activity to take place.

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.

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meetings are October 5th and October 19th from 1:00 pm to 3:00 pm.

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 13th and October 27th at 10:30 am.

Helping Hands Workshop Volunteers are needed to make Halloween cards and assemble treat bags for the agency's home delivered meal clients. Workshops are scheduled October 6th and October 7th, 10:30 am to 11:30 am, at the Senior Citizen Center.

Home Safety This program presents a simple home safety checklist for seniors and provides suggestions for correcting safety problems. University of Illinois Extension is the program presenter October 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and October 2nd, 10:30 am to 11:30 am, at OARS Center.

Internet Café West Suburban Senior Services is hosting basic computer classes Mondays and Wednesdays, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. There is no charge. The Wednesday class is taught in Spanish.

Legal Assistance Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact West Suburban Senior Services for more information regarding appointments.

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.

Logging on to Healthy Recipes Cooking with herbs and spices is the focus of this workshop October 12th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. University of Illinois Extension is the program presenter. The program is part of the ongoing *Living Healthy and Strong As We Age* educational series.

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 \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class October 9th and October 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

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- Multiply it by 50—I'll wait while you get the calculator
- If you've already had your birthday this year add 1759...If you haven't, add 1758.
- Now subtract the four digit year that you were born.
- You should have a three digit number. The first digit of this was your original number (ie., how many times you want to have chocolate each week).

• The next two numbers are: YOU'RE AGE! (Oh Yes, it is!!!)

This is the only year (2009) it will ever work, so spread it around while it lasts.

Make Changes in the Bathroom....

From your bathtub to your medicine cabinet, the bathroom is one of the most personal rooms in the house. Yet, health and safety often come second to comfort and convenience. That's why it's important to be mindful of potential hazards and reduce your risks by making a few simple changes.

- Consider putting a cordless phone in the bathroom, in case of emergency.
- Use a toilet seat riser or toilet safety stand that provides handrails for extra support.
- Install a portable grab bar where you might need extra help.
- Dispose of all medicine that has passed its expiration date. Avoid accidental confusion.

- Keep liquid antibacterial soap in a pump dispenser by the sink.
- Get rid of small throw rugs. They are a slipping hazard.
- Make sure your water heater isn't set above 120 degrees to avoid scalding.

Adult Day Care Corner

Coping with Alzheimer's and Special Instructions for Caregiver

Your role as a caregiver to a loved one suffering from Alzheimer's Disease can be very involved. You help maintain the quality of life for your spouse, parent, family member or friend with Alzheimer's Disease.

You have become educated about symptoms, treatments and the progression of the disease. You probably keep track of appointments with the doctor, medication schedules and exercise. You offer the love and support necessary to meet the challenges of Alzheimer's Disease. You are a caregiver. While many people retain their independence for a period of time after being diagnosed with Alzheimer's Disease, some may need more help in performing daily activities. For others, the diagnosis may come after weeks or months of you coping with symptoms that did not have a name. Regardless of how long you've been dealing with Alzheimer's disease or to what degree, in some way Alzheimer's has affected your life and responsibilities – physically, emotionally and economically. The role you have taken on is not an easy one.

However, the following tips offer some guidance

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Movie Days Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *Duplicity* on October 6th, *Sunshine Cleaning* on October 13th, *The Golden Boys* on October 20th and *Ghost of Girlfriends Past* on October 27th.

Mystery Friday Mum is the word for plans October 9th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood, and 10:30 am to 11:30 am, at OARS Center. The only way to find out is to be there! Lunch is served at 11:30 am for the suggested donation of \$2.00.

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 6th, 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.

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 Pokeno is scheduled October 2nd, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments.

Popcorn Bingo October is *National Popcorn Month*, and seniors are invited to special party bingo October 19th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and October

23rd, 10:30 am to 11:30 am, at OARS Center. Cost is \$1.00, and prizes are related to the theme.

Rules of the Road Staff from the Secretary of State's office is offering this review class December 18th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. There is no charge, but reservations are required.

Stepper Dance Class Beginners and advanced students are welcome in this free class. It is offered October 1st, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Triton Dinner Outing West Suburban Senior Services is hosting a dinner outing to Triton College on October 28th, 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 \$15.00 per-person cost includes the buffet; tip is extra. Seating is limited, and reservations are being accepted on a first come, first serve basis. *Nonrefundable cash reservations* are due at the time reservations are made. The reservation deadline is October 9th.

Waffle Sundaes For \$1.00, seniors may enjoy this treat October 1st at the Senior Citizen Center and at OARS Center.

Wii Bowling This computerized recreation is being offered every Tuesday, 9:30 am to 10:30 am and 12:30 pm to 1:30 pm, and every Wednesday, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Reservations are required.

Yoga Class This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. w

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 and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting October 14th, 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.

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

Brain Games Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood. There is no charge for this activity.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets October 7th and October 21st from 2:00 pm to 3:00 pm at the

Senior Citizen Center in Bellwood. Additional information is available from the agency's Caregiver Specialist at extension 401.

Cheesecake This dessert is being served October 8th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Cooking Across the Pyramid University of Illinois Extension is presenting this program October 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and October 20th, 10:30 am to 11:30 am, at OARS Center. Seniors learn how to prepare inexpensive and healthy meals; samples are available for tasting. This workshop is part of the ongoing *Living Healthy and Strong As We Age* educational series sponsored by the University of Illinois Extension in partnership with West Suburban Senior Services.

Cream Pie October 22nd is the day for seniors to enjoy this dessert. Serving time is 12:15 pm at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Creative Writing Class New and returning students are welcome in this class October 27th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge.

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, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood.

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