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listed below. (Complete menus were not available when *The Senior Chronicle* went to press, so only main entrées are noted.) Suggested donation for all meals is \$2.00. The deadline for each alternative menu item is listed. Lunches are served between 11:30 am and 12:30 pm to seniors age 60 and older.

October 5th

Vito Sandwich (ham, salami, cheese, tomatoes, onions, lettuce and Italian vinegarette)

Reservation Deadline: 12:00 noon on October 4th

October 12th

Mini Italian Beef Sandwich

Reservation Deadline: 12:00 noon on October 8th.

October 26th

Grilled Pork Chop Sandwich

Reservation Deadline: 12:00 noon on October 21st.

We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours on Columbus Day, October 11th. The Bellwood and Hodgkins nutrition sites are serving lunch at 11:30 am for the suggested donation of \$2.00. Reservations are required by 12:00 noon October 8th.

In addition, the Senior Citizen Center in Bellwood is hosting a pumpkin decorating workshop at 10:30 am. University of Illinois Extension is the presenter. Pumpkins and other supplies are provided. There is no charge, but reservations are required by October 7th. At 12:15 pm, seniors are invited to play Pumpkin Patch party bingo. Cost is \$1.00.

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.

The Hodgkin's Meal Site is located at 9301 63rd in Hodgkins.

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 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.

The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
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

Counting Your Blessings Amidst Loss

The holidays can be an especially trying time for persons who have lost a loved one. To help seniors cope with their feelings of loss, West Suburban Senior Services is hosting *Counting Your Blessings Amidst Loss*, a conversation about dealing with grief during the holiday season and taking care of oneself.

The program is scheduled November 4th, 10:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Program presenters are Rainbow Hospice and Tami Jimenez, LCSW, Healthy Aging Counselor at West Suburban Senior Services. Lunch will be served after the program. Senior citizens planning to attend are asked to RSVP by 12:00 noon on November 1st.

Fashion Show Date Change

The fashion show and tea sponsored by *New to You* Upscale Resale Shop in Broadview and West Suburban Senior Services has been changed to November 11th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Senior citizens wishing to model should contact the agency as soon as possible.

Flu Shot Clinic

West Suburban Senior Services is hosting a flu shot clinic Saturday, October 2nd, 9:00 am to 1:00 pm, at the Senior Citizen Center in Bellwood. Senior citizens age 60 and older are being seen *only by appointment*. Appointments are necessary. The flu shots are free, but a limited supply of vaccine is available.

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

West Suburban Senior Services has planned a series of Halloween activities this month at the Senior Citizen Center in Bellwood and at the congregate meal site in Hodgkins.

Senior Citizen Center
439 Bohland Avenue
Bellwood

- October 25th, 12: 15 pm to 1:15 pm, *Spook-tacular Party Bingo*. Cost is \$1.00.
- October 26th, 12:30 pm to 2:00 pm, *Classic*

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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 37th 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. Jann Beauchamp, Treasurer

Directors

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

Honorary Directors

Mrs. Lois Albers
Commissioner Anthony Peraica

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were female vocalists who sang with the big bands. Many went on to long and successful recording careers. Jeanette MacDonald was a classically trained artist with a big voice who made many movies with Nelson Eddy.

4. (d) Mary Kay and Johnny on November 18, 1947.

5. (a) Lou Costello to Bud Abbot, After Abbot would tell Costello how he messed up again.

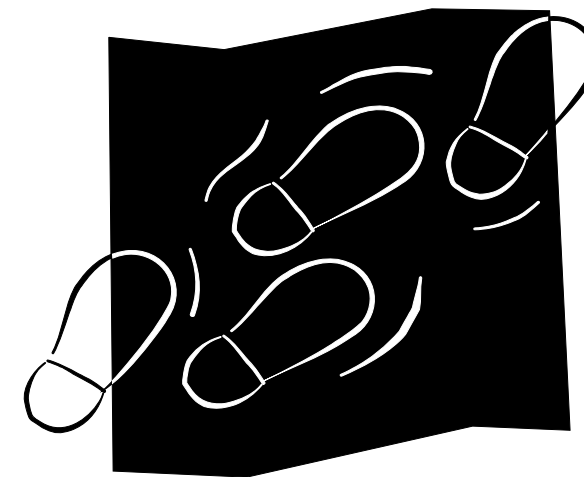
6. (c) Tom Sawyer

7. (b) "Sentimental Journey"

8. (b) 1954. The Raytheon RadaRange was Five feet high, weighed 750 pounds, and was rated at 1600 Watts.

9. (c) Snow White, made in 1938, followed by Pinocchio in 1940.

10. (a) The series, born in 1938 on Chicago's WGN was originally sponsored by the Skelly Oil Company. Once it went network in 1940, Ovaltine took over the sponsorship.



Stop By and Say Hello

West Suburban Senior Services is visiting the Hodgkins' Wal-Mart October 22nd, 10:00 am to 2:00 pm, to share information about its congregate meal program at Salerno Ristorante in Hodgkins. In addition, University of Illinois Extension will be on hand to test grip strength and Body Mass Index. A healthy snack is being served. This event is scheduled outdoors, but if the weather doesn't cooperate, it will be rescheduled on another day.

Sweetest Day Dinner

West Suburban Senior Services is hosting a Sweetest Day dinner October 15th, 5:00 pm to 7:00 pm, at the Senior Citizen Center in Bellwood. Catered by DiLeos Restaurant, the menu includes broasted chicken, Italian sausage, mostaccioli, oven roasted potatoes, tossed salad and bread. Coffee, hot tea and dessert are also served. Cost is \$9.00 per person, and a minimum registration is required for this activity to take place. Paid, non-refundable cash reservations are due at the Senior Center when reservations are made. The reservation deadline is October 12th.

Terrific Tuesdays

West Suburban Senior Services announces alternative meal options three Tuesdays this month at the Senior Citizen Center in Bellwood. On those days, seniors may order either the catered lunch listed on the menu or the alternative meal

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Bellwood. Additional information is presented in a separate article.

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 4th and October 18th from 1:00 pm to 3:00 pm.

Halloween Lunch and Party This event is scheduled October 29th at both the Senior Citizen Center in Bellwood and the Hodgkins meal site. Additional information is presented in a separate article.

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 12th and October 26th at 10:30 am.

Hodgkins Police Academy Senior crime prevention and related topics are being discussed during this month-long program at the Hodgkins meal site. Sessions are scheduled October 6th, October 13th, October 20th and October 27th from 12:30 pm to 1:30 pm. The Hodgkins Police Department is conducting the academy.

Home Safety Check-Up Seniors learn how to prevent injuries in the home and receive suggestions for correcting safety hazards. University of Illinois Extension is presenting this program October 18th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Line Dancing Senior citizens 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 require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

Lunch with the Mayor Series West Suburban Senior Services is pleased to present this program at the Hodgkins meal site. This month, lunch participants are invited to dine with Hodgkins' Mayor Noel Cummings October 19th and Countryside Mayor Bob Conrad October 27th from 11:00 am to 12:30 pm, and informally chat about local issues and concerns.

Making a Commitment for Better Health University of Illinois Extension and West Suburban Senior Services are offering seniors the opportunity to prevent, reduce and manage their health risks through this new, ongoing program. Participants begin by assessing their current health status and receive hands-on, individualized help to improve it. The first sessions are scheduled November 9th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and November 5th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Making Bird Feeders University of Illinois Extension is helping seniors to construct a simple bird feeder November 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and November 9th, 12:15 pm to 1:15 pm, at the Hodgkins meal site. There is no participation fee, but each class is limited to fifteen participants. Reservations are being accepted on a first come, first serve basis. Additional workshops will be scheduled based on interest.

Medical Equipment Covered by Medicare and Medicaid Home Care Plus, Inc. is sharing this information October 19th, 10:30 am to 11:30 am, at

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Briefly Stated

Advisory Council
10:00 am
October 13th
Bellwood

10:00 am
October 13th
Hodgkins

Art Class
9:00 am
Tuesdays
Bellwood

Bargain Auction
10:30 am
October 12th
Bellwood

Bingo
12:15 pm
Thursdays
Bellwood & Hodgkins

Bingo Bonanza
10:15 am
October 4th
Bellwood

Blood Pressure Screenings
10:30 am
October 7th & October 21st
Hodgkins

Brain Games
12:15 pm
October 6th, October 13th,
October 20th & October 27th
Bellwood

Caregiver Support Group
2:00 pm
October 6th & October 20th
Bellwood

Casino Trips
8:00 am
October 20th
Milwaukee, Wisconsin

1:00 pm
October 21st
Joliet, Illinois

Classic Movie Days
12:15 pm
October 1st & October 15th
Bellwood

Creative Writing
10:00 am
October 26th
Bellwood

Dessert Days
12:15 pm
October 11th, October 18th
& October 25th
Bellwood

Early Bird Pokeno
9:30 am
October 15th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

Fashion Show
10:30 am
November 11th
Bellwood

Game Day
10:30 am
October 6th
Bellwood

Gifts from the Kitchen
10:30 am
October 5th
Bellwood

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

Gourmet Dinner Party
5:00 pm
October 15th
Bellwood

Grief Support Group
1:00 pm
October 4th & October 18th
Bellwood

Halloween Lunch and Party
10:30 am
October 29th
Bellwood

10:00 am
October 29th
Hodgkins

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

Hodgkins Police Academy
12:30 pm
October 6th, October 13th,
October 20th & October 27th
Hodgkins

Home Safety Check-Up
12:15 pm
October 18th
Hodgkins

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Lunch with the Mayor Series
11:00 am
October 19th
Hodgkins

11:00 am
October 27th
Hodgkins

Making a Commitment for Better Health
10:30 am
November 9th
Bellwood

12:15 pm
November 5th
Hodgkins

Making Bird Feeders
10:30 am
November 8th
Bellwood

12:15 pm
November 9th
Hodgkins

Mask Making Workshop
10:30 am
October 27th
Bellwood

Medical Equipment Covered by Medicare & Medicaid
10:30 am
October 19th
Bellwood

Meditation & Centering Class
12:15 pm
October 8th & October 22nd
Bellwood

Minor Home Maintenance
10:30 am
October 26th
Bellwood

12:15 pm
November 1st
Hodgkins

Movie Days
12:30 pm
October 5th, October 12th,
October 19th & October 26th
Bellwood

12:30 pm
October 1st
Hodgkins

Mystery Reading Club
9:30 am
October 4th
Bellwood

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the Senior Citizen Center in Bellwood.

Minor Home Maintenance This class is designed to help seniors perform simple home repairs. It is scheduled October 26th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and November 1st, 12:15 pm to 1:15 pm, at the Hodgkins meal site. Reservations are required by October 15th and October 22nd, respectively. University of Illinois Extension is presenting this interactive program.

Movie Days Seniors are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Me and Orson Wells* on October 5th, *The Back Up Plan* on October 12th, *The Chosen One* on October 19th, and a classic Halloween film on October 26th. In addition, a movie is being shown at the Hodgkins meal site October 1st at 12:30 pm.

Pokeno Parties This board game is being played October 1st, October 8th and October 22nd, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card.

Power of Attorneys Workshop The Center for Disability and Elder law is presenting this program October 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Properly Disposing of Medications Water Reclamation District of Greater Chicago is presenting this program October 5th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Pumpkin Decorating University of Illinois Extension is hosting this activity October 11th, 10:30

am to 11:30 am, at the Senior Citizen Center in Bellwood, and October 26th, 12:15 pm to 1:15 pm, at the Hodgkins meal site. Pumpkins and supplies are being furnished without charge, but reservations are required by October 7th.

Quarry Tour Seniors are invited to have lunch at the Hodgkins meal site and then tour the Vulcan Quarry October 12th from 1:00 pm to 3:00 pm. Interested Hodgkins diners should contact the meal site manager to make a reservation.

Securities Fraud Secretary of State's office is presenting information about ongoing scams, many of which target seniors. The program is scheduled November 15th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and October 25th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Senior Health and Information Jamboree University of Illinois Extension, Village of Hodgkins and West Suburban Senior Services are hosting this event October 22nd, 10:00 am to 2:00 pm, at the Hodgkins Wal-Mart. Additional information is presented in a separate article.

Senior Law Enforcement Academy The Cook County Sheriff continues this six-week program this month, 10:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Topics include *Crimes Against the Elderly/Senior Safety* on October 7th; *Law Enforcement Agency Operations* on October 14th; *Gangs and Illegal Drugs in Cook County* on October 21st; *Court Services, Corrections and Alternative Incarceration Programs* on October 28th; and *Local Community Policing Programs and Graduation* on November 4th. Lunch is served during each session at 11:00 am for the suggested donation of \$2.00. Lunch reservations are required by 12:00 noon on the day before each session.

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that the mandatory expenses are covered first. Once the necessities are budgeted, the person may allocate additional funds for items or services that are needed or wanted. It is important to follow the budget carefully.

Before one makes nonessential purchases in the month, it is important to take care of paying mandatory expenses. Mandatory expenses include mortgage or rent, prescription refills, utilities, food, and health insurance. Until those expenses are taken care of do not spend any part of the monthly income on anything else. Here are some suggestions to think about:

- Shop wisely.
- Invest in energy efficient light bulbs.
- Plan meals around seasonal and "on sale" groceries.
- Submit available rebate offers for products used regularly.
- Use coupons.
- Watch for sales.



Powers of Attorney Workshop

The Center for Disability and Elder Law (CDEL) is presenting this workshop October 13th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Senior citizens receive information about the meaning and importance of powers of attorney for health care and property, and living wills.

On November 8th, CDEL attorneys are returning to the Senior Citizen Center between 10:00 am and 12:00 noon to help interested senior citizens complete powers of attorney and living wills. There is no charge for this service. Appointments are required.

Self Defense for Senior Citizens

Compared to other age groups, person age sixty-five and older face male offenders about seventy nine percent of the time usually strangers. Here are self defense recommendations for seniors citizens:

- ? Don't overload your arms with packages. Use a cart or make another trip.
- ? Park and walk in well-lit areas.
- ? Before leaving your car or a shop, observe your surroundings.
- ? Always have keys in hand.
- ? Walk with purpose. Don't look at the ground; look around you.
- ? Have a police whistle and a flashlight on your key chain.
- ? Carry as little cash as possible.
- ? Don't slip a purse strap around the neck – the attacker could use the strap to harm you.
- ? Visit the bank during the day, instead of stopping by ATMs at night.

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? Don't open your door to a stranger. Look out a window or keyhole first. Speak through the door if necessary.

?

Senior Trivia

- Who or what was Sparkle Plenty?
 - The second engagement ring Richard Burton gave Liz Taylor
 - A character in the Dick Tracy comic strip
 - A constellation in the Milky Way discovered in 1849 by A.J. Plenty
- What are Curb Whiskers?
 - A cat's way of curbing bad habits
 - Springy projections mounted on a car to let a driver know he's getting close to the curb
 - In the 30's, "gates" that had to be removed from injection-molded curbs
- Who among the following would NOT be ranked with the "Song Birds"?
 - Margaret Whiting
 - Doris Day
 - Jeanette MacDonald
 - Jo Stafford
- Name the first couple ever to be shown in bed together on primetime TV?
 - Roy Rogers and his wife, Dale Evans. Trigger was just outside the door
 - Matt Dillon and Kitty Russell on Gunsmoke
 - Fred and Wilma Flintstone
 - Mary Kay and Johnny
- What comic used to say, "I'm a BAAAAAAD boy!"
 - Lou Costello to Abbot, after a lecture by Bud Abbot, telling Lou how he messed up
 - The Lone Ranger to Tonto every time the masked man gave away a phony silver bullet
 - Fibber McGee to Molly when she would open the closet door and fifty tons of junk

tumbles out

- What was the first novel to be written on a typewriter?
 - Portnoy's Complaint
 - Tom Sawyer
 - Tale of Two cities
- Name one song made famous by Doris Day other than "Que Sera?"
 - "Rock of Ages"
 - "Sentimental Journey"
 - "Blue Moon"
- What year was the first commercial microwave introduced?
 - 1946
 - 1954
 - 1961
- What was Walt Disney's first animated feature film?
 - Toot. Toot
 - Pinocchio
 - Snow White and the Seven Dwarfs
- What company sponsored Captain Midnight on the radio?
 - Ovaltine
 - Cracker Jack
 - Black Jack Chewing Gum

ANSWERS

- (b) A highlight of Chester Gould's Dick Tracy was the birth in 1947 of a beautiful daughter to the characters B.O. Plenty and Gravel Gertie, named Sparkle Plenty.
- (b) Curb Whiskers or Feelers are springy projections mounted on a car to let a driver know he's getting close to the curb. Important in the days of whitewall tires.
- (c) Jeanette MacDonald. The "Song Birds"

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Halloween Movie and Treats. There is no fee.

- October 27th, 10:30 am to 11:30 am, *Halloween Mask Workshop.* There is no fee.
- October 28th, 12:15 pm to 12:30 pm, *Monster Sundaes.* Cost is \$1.00.
- October 29th, 10:30 am to 1:30 pm. October 28th, 12:15 pm to 12:30 pm, *Monster Sundaes.* Cost is \$1.00.
- October 29th, 10:30 am to 1:30 pm, *Halloween Lunch and Party.*

Festivities begin with bewitching games from 10:30 am to 11:30 am. Lunch is served at 11:30 am. Reservations are required by 12:00 noon October 26th. Following lunch, prizes are being awarded for the three most creative costumes. Party bingo is being played from 12:30 pm to 1:30 pm.

Salerno Pincente Ristorante
9301 63rd Street
Hodgkins

- October 29th, 10:00 am to 1:00 pm, *Halloween Lunch and Party.*

Festivities begin at 10:00 am with bewitching games. Lunch is served at 11:30 am. Costume judging and party bingo are scheduled immediately after the meal. The menu features Hungarian ghoulish over pasta, corn, julienne salad, orange slices, and milk and coffee. Reservations are required by 12:00 noon on October 28th.

Holiday Gift Cards

If you're wondering what to purchase for a senior family member, friend or neighbor this holiday season, we have the perfect suggestion a West Suburban Senior Services' Gift Card! Available for \$10.00, our gift card treats senior citizens (age 60 and older) to either five tasty and nutritious lunches at the Senior Citizen Center in Bellwood or at the Hodgkins congregate site in Salerno Restaurant.

The gift cards are available starting November 18th at the Senior Citizen Center, 439 Bohland Avenue in Bellwood, weekdays between 8:30 am and 4:00 pm, and at the Hodgkins meal site, 9301 63rd Street, weekdays between 10:00 am and 1:00 pm.

Holiday Talent Competition

West Suburban Senior Services is pleased to host its annual *Holiday Senior Talent Quest* November 29th, 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 senior citizens must sign up for the competition by November 22nd, and a minimum number of contestants is required for the competition to take place. Prizes are being awarded for first, second and third place performances.

Living on a Fixed Budget

When one knows how much money is coming in on a monthly basis, it is important to develop a budget that allows the person to make sure

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<p>Podiatry Clinic 9:00 am Thursdays Bellwood</p> <p>Pokeno Parties 10:30 am October 1st, October 8th & October 22nd Bellwood</p> <p>Powers of Attorney Workshop 10:30 am October 13th Bellwood</p> <p>Properly Disposing of Medications 12:15 pm October 5th Hodgkins</p>	<p>Pumpkin Decorating 10:30 am October 11th Bellwood</p> <p>12:15 pm October 26th Hodgkins</p> <p>Pumpkin Patch Party Bingo 12:15 pm October 11th Bellwood</p> <p>Quarry Tour 1:00 pm October 12th Hodgkins</p> <p>Securities Fraud 10:30 am November 15th Bellwood</p> <p>12:15 pm October 25th Hodgkins</p>	<p>Senior Law Enforcement Academy 10:00 am October 7th, October 14th, Oc- tober 21st, October 28th & November 4th Bellwood</p> <p>Senior Health & Information Jamboree 10:00 am October 22nd Hodgkins</p> <p>Spanish Club 10:00 am October 8th & October 22nd Bellwood</p> <p>Spook-tacular Party Bingo 12:15 pm October 25th Bellwood</p> <p>Test Your Memory Group 11:00 am October 8th Hodgkins</p>	<p>Travel Series 10:30 am October 18th & October 25th Bellwood</p> <p>Triton Dinner Outing 5:30 pm October 27th River Grove</p> <p>Twisted Party Bingo 12:15 pm October 18th Bellwood</p> <p>Wii Bowling 12:30 pm October 15th Hodgkins</p> <p>Yoga Class 9:00 am Monday, Wednesday & Fri- day Bellwood</p>
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Spook-tacular Bingo As part of its Halloween festivities, West Suburban Senior Services is hosting this party bingo October 25th, 12:15 pm to 1:15 pm, at the Senior Center in Bellwood. Cost is \$1.00.

Test Your Memory Seniors are invited to this activity October 8th, 11:00 am to 11:30 am, at the Hodgkins meal site.

Travel Series Students from Elmhurst College are sharing their travel experiences at the Senior Citizen Center in Bellwood. On October 18th from 10:30 am to 11:30 am, seniors learn about life in Australia; on October 25th from 10:30 am to 11:30 am, seniors visit the country of Georgia. Refreshments are served at both sessions.

Triton Dinner Outing West Suburban Senior Services is hosting an outing to the Triton College Halloween dinner October 27th, 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 \$18.00 per-person cost includes the buffet; tip is extra. Seating is limited, and reservations are required. *Non-refundable cash payments* are due at the Senior Center when reservations are made. The reservation deadline is October 8th. **Twisted Bingo** This party bingo is scheduled October 18th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Wii Bowling Hodgkins lunch participants are invited to participate in this computerized bowling, October 15th, 12:30 pm to 1:30 pm, at the congregate meal site in Hodgkins.

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 during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting October 13th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and October 13th, 10:00 am to 11:00 am, at the Hodgkins site located in Salerno Pincente Ristorante.

Blood Pressure Screenings Pleasantview Fire Department is conducting these screenings October 7th and October 21st, 10:30 am to 12:00 noon, at the Hodgkins meal site.

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 6th and October 20th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Casino Trips West Suburban Senior Services is hosting an outing to the Potawatomi Bingo Casino October 20th. The bus leaves from the Senior Citizen Center in Bellwood at 8:00 am and returns there at approximately 6:00 pm. Cost is \$25.00 per person and includes transportation, a buffet lunch and a \$5.00 gaming voucher with 25 points earned. Paid cash reservations are due at the Senior Center by October 8th, and a minimum registration is required. On October 21st, seniors who eat at the Hodgkins meal site may go to the Empress Casino in Joliet. The bus departs from the meal site at 1:00 pm and returns there at approximately 6:00 pm. Cost is \$5.00, and reserva-

tions must be made with the Hodgkins meal site manager.

Creative Writing This class is scheduled October 26th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

Dessert Days Seniors may enjoy the following treats at the Senior Citizen Center in Bellwood for the cost of \$1.00 each: October 11th, cheese cake; October 18th, banana splits; and October 25th, waffle sundaes.

Fashion Show New to You Upscale Resale Shop in Broadview and West Suburban Senior Services are cosponsoring their Fourth Annual Fashion Show and Tea November 11th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors who would like to model should contact the Senior Center Director as soon as possible.

Game Day Hotel Register is the game scheduled at the Senior Citizen Center in Bellwood October 6th from 10:30 am to 11:15 am. Refreshments are served.

Gifts from the Kitchen University of Illinois Extension shares ideas for making inexpensive and healthy holiday gifts October 5th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Also, participants make one gift. There is no participation fee, but reservations are required by October 4th.

Gourmet Dinner Party West Suburban Senior Services is hosting this event October 15th, 5:00 pm to 7:00 pm, at the Senior Citizen Center in

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