

(Continued from page eleven)

**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 September 8<sup>th</sup> and September 22<sup>nd</sup>, 11:00 am, at the Senior Citizen Center in Bellwood.

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

**Sundae Crumble** This cookie and ice cream dessert is being served September 7<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood, and September 8<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00, and reservations are needed.

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

**Terrific Bingo** Westchester Health and Rehabilitation Center is sponsoring this complimentary party bingo September 26<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Reservations are recommended.

**Wellness Series** West Suburban Senior Services is pleased to host this series, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. This month's sessions are September 8<sup>th</sup> and September 22<sup>nd</sup>.

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  
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

## Senior Health Fair

**W**est Suburban Senior Services and Proviso Township are co-sponsoring a Senior Health Fair October 23<sup>rd</sup>, 9:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Complimentary health screens are among the services being provided. Additional information is available in the October edition of *The Senior Chronicle*.

## West Suburban Senior Services' Rummage Sale: A 'Must' for Bargain Hunters

**W**est Suburban Senior Services is holding a giant rummage sale September 9<sup>th</sup>, 9:00 am to 2:00 pm, at its Senior Citizen Center, 439 Bohland Avenue in Bellwood. Toys, books, clothing, small appliances and miscellaneous items are being sold. Sale donations are being accepted between 10:00 am and 1:00 pm through September 7<sup>th</sup> at the Senior Citizen Center, and at OARS and River Park Centers.

## Thank You

**T**he staff, volunteers, clients and Board of Directors of West Suburban Senior Services extends its appreciation to the mayors and to the seniors who participated in its recent *Lunch With Your Mayor* program. The agency plans to host this series again early next year. Additional information is being shared in future editions of *The Senior Chronicle*.

## Fall Fashion Show and Tea

**A**re you starting your holiday shopping? Do you want to revamp your fall and winter wardrobes? Are you a sale shopper? Or do you just enjoy window-shopping? If so, then you will not want to miss the fashion show and tea presented by West Suburban Senior Services and the New to You Upscale Resale shop in Broadview. The event is being held September 21<sup>st</sup>, 10:30 am to 11:30 am the Senior Citizen Center in Bellwood. Reservations are recommended.

Lunch follows the fashion show for the suggested donation of \$1.75. The menu features barbecued chicken fillet on a bun, pasta and tossed salads,

*(Continued on page four)*

**The Senior Chronicle**

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

**Funding**

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

**Non-Discrimination**

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For addition information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

**Mission**

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

**Board of Directors**

The Board of Directors elected, during the 32<sup>nd</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

**Officers**

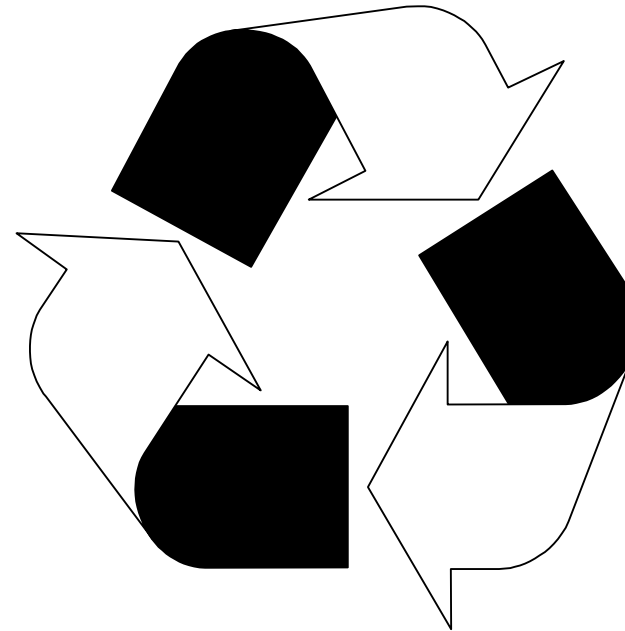
Honorable Gary Woll, President  
Ms. Carole Kulinski, Vice President  
Mr. John O'Sullivan, Treasurer  
Mrs. Elaine Reno, Secretary

**Directors**

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

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**Recycling** University of Illinois Extension is presenting this program September 7<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows for the suggested meal donation of \$1.75.



**Root Beer Floats** For \$1.00, seniors may enjoy this ice cream treat September 28<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood, and September 29<sup>th</sup>, 12:15 pm, at ORAS and River Park Centers. Reservations are recommended.

**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each participant receives an instructional book. The class is scheduled September 25<sup>th</sup>, 1:30 pm, at the Senior Citizen Center in Bellwood.

**Rummage Sale** West Suburban Senior Services is holding its annual rummage sale September 9<sup>th</sup>, 9:00 am to 2:00 pm, at the Senior Citizen Center

in Bellwood. Additional information is included in a separate article in this issue of *The Senior Chronicle*.

**Saturday Breakfast Outing** West Suburban Senior Services is hosting a breakfast outing at Old Country Buffet, 139 West North Avenue, Northlake, September 16<sup>th</sup> at 9:00 am. Seniors are responsible for securing their own transportation and for paying the cost of their breakfast. Additional information is available from the Senior Center director.

**Senior Aerobics** Seniors are invited to this special class Tuesdays and Thursdays, 10:15 am to 10:45 am, at the Senior Citizen Center in Bellwood. It is being led by a Concordia University student.

**Senior Health Fair** West Suburban Senior Services and Proviso Township are cosponsoring this event October 23<sup>rd</sup>, 9:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Additional information is being shared in the October edition of *The Senior Chronicle*.

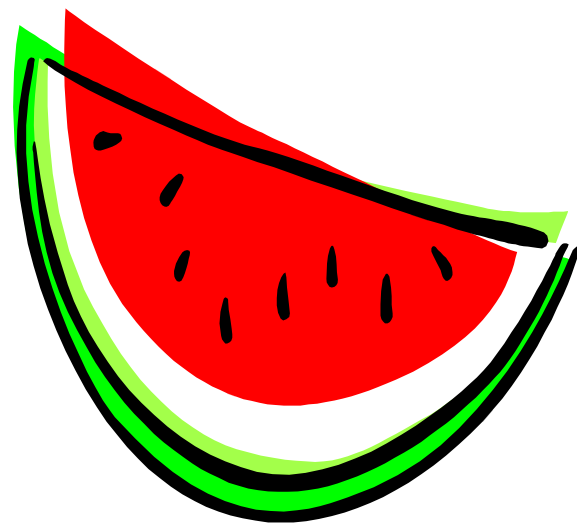
**SHIP Fun Day** Seniors are invited to participate in a special Senior Health Insurance Program (SHIP) fun day, 10:30 am to 11:30 am, September 14<sup>th</sup> at the Senior Citizen Center in Bellwood and September 15<sup>th</sup> at River Park Center. The event features games, giveaways and refreshments.

(Continued on back cover)

(Continued from front cover)

juice, tropical fruit, milk and coffee. Meal reservations are needed by 12:00 noon on September 20<sup>th</sup>.

Seniors who would like to model in the fashion show should telephone the Senior Center director as soon as possible. Participants visit the shop a week before the fashion show and select the outfits they want to model. They are not required to purchase those outfits.



#### West Suburban Senior Services Celebrates SHIP Week

Seniors are invited to participate in a special SHIP (Senior Health Insurance Program) fun day, 10:30 am to 11:30 am, September 14<sup>th</sup> at the Senior Citizen Center in Bellwood and September 15<sup>th</sup> at River Park Center in Forest Park. The event features games, giveaways and refreshments.

SHIP is administered by the Illinois Department of Insurance. Trained volunteers assist seniors to file

appeals to Medicare and health insurance companies, understand Medicare summaries and compare coverage among various supplemental health insurance companies. They also objectively counsel Medicare beneficiaries about Medicare, and Medicare supplement, Medicare managed care and long-term care insurance. All services are provided at no cost.

In addition to the fun days, West Suburban Senior Services is celebrating SHIP Week, September 11<sup>th</sup> through 15<sup>th</sup>, by making SHIP materials available at these community locations:

- Bellwood Public Library
- Broadview Public Library
- Forest Park Public Library
- Greater Chicago Bank of Bellwood
- Hillside Public Library
- Maywood Public Library
- Melrose Park Public Library
- National Bank of Commerce, Berkeley
- Westchester Public Library

In addition, SHIP materials may be picked up at the Senior Citizen Center in Bellwood, and at OARS and River Park Centers. Also, a SHIP volunteer is available at the Senior Citizen Center every Wednesday from 9:30 am to 2:00 pm. Appointments are recommended. Walk-ins are accepted but may have to wait.

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Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

**Literary Tea Party** Seniors are invited to experience a taste of West Suburban Senior Services' ongoing mystery reading club and learn about plans for a new reading group sponsored in conjunction with the Bellwood Public Library. The tea is scheduled September 5<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required.

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

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

**Movie Day** Popcorn, soft drinks, good company and an entertaining movie are planned for September 12<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. This month's selection is *An Unfinished Life* with Morgan Freeman and Robert

Redford. Reservations are required by September 11<sup>th</sup>.

**Mystery Reading Club** Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting September 5<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

**New Visions** The Guild for the Blind in Chicago is coming to the Senior Citizen Center in Bellwood September 28<sup>th</sup>, 10:30 am to 11:15 am, to discuss adult vision rehabilitation. Reservations are recommended.

**Officers' Club** Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is September 25<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (September 1st), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno** This game is being played September 8<sup>th</sup> and September 22<sup>nd</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments.

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**Congregate and Home Delivered Meals Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements		Please telephone each site by 12:00 p.m. the prior day for lunch reservations		<b>September 1, 2006</b> Smothered Chicken Breast Quarter Whole Potatoes California Vegetables Orange Juice
<b>September 4, 2006</b> <i>Closed for Labor Day</i>	<b>September 5, 2006</b> Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Fresh Cantaloupe	<b>September 6, 2006</b> Baked Chicken Leg Quarter Herb Stuffing Succotash Cranberry Juice	<b>September 7, 2006</b> BBQ Ribette Spaghetti Greens Coleslaw Peach Halves	<b>September 8, 2006</b> Swedish Meatballs Wild Rice Carrots Apple Juice Strawberries and
<b>September 11, 2006</b> Veal Parmesan Rotini Italian Mixed Vegetables Tossed Salad	<b>September 12, 2006</b> Oven Roasted Chicken Breast Quarter Au Gratin Potatoes Peas Coleslaw	<b>September 13, 2006</b> BBQ Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Nectarine	<b>September 14, 2006</b> Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	<b>September 15, 2006</b> Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice
<b>September 18, 2006</b> Grecian Chicken Leg Herb Rice Zucchini and Tomatoes Cranberry Juice	<b>September 19, 2006</b> Stuffed Green Pepper Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	<b>September 20, 2006</b> Taco Salad Spanish Rice Mexicorn Apple Juice Fruit Gelatin	<b>September 21, 2006</b> BBQ Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice	<b>September 22, 2006</b> Polish Sausage on Bun Sauerkraut Carrots Pineapple Rings Banana
<b>September 25, 2006</b> Roast Beef Whipped Potatoes Green Peas Lettuce Wedge Brownie	<b>September 26, 2006</b> Creamy Chicken Steamed Rice Broccoli Carrot-Raisin Salad Fresh Grapes	<b>September 27, 2006</b> Hamburger on Bun Potato Salad Lemonade Banana Pudding	<b>September 28, 2006</b> Beef Chop Suey Steamed Rice Lettuce Salad Fortune Cookie	<b>September 29, 2006</b> Smothered Chicken Breast Quarter Whole Potatoes California Vegetables Orange Juice
West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.				

**Senior Citizen Center**  
439 Bohland  
Bellwood, Illinois 60104  
(708) 547-5600

**River Park Center**  
8300 Roosevelt Road  
Forest Park, Illinois 60130  
(708) 771-0101

**OARS Center**  
712 Elm  
LaGrange, Illinois 60525  
(708) 547-5600

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**Gourmet Dinner Party** West Suburban Senior Services continues its monthly gourmet dinner party at the Senior Citizen Center in Bellwood. The next dinner is September 29th from 5:00 pm to 7:00 pm. Cost per person is \$7.00, and pre-paid, non-refundable reservations are due at the Senior Center by September 22<sup>nd</sup>. A minimum registration is required for this event to take place.

**Haircuts** Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site September 13<sup>th</sup> and September 26<sup>th</sup> at 10:30 am. Appointments are required.

**Hearing Screenings** The audiologist from Westlake Hospital is coming to the Senior Citizen Center in Bellwood September 25<sup>th</sup>, 1:00 pm, to conduct screenings. There is no fee for this

service, but appointments are required by 12:00 noon on September 21st.

**Holiday Open House** An exhibit of Presidential documents is among the highlights of this special tour December 8<sup>th</sup>, 1:30 pm to 2:30 pm, at the Historical Society of Oak Park and River Forest in Oak Park. Admission is by donation. Additional information is being included in the October edition of *The Senior Chronicle*.

**Hotdoggers Bingo Party** Seniors are invited to this event September 15<sup>th</sup>, 11:30 am to 1:00 pm, at the Senior Citizen Center in Bellwood. The menu features jumbo beef hot dogs, potato salad, fruit and other treats. Party bingo follows lunch. The \$2.00 fee includes all activities. Reservations are required by 12:00 noon on September 14th.

**Household Hazardous Wastes** The Illinois Environmental Protection Agency is presenting this program September 12<sup>th</sup>, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors receive information to identify, locate and dispose of hazardous materials in their homes.

**Ice Cream Cones** Seniors may enjoy this tasty treat September 14<sup>th</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood, and September 15<sup>th</sup>, 12:15 pm, at OARS and River Park Centers. Cost is 50 cents, and reservations are required.

**Japanese Tea Party** Seniors are invited to enjoy the traditions and teas of Japan at this event September 18<sup>th</sup>, 10:30 am to 11:30 am, at River Park Center. Cost is \$2.00; reservations are required.

**Legal Assistance** On September 19<sup>th</sup> from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in

(Continued on page nine)

**Briefly Stated**

**Advisory Council Meeting**  
10:30 am  
September 13<sup>th</sup>  
Bellwood

**Art Class**  
9:00 am  
Tuesdays  
Bellwood

**Being a Body Guard**  
10:45 am  
September 5<sup>th</sup>  
Bellwood

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

**Bingo Bonanza**  
10:15 am  
September 11<sup>th</sup>  
Bellwood & Forest Park

**Breakfast Bingo**  
9:30 am  
September 29<sup>th</sup>  
Bellwood

**Chocolate Day Party**  
12:00 Noon  
September 13<sup>th</sup>  
Bellwood & Forest Park

**Cookout**  
11:30 am  
September 27<sup>th</sup>  
Bellwood

**Cream Pie Day**  
12:15 pm  
September 21<sup>st</sup> Bellwood  
September 22<sup>nd</sup> Forest Park & OARS

**Creative Writing Class**  
10:00 am  
September 26<sup>th</sup>  
Bellwood

**Declutter Class**  
12:15 pm  
September 25<sup>th</sup>  
Bellwood

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

**Fad Diets: Fact or Fiction?**  
10:30 am  
September 26<sup>th</sup>  
Bellwood

**Fall Festival of Games**  
10:30 am  
September 19<sup>th</sup> Bellwood  
September 25<sup>th</sup> Forest Park

**Fall Wreath Making Class**  
10:30 am  
October 24<sup>th</sup>  
Bellwood

**Fashion Show & Tea**  
10:30 am  
September 21<sup>st</sup>  
Bellwood

**Foster Grandparents**  
10:30 am  
September 20<sup>th</sup>  
Bellwood

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

**Gourmet Dinner Party**  
5:00 pm  
September 29<sup>th</sup>  
Bellwood

**Haircuts**  
10:30 am  
September 13<sup>th</sup> & September 26<sup>th</sup>  
Bellwood

**Hearing Screenings**  
1:00 pm  
September 25<sup>th</sup>  
Bellwood

**Holiday Open House**  
1:30 pm  
December 8<sup>th</sup>  
Oak Park

**Hotdoggers Bingo Party**  
11:30 am  
September 15<sup>th</sup>  
Bellwood

**Household Hazardous Wastes**  
10:45 am  
September 12<sup>th</sup>  
Bellwood

**Ice Cream Cones**  
12:15 pm  
September 14<sup>th</sup> Bellwood  
September 15<sup>th</sup> Forest Park & OARS

**Japanese Tea Party**  
10:00 am  
September 18<sup>th</sup>  
Forest Park

**Legal Assistance**  
9:00 am  
September 19<sup>th</sup>  
Bellwood

**Literary Tea Party**  
9:30 am  
September 5<sup>th</sup>  
Bellwood

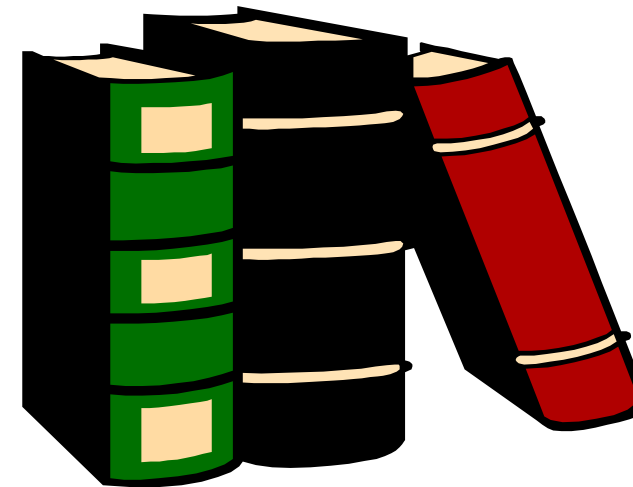
**Luncheon**  
11:30 am  
Monday through Friday  
Bellwood, Forest Park & OARS

**Maywood Park Dinner Outing**  
6:00 pm  
October 5<sup>th</sup>  
Melrose Park

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**Creative Writing Class** This activity is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. This class is September 26<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood.



**Declutter Class** Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled September 25<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

**Exercise Class – Audio Tape** This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

**Fad Diets: Fact or Fiction?** University of Illinois Extension is presenting this program September 26<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Reservations are recommended.

**Fall Festival of Games** An array of table games starts the fun at 10:30 am, and party bingo con-

cludes the event at 12:15 pm. Dates are September 19<sup>th</sup> at the Senior Citizen Center in Bellwood and September 25<sup>th</sup> at River Park Center. The \$2.00 cost includes lunch. Reservations are needed by 12:00 noon September 18<sup>th</sup> and September 22<sup>nd</sup>, respectively.

**Fall Wreath Making Class** Seniors are invited to participate in this activity October 24<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The \$6.00 cost includes all supplies, instruction and lunch. Prepaid, non-refundable reservations are due at the Senior Citizen Center by October 17<sup>th</sup>; a minimum enrollment is required for this class to take place.

**Fashion Show and Tea** The New to You Upscale Resale Shop in Broadview is previewing its fall fashions September 21<sup>st</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Fashion show and lunch reservations are required at the Senior Center by September 19<sup>th</sup>. Suggested meal donation is \$1.75.

**Foster Grandparents** West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care. The next meeting is set for September 20<sup>th</sup> at 10:30 am.

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

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- Movie Day**  
12:15 pm  
September 12<sup>th</sup>  
Bellwood
- Mystery Reading Club**  
9:30 am  
September 5<sup>th</sup>  
Bellwood
- New Visions**  
10:30 am  
September 28<sup>th</sup>  
Bellwood
- Officers' Club**  
10:30 am  
September 25<sup>th</sup>  
Bellwood
- Podiatry Clinic**  
9:30 am  
Thursdays in Bellwood  
September 1<sup>st</sup> in Forest Park

- Pokeno**  
12:15 pm  
September 8<sup>th</sup> & September 22<sup>nd</sup>  
Bellwood
- Recycling**  
10:30 am  
September 7<sup>th</sup>  
Bellwood
- Root Beer Floats**  
12:15 pm  
September 28<sup>th</sup> Bellwood  
September 29<sup>th</sup> Forest Park & OARS
- Rules of the Road Review Class**  
1:30 pm  
September 25<sup>th</sup>  
Bellwood
- Rummage Sale**  
9:00 am  
September 9<sup>th</sup>  
Bellwood

- Saturday Breakfast Outing**  
9:00 am  
September 16<sup>th</sup>  
Bellwood
- Senior Aerobics**  
10:15 am  
Tuesdays & Thursdays  
Bellwood
- Senior Health Fair**  
9:00 am  
October 23<sup>rd</sup>  
Bellwood
- SHIP Fun Day**  
10:30 am  
September 14<sup>th</sup> Bellwood  
September 15<sup>th</sup> Forest Park
- Spanish Club**  
11:00 am  
September 8<sup>th</sup> & September 22<sup>nd</sup>  
Bellwood
- Sundae Crumble**  
12:15 pm  
September 7<sup>th</sup> Bellwood  
September 8<sup>th</sup> Forest Park & OARS
- Tale of the Tombstones**  
1:00 pm  
October 15<sup>th</sup>  
Forest Park
- Terrific Bingo**  
12:15 pm  
September 26<sup>th</sup>  
Bellwood
- Wellness Series**  
9:30 am  
September 8<sup>th</sup> & September 22<sup>nd</sup>  
Bellwood

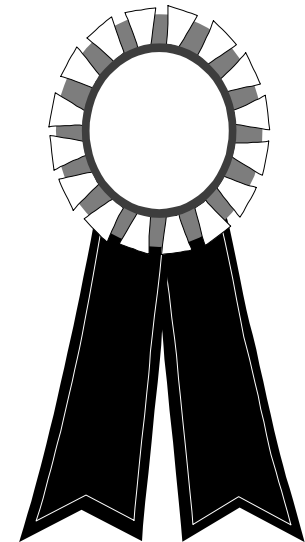


# Briefly Noted

**Advisory Council Meeting** Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering, and agency staff. The Advisory Council is meeting September 13<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood.

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

**Being a Body Guard** Elite Protection Agency, Inc, is coming to the Senior Citizen Center in Bellwood September 5<sup>th</sup>, 10:45 am to 11:30 am, to share information about the private detective and body guard professions. Reservations are recommended.



**Bingo** Party bingo is held every Thursday at the Bellwood site, and every Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

**Bingo Bonanza** A double session of party bingo is

planned September 11th at the Senior Citizen Center in Bellwood and at River Park Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

**Breakfast Bingo** French toast, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party September 29<sup>th</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on September 27<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Chocolate Day Party** September 13<sup>th</sup> is National Chocolate Day, and seniors can celebrate with special treats at the Senior Citizen Center in Bellwood and at River Park Center. Cost is \$1.00, and reservations are required.

**Cookout** Seniors are invited to enjoy hamburgers, potato salad, lemonade and other picnic treats September 27<sup>th</sup> at the Senior Citizen Center in Bellwood. Suggested meal donation is \$1.75; reservations are required by 12:00 noon on September 26<sup>th</sup>.

**Cream Pie Day** For \$1.00, seniors may enjoy this special dessert September 21<sup>st</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood, and 12:15 pm, September 22<sup>nd</sup>, at River Park Center. Reservations are required.

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