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Rules of the Road This free course is offered by the Secretary of State to assist seniors in preparation for their vehicle exam. A practice test is given, and each participant receives an instructional book. The class is scheduled September 24th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. Reservations are required.

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 14th and September 28th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

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.

Terrific Bingo Westchester Health and Rehabilitation Center is hosting a complimentary bingo party at the Senior Citizen Center in Bellwood September 25th from 12:15 pm to 1:15 pm. Reservations are recommended.

Volunteer Appreciation Breakfast West Suburban Senior Services is hosting an appreciation breakfast for its volunteers September 28th, 9:00 am to 10:30 am, at the Senior Citizen Center in Bellwood. The event also includes a program. Reservations are required by September 25th.

Waffle Ice Cream Cones This treat is being served September 20th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

The Senior Chronicle

WSSSS

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

Circuit Breaker and Illinois Cares Rx now

The Illinois Department on Aging's Circuit Breaker program provides grants to Illinois residents age 65 and older and persons with a disability who meet certain income requirements. For those who qualify, Circuit Breaker provides

- **Tax Grants.** If seniors pay property taxes or mobile home taxes on their home, or if they rent or live in a nursing, retirement or shelter care home that was subject to property taxes, they may be able to receive a grant.
- **License Plate Discount** of \$54.
- **Prescription Drug Assistance.** If seniors have Medicare, Illinois Cares Rx will help pay the costs that Medicare does not. If seniors do not have Medicare, Illinois Cares Rx provides two benefits: Illinois Cares Rx Basic and Illinois Cares Rx Plus.

The income limits for Illinois Cares Rx Basic have increased to

- \$22,793 for a household of one
- \$30,594 for a household of two
- \$38,393 for a household of three

The income limits for Illinois Cares Rx Plus are

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- \$21,936 for a household of one
- \$29,412 for a household of two

The income limit increase impacts Illinois Cares Rx drug coverage only. The income limits for the Circuit Breaker property tax grant and license plate discount have not changed. Seniors who have not applied for Illinois Cares Rx drug coverage this year because of being over income according to previous limits are encouraged to file today.

Seniors filing for Circuit Breaker must also file for "extra help" with their prescription drug costs through Social Security. To determine eligibility for this extra help, Social Security needs to know seniors' income and value of their savings, investments and real estate (other than their home).

Additional information and assistance are available from West Suburban Senior Services' Senior Advocate Consuelo LeZama.

Fashion Show and Tea

Are you starting your holiday shopping? Do you want to revamp your fall and winter wardrobes? Or do you just enjoy window shopping? If so, you will not want to

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September, 2007

The Senior Chronicle

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

Funding

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

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For 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 34th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Honorable Gary Woll, President
 Ms. Carole Kulinski, Vice President
 Mrs. Lois Albers, Treasurer
 Mrs. Elaine Reno, Secretary

Directors

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

Honorary Directors

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

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Exercise Class – Audio Tape 10:30 am Monday through Friday Bellwood	Gourmet Dinner Party 5:00 pm September 28 th Bellwood	Maywood Park Dinner Outing 6:00 pm September 20 th Melrose Park	Thursdays Bellwood
Fall Casino Trip 8:00 am October 17 th Milwaukee, WI	Haircuts 10:30 am September 11 th & September 25 th Bellwood	Meditation & Centering 10:30 am September 14 th & September 28 th Bellwood	Pokeno Parties 12:15 pm September 14 th & September 21 st Bellwood
Fall Festival of Games 10:15 am September 29 th Bellwood	Handling Food Safely in Your Kitchen 10:00 am September 7 th OARS	Movie Days 12:15 pm September 4 th & September 18 th Bellwood	Preventing & Coping With a Bad Back 10:45 am September 17 th Bellwood
Fashion Show & Tea 10:15 am September 13 th Bellwood	Jam Session 10:00 am September 19 th OARS	Mystery Reading Club 9:30 am September 4 th Bellwood	Rules of the Road 1:30 pm September 24 th Bellwood
Foster Grandparents 10:30 am September 19 th Bellwood	Jazz & More 10:45 am September 27 th Bellwood	Newtons a la Mode Sundaes 12:15 pm September 13 th Bellwood & OARS	Spanish Club 11:00 am September 14 th & September 28 th Bellwood
Game Day 10:00 am September 28 th OARS	Legal Assistance 9:00 am September 18 th Bellwood	Officers' Club 10:30 am September 24 th Bellwood	Terrific Bingo 12:15 pm September 25 th Bellwood
Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood	Luncheon 11:30 am Weekdays Bellwood & OARS	Podiatry Clinic 9:30 am	Volunteer Appreciation Breakfast 9:00 am September 28 th Bellwood
			Waffle Ice Cream Cones 12:15 pm

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Pokeno Parties This game is being played September 14th and September 21st, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments. A special Early Bird Pokeno session is planned September 26th. Additional information is provided in a separate article.

Preventing and Coping With a Bad Back Back pain is the focus of this program September 17th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Complimentary spinal screenings are available for interested seniors. Celar Chiropractic is the program presenter.

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miss a complimentary 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 13th, 10:15 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Lunch follows the fashion show for the suggested meal donation of \$1.75. The menu features barbecued ribettes, spaghetti, greens, coleslaw, peach halves, milk and coffee. Reservations are required by 12:00 noon on September 11th.

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

Flu Shots

West Suburban Senior Services is scheduled to receive a reduced amount of flu vaccine this fall from the Cook County Department of Public Health. However, as this newsletter went to press, we knew neither when the vaccine would become available nor the exact quantity we would receive. Please accept our apologies in advance, but also telephone the agency for additional information.

Grandparents Day

Since 1978, the first Sunday after Labor Day has been designated as *National Grandparents Day*. The goal of the observance is to persuade grandchildren to tap the wisdom and heritage of their grandparents. The Census Bureau estimates there

are 56 million grandparents nationwide. Of that number, 5.7 million grandparents have grandchildren under the age of 18 living with them, and 2.4 million grandparents are responsible for most of the basic needs of one or more of the grandchildren who live with them. This year's observance of Grandparents Day is September 10th and West Suburban Senior Services wishes all Grandmas and Grandpas a very happy day!

Mark Your Calendar for October 21st!

Seniors and their families are invited to an afternoon of great food, lively entertainment from the '40s, free door prize drawings and other surprises Sunday, October 21st, from 1:00 pm to 4:00 pm. Tickets will be available soon. Additional information is being included in the October edition of *The Senior Chronicle*.

Thank You, WSSS Volunteers!

West Suburban Senior Services is hosting an appreciation breakfast for its volunteers September 28th, 9:00 am to 10:30 am, at the Senior Citizen Center. In addition to the meal, volunteers may participate in an in-service program. Reservations are required by September 25th.

Maywood Park Dinner Outing

West Suburban Senior Services is planning a dinner outing at Maywood Park on September 20th. The evening includes a Fall Festival Buffet with salmon, carved turkey, dressing, chicken, rice pi-

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- putting a small sponge, rubber ball or bicycle handle grip on the brush handle.
- making the handle longer by taping a ruler, Popsicle stick or tongue depressor around the handle.

- tying floss into a loop for easier handling.
- using an electric toothbrush or a commercial floss holder.

Briefly Stated

A Taste of the World
10:30 am
September 24th
Bellwood

Advisory Council Meeting
10:00 am
September 12th
Bellwood

11:00 am
September 12th
OARS

Angel Food Cake Delight
12:15 pm
September 6th
Bellwood & OARS

Armchair Fitness for Seniors
10:00 am
September 14th
OARS

Art Class
9:00 am
Tuesdays
Bellwood

Arthritis Foundation Exercise Class
12:15 pm
September 24th & September 26th
Bellwood

Arthritis Foundation Exercise Program: An Introduction
10:00 am
September 21st
OARS

Autumn Tea Party
10:00 am
September 14th
Bellwood

Banana Splits
12:15 pm
September 27th
Bellwood & OARS

Bargain Bingo
12:15 pm
September 17th
Bellwood

10:00 am
September 25th
OARS

Best Sellers Reading Club
9:30 am
September 25th
Bellwood

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza
10:15 am
September 10th Bellwood
September 11th OARS

Breakfast Bingo
9:15 am
September 7th
Bellwood

Caregiver Education
10:30 am
September 5th
Bellwood

Caregiver Support Group
10:30 am
September 12th
Bellwood

Change Hurts and Why
10:30 am
September 18th
Bellwood

Cholesterol Education
10:30 am
September 11th
Bellwood

10:00 am
September 18th
OARS

Cook-Outs
11:30 am
September 5th & September 21st
Bellwood & OARS

Concord Bingo Party & Ice Cream Social
1:00 pm
September 11th
Northlake

Cream Filled Donut Day
2:15 pm
September 14th
Bellwood & OARS

Creative Writing Class
10:00 am
September 25th
Bellwood

DeClutter Class
12:30 pm
September 24th
Bellwood

Dollar Day
10:15 am
September 19th
Bellwood

Early Bird Pokeno
9:15 am
September 26th
Bellwood

Everything Sweet Bingo
10:15 am
September 4th
Bellwood & OARS

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
September 3, 2007	September 4, 2007	September 5, 2007	September 6, 2007	September 7, 2007
Closed for Labor Day	Creamy Chicken Steamed Rice Broccoli Carrot and Raisin Salad Grapes	Cheeseburger on Bun Potato Salad Lemonade Banana Pudding	Swedish Meatballs Rice Pilaf Carrots Apple Juice Pound Cake	Smothered Chicken Breast Whole Potatoes California Vegetables Orange Juice Chilled Pears
September 10, 2007	September 11, 2007	September 12, 2007	September 13, 2007	September 14, 2007
Turkey Tetrazzini Green Beans Sliced Cucumbers Peach Pie	Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Cantaloupe	Baked Chicken Quarter Herb Stuffing Succotash Cranberry Juice Pineapple Chunks	Bar-B-Que Ribette Spaghetti Green Coleslaw Peach Halves	Beef Chop Suey Steamed Rice Lettuce Salad Fortune Cookie
September 17, 2007	September 18, 2007	September 19, 2007	September 20, 2007	September 21, 2007
Meatball Sandwich Whole Potatoes Italian Mixed Vegetables Tossed Salad Honey Dew Melon	Oven Roasted Chicken Breast AuGratin Potatoes Peas Coleslaw Frosted Lemon Cake	Bar-B-Que Pork AuGratin Potatoes Okra and Tomatoes Apple Juice Nectarine	Ham and Cheese Croissant Sandwich Salad Fruit Juice	Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice Vanilla Pudding
September 24, 2007	September 25, 2007	September 26, 2007	September 27, 2007	September 28, 2007
Grecian Chicken Leg Herb Rice Zucchini and Tomatoes Cranberry Juice Plum	Stuffed Green Pepper Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	Taco Salad Spanish Rice Mexicorn Apple Juice Fruited Gelatin	Bar-B-Que Chicken Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	Polish Sausage Sauerkraut Carrots Pineapple Rings Banana

West Suburban Senior Services is supported by the AgeOptions, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.

All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements. Please telephone each site by 12:00 p.m. the prior day for lunch reservation.

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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Breakfast Bingo A French toast meal and party bingo are scheduled for this early-bird special September 7th, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. The fee for all is \$2.00. Reservations are required by September 5th, and a minimum registration is required for this activity to take place.

Caregiver Education West Suburban Senior Services' caregiver specialist is conducting a session September 5th to provide skill building and problem solving strategies for those caring for seniors age 60 and older. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

Caregiver Support Group On September 12th, West Suburban Senior Services' caregiver specialist is leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session focuses on maintaining emotional health and reducing stress through peer support and story telling, and finding ways to relieve tension. Subsequent support group meetings are scheduled the second Wednesday of each month.

Change Hurts and Why This program looks at how the loss of a family member --- whether it be through death or relocation outside of the home --- affects others in the family group. Elmwood Care is presenting the program September 18th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Cholesterol Education September is Cholesterol Education Month, and the University of Illinois Extension is sharing information on the prevention and treatment of cholesterol-related illnesses. This program is scheduled September

11th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and September 18th, 10:00 am to 10:45 am, at OARS Center.

Cook-Outs Seniors are invited to enjoy grilled sandwiches September 5th (cheeseburgers) and September 21st (hot dogs), 11:30 am to 12:15 pm, at the Senior Citizen Center in Bellwood and at OARS Center. The suggested donation for each meal is \$1.75, and reservations are required by 12:00 noon on September 4th and September 20th, respectively.

Concord Bingo Party and Ice Cream Social Concord Place is hosting this complimentary activity September 11th, 1:00 pm to 2:00 pm, at its facility in Northlake. Seniors planning to attend should register with West Suburban Senior Services by September 7th. Limited bus transportation is available by reservation.

Cream-Filled Donut Day September 14th is National Cream-Filled Donut Day, and seniors at the Senior Center in Bellwood and at OARS Center may enjoy this treat at 12:15 pm. Cost is 25 cents.

Creative Writing Class West Suburban Senior Services is pleased to host this class September 25th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. The class is free, and new students are welcome.

Declutter Class Seniors are invited to learn ways to declutter their homes and lives at this class September 24th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood.

Dollar Day September 19th is Dollar Day at West Suburban Senior Services, and for \$1.00, seniors may play robber bingo and enjoy a dessert special at the Senior Citizen Center in Bellwood.

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Bingo is played from 10:15 am to 11:15 am; dessert is served at 12:15 pm. Reservations are required by September 17th.

Early Bird Pokeno September 26th is National Pancake Day, and West Suburban Senior Services is observing the occasion with a special Pokeno – breakfast party at the Senior Citizen Center in Bellwood. Pancakes, sausage, juice, milk and coffee are served at 9:15 am; Pokeno is played from 10:00 am to 11:00 am. Cost for the meal and game is \$2.00. Reservations are required by 12:00 noon on September 24th, and a minimum registration is required.

Everything Sweet Bingo This is the perfect pastime for seniors who enjoy sweet (both regular and sugar-free) treats. It is scheduled September 4th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00 per card.

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

Fall Casino Trip Reservations are now being accepted for West Suburban Senior Services’ outing to the Potawatomi Casino and Bingo Hall on October 17th. The \$20.00 non-refundable fee includes round-trip bus transportation, an all-you-can-eat buffet, and a \$10.00 voucher for 50 points earned. The bus leaves the Senior Citizen Center at 8:00 am and returns there at approximately 6:00 pm. Paid cash reservations are due at the Senior Citizen Center in Bellwood by October 1st, and a minimum registration is required for this outing to take place.

Fall Festival of Games This event is scheduled September 29th at the Senior Citizen Center in Bellwood. Festivities begin with party bingo from 10:15 am to 10:45 am. Pokeno follows from 10:45 am to 11:30 am. Following a ham and cheese croissant boxed lunch, seniors are invited to enjoy a special fall dessert. Cost for all is \$2.25. Reservations are required by 12:00 noon on September 25th, and a minimum registration is required for this event to take place.

Fashion Show and Tea West Suburban Senior Services and the New to You Upscale Resale Shop are presenting a complimentary fashion show and tea September 13th, 10:15 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

Foster Grandparents West Suburban Senior Services is pleased to cosponsor 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 September 19th at 10:30 am.

Game Day Party bingo and Pokeno highlight festivities September 28th at OARS Center. For \$1.00, seniors play Pokeno from 10:00 am to 10:30 am and party bingo from 10:30 am to 11:00 am. Lunch follows for the suggested donation of \$1.75..

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

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laf, salads and other entrees; one pot of coffee per table; park admission; a program; tip; and tax. Dessert and other beverages are *not* included.

The per-person cost is \$13.60, and pre-paid, non-refundable reservations are due at the Senior Citizen Center by September 12th. A minimum registration is required for this activity to take place. Additional information is available from the Senior Center Director.

Sounds of Yesteryear Trivia

The Shadow first aired in 1930. Can you remember the bone-chilling quote at the beginning of this radio show?

- A “Never forget, the shadow is following you.”
- B “Who knows what evil lurks in the hearts of men? The Shadow knows!”
- C “Have you seen your shadow?”

Gang Busters began in 1935. The show featured the sounds of violence, police whistles, breaking glass and bursts of machine gun fire. How was this thriller billed?

- A “We exist only to bust up the gangs who work to destroy the American way of life.”
- B “Wiping out gangland warfare to save the world.”
- C “The only national program that brings you authentic police case histories.”

Yours Truly, Johnny Dollar premiered in 1949. Dollar was a free lance insurance investigator with a nose for murder, and he was known for his shameless padding of expense accounts. As narrator of the show, he began each show with

“Expense account: Item One.” How did Dollar sign these mostly fictitious accounts when presenting them to his company’s boss?

- A “Love ‘ya boss, JD.”
- B “Eternally yours, JD.”
- C “Yours truly, Johnny Dollar.”

The Inner Sanctum first aired in 1941. Fear was generated by organ music that sounded as if the organ were being played underwater. What was the sound effect used to open the show?

- A The screech of a raven saying “Nevermore.”
- B The sound of fingernails running down a blackboard.”
- C The sound of a door to the basement being opened to insane laughter.

Dick Tracy premiered in 1935. The show was based on Chester Gould’s comic strip detective. Can you name some of Tracy’s character side-kicks?

- A Tess Trueheart, Vitamin Flintheart, Flat Top
- B Mahem Milgilicuty, Virginia Vedders, Plug Norton, Butch Fenders
- C Joe Bob Skinner, Ralph Malph, Doc Fogarty

Answers: 1:B, 2:C, 3:C,4:C, 5:A

Special Utensils for Arthritis

If seniors have a physical condition that makes it difficult to hold a toothbrush or use dental floss, the American Dental Association suggests

- using a wide elastic band to attach the brush to their hand.
- enlarging the handle by winding an elastic bandage or adhesive tape around the middle of the handle.

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Gourmet Dinner Party West Suburban Senior Services is hosting a gourmet dinner party September 28th, 5:00 pm to 7:00 pm, at the Senior Citizen Center. Cost is \$8.00 per person, and no refunds are available. Paid reservations are due by September 24th.

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 September 11th and September 25th at 10:30 am. Appointments are required.

Handling Food Safely in Your Kitchen West Suburban Senior Services' nutrition supervisor is presenting this program September 7th, 10:00 am to 10:30 am, at OARS Center. Reservations are recommended.

Jam Session Seniors are invited to enjoy favorite tunes of yesteryear and refreshments at this musical get-together September 19th, 10:00 am to 10:45 am, at OARS Center. Lunch follows.

Jazz and More September is Jazz Month, and seniors are invited to enjoy the live music of Eddie Lopez September 27th, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood. Refreshments are being served. Lunch follows at 11:30 am for the suggested meal donation of \$1.75.

Maywood Park Dinner Outing West Suburban Senior Services is planning a dinner outing at Maywood Park on September 20th from 6:00 pm to 9:00 pm. The evening includes a Fall Festival Buffet with salmon, carved turkey, dressing, hicken, rice pilaf, salads and other entrees; one pot of coffee per table; park admission; a program; tip; and tax. Dessert and other beverages are *not included*. Pre-paid, nonrefundable reservations (\$13.60 per person) are due at the Senior

Citizen Center by September 12th. A minimum registration is required for this activity to take place.

Meditation and Centering Basic meditation and relaxation techniques are the focus of this class September 14th and September 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days Seniors are invited to enjoy good company, tasty refreshments and entertaining movies this month at the Senior Citizen Center in Bellwood. September 4th features *Miss Potter* with Rene Zellweger. The real Beatrix Potter authored *The Tale of Peter Rabbit*, and this film explores her personal and professional lives. On September 18th, seniors may view *Pride*. Inspired by true events, this film illustrates how an ordinary person can accomplish extraordinary things. It features Bernie Mack and Terrence Howard. All films begin at 12:15 pm.

Newtons a la Mode Sundaes This dessert combines cookies, ice cream and special toppings. It is being served September 13th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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

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Briefly Noted

A Taste of the World Vietnamese food and culture are highlighted during this celebration at the Senior Citizen Center in Bellwood. University of Illinois Extension is presenting Vietnamese recipes from 10:30 am to 11:30 am on September 24th. An insider's look at the country is also being presented.

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting September 12th, 10:00 am, at the Senior Citizen Center in Bellwood and 11:00 am at OARS Center.

Angel Food Cake Delight For \$1.00, seniors may enjoy angel food cake with ice cream and fruit September 6th at the Senior Citizen Center in Bellwood and at OARS Center. Serving time is from 12:15 pm to 12:30 pm.

Armchair Fitness for Seniors This exercise class is being held September 14th, 10:00 am to 10:30 am, at OARS Center. Participants exercise with videotaped demonstrations and instructions.

Arthritis Foundation Exercise Class This popular class resumes at the Senior Citizen Center in Bellwood on September 24th, 12:15 pm to 1:15 pm. Additional information is presented in a separate article.

Arthritis Foundation Exercise Class: An Introduction West Suburban Senior Services and the University of Illinois Extension are pleased to

jointly sponsor this new program at the OARS Center in LaGrange. It is designed to help seniors prevent and deal with arthritis pain through specially designed exercise classes. Additional information is being presented September 21st, 10:00 am to 11:00 am, at OARS Center. Seniors may sign up for the class at that time. The class is free, but registration is limited.

Autumn Tea Party Is finding things in your purse or in your wallet a challenge? Then you won't want to miss this special program designed to help you organize the personal items you carry every day. The program is part of a tea party scheduled September 14th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and a minimum registration is required by September 12th.

Bargain Bingo Fifty-cent party bingo and a fifty-cent dessert are featured at this event September 17th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and September 25th, 10:00 am to 11:00 am, at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$1.75.

Best Sellers Reading Club West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's next meeting is September 25th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to participate should telephone the agency now to sign out copies of the current reading selection.

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