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Luncheon
11:30 am
Weekdays
Bellwood & OARS

'Mad Money' Auction
10:30 am
September 29th
Bellwood

10:00 am
September 30th
OARS



Meditation & Centering Classes
12:15 pm
September 12th & September 26th
Bellwood

Movie Days
12:15 pm
September 9th & September 23rd
Bellwood

Mystery Reading Club
9:30 am
September 2nd
Bellwood

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Parties
12:15 pm
September 2nd & September 16th
Bellwood

Rules of the Road Class
1:30 pm
December 19th
Bellwood

Spanish Club
11:00 am
September 12th & September 26th
Bellwood

Strengths & Challenges of Dealing with Today's Youth
12:15 pm
September 10th
Bellwood

Strudel Sundaes
12:15 pm
September 25th
Bellwood & OARS

Thyroid Screening & Program
10:30 am
September 4th
Bellwood

West Suburban Walkers
9:00 am
Monday, Wednesday & Thursday
Bellwood

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

Disposal of Unwanted or Unused Pharmaceuticals

The Illinois Environmental Protection Agency (EPA) has various recommendations for the safe disposal of unused or unwanted pharmaceuticals. These wastes include a wide variety of items, such as over-the-counter and prescription medications including solid pills and capsules, creams, liquids and aerosols. Also, many medications intended for pets are similar or identical to those prescribed for humans and should be treated exactly the same.

- ❑ *Reduce pharmaceutical waste whenever possible.* This can be done by using all antibiotics prescribed by your doctor, by buying only as much of a product that can reasonably be used before its expiration date, and by asking your doctor to prescribe only enough of a new medication to see if it will work for you and in the lowest dose advisable. If the medication doesn't suit you, there is less waste.
- ❑ *Dispose of the remainder properly.* Whenever possible, take your unused pharmaceuticals to a pharmaceutical collection program or a household hazardous waste collection event. If you choose to store your waste until such a collection event occurs, minimize the risk of accidental poisoning, overdose or diversion such as illegal use by someone other than the intended person by storing medications out of

the reach of children or in a locked cabinet.

- ❑ When disposing of unused pharmaceuticals in the trash, remove or mark over all labels that identify the materials as pharmaceuticals or that could provide personal information about you, including prescription information that someone could try to refill. Also, the EPA suggests making the unused pharmaceuticals unattractive to children and thieves by dissolving them in a small amount of water or alcohol, by grinding them up and mixing them with coffee grounds or kitty litter, and by putting them in a second container or a small plastic bag and hiding them in your trash.
- ❑ *Pharmaceuticals should never be flushed down the toilet or burned in a burn barrel!* Wastewater treatment plants and septic systems are not generally designed to treat pharmaceutical waste, and uncontrolled burning can create dioxins and other air pollutants.

Flu Shots

As this newsletter went to press, West Suburban Senior Services did not know if it would receive any flu vaccine this year from the Cook County Department of Public

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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

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the Senior Chronicle out due to increased postage costs. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

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

Non-Discrimination

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

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

Board of Directors

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

Officers

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

Directors

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

Honorary Directors

- Honorable Anthony Calderone
- Honorable Gary Woll

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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 12th and September 26th, 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.

Strengths and Challenges of Dealing with Today's Youth The agency's healthy aging counselor is presenting this program September 10th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. It includes a question-answer session.

Strudel Sundaes This pastry and ice cream dessert is being served September 25th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center, Cost is \$1.00.

Thyroid Program and Screening White Crane Wellness Center is presenting a program on thyroid disease September 4th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Complimentary thyroid screenings follow. Appointments for the screenings are limited, and they may be made by contacting the agency.

West Suburban Walkers Seniors who enjoy walking are invited to join this group at 9:00 am on Mondays, Wednesdays and Thursdays at the Senior Citizen Center in Bellwood. Participants walk in the local area at their own pace.



Briefly Stated**Advisory Council**

10:00 am
September 10th
Bellwood

11:00 am
September 10th
OARS

Apple-Carmel Sundaes

12:15 pm
September 11th
Bellwood & OARS

Apple Cream Pie

12:15 pm
September 18th
Bellwood & OARS

Apple Pie A la Mode

12:15 pm
September 22nd
Bellwood

12:15 pm
September 23rd
OARS

Art Class

9:00 am
Tuesdays
Bellwood

Arthritis Foundation**Exercise Class**

10:00 am
September 2nd, September 5th,
September 9th, September
12th, September 16th,
September 19th, September
23rd & September 26th
Bellwood

10:00 am

September 3rd, September
10th, September 17th & Sep-
tember 24th
OARS

Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
September 8th
Bellwood

10:15 am
September 9th
OARS

Brain Games

10:30 am
September 2nd
OARS

Cash Dash

10:00 am
September 18th
Bellwood

10:00 am
September 19th
OARS

Casino Trip

8:30 am
September 17th
Milwaukee, WI

Chair Exercises

10:00 am
September 8th, September
15th, September 22nd &
September 29th
OARS

Creative Writing Class

10:00 am
September 23rd
Bellwood

Decluttering Class

12:30 pm
September 29th
Bellwood

Dietary Supplements

10:45 am
September 11th
Bellwood

Early Bird Bingo

9:30 am
September 30th
Bellwood

Ethnic Pastries

10:45 am
September 15th
Bellwood & OARS

Exercise Class

10:30 am
Monday through Friday
Bellwood

Fall Ice Cream Cones

12:15 pm
September 4th
Bellwood & OARS

Fall Fest

10:00 am
September 23rd
OARS

Fashion Show

10:30 am
September 25th
Bellwood

Foster Grandparents

10:30 am
September 17th
Bellwood

Garden Tea Party

10:00 am
September 3rd
Bellwood

Garfield Park

Conservatory Trip
10:00 am
September 24th
Chicago

Gift Shop

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

Gourmet Dinner Party

5:00 pm
September 26th
Bellwood

Haircuts

10:30 am
September 9th & September
23rd
Bellwood

Holiday Quilting Project

12:15 pm
September 15th & September
29th
Bellwood

How to Save Money on**Your Phone Bill**

10:00 am
September 5th
OARS

Improving Your Memory

12:15 pm
September 3rd & September
24th
Bellwood

Johnny Appleseed Festival

10:15 am
September 22nd
Bellwood

Legal Assistance

9:30 am
September 16th
Bellwood

Line Dancing

9:30 am
Fridays
Bellwood

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pm to 1:15 pm, at the Senior Citizen Center in Bellwood. There is no cost, and new participants are welcome.

Johnny Appleseed Festival Party bingo and Pokeno highlight this event September 22nd at the Senior Citizen Center in Bellwood. Party bingo (with seasonal prizes) is scheduled from 10:15 am to 11:15 am. Lunch and apple pie A la mode follow at 11:30 am. The event concludes with Pokeno from 12:15 pm to 1:15 pm. Cost for all is \$3.00; suggested meal donation for lunch only is \$1.75; donation for pie only is \$1.00. Reservations are required by 12:00 Noon on September 19th, and a minimum registration is required for this activity to take place.

Legal Assistance On September 16th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is available to come to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should contact West Suburban Senior Services for more information regarding appointments.

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

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

'Mad Money' Auction Seniors earn special *Mad Money* each time they eat lunch between September 2nd and September 26th at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. This *Mad Money* can then be used at an auction later this month.

Meditation and Centering Classes Basic meditation and relaxation techniques are the focus of this class September 12th and September 26th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Movie Days This month's selections are romantic comedy *27 Dresses* (Katherine Heigl) on September 9th and the adventure *National Treasure-Book of Secrets* (Nicholas Cage) on September 23rd. Show time is 12:15 pm, and refreshments are served.

Mystery Reading Club Seniors are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting September 2nd, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

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

Pokeno Parties This game is scheduled September 2nd and September 16th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card, and refreshments are served.

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
September 1, 2008	September 2, 2008	September 3, 2008	September 4, 2008	September 5, 2008
<i>Closed For Labor Day</i>	Creamy Chicken Steamed Rice Broccoli Carrot Raisin Salad Grapes	Hamburger on Bun Potato Salad Cucumber Salad Lemonaid Banana Pudding	Swedish Meatballs Rice Pilaf Carrots Apple Juice Pound Cake	Smothered Chicken Breast Potatoes California Vegetables Juice Pears
September 8, 2008	September 9, 2008	September 10, 2008	September 11, 2008	September 12, 2008
Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Cantaloupe	Baked Chicken Leg Herb Stuffing Succotash Apple Juice Pineapple Chunks	BBQ Rib Spaghetti Greens Coleslaw Peach Half	Beef Chop Suey Rice Lettuce Salad Fortune Cookie
September 15, 2008	September 16, 2008	September 17, 2008	September 18, 2008	September 19, 2008
BBQ Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Nectarine	Oven Roasted Chicken Whipped Potatoes Peas Coleslaw Frosted Lemon Cake	Meatball Sandwich Whole Potatoes Italian Vegetables Tossed Salad Honeydew Melon	Tuna Salad on Bun Three Bean Salad Chicken Gumbo Watermelon	Hot Dog on Bun Potato Salad Grape Juice Gelatin Vanilla Pudding
September 22, 2008	September 23, 2008	September 24, 2008	September 25, 2008	September 26, 2008
Grecian Chicken Leg Herb Rice Zucchini and Tomatoes Cherry Apple Juice Fresh Plum	Stuffed Green Peppers Potatoes O'Brien Mixed Vegetables Tossed Salad Tapioca Pudding	Taco Salad Spanish Rice Mexicorn Gelatin	BBQ Chicken on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	Polish Sausage French Bread Sauerkraut Carrots Pineapple Rings Banana
September 29, 2008	September 30, 2008	All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements		
Meatloaf Whipped Potatoes Green Peas Lettuce Wedge Applesauce	Creamy Chicken Steamed Rice Broccoli Carrot Raisin Salad Grapes	West Suburban Senior Services is supported by the AgeOptions, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commissions of Berwyn and Proviso Townships, local villages, and donations		

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

(Continued from front cover)

Health. Please accept our apologies, but also telephone the agency for additional information.

Menu Choice Days

West Suburban Senior Services is pleased to offer diners at its two sites meal options on designated dates this month. On these dates, senior citizen aged 60 and older may order either the lunch on the menu or a gourmet boxed lunch for the suggested donation of \$1.75. Reservations for the hot meals are required by 12:00 noon on the business day before seniors plan to have lunch; the boxed lunches have different reservation deadlines noted below.

September 12th Ham and cheese croissant boxed lunch option. Note that the reservation deadline is 12:00 noon on September 10th.

September 18th Turkey croissant boxed lunch option. Reservation deadline is 12:00 noon on September 16th.



September 29th Egg salad on roll boxed lunch option. Reservation deadline is 12:00 noon on September 27th.

'Mad Money' Days

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

Cash Dash The Illinois State Treasurer's office is giving seniors an opportunity to see if they have cash or valuables owed to them by the State of Illinois. Seniors may participate in this search September 18th, 10:00 am to 12:00 Noon, at the Senior Citizen Center, and September 19th, 10:00 am to 11:30 am, at OARS Center.

Mad Money Coupons and Auction West Suburban Senior Services is issuing its own currency in the form of special *Mad Money* coupons September 2nd through September 26th at its two nutrition sites. Here's how it works: Each time seniors have lunch at either the Bellwood or the LaGrange site in that time period, they will receive a *Mad Money* coupon. *Only these Mad Money coupons* can then be used to purchase items at an auction September 29th, 10:30 am, at the Senior Citizen Center, and September 30th, 10:00 am, at OARS Center. *Mad Money* coupons must be used at the site auction where they were earned, and any of these coupons not used at the auction will be void. Note: To help seniors earn more *Mad Money* coupons for the auction, the agency has designated Tuesdays and Fridays as *Double Coupon Days*: seniors having lunch those days receive two *Mad Money* coupons.

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Foster Grandparents West Suburban Senior Services is pleased to cosponsor the Foster Grandparent program. The monthly meeting is held at the Senior Citizen Center in Bellwood and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care. The next meeting is September 17th at 10:30 am.

Garden Tea Party Seniors are invited to wear their favorite hat and costume jewelry to this event September 3rd, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Participants who wish to participate in a costume jewelry exchange should bring an item for this activity. Cost for the tea is \$1.00.

Garfield Park Conservatory Trip This trip is scheduled September 24th from 10:30 am to 1:00 pm. The trip departs from and returns to the Senior Citizen Center in Bellwood. The \$10.00 per-person fee (non-refundable) includes round-trip transportation on the West Suburban Senior Services' bus and a boxed lunch. Paid reservations are due by September 17th, and a minimum registration is required for this outing to take place.



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

Gourmet Dinner Party West Suburban Senior Services is hosting this event September 26th at the Senior Citizen Center in Bellwood. Doors open at 4:30 pm with appetizers served until 5:00 pm. Dinner is served at 5:00 pm. The evening concludes at 7:00 pm. Paid and nonrefundable reservations are due by September 22nd. Cost is \$9.00 per person.

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 9th and September 23rd at 10:30 am. Appointments are required.

Holiday Quilting Project West Suburban Senior Services invites volunteers to design squares for lap-top quilts that will be given to homebound seniors during the holiday season. Materials and instructions are provided, and no prior quilting experience is required. This month's quilting sessions are September 15th and September 29th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

How to Save Money on Your Phone Bill The Citizens Utility Board is presenting this program September 5th, 10:00 am to 11:00 am, at OARS Center. Seniors are encouraged to bring their most recent telephone bill for individual review.

Improving Your Memory The agency's Healthy Aging Counselor is conducting these "brain games" September 3rd and September 24th, 12:15

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Casino Trip West Suburban Senior Services is planning an outing to the Potawatomi Bingo Casino September 17th.

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

Creative Writing Class New and returning students are welcome at this monthly class at the Senior Citizen Center in Bellwood. This month's meeting is September 23rd from 10:00 am to 11:30 am. There is no enrollment cost.

DeCluttering Class Seniors are invited to learn ways for decluttering their closets at this class September 29th, 12:30 pm to 1:30 pm, at the Senior Citizen Center in Bellwood. There is no enrollment cost.

Dietary Supplements A staff pharmacist from Wal-Mart in Forest Park is the program presenter September 11th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include the benefits and precautions involved when using supplements.

Early Bird Bingo Breakfast and party bingo highlight this activity September 30th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The menu features French toast, sausage, fruit, and milk and coffee. Cost for the meal and party bingo is \$2.00. Reservations are required by 12:00 noon on September 25th, and a minimum registration is required for this activity to take place.

Ethnic Pastries September is *Ethnic Food Month*, and West Suburban Senior Services is serving pastry from Aracely's Bakery September

15th, 10:45 am to 11:00 am, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is 50 cents, and reservations are required by September 12th.

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 Fest Games and contests highlight this event September 23rd at OARS Center. Party bingo (with seasonal prizes) is being played from 10:00 am to 10:30 am; Pokeno is scheduled from 10:30 am to 11:00 am. Cost is \$1.00. Lunch is served at 11:30 am for the suggested donation of \$1.75. Prizes are being awarded at 12:00 noon for the best decorated apples.

Fall Ice Cream Cones This treat is being served September 4th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Fashion Show and Tea West Suburban Senior Services and the New to You Upscale Resale Shop in Broadview are co-hosting this event September 25th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge for the fashion show; lunch follows at 11:30 am for the suggested donation of \$1.75. Reservations are required by 12:00 noon on September 24th. Seniors who would like to model in the fashion show should contact the Senior Center Director.

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(Continued from page seven)

Lunch reservations for the Bellwood and OARS sites are required by 12:00 noon on the business day before seniors plan to eat.

Casino Trip

West Suburban Senior Services is sponsoring an outing to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, on September 17th. The trip departs from the Senior Citizen Center in Bellwood at 8:30 am and returns there at approximately 6:00 pm.

The \$25.00 per-person cost includes round-trip transportation on a deluxe motor coach, gaming and bingo action, an all-you-can-eat buffet and a \$10.00 cash coupon for 50 slot points earned. In addition, everyone in agency's group has the option of playing a three-hour session of matinee bingo beginning at 1:00 pm.

Paid *non-refundable cash* reservations are due at the Senior Citizen Center by September 5th, and a minimum registration is required for this outing to take place.



As a reminder, the casino requires one of the following forms of photo identification: current passport, valid driver's license, valid State-issued identification card, current military identification, an immigration card or a consulate card.

Holiday Quilting Project

West Suburban Senior Services invites volunteers to design squares for lap-size quilts that will be given to homebound seniors during the holiday season. Materials and instructions are being provided to the quilters, so no previous quilting experience is required. The first quilting sessions have been scheduled August 11th, 12:15 to 1:15 pm, at the Senior Citizen Center in Bellwood, and August 12th, 10:00 am to 11:00 am, at OARS Center in LaGrange.

West Suburban Walkers

Have you been wanting to walk for exercise but haven't had anyone to walk with? West Suburban Senior Services has a new walking group on Mondays, Thursdays and Fridays. Seniors meet at the Senior Citizen Center in Bellwood at 9:30 am and then walk in the local area at their own pace. Refreshments are available afterward at the Senior Center.



Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting September 10th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

Apple-Carmel Sundaes This fall dessert is being served September 11th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Apple Cream Pie For \$1.00, seniors may enjoy this treat September 18th at the Senior Citizen Center in Bellwood and at OARS Center. Serving time is 12:15 pm to 12:30 pm.

Apple Pie A la Mode This classic fall dessert is being served September 22nd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood, and September 23rd, 12:15 pm to 12:30 pm, at OARS Center. Cost is \$1.00.

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

Arthritis Foundation Exercise Class West Suburban Senior Services is again pleased to host this

class. This month's sessions are September 2nd, September 5th, September 9th, September 12th, September 16th, September 19th, September 23rd and September 26th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. The class schedule at OARS Center is September 3rd, September 10th, September 17th and September 24th from 10:00 am to 11:00 am. New students are welcome.

Bingo Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm at the Senior Citizen Center and 10:00 am at the OARS Center.

Bingo Bonanza A double session of party bingo is planned September 8th at the Senior Citizen Center in Bellwood, and September 9th at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments.

Brain Games Seniors are invited to challenge their themselves with *Taboo* and other games September 2nd, 10:30am to 11:00 am, at OARS Center. Lunch follows at 11:30 am for the suggested donation of \$1.75.

Cash Dash Staff from the Illinois State Treasurer's office is coming to the Senior Citizen Center in Bellwood September 18th, 10:00 am to 12:00 noon, and OARS Center, September 19th, 10:00 am to 11:30 am. Seniors are invited to search for possibly unclaimed assets held by the State of Illinois.

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