

(Continued from page eleven)

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

Triton Dinner Outing

West Suburban Senior Services is hosting a dinner outing to Triton College on October 28th, 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary art students, the buffet includes an assortment of hot entrees, salads, cold cuts, cheeses, rolls, desserts, and coffee and hot tea. The \$15.00 per-person cost includes the buffet; tip is extra. Seating is limited, and reservations are being accepted at the Senior Citizen Center in Bellwood on a first come, first serve basis. *Nonrefundable cash reservations* are due at the time reservations are made. The reservation deadline is October 9th.

Many of the activities and events scheduled are available for no or minimum cost and we schedule the activities and events at each of the agency's sites. In addition, please feel free to join us for lunch as many activities are scheduled at midday. If you have suggestions for different activities, please contact us. We attempt to provide a variety of events that are of interest to area senior citizens. West Suburban Senior Services does not have a membership fee and area senior citizens are welcome to attend any and all events that they find interesting.

More information may be available in a separate article.

The River Park Center is located at 8300 Roosevelt Road in Forest Park.

The Senior Center is located at 439 Bohland Avenue in Bellwood.

The OARS Center is located at 712 Elm in LaGrange.

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations.. Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

Yoga Classes

Are you interested in improving your karma? Are you a health conscious senior? Look no more and join yoga classes Mondays, Wednesdays, and Fridays from 9:00 am to 10:00 am at the Senior Citizen Center in Bellwood. Learn basic movement and relaxation techniques that will improve your health, body and mind. Register for these free classes by telephoning West Suburban Senior Services. Wear comfortable, loose clothes. The instructor is bilingual.

¿Están interesados en mejorar su Karma?
¿Tienen interés en una vida más saludable?
Vengan a clases de Yoga. Lunes, Miércoles y Viernes de 9 a 10 de la mañana en el centro de la tercera edad de Bellwood. Aprenda movimientos básicos y técnicas para relajarse que mejorarán la salud de su cuerpo y mente. Inscríbanse con (708) 547-5600 y vengan con ropa cómoda. Instructora bilingüe. Completamente ¡GRATIS!

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

Driver Safety

Driving can sometimes be challenging for older adults. Everyone ages differently, People continue to drive into their seventies, eighties, and even beyond while others cannot or should not. Statistics show that the elderly are more likely than other drivers to receive traffic citations for failing to yield, turning improperly, running red lights and stop signs. It is a fact that older adults are at higher risk for road accidents than other age groups.

Driver safety requires more than understanding road signs and traffic laws. Consider these top tips for older drivers:

Stay physically active – Staying physically active improves strength and flexibility which may help with actions such as turning the steering wheel and looking over the shoulder.

Manage chronic conditions – Follow driving restrictions suggested by the physician.

Schedule regular vision and hearing tests – Senses such as hearing and vision tend to decline with age.

Drive under optimal conditions – When possible, drive during the daytime, in good weather, on quiet roads, and in familiar areas.

Plan ahead – Plan the route ahead of the time.

Have directions in place.

Update driving skills – Consider taking a refresher course for older drivers.

Flu Shots

As this newsletter goes to press, West Suburban Senior Services received word that it would receive flu vaccine this year from the Cook County Department of Public Health. However, the agency does not yet know when the vaccine will arrive, so at this time, we have been unable to schedule specific dates for our flu shot clinics. Please call with any questions, and we will announce dates for our flu shot clinics as soon as possible.

Healthy Food on a Budget

It is possible to save money and still eat healthy, delicious food. Making smart choices saves money. Evaluate how money is spent on food and what unnecessary items are purchased. Does the person eat out often? The first way to save money on food is to limit or cut out unnecessary food spending. Here are specific ways to do this:

Cut the junk: Evaluate how much money is spent on items such as soda, juice, packages of cookies, crackers, prepared meats, and processed foods.

(Continued on page five)

The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Website

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

Board of Directors

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

Officers

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

Directors

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

Honorary Directors

Ms. Carole Kulinski
Judge Noreen Love
Mrs. Elaine Reno

(Continued from page ten)

feeling rested, an urge to go to bed early, being tired during the day, and needing naps during the day. Aging may bring unwelcome changes in sleep, such as more fragmented sleep, a decrease in deep sleep, and more awakenings between sleep cycles.

These are some common causes of sleep problems in the elderly:

Poor sleep hygiene -The most common cause of insomnia in the elderly is poor sleep habits or a poor sleep environment. Examples of poor sleep hygiene are irregular sleep hours, consumption of alcohol before bedtime, and too much daytime napping.

Pain or medical illness – Pain are often obstacles to sleep for seniors. A frequent need to go to the bathroom, arthritis, asthma, diabetes, mellitus, osteoporosis, nighttime heartburn, menopause, and Alzheimer's can cause frequent awaking. Discomfort may prevent an easy return to sleep.

Medications – Seniors tend to take more medications than younger people. Combination of drugs, as well as the side-effects of individual drugs, can impair sleep or stimulate wakefulness.

Lack of exercise – Regular exercise early in the day can promote good sleep.

Psychological stress or psychological disorders – Significant life changes like the death of a loved one or moving from a family home can cause stress. Anxiety or sadness can cause sleeplessness.

Sleep disorders – Restless Legs Syndrome, insomnia, and sleep-disordered breathing such as snoring and sleep apnea occur more frequently in older adults. Poor sleep hygiene can be the main cause of low-quality sleep. Fortunately, sleep hygiene is

easy to improve. Here are some helpful sleep tips:

Keep a regular sleep schedule – Go to bed and wake up at the same time every day, even on week-end.

Be engaged – Social activities, family, and work can keep activity level up and prepare the body for a good night's sleep.

Experiment with napping – Although napping too close to bedtime can interfere with nighttime sleeping, short naps early in the day can improve overall restfulness.

Exposure to sunlight – Bright sunlight increases melatonin, which regulates sleep-wake cycles. Try to get at least two hours of sunlight each day.

Go to bed early – Adjust bedtime earlier, to match tiredness.

Develop bedtime rituals – A soothing ritual, like taking a bath or playing music will help one to wind down.

Limit use of sleeping aids and sleeping pills – Many sleep aids have side-effects and are not meant for long-term use.

Take Charge of Your Health!

Registration is now underway for the *Take Charge of Your Health!* program scheduled next month at the Senior Citizen Center in Bellwood. The class is designed to help seniors with a chronic illness thrive --- and not just survive. The program consists of six, 2½ hour classes taught by two trained leaders. Classes are scheduled October 13th, October 20th, October 27th, November 3rd, November 10th and November 17th. A minimum enrollment is required for this program

(Continued back cover)

Briefly Stated

Advisory Council
10:00 am
September 9th
Bellwood

11:00 am
September 9th
OARS

Apple Caramel Sundaes
12:15 pm
September 3rd
Bellwood & OARS

Apple Strudel Delight
12:15 pm
September 10th
Bellwood & OARS

Art Class
9:00 am
Tuesdays
Bellwood

Autumn Tea Party
10:00 am
September 15th Bellwood
September 16th OARS

Bingo
10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza
10:15 am
September 14th
Bellwood

10:15 am
September 8th
OARS

Brain Games
12:15 pm
September 2nd, September 9th,
September 16th, September
23rd & September 30th
Bellwood

Cake and Ice Cream
12:15 pm
September 17th
Bellwood & OARS

Caregiver Support Group
2:00 pm
September 2nd & September
16th
Bellwood

Clutter Solutions
10:45 am
September 16th
Bellwood

Creative Writing Class
10:00 am
September 22nd
Bellwood

Early Bird Bingo
9:30 am
September 21st
Bellwood

**Eat Smart, Live Strong ---
Getting Started**
10:30 am
September 29th Bellwood
September 9th OARS

Exercise Class
10:00 am
Monday through Friday
Bellwood

Fall Craft
10:30 am
September 22nd
Bellwood & OARS

Fashion Show & Tea
10:30 am
September 24th
Bellwood

Food & Bingo Fest
4:30 pm
September 25th
Bellwood

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

Grief Support Group
1:00 pm
September 21st
Bellwood

Haircuts
10:30 am
September 8th & September
22nd
Bellwood

Harvest Bingo & Breakfast
9:30 am
September 11th Bellwood
September 18th OARS

How to Take Great Pictures
10:30 am
September 8th
Bellwood

Internet Café
10:00 am
Mondays & Wednesdays
Bellwood

Johnny Appleseed Festival
10:00 am
September 1st Bellwood
September 29th OARS

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & OARS

**Meditation & Centering
Class**
12:15 pm
September 11th & September
25th
Bellwood

Movie Days
12:15 pm
September 1st, September 8th,
September 15th, September
22nd & September 29th
Bellwood

Mystery Reading Club
9:30 am
September 1st
Bellwood

Pie A la Mode
12:15 pm
September 24th
Bellwood & OARS

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Blow-Out
12:15 pm
September 28th
Bellwood

Pokeno Parties
10:30 am
September 4th & September
18th
Bellwood

(Continued from page seven)

Some older adults develop more significant problems with memory that are the result of diseases such as Alzheimer's or stroke, injury, poor nutrition, other physiological issues, or emotional problems. If any of the following are a concern contact your physician for advice.

Memory problems that aren't a part of normal Aging:

- Forgetting things much more often than before,
- Forgetting how to do things that have been done routinely before,
- Trouble learning new things,
- Repeating phases or stories in the same conversation,
- Trouble making choices or handling money,

- Not being able to keep track of what happens each day.

Sleeping Well As We Age

Age alone does not cause sleep problems. Disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of aging. A good night's sleep is especially important because it improves concentration and memory formation, allows the body to repair any cell damage that occurred during the day, and refreshes the immune system which helps prevent disease.

Many seniors complain about sleep problems such as: difficulty falling asleep, frequent waking during the night, lighter sleep, waking up early, not

(Continued on page eleven)

**Rainbow of Foods:
Celebrate the Diversity of
Diet**
10:30 am
September 25th
OARS

Spanish Club
11:00 am
September 4th & September
18th
Bellwood

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

Stepper Dance Class
10:30 am
September 3rd
Bellwood

9:30 am
Wednesdays
Bellwood

**Understanding Medicare
Part D**
10:30 am
September 15th
OARS

Yoga Class
Monday, Wednesday & Fri-
day
9:00 am
Bellwood

**Volunteer Breakfast & In-
Service**
9:30 am
September 23rd
Bellwood



(Continued on page nine)

Congregate Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1, 2009	September 2, 2009	September 3, 2009	September 4, 2009
All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements	Creamy Chicken Wild Rice Broccoli Grapes	Cheeseburger on Bun Potato Salad Banana Pudding	Swedish Meatballs Carrots Tossed Salad Apricots	Chicken Breast Whole Potatoes Lima Beans Chilled Pears
September 7, 2009	September 8, 2009	September 9, 2009	September 10, 2009	September 11, 2009
Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	Salisbury Steak Whipped Potatoes Mixed Vegetables Cantaloupe	Baked Chicken Mashed Potatoes Succotash Pineapple Oranges	Barbecued Ribette Spaghetti Greens Peach Halves	Beef Chop Suey Brown Rice Lettuce Salad Honeydew
September 14, 2009	September 15, 2009	September 16, 2009	September 17, 2009	September 18, 2009
Barbecued Pork Rice Beans Tomato & Cucumber Nectarine	Roasted Chicken Whipped Potatoes Peas Coleslaw Frosted Lemon Cake	Meatball Sandwich Italian Vegetables Tossed Salad Honeydew	Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	Hot Dog on Bun Baked Beans Mandarin Orange Vanilla Pudding
September 21, 2009	September 22, 2009	September 23, 2009	September 24, 2009	September 25, 2009
Grecian Chicken Rice Zucchini & Tomatoes Fresh Plum	Stuffed Green Peppers Peas & Carrots Tossed Salad Tapioca Pudding	Taco Salad Spanish Rice Refried Beans Cantaloupe	Barbecued Chicken Fillet on Bun Broccoli Tossed Salad Tropical Fruit	Polish Sausage Carrots Pineapple Rings Banana
September 28, 2009	September 29, 2009	September 30, 2009		
Meatloaf Whipped Potatoes Green Peas Applesauce	Creamy Chicken Wild Rice Broccoli Grapes	Cheeseburger on Bun Potato Salad Banana Pudding		

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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

(Continued from page five)

Living Healthy and Strong As We Age

University of Illinois Extension, in partnership with West Suburban Senior Services, is offering this new educational series at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. Session topics include but are not limited to

- ❑ discussing ways smart financial and consumer decisions can save money and reduce stress.
- ❑ exploring how growing and maintaining plants can reduce stress and improve physical fitness.
- ❑ discovering new and easy ways to make smart food choices, and exercise more to help maintain weight.

The first session in this new series is *Eat Smart and Live Strong --- Getting Started*. It is scheduled September 9th, 10:30 am to 11:30 am, at OARS Center, and September 29th, 10:30 am to 11:30 am, at the Senior Citizen Center. Additional information is available from West Suburban Senior Services.

Memory Loss and Aging

A person is in their twenties begins to lose brain cells a few at a time. The body begins to make less chemicals the brain cells need to work. An older person often experiences decreased blood flow to the brain than a younger person. The older a person, the more these changes affect memory. Aging may affect memory by changing the way the brain stores information and by making it harder to recall stored information. Short-term memories aren't usually

affected by aging. A person's recent memory may be affected, for example one may forget names of people that were recently met. These are normal changes.

Memory, like muscular strength, is a "use it or lose it" proposition. The more a person gives their brain a work out the better the person will be able to process and remember information. Novelty and sensory stimulation are the foundation of brain exercise. The changing of routine in a challenging way will stimulate the brain pathways that weren't used before. This can involve something as brushing one's teeth with the non-dominant hand. This activates little-used connections on the non-dominant side of the brain. For example showering and getting dressed with your eyes closed or learning a new game. These are effective ways to keep your brain working.

Here are some general guidelines to improve memory:

- ❑ Pay attention
- ❑ Keep Lists
- ❑ Organize information
- ❑ Follow a routine
- ❑ Keep a calendar
- ❑ Repeat names of people that one meets
- ❑ Run through the ABC's

Healthy habits improve memory. Regular exercise increases oxygen to the brain and may enhance the effects of helpful brain chemicals and protect brain cells. Managing stress improves memory. Stress makes it difficult to concentrate. Sleep is necessary for memory consolidation. Sleep disorders like insomnia leave a person tired and unable to concentrate during the day. Smoking heightens the risk of vascular disorders that can cause strokes and constrict arteries that deliver oxygen to the brain.

(Continued on page nine)

(Continued from page three)

ance and improve movement. The class is held Monday through Friday, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood.

Fall Craft September 22nd is the first day of autumn, and seniors at both the Senior Citizen Center in Bellwood and at OARS Center are invited to make a seasonal craft from 10:30 am to 11:30 am. Reservations are required.

Fashion Show and Tea New to You Upscale Resale Shop in Broadview and West Suburban Senior Services are cosponsoring this event September 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge for the tea and fashion show. Lunch is served at 11:30 am for the suggested donation of \$2.00. Meal reservations are required by 12:00 noon on September 23rd.

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

Grief Support Group West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meeting is September 21st from 1:00 pm to 3:00 pm.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site September 8th and September 22nd at 10:30 am.

Harvest Bingo and Breakfast This seasonal activity is scheduled September 11th, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood, and September 18th, 9:30 am to 10:30 am, at OARS Center. Cost for all is \$2.00; reservations are required by September 9th and September 16th respectively. A minimum registration is needed.

How to Take Great Pictures Seniors are encouraged to bring their cameras to this free class September 8th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Best Buy in Melrose Park is the program presenter.

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

Johnny Appleseed Festival Apple treats and games highlight this event September 1st, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood, and September 29th, 10:00 am to 11:30 am, at OARS Center. Cost is 50 cents.

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

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

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 nutri-

(Continued on page ten)

(Continued from front cover)

Limit or cut out completely these unhealthy foods.

Eat out less: Reducing eating out by one or two times per week can save about \$15.00 to \$25.00 per week. This is an easy way to save money and have extra to spend on higher quality foods.

Stick to a grocery list: The more prepared when shopping, the less impulse purchases will be made. Write out a grocery list and stick to it.

Shop the perimeter of the store first: Start with the healthy whole foods like fresh produce and meat, leaving less room for the "junk food fillers" and saving money

Cook large portions ahead: It saves time to cook once and eat multiple times. Make a big pot of soup at the beginning of the week. A hearty bowlful is good with a green salad. This makes a nutritious lunch or dinner anytime.

When eating on a budget, it is still important to think about the quality and the purity of the food. How foods are grown or raised has an impact on their quality. Organically grown food reduces potential health and environmental hazards posed by pesticides and additives. An investment in food now can save money on health bills later.

Shop wisely. The conventional grocery store is not the only place to buy food. Warehouses or club stores offer great bargains. Due to the large portions, it will be necessary to plan ahead on how to use or store in smaller packages.

Search out Farmers' Markets. Many cities and towns host weekly Farmers' Markets. Local farmers bring their wares to specific locations. The farmers and merchants sell food directly at a lower cost.

Buy all your grains in bulk, such as whole grain, brown rice, millet, barley, and rolled oats. Whole grains are an excellent source of nutrients, including protein and can be stored for longer periods of time.

The important thing to remember is it takes a little knowledge, time, and planning, but it is possible to enjoy healthy food on a budget.

Low Income Home Energy Assistance Program

On September 1st, income eligible senior citizens may file for help with winter home heating bills through the Low Income Home Energy Assistance Program (LIHEAP). Applications are being taken at Proviso-Leyden Council for Community Action in Maywood.

Senior citizens must be age 60 or older on the day of application and meet income guidelines. The monthly gross income for a one-person household cannot exceed \$1,354. For a two-person household, the maximum gross monthly income is \$1,821. Also, senior citizens must bring the following documents in order to file for benefits: their Social Security card, a photo ID card, current NICOR bill, current Com Ed bill and proof of gross income for 30 days, including their 2009 Social Security letter.

LIHEAP provides a one-time payment to utility companies on behalf of the recipient.

In addition to senior citizens, LIHEAP is open to persons and/or households with disabled members who receive SSI and SSDI benefits.

(Continued on page seven)

(Continued from page eight)

tious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Movie Days Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *The Great Buck Howard* on September 1st, *The Soloist* on September 8th, *Obsessed* on September 15th, *Camille* on September 22nd and *Dough Boys* on September 29th.

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 1st, 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.

Rainbow of Foods: Celebrate the Diversity of Diet Reaching your ideal body weight is easier than what you might think, and you won't have to give up your favorite foods. Find out how on September 25th, 10:30 am to 11:30 am, at OARS Center. A complimentary Body Mass Index (BMI) screening, and private consultations for calorie needs and meal patterns are also available. White Crane Wellness Center is the program presenter.

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 Advo-

cate, Consuelo LeZama. This month's meetings are to be held September 4th and September 18th, 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.

Stepper Dance Class Beginners and advanced students are welcome in this free class. It is offered September 3rd, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Understanding Medicare Part D Seniors are invited to this important program September 15th, 10:30 am to 11:30 am, at OARS Center. A volunteer in the Senior Health Insurance Program (SHIP) is the presenter.

Volunteer Breakfast and In-Service West Suburban Senior Services is hosting this event for its volunteers September 23rd, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Triton College RSVP is explaining membership benefits.

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

Yoga Class This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. New students are welcome. Additional information is presented in a separate article.

Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior and community representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting September 9th, 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 Caramel Sundaes This fall dessert is being served September 3rd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Apple Strudel Delight On September 10th, seniors may enjoy this treat at the Senior Citizen Center in Bellwood and at OARS Center. Serving time is 12:15 pm, and cost is \$1.00.

Autumn Tea Party Seniors are invited to bring their favorite school photo or keepsake, and share their memories at this event September 15th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and September 16th, 10:00 am to 11:00 am, at OARS Center. Reservations are required.

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.

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

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets September 2nd and September 16th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood. Additional information is available from the agency's Caregiver Specialist at extension 401.

Clutter Solutions Closets are the focus of this decluttering class September 16th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors receive practical tips for organizing that space.

Creative Writing Class New and returning students are welcome in this class September 22nd, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge.

Eat Smart, Live Strong --- Getting Started This new educational series begins September 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and September 9th, 10:30 am to 11:30 am, at OARS Center. Additional information is presented in a separate article.

Exercise Class – Audio Tape This class is an enjoyable way to increase strength, build endur-

(Continued on page eight)