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Take Time for Yourself Day

Tami Jimenez, LCSW, the agency's healthy aging counselor, is conducting a morning of relaxation September 20th at the Senior Citizen Center in Bellwood. A continental breakfast is being served from 10:00 am to 10:30 am. Participants are then making Grass Hair Planters, which are funny planters created with nylon, sawdust and grass seed. Registration is limited to twenty participants, and reservations are required by September 14th.

Time Traveling Together

West Suburban Senior Services and MECA Elementary Christian Academy are again partnering in an intergenerational activity designed to help students better understand the

process of aging. This partnership begins in the fall and continues for seven consecutive weeks. Following an initial getting acquainted session, each student and senior citizen partner then participate in weekly activities and discussions centered on age-related changes. Ten senior citizen partners are needed for this project. Interested volunteers should contact the Senior Center Director.

Western Day

Senior citizens are invited to find their boots, hats and other western attire, and join the fun September 26th at the Hodgkins meal site. Activities include line dancing from 10:00 am to 10:30 am, horseshoe toss from 10:30 am to 11:00 am and chair exercise from 11:00 am to 11:30 am. A western style lunch is being served between 11:30 am and 12:30 pm for the suggested donation of \$2.00. The day concludes with treats and Wild West party bingo from 12:30 pm to 1:30 pm. There is an additional fee for the bingo and refreshments. Reservations are required.

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

More information may be available in a separate article.

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

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

The OARS Center is located at 712 Elm in LaGrange.

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

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

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

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

The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
OARS Center 712 East Elm LaGrange, Illinois 60525
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

Volume XXIV, Issue 9
September, 2011

Adult Day Health Care

Are you caring for a senior citizen or know someone who is caring for a senior citizen? Do you often feel worried or anxious to leave that senior citizen alone during the day? Do you feel that the senior citizen is not getting enough socialization during the day? If you answered yes to any of these questions, the Adult Day Health Care program at West Suburban Senior Services may be your answer. The Adult Day Health Care program at West Suburban Senior Services offers a variety of activities to increase socialization, exercise programs to help improve their physical well-being and mind games to simulate their memory. The program also has a registered nurse on staff to give medications, check vitals and staff to assist with activities of daily living. The program is open Monday through Friday from 8:00 am to 4:30 pm. To set up a tour of the program, or if you have any questions about the program, please call for more information.

Back to School Safety

School is back in session! When driving, everyone should be aware of children walking to and from school. Also, be aware of *school zones* and speed limit changes. We have many schools in the area surrounding our Senior Center. Let's

help keep our community and our kids safe!

Diabetes Support Group

Glenn Kushner, MD, and West Suburban Senior Services are cosponsoring a new Diabetes Support Group at the Senior Citizen Center in Bellwood. The group's initial meeting is September 9th from 10:30 am to 11:30 am.

Dr. Kushner is addressing physical challenges related to the disease. Tami Jimenez, LCSW, the agency's healthy aging counselor, helps participants cope with the emotional aspects of living with a chronic illness. Reservations for the support group are encouraged.

Ethnic Food Days

September is *Ethnic Food Month*, and West Suburban Senior Services is hosting food tasting parties from 10:00 am to 11:00 am at the Senior Citizen Center in Bellwood. The schedule is *Greek* on September 1st, *Spanish* on September 8th, *Oriental* on September 13th and *Eastern European* on September 22nd. Cost for each food tasting is 50 cents.

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The Senior Chronicle

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

Funding

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

Non-Discrimination

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

Website

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

Board of Directors

The Board of Directors elected, during the 37th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Lela Grimble, President
Mr. Arthur Grapenthein, Vice President
Mr. Robert A. Jones, Treasurer
Mr. Ted Griffin, Secretary

Directors

Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Luigi Mazzei
Mrs. Debbie Nowader
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Jann Beauchamp

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much caffeine can also lead to un-restful sleep and fatigue.

Overuse of artificial sweeteners can make some people more sensitive to pain. Artificial sweeteners such as aspartame release chemicals that activate neurons that can make some people more sensitive to pain.

Remember, this does not apply to everyone as everyone is different. As always, everything in moderation and contact your doctor before making any changes in your diet.

For more information, please visit health.com and search *10 Diet Commandments for Pain Patients*.

Senior Center Open House

September is *National Senior Center Month*, and West Suburban Senior Services invites area senior citizens and their families to an open house September 29th at the Senior Citizen Center in Bellwood. Between 10:00 am and 2:00 pm, guests will have the opportunity to tour the site and learn about the many programs and services offered. These include Adult Day Health Care, congregate and home delivered meals, health screenings, home-based services, information services, mental health assistance, podiatry clinic, recreational activities, senior advocate assistance to access benefits, transportation and many more.

In addition, guests may enjoy live entertainment and refreshments between 10:30 am and 11:30 am in the main dining area. Senior citizens are invited to stay for lunch. Because meals are catered, lunch reservations are needed by 12:00 noon on September 27th.

Stain Removal Tips

There is always a potential for stains to occur. Here are some tips for successful stain removal.

- The best way to ensure successful stain removal is to treat the stain as soon as it occurs or as soon as you notice it. The longer you wait, the harder it will be to remove.
- Use club soda to remove the stain. Most of the time, this will work in removing the stain.
- Always blot the stain, never rub it. Rubbing the stain may help it set into the stained item and may cause it to be harder to remove the stain.
- Use a white washcloth or white paper towel when removing the stain. This will prevent additional staining from occurring from the dyed washcloth.
- Look at the tag on the stained item to see what the manufacturer recommends for cleaning the product. Sometimes there will be letters on the tag. This will usually be a "W" "S" or "X". The "W" means that you should clean it with a water based cleaner such as a dish detergent or laundry detergent. If there is a "S" on the tag this means that you should use a dry cleaning solvent such as a Dryel on the Go pen. An "X" on the tag means that you should clean the product by brushing it or vacuuming and not use any liquids on it.

A great website for assistance on removing stains is the Stain Solutions database at Web.Extension.Illinois.edu/Stain. This website will provide you with step by step stain removal with typical household products.

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Senior Citizen Center in Bellwood. Festivities begin with chicken snacks from 10:00 am to 10:30 am. Chicken bingo is scheduled from 10:30 am to 11:30 am. Cost is \$1.00.

Classic Movie Day *I Love Lucy* ---*The Lost Episodes* are featured September 30th, 12:15 pm to 2:15 pm, at the Senior Citizen Center in Bellwood. Refreshments are served.

Colorful Lunch Series Each month on designated dates, decorations at the agency's two nutrition sites are a specific color. On September 29th, the color is autumn gold at the Senior Citizen Center in Bellwood. Lunch participants who wear autumn gold attire that day are eligible to enter a door prize drawing at 12:15 pm. Brown and orange are the designated colors at the Hodgkins meal site on September 23rd. Senior citizen diners who wear brown or orange attire that day are eligible for a door prize drawing at 12:15 pm.

Coupon Exchange In observance of *National Coupon Month*, senior citizens are encouraged to share coupons all month at the Senior Citizen Center in Bellwood. Coupons are being grouped by category such as food, cleaning products, household items and so forth. Coupons may be brought in and exchanged weekdays from 10:30 am to 1:00 pm.

Creative Writing This class is scheduled September 27th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. New and returning students are welcome. There is no fee.

Early Bird Bingo A French toast and sausage breakfast is featured at this event September 30th at the Senior Citizen Center in Bellwood. Breakfast is served at 9:30 am, and party bingo is played from 10:00 am to 11:00 am. Cost for all is \$2.00,

and a minimum registration is required by September 27th.

Frauds and Scams Money Management International is presenting this program September 15th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Prevention and remedies are among the topics being discussed.

Game Day A series of games including Bozo Buckets and clothes pin drop are being played September 7th from 10:00 am to 10:30 am at the Hodgkins meal site. Prizes are being awarded.

Grandparent's Day Celebration West Suburban Senior Services is honoring grandparents September 9th at its two nutrition sites. Festivities are scheduled from 10:00 am to 12:00 noon at the Senior Citizen Center in Bellwood. These include appetizers, door prizes and a special dessert. At the Hodgkins meal site, grandparents may participate in a coloring contest and enjoy a special treat beginning at 12:15 pm..

Grandparents Raising Grandchildren Support Group Many grandparents raising grandchildren are overwhelmed by the emotional, financial and physical strain. They are invited to join this support group to share stories with other grandparents and to learn about legal issues, community resources, advocacy, financial assistance and self-care. This support group meets the second Monday of each month between 1:00 pm and 2:00 pm at the Senior Citizen Center in Bellwood. This month's meeting is September 12th.

Labor Day Celebration Senior citizens are invited to start their holiday weekend September 2nd at the agency's two nutrition sites. Festivities at the Senior Citizen Center in Bellwood begin with games at 10:30 am and conclude with Pokeno and a special treat at 12:15 pm. Activities at the Hodg-

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Briefly Stated

Activity Ship
9:00 am
September 19th
Bellwood

Advisory Council
10:00 am
September 14th
Bellwood & Hodgkins

Apple Fest
10:00 am
September 26th
Bellwood

Apple Tasting and Bingo
10:30 am
September 27th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Arts & Crafts Day
10:30 am
September 7th
Bellwood

Bargain Bingo
10:30 am
September 6th
Bellwood

Bingo
12:15 pm
Thursdays
Bellwood & Hodgkins

Bingo Bonanza
10:15 am
September 12th
Bellwood

Brain Games
12:15 pm
September 7th, September
14th, September 21st &
September 28th
Bellwood

Bunco
12:15 pm
September 30th
Hodgkins

Caregiver Support Group
2:00 pm
September 19th
Bellwood

Chair Exercise
10:00 am
September 2nd, September
9th, September 12th, Septem-
ber 16th, September 19th,
September 23rd &
September 30th
Hodgkins

Chicken Month Observance
10:30 am
September 13th
Bellwood

Classic Movie Day
12:15 pm
September 30th
Bellwood

Colorful Lunch Series
11:30 am
September 29th
Bellwood

11:30 am
September 23rd
Hodgkins

Coupon Exchange
10:30 am
Weekdays in September
Bellwood

Creative Writing
10:00 am
September 27th
Bellwood

Diabetes Support Group
10:30 am
September 9th
Bellwood

Early Bird Bingo
9:30 am
September 30th
Bellwood

Ethnic Food Days
10:00 am
September 1st, September
8th, September 13th &
September 22nd
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

Frauds & Scams
10:30 am
September 15th
Bellwood

Game Day
10:00 am
September 7th
Hodgkins

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

Grandparent's Day Observance
10:30 am
September 9th
Bellwood

12:15 pm
September 9th
Hodgkins

Grandparents Raising Grandchildren Support Group
September 12th
1:00 pm
Bellwood

Haircuts
10:30 am
September 13th &
September 27th
Bellwood

Hispanic Heritage Month Celebration
10:30 am
September 21st
Bellwood

Internet Café
9:30 am
Mondays
Bellwood

Labor Day Celebration
10:30 am
September 2nd
Bellwood

12:15 pm
September 2nd
Hodgkins

Legal Assistance
By Appointment
Bellwood

Let's Talk
12:15 pm
September 27th
Hodgkins

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Meditation & Centering Class
12:15 pm
September 9th &
September 23rd
Bellwood

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kins meal site begin at 12:15 pm and include a raffle, Labor Day Pokeno and prize giveaways. There is an activity fee at both sites.

Let's Talk This conversation is scheduled September 27th, 12:15 pm to 1:15 pm, at the Hodgkins meal site. The topic centers on the role of the site and its impact on participants' lives.

Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class September 9th and September 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor, and there is no fee.



Movie Days Senior citizens are invited to watch a movie each Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Jumping the Broom* on September 6th, *The Lincoln Lawyer* on September 13th, *Why Did I Get Married, Too?* on September 20th, and *You Don't Know Jack* on September 27th.

Party Bingo Days The following dates and party bingo themes have been scheduled this month at the Senior Citizen Center in Bellwood: *Bargain* on September 6th, *Nautical* on September 19th and *Johnny Appleseed* on September 26th. At Hodgkins, themes are *Better Breakfast* on September 6th, *Everything Rice* on September 20th, and *Wild West* on September 26th. Games at both sites begin at 12:15 pm, and there is a fee.

Pokeno Parties This game is scheduled September 2nd, September 9th, September 16th and September 23rd, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. At the Hodgkins meal site, the game is scheduled September 12th from 12:15 pm to 1:00 pm. There is a fee.

Reverse Lunch Participants at the Hodgkins meal site are invited to this unusual dining experience September 6th. Lunch is served from 11:30 am to 12:30 pm for the suggested donation of \$2.00. Reservations are required.

Skin Care Sally's Beauty Supply in Hodgkins is presenting a program on skin care for older adults. It is scheduled September 14th from 12:15 pm to 1:15 pm at the Hodgkins meal site.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting September 9th and September 23rd, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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Healthy Habits That Are Not as Healthy as They Seem

Mostly everyone is trying to be healthier and is trying to avoid getting sick. Many people use hand sanitizer as a way to reduce germs and prevent getting sick, are drinking more bottled water and brushing their teeth more. But did you know that overdoing these healthy habits can actually be worse or just as bad as not doing anything at all? Here are some healthy habits that are not so healthy when done in excess.

→ Overusing hand sanitizer is not good for you. If you are in a hospital or other places where you are exposed to more germs than usual, hand sanitizer is a good option, but otherwise, soap and water will work just fine. Overuse of hand sanitizer will dry out your hands and could cause cracked skin, which could actually let more germs into your body.

→ Drinking only bottled water may also not be as healthy as you may think. Bottled water is free of many things that are found in tap water that can be unhealthy for you, but one of the healthy things that it is free of is fluoride. Fluoride is needed to help prevent tooth decay. The better alternative to bottled water would be to get a filter system for your tap water so that you can get rid of the impurities, but benefit from the fluoride.

→ Brushing your teeth after every meal may actually do more harm than good in the long-run. Brushing your teeth right after eating a meal may cause the enamel to actually be brushed away. This is because certain foods contain acids that remain on your teeth and weaken your enamel. The best thing that you

can do is rinse your mouth out with water after eating.

For more healthy habits that are not as healthy as they seem, visit *Womansday.com* and search for *9 Habits That Can Do More Harm Than Good* by Amanda Greene.

National Hispanic Heritage Month Celebration

West Suburban Senior Services is observing *National Hispanic Heritage Month* September 21st, 10:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Participants have the opportunity to learn about the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. The celebration also features a fiesta. Reservations are required.

WSSS Fun Ship

On September 19th, the West Suburban Senior Services' fun ship docks for the final time this summer at the Senior Citizen Center in Bellwood. The schedule includes:

Captain's Breakfast from 9:00 am to 10:00 am. The menu features pancakes and sausage, juice, and milk and coffee. Reservations are required by September 15th. Suggested donation is \$1.00.

Ship Shape Exercises from 10:00 am to 10:30 am. Participants may choose between chair exercise and dance exercise.

Bargain Auction from 10:30 am to 11:30 am. Assorted merchandise is being offered, and proceeds benefit West Suburban Senior Services.

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Nautical Lunch from 11:30 am to 12:30 pm. Menu options include a barbecued chicken meal or a fish fillet meal. Reservations are required by 12:00 noon on September 15th. Suggested meal donation is \$2.00.

Tropical Party Bingo from 12:30 pm to 1:30 pm. Prizes are related to the theme.

Join Us for Apple Fest!

Apple decorating, apple treats, an apple market and apple party bingo highlight *Apple Fest* September 26th at the Senior Citizen Center in Bellwood. Festivities begin at 10:00 am; party bingo is scheduled for 12:30 pm. Cost for all, including lunch at 11:30 am, is \$3.00. Suggested meal donation for lunch only is \$2.00. Reservations are required by September 22nd.

Labor Day

Labor Day is September 5th this year. Labor Day was created in the late 1800's when labor unions were first formed. The holiday was created by the government to honor accomplishments of the hard working American workers. Today the holiday honors workers by allowing government workers and many private employees a day off work with pay. As the holiday evolved, many people celebrate with parties and cookouts and to celebrate the end of summer and the start of a new school year. Enjoy this Labor Day and the traditions that come with it.

More Uses for Your Dishwasher

Did you know that your dishwasher can be used for more than just cleaning your dirty dishes? It can also be used for cleaning and sanitizing other items around your house that may be hard to clean otherwise.

Many glass light fixtures can be put into the dishwasher to be cleaned and can help brighten up the room. Be sure to put it on the top rack and wash on a delicate cycle so you do not break the glass. Hats can also be washed in the dishwasher and helps keep their shape while getting them clean. Be sure to place the hat on the top rack of the dishwasher and use borax, not dishwasher detergent.

Toothbrushes, nail brushes and plastic make-up brushes can also be cleaned in the dishwasher in the top rack. These items can be cleaned on the normal cycle.

Some plastic children's toys and some plastic dog toys can also be cleaned in the dishwasher. Be sure to place these items on the top rack on the normal cycle.

Pain and Your Diet

Did you know that the pain that you feel could be due to some of the things that you eat? According the Health.com there are certain chemicals in certain foods that that could heighten sensitivity. Here are some things to consider.

Too much caffeine in some people may be the culprit for your pain. If you drink too much caffeine, it can cause you to be more sensitive. Too

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(Continued from front cover)

Fall Clean Up Tips

Everyone has heard of *Spring Cleaning*, but everyone should also consider doing some *Fall Cleaning*. Here are some Fall Cleaning tips.

- ❑ Change the batteries in your smoke alarms and in your carbon monoxide detectors.
- ❑ Prepare for winter. Many of us do not want to accept it, but winter is right around the corner. Clean off your snow shovels and put them in a place that easy to get to. Also, if you have a snow blower, start it up to make sure it is running properly. If it is not, now would be the best time to get it fixed before the snow comes. It always helps to be prepared.
- ❑ Get your fireplace and chimney cleaned. If you have a fireplace and you plan on using it when the weather gets cooler, you should get it cleaned. A fireplace and chimney clear of debris can help prevent house fires caused by debris in your chimney.
- ❑ Check expiration dates on over the counter medications. Many of us have bottles of pain relievers, cold medications and other over the counter medications in our medicine cabinet that have been in there for years. Now is a good time to go through them and get rid of ones that are expired. Also, if you are taking prescription medications or have health problems, talk with your doctor or pharmacist to figure out which over the counter medications are the best for you to take. You may not know it, but some over the counter medications should not be taken with certain prescriptions or if you have certain health problems.

Fall Health Fair

West Suburban Senior Services is hosting a health fair October 13th, 9:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood. Mark your calendar, and watch for additional information in next month's edition of *The Senior Chronicle*.

Food Tasting Event

Senior citizens age 60 and older are invited to a taste party September 29th from 11:30 am to 12:30 pm at the agency's congregate meal site in Hodgkins. On that day, meal participants will sample ribs and egg plant rotolini as the lunch entrée. The entrée is served with bow tie pasta in white sauce, peas, fruit cocktail, and milk and coffee. Suggested meal donation is \$2.00, and reservations are required by 12:00 noon on September 28th.

Grandparent's Day

Grandparent's Day will celebrate its 32nd anniversary this year on September 11th. Jimmy Carter signed the proclamation to recognize the "importance and worth of the 17 million grandparents in our nation" in 1979. Today there are over 70 million grandparents in the United States, all of which deserve recognition of their importance and worth. According to AARP, of those over 70 million grandparents, there are over 4 million grandchildren who are being raised by their grandparents. Grandparents are now more important than ever in the eyes of their grandchildren and in society. Take time out this month honor those who are grandparents.

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Movie Days
12:30 pm
September 6th, September 13th, September 20th & September 27th
Bellwood

Party Bingo Days
12:15 pm
September 6th, September 19th & September 26th
Bellwood

12:15 pm
September 6th, September 20th & September 26th
Hodgkins

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Parties
12:15 pm
September 2nd, September 9th, September 16th & September 23rd
Bellwood

12:15 pm
September 12th
Hodgkins

Reverse Lunch
11:30 am
September 6th
Hodgkins

Skin Care
12:15 pm
September 14th
Hodgkins

Spanish Club
11:00 am
September 9th & September 23rd
Bellwood

Sweet Treats
12:15 pm
September 1st, September 8th, September 15th, September 22nd, September 26th & September 29th
Bellwood

12:15 pm
September 22nd, September 23rd & September 28th
Hodgkins

Take Time for Yourself
10:30 am
September 20th
Bellwood

Taste of Salernos
11:30 am
September 29th
Hodgkins

Uno
12:15 pm
September 13th
Hodgkins

Western Day
10:00 am
September 26th
Hodgkins

Yahtzee
12:15 pm
September 16th
Hodgkins

Yoga Class
9:00 am
Monday, Wednesday & Friday
Bellwood

Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities during this month's meeting of the Advisory Council. The council is composed of senior citizen representatives, and agency and catering staff. The Advisory Council is meeting September 14th, 10:00 am to 11:00 am, at both the Senior Citizen Center in Bellwood, and at the Hodgkins site located in Salerno Pincente Ristorante.

Apple Tasting and Bingo Westchester Health and Rehabilitation Center is hosting this event September 27th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Senior citizens have the opportunity to participate in game to identify different types of apples and then play party bingo.

Arts and Craft Day To celebrate *National Hat Month*, participants are decorating their favorite hat or cap September 7th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Decorating materials are being provided, but seniors must furnish their own head wear. Prizes are being awarded to the first, second and third place creations.

Brain Games Senior citizens are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:15 pm at the Senior Citizen Center in Bellwood.

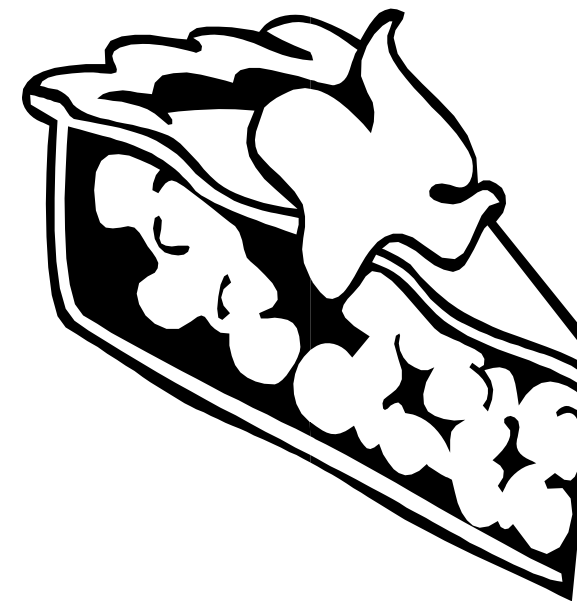
Bunco Seniors are invited to this friendly competition September 30th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets September 19th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Chair Exercise Senior citizens at the Hodgkins meal site are invited to join in this class from 10:00 am to 10:30 am on the following dates: September 2nd, September 9th, September 12th, September 16th, September 19th, September 23rd and September 30th.

Chicken Month Observance A series of activities highlight this event September 13th at the

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Sweet Treats The following goodies are being served this month at the Senior Citizen Center in Bellwood: *apple pie a la mode* on September 1st, *fruit parfaits* on September 8th, *cream pie* on September 15th, *apple strudel and ice cream* on September 22nd, *apple dessert plate* on September 26th and *apple sundaes* on September 29th. Serving time is 12:15 pm, and there is a charge for each dessert. At the congregate meal site in Hodgkins, treats include *ice cream cones* on September 22nd, *apple cider and cookies* on September 23rd and *oatmeal raisin cookies* on September 28th. Serving time is 12:15 pm, and there is a charge for each dessert.

Uno Senior citizens are invited to play this game September 13th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Yahtzee This friendly competition is scheduled September 16th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.