



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:00 A Matter of Balance Workshop w/ AgeOptions 11:30 Lunch 12:00 Easy Listening <b>Restaurant Day</b>	<b>4</b> 10:00 Exercise w/ White Crane 11:00 Bingo 11:30 Lunch 12:00 Spanish Group w/Kiara <b>Aging Care Connections</b>	<b>5</b> 10:00 Exercise 10:30 Crafts w/Aetna 11:30 Lunch 12:00 Brain Games <b>Restaurant Day</b>	<b>6</b> 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	<b>7</b> 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
<b>10</b> 10:00 A Matter of Balance Workshop w/ AgeOptions 11:30 Lunch 12:00 Easy Listening <b>Restaurant Day</b>	<b>11</b> <b>CLOSED</b>	<b>12</b> 10:00 Exercise 10:30 Diabetes Awareness & Holiday Nutrition w/Loyola 11:30 Lunch 12:00 Brain Games <b>Restaurant Day</b>	<b>13</b> 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	<b>14</b> 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
<b>17</b> 10:00 A Matter of Balance Workshop w/ AgeOptions 11:30 Lunch 12:00 Easy Listening <b>Restaurant Day</b>	<b>18</b> 10:00 Exercise w/ White Crane 11:00 Bingo 11:30 Lunch 12:00 Spanish Group w/Kiara <b>Aging Care Connections CDEL</b>	<b>19</b> 10:00 Exercise 10:30 Open Enrollment w/Humana 11:30 Lunch 12:00 Brain Games <b>Restaurant Day</b>	<b>20</b> 10:00 Exercise 11:00 Bingo 11:30 Lunch 12:00 Bingo	<b>21</b> 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
<b>24</b> 10:00 A Matter of Balance Workshop w/ AgeOptions 11:30 Lunch 12:00 Easy Listening <b>Restaurant Day</b>	<b>25</b> <b>10:00 - 2:00 PM Annual Thanksgiving Luncheon w/Speaker Welch</b> Raffle at Noon	<b>26</b> 10:00 Exercise 10:30 Table Talk "What I am Thankful For" 11:30 Sweet Treats <b>Restaurant Day</b>	<b>27</b> <b>CLOSED</b>	<b>28</b> <b>CLOSED</b>

Suggested donation is \$3.50 for meals on Tuesday, Thursday, and Friday. For the Deli Bar it's \$4.00.  
On **Restaurant Days** - Monday and Thursday - suggested donation is \$5.00.

For more information about Senior Center activities, contact **Maggie Dodd at 708-234-1869**.

**439 Bohland Ave, Bellwood, IL 60104**  
Mondays - Fridays, 9:00 AM - 2:00 PM  
Scheduled activities are subject to change.

**Menu subject to change due to availability of items.** Funds in whole or in part for this publication were provided through an award from **AgeOptions** under title 111 of the Older Americans Act as administered through the Illinois Department on Aging and the federal Administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in 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 you feel you have been discriminated against, you have the right to file a complaint. For more information dial 1-800-252-8965 (voice and TD). Funding provided in part by **AgeOptions**.