Chicago Methodist Senior Services

125 Years

West Suburban Senior Center Activities & Meals August 2025

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

Monday	Tuesday	Wednesday	Thursday	Friday
West Suburban Senior Center ("Bellwood Cafe") **439 Bohland Ave** **Bellwood, IL 60104**	*All meals are served at 11:30 AM.* *Meals include side dishes and a fruit.* *Suggested donations: Meals $3.50* *Deli Bar $4.00* *Mondays - Fridays, 9:00 AM - 2:00 PM* *Scheduled activities are subject to change.*			**1** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo **11:30 Lunch** *Turkey Sandwich/ Salad* 12:00 Bingo
4 10:00 Exercise 10:30 Sip & Paint **11:30 Lunch** *Meatball Sub* 12:00 Table Talk	**5** 10:00 Exercise 10:30 Bingo **11:30 Lunch** *Salisbury Steak* 12:00 Bingo **Aging Care Connections**	**6** 10:00 Exercise 10:30 Line Dancing w/ Jazee **11:30 Lunch** *Southwest Ham Wrap* 12:00 Brain Games	**7** 10:00 Exercise 10:30 IATP Presentation **11:30 Lunch** *Quiche Lorraine* 12:00 Bingo	**8** 10:00 Exercise 10:30 Bingo **11:30 Lunch** *w/Concord Place* 12:00 Bingo
11 10:00 Exercise 10:30 Bellwood Library **11:30 Lunch** *Corned Beef* Movie 12:00 Matinee	**12** 10:00 Exercise w/ Silver Sneakers 11:00 Bingo **11:30 Lunch** *French Dip*	**13** 10:00 Exercise 10:30 University of Illinois Ext. Presentation **11:30 Lunch** *Roast Beef Sandwich/ Salad* 12:00 Brain Games	**14** 9:30 Exercise 10:00 Kindness Homecare 11:00 Bingo **11:30 Lunch** *Quiche Lorraine* 12:00 Bingo	**15** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo **11:30 Lunch** *& Learn w/ Accentcare* 12:00 Bingo
18 10:00 Exercise 10:30 Meditations **11:30 Lunch** *BBQ Riblet* 12:00 Movie Matinee	**19** 10:00 Exercise Bingo & Prizes 11:00 w/Aetna **11:30 Lunch** *Hamburger* 12:00 Bingo **ACC / CDEL**	**20** 10:00 Exercise 10:30 Arts & Ice Cream **11:30 Lunch** *BLT Chicken Sandwich* 12:00 Brain Games	**21** 10:00 Exercise 10:30 Bingo **11:30 Lunch** *Spaghetti & Meatballs* 12:00 Bingo	**22** **10:00 - 2:00 PM** Hawaiian Luau
25 10:00 Exercise 10:30 Meditations **11:30 Lunch** *Surimi Crab Sandwich /Salad* 12:00 Movie Matinee	**26** 10:00 Exercise Bingo & Prizes 11:00 w/Aetna **11:30 Lunch** *Grilled* 12:00 *Chicken Salad* Bingo	**27** 10:00 Exercise 10:30 Mixology w/ Kily **11:30 Lunch** *Ham & Cheese* 12:00 *Sandwich /Salad* Brain Games	**28** 10:00 Exercise 11:00 Bingo **11:30 Lunch w/** *Pearl of Hillside* 12:00 Bingo	**29** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo **11:30 Birthday Lunch** 12:00 Bingo **Happy Birthday, Betty & Sandra!**

For more information about Senior Center activities, contact **Maggie Dodd at 708-234-1869**.
For information about meals or CNN, contact **Cyd Porter at 224-446-5163**.

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.
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