

# West Suburban Senior Services

<div> <div>◀ August</div> <div>September 2022</div> <div>October ▶</div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9:30 Independent Intellectual Engaged Activity 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>2</b> 9:30 Line Dancing 10:00 Chair Exercise CD 10:30 Pokeno 11:30 Lunch 12:30 Bingo	<b>3</b>
<b>4</b>	<b>5</b> Labour Day  <b>CLOSED            HAPPY            HOLIDAY!</b>	<b>6</b> 9:30 Easy Listening 10:00 Basic Computer Lessons 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>7</b> 9:30 Card Games 10:00 Exercise w/Physical Therapist Video 11:00 Name That Tune 11:30 Lunch 12:30 Movie Matinee	<b>8</b> 9:30 Independent Intellectual Engaged Activity 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>9</b> 9:30 Line Dancing 10:00 Chair Exercise CD 10:30 Pokeno 11:30 Lunch 12:30 Bingo	<b>10</b>
<b>11</b>	<b>12</b> 9:30 Current Events 10:00 Exercise w/Physical Therapist Video 10:30 Crafts w/Felicia	<b>13</b> 9:30 Easy Listening 10:00 Hair Cuts 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>14</b> 9:30 Card Games 10:00 Exercise w/Physical Therapist Video 11:00 Name That Tune 11:30 Lunch 12:30 Movie Matinee	<b>15</b> 9:30 Independent Intellectual Engaged Activity 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>16</b> 9:30 Line Dancing 10:00 Chair Exercise CD 10:30 Pokeno 11:30 Lunch 12:30 Bingo	<b>17</b>
<b>18</b>	<b>19</b> 9:30 Current Events 10:00 Exercise w/Physical Therapist Video 10:30 ZOOM: Nutrition & Aging w/Jamie Rincker/ CJE	<b>20</b> 9:30 Easy Listening 10:00 Basic Computer Lessons 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>21</b> 9:30 Card Games 10:00 Exercise w/Physical Therapist Video 11:00 Name That Tune 11:30 Lunch 12:30 Movie Matinee	<b>22</b> Autumnal Equinox 9:30 Independent Intellectual Engaged Activity 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>23</b> 9:30 Line Dancing 10:00 Chair Exercise CD 10:30 Pokeno 11:30 Lunch 12:30 Pokeno	<b>24</b>
<b>25</b>	<b>26</b> 9:30 Current Events 10:00 Exercise w/Physical Therapist Video 10:30 Advisory Council 11:30 Lunch 12:30 Bingo	<b>27</b> 9:30 Easy Listening 10:00 Hair Cuts 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>28</b> 9:30 Card Games 10:00 Exercise w/Physical Therapist Video 11:00 Name That Tune 11:30 Lunch 12:30 Movie Matinee	<b>29</b> 9:30 Independent Intellectual Engaged Activity 10:15 Exercise w/SeniorLife CJE 11:00 Word Games 11:30 Lunch 12:30 Bingo	<b>30</b> 9:30 Line Dancing 10:00 Chair Exercise CD 10:30 Pokeno 11:30 Lunch 12:30 Bingo	