



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Suggested donation is \$3.50 for meals on Tuesday, Thursday, and Friday. Deli Bar is \$4.00. On Restaurant Days - Monday and Wednesday - suggested donation is \$5.00.</i> For more information contact Yahyness White at 708-234-1869.				1 10:00 Zumba Gold 10:15 Exercise 10:30 ACC Part 1 CRM 11:30 Lunch 12:00 Bingo
4 10:00 Exercise 10:30 Presentation with Flourish 11:30 Lunch 12:00 Bingo Restaurant Day	5 10:00 Exercise 10:30 Bingo 11:30 Lunch Taco Tuesday 12:00 Bingo  <i>Cinco de Mayo</i>	6 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Brain Games Restaurant Day	7 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	8 10:00 Zumba Gold 10:15 Exercise 10:30 Hats & Tea Party 11:30 Lunch 12:00 Bingo 
11 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo Restaurant Day	12 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	13 10:00 Exercise 10:30 Bingo 11:30 Lunch with Aetna Restaurant Day	14 10:00 Exercise 10:30 Alzheimer's Association with Wendy 11:30 Lunch 12:00 Bingo	15 10:00 Zumba Gold 10:15 Exercise 11:30 Lunch 12:00 Bingo
18 10:00 Exercise 10:30 Square Property Lunch & Learn with Aaron 11:30 Lunch 12:00 Bingo Restaurant Day	19 10:00 Exercise 10:30 Fall Prevention with ACC 11:30 Lunch 12:00 Bingo	20 10:00 Exercise 10:30 Lunch with Mayor Harvey 11:30 Lunch  Restaurant Day	21 10:00 Exercise 10:30 Helping Hands visit with Tami 11:30 Lunch 12:00 Bingo	22 10:00 Zumba Gold 10:15 Exercise 11:00 Bingo 11:30 Lunch 12:00 Bingo
25 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo <i>Memorial Day</i> Restaurant Day	26 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	27 10:00 Exercise 10:30 Art & Ice Cream 11:30 Lunch  Restaurant Day	28 10:00 Exercise 10:30 Birthday Party with Pearl of Hillside 11:30 Lunch 12:00 Bingo 	29 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo

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**.