Chicago Methodist Senior Services

125 Years

West Suburban Senior Center Open House

Thursday, August 22
10:00 AM – 2:00 PM





Visit our welcoming Senior Center for an Open House event. Meet our experienced and helpful team and see what our community has to offer. Join us for:

- Zumba dance class (all fitness levels welcome)
- Group exercise with White Crane Wellness
- Mindfulness workshops
- Craft activities
- Resource fair
- Lunch provided by Community Nutrition Network

Get to know our community and our partners:

- Community Nutrition Network (CNN)
- Center for Disability & Elder Law (CDEL)
- Solutions for Care
- AgeOptions

RSVP appreciated, but not required. Please email mdodd@cmsschicago.org or call 708-234-1869.

Affordable Senior Housing | Senior Connections | West Suburban Senior Center & LGBT+ Program
SASI Home Care | Assisted Living Memory Care

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