



Chicago Methodist
Senior Services

West Suburban Senior Center Activities & Meals June 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo ACC Restaurant Day	2 10:00 Exercise 10:30 Presentation with Flourish 11:30 Lunch 12:00 Bingo CDEL	3 10:00 Exercise 10:30 Bingo 11:30 Lunch Restaurant Day	4 10:00 Exercise 10:30 ACC Alzeihmers Presentation 11:30 Lunch 12:00 Bingo	5 10:00 Zumba Gold 10:15 Exercise 11:00 Bingo 11:30 Lunch 12:00 Bingo
8 10:00 Exercise 10:30 Lunch & Learn Tino w/ Humana 11:30 Lunch 12:00 Bingo Restaurant Day	9 10:00 Exercise 10:30 Bingo w/ Kay 11:30 Lunch 12:00 Bingo 12:15 Tech Tuesday Bellwood Library	10 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Game Day Bellwood Library Restaurant Day	11 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	12 10:00 Zumba Gold 10:15 Exercise 11:00 Bingo 11:30 Lunch 1:00 LGBT Talk & Paint with Speaker Chris Welch 
15 10:00 Exercise 11:00 Bingo 11:30 Lunch 12:00 Bingo Restaurant Day	16 10:00 Exercise 11:00 Bingo 11:30 Lunch 12:00 Bingo  ACC Father's Day Lunch	17 10:00 Exercise 10:30 Bingo 11:30 Lunch Restaurant Day	18 10:00 Exercise 10:30 Presentation with Flourish 11:30 Lunch 12:00 Bingo	19 Closed for Juneteenth 
22 10:00 Exercise 10:30 ACC Part 2 CRM 11:30 Lunch 12:00 Bingo Restaurant Day	23 10:00 Exercise 11:00 Bingo 11:30 Lunch 12:00 Bingo	24 10:00 Exercise 10:30 ACC Grief & Loss 11:30 Lunch Restaurant Day	25 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Art & Ice Cream	26 10:00 Zumba Gold 10:30 Pride Party Meet & Greet with Mayor  11:00 Bingo 11:30 Lunch 12:00 Bingo
29 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo Restaurant Day	30 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo		<i>Suggested donation is \$3.50 for meals on Tuesday, Thursday, and Friday. For the Deli Bar it's \$4.00.</i> On Restaurant Days - Monday and Wednesday - suggested donation is \$5.00. For more information contact Yahyness White 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**.