Chicago Methodist Senior Services
125 Years

West Suburban Activity Calendar
July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**2** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**3** 10:00 Exercise 10:30 Short Video 11:30 Lunch 12:00 Brain Games	**4** **CLOSED** **Fourth of July**	**5** 10:00 Exercise 10:15 Zumba Gold **CAFE CLOSED** **No Lunch**
8 10:00 Exercise 10:30 Bellwood Library 11:30 Lunch 12:00 Bingo	**9** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**10** 10:00 Exercise 10:30 Short Video 11:30 Lunch 12:00 Brain Games	**11** 10:00 Exercise w/ White Crane 10:30 Bingo 11:30 Lunch 12:00 Bingo	**12** 10:00 Exercise 10:15 Zumba Gold 10:30 Bingo 11:30 Lunch/ Restaurant Day 12:00 Bingo
15 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**16** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**17** 10:00 Exercise 10:30 Short Video 11:30 Lunch 12:00 Brain Games	**18** 10:00 Exercise w/ White Crane 11:00 Bingo 11:30 Lunch 12:00 Bingo	**19** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
22 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**23** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**24** 10:00 Exercise 10:30 Short Video 11:30 Lunch 12:00 Brain Games	**25** 10:00 Exercise w/ White Crane 10:30 Bingo 11:30 Bday Lunch 12:00 Bingo	**26** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
29 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**30** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**31** 10:00 Exercise 10:30 Short Video 11:30 Lunch 12:00 Brain Games	For more information, contact Maggie Dodd at 708-234-1869 **Join us at 439 Bohland Ave, Bellwood, IL.** *Scheduled activities are subject to change.*	