Chicago Methodist Senior Services

125 Years

West Suburban Activity Calendar
January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Join us at 439 Bohland Ave, Bellwood, IL. For more information, contact Maggie Dodd at 708-234-1869 *Scheduled activities are subject to change.*		**1** **CLOSED** **New Year's Day**	**2** 9:30 Exercise 10:00 Mindfulness w/Mandy 11:00 Bingo 11:30 Lunch	**3** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
6 10:00 Exercise 10:30 Fall/Burns Presentation w/Loyola 11:30 Lunch 12:00 Bingo	**7** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo **Aging Care Connections**	**8** 10:00 Exercise 10:30 Art & Crafts w/ACC 11:30 Lunch 12:00 Trivia	**9** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**10** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
13 10:00 Exercise 10:30 Bellwood Library 11:30 Lunch 12:00 Storytelling	**14** 9:30 Exercise 10:00 Alzheimer's Association 10:30 Bingo 11:30 Lunch 12:00 Bingo	**15** 10:00 Exercise 10:30 Brain Games 11:30 Lunch 12:00 Trivia	**16** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**17** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
20 **CLOSED** **Martin Luther King, Jr. Day**	**21** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo **CDEL** **Aging Care Connections**	**22** 10:00 Exercise 10:30 Meditations 11:30 Lunch 12:00 Trivia	**23** 10:00 Exercise 10:30 Bingo 11:30 Lunch w/ Pearl Hillside 12:00 Bingo	**24** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
27 10:00 Exercise 10:30 Boost Your Brain Power Trivia w/ACC 11:30 Lunch 12:00 Storytelling	**28** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**29** 10:00 Exercise 10:30 Word Games 11:30 Lunch 12:00 Trivia	**30** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**31** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo