



Chicago Methodist
Senior Services

West Suburban Senior Center
Activities & Meals
April 2026



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

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 Exercise 10:30 Table Talk 11:30 Lunch 12:30 Bingo Restaurant Day <i>Passover Begins</i>	2 10:00 Exercise 10:30 Bingo 11:30 Easter Lunch Celebration  <i>Holy Thursday</i>	3 CLOSED <i>Good Friday</i>
6 9:00 Exercise 10:30 Caption Call w/ Robert 11:30 Lunch 12:00 Trivia Restaurant Day	7 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo Aging Care Connections	8 10:00 Exercise 10:30 Illinois Community Server w/ Chris 11:30 Lunch 12:00 Bingo Restaurant Day	9 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo <i>Passover Ends</i>	10 10:00 Zumba Gold 10:15 Exercise 11:00 Bingo 11:30 Lunch 12:00 Bingo
13 10:00 Exercise 10:30 Bellwood Library 11:30 Lunch 12:00 Bingo Restaurant Day	14 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Tech Tuesday/ Bellwood Library 12:15 Spanish w/ Kiara ACC / CDEL	15 10:00 Exercise 10:30 Advisory Council 11:30 Lunch & Learn w/ Joint Relief 12:00 Bingo Restaurant Day <i>Tax Day</i>	16 10:00 Exercise 10:30 Trivia w/ Kayode Accent Care 11:30 Lunch 12:00 Bingo	17 10:00 Zumba Gold 10:00 Exercise 11:00 Bingo 11:30 Lunch Bingo
20 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Short Video Restaurant Day	21 10:00 Exercise 10:30  Volunteer Appreciation Celebration with Concord Place 11:30 Lunch 12:15 Spanish	22 10:00 Exercise 10:30 Movie w/ Popcorn 11:30 Lunch 12:00 Bingo Restaurant Day <i>Admin Professionals Day</i>	23 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo 12:15 Chair Yoga	24 10:00 Exercise 10:00 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo  <i>Arbor Day</i>
27 10:00 Exercise 10:30 Brain Games 11:30 Lunch 12:15 Chair Yoga Restaurant Day	28 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:15 Bingo	29 10:00 Exercise 10:30 Art & Ice Cream w/ ACC 11:30 Lunch 12:00 Bingo  Restaurant Day	30 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:15 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**.