Chicago Methodist Senior Services

125 Years

West Suburban Activity Calendar
February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Exercise 10:30 Trivia 11:00 Advisory Council 11:30 Lunch 12:00 Name that Tune	**4** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo **Aging Care Connections**	**5** 10:00 Exercise 10:30 Art& Ice Cream 11:30 Lunch 12:00 Brain Games **Aging Care Connections**	**6** 10:00 Exercise 10:30 Alzheimer's Association Presentation 11:30 Lunch 12:00 Bingo	**7** 10:00 Exercise 10:15 Zumba Gold 10:30 Bingo 11:30 Lunch 12:00 Bingo
10 10:00 Exercise 10:30 Bellwood Library 11:30 Lunch 12:00 Short Video	**11** 10:00 Exercise w/ White Crane **10:30 IRS Free Tax Preparation** 11:30 Lunch 12:00 Bingo	**12** 10:00 Exercise 10:30 Meditation 11:30 Lunch 12:00 Brain Games	**13** 10:00 Exercise 10:30 CDEL Presentation 11:30 Lunch 12:00 Bingo **CDEL**	**14** 10:00 Exercise 10:15 Zumba Gold 10:30 Bingo **11:30 Valentine's Day Lunch** 12:00 Bingo
17 **CLOSED**	**18** 10:00 Exercise w/ White Crane 10:30 Bingo 11:30 Lunch 12:00 Bingo **CDEL** **Aging Care Connections**	**19** 10:00 Exercise 10:30 Meditation 11:30 Lunch 12:00 Brain Games	**20** 10:00 Exercise 10:30 Bingo 11:30 Lunch 12:00 Bingo	**21** 10:00 Exercise 10:15 Zumba Gold 11:00 Bingo 11:30 Lunch 12:00 Bingo
24 10:00 Exercise 10:30 Current Events 11:30 Lunch 12:00 Easy Listening	**25** 10:00 Exercise w/ White Crane 10:30 Bingo 11:30 Lunch 12:00 Bingo	**26** 10:00 Exercise 10:30 Meditation 11:30 Lunch 12:00 Brain Games	**27** 10:00 Exercise 10:30 Bingo 11:30 Bday Lunch w/ Pearl Hillside 12:00 Bingo	**28** 10:00 Exercise 10:15 Zumba Gold **10:45 Black History Celebration** 11:30 Lunch 12:00 Bingo

Join us at 439 Bohland Ave, Bellwood, IL.

Scheduled activities are subject to change.

For more information, contact Maggie Dodd at 708-234-1869