## JULY 2023
### Programs

**Senior Services**

**Hours of Operation:**
Mon-Fri: 9:00am-2:00pm

**NUTRITION & PROGRAM HOTLINE:**
(708) 725-9129

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>LUNCH:</strong> (AGE 60+)</td>
<td><strong>GUEST FEE: $8.50 (UNDER AGE 60)</strong></td>
<td><strong>MINIMUM AGE FOR ALL PROGRAMS: 60 YEARS</strong></td>
<td><strong>REGISTRATION REQUIRED FOR ALL PROGRAMS</strong></td>
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<td><strong>SUGGESTED DONATION: $1.50</strong></td>
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<td>3 MONDAY</td>
<td>4 TUESDAY<strong>CLOSED</strong></td>
<td>5 WEDNESDAY</td>
<td>6 THURSDAY</td>
<td><strong>JOIN US FOR LUNCH!</strong></td>
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</table>
| **JOIN US FOR LUNCH!** First come, first served! 11:00am-1:00pm | **BINGO**
10:00am-11:00am

**DINING ROOM** OR (425) 436-6398
Access Code: 506198#  
**LINE DANCING**
Presenter: Elena Bali, Dance Instructor
1:15pm-2:15pm

**DINING ROOM**
(Country, pop music, and ballroom routines)  
**ART CLASS**
1:00pm-2:00pm
Presenter: Slowfire  
**DINING ROOM**  
**SING A LONG**
12:00am-1:00pm
Presenter: Andrew Teitelman  
**MEAL PICK-UP**
12:00pm-1:00pm

**Back Parking Lot**
<table>
<thead>
<tr>
<th>10</th>
<th>MONDAY</th>
<th>11</th>
<th>TUESDAY</th>
<th>12</th>
<th>WEDNESDAY</th>
<th>13</th>
<th>THURSDAY</th>
<th>14</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>JOIN US FOR LUNCH!</td>
<td>MEAL PICK-UP</td>
<td>BINGO</td>
<td>JOIN US FOR LUNCH!</td>
<td>ART CLASS</td>
<td>COMMUNITY BLOOD DRIVE</td>
<td>MEAL PICK-UP</td>
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<td>First come, first served!</td>
<td>12:00pm-1:00pm</td>
<td>10:00am-11:00am</td>
<td>First come, first served!</td>
<td>1:00pm-2:00pm</td>
<td>2:30pm-6:00pm</td>
<td>12:00pm-1:00pm</td>
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<td>11:00am-1:00pm</td>
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<td>DINING ROOM</td>
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<td><strong>Senior Nutrition Advisory Committee</strong></td>
<td><strong>ART CLASS</strong></td>
<td><strong>COMMUNITY BLOOD DRIVE</strong></td>
<td><strong>MEAL PICK-UP</strong></td>
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<td><strong>1:00pm-2:00pm</strong></td>
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<td><strong>12:00pm-1:00pm</strong></td>
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<td><strong>Presenter: Slowfire</strong></td>
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**Access Code: 506198#**

**JOIN US FOR LUNCH!**
First come, first served!
11:00am-1:00pm

**DINING ROOM**

**OR**
(425) 436-6398

**To schedule your donation, visit**
www.communityblood.org/donor
Click “Donate Now”
Sponsor code: CW09
Or (800) 280-4102
<table>
<thead>
<tr>
<th>Date</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</table>
| MONDAY | **JOIN US FOR LUNCH!**  
First come, first served!  
11:00am-1:00pm  
DINING ROOM | **BINGO**  
10:00am-11:00am  
DINING ROOM  
OR  
(425) 436-6398  
Access Code: 506198# | **JOIN US FOR LUNCH!**  
First come, first served!  
11:00am-1:00pm  
DINING ROOM OR  
BACK PARKING LOT | **JOIN US FOR LUNCH!**  
First come, first served!  
11:00am-1:00pm  
DINING ROOM |
| TUESDAY | **JOIN US FOR LUNCH!**  
First come, first served!  
11:00am-1:00pm  
DINING ROOM | **MEAL PICK-UP**  
12:00pm-1:00pm  
Back Parking Lot | **SING A LONG WITH JANET & GRANT (THE DOG)**  
12:00Pm-1:00pm  
BACK PARKING LOT | **MEAL PICK-UP**  
12:00pm-1:00pm  
Back Parking Lot |
| WEDNESDAY | **MEAL PICK-UP**  
12:00pm-1:00pm  
Back Parking Lot | **MEAL PICK-UP**  
12:00pm-1:00pm  
Back Parking Lot | **MEAL PICK-UP**  
12:00pm-1:00pm  
Back Parking Lot | |
| | **MEMORY CAFÉ**  
Rhythmic Music  
2:00pm-4:00pm  
Dining Room | **LUNCH-N-LEARN**  
Eye Health/Cataracts  
11:00am-12:00pm  
Presenter: Dr. Irene Vongluekiat, OD, Optometry  
First come, first served!  
11:00am-1:00pm  
DINING ROOM | **ART CLASS**  
1:00pm-2:00pm  
Presenter: Slowfire  
DINING ROOM | |
| | **V Join Zoom**  
Meeting:  
https://us06web.zoom.us/j/ 98051920291  
Meeting ID:  
980 5192 0291  
Passcode: AD8DrE  
or  
(312) 626-6799  
Meeting ID:  
980 5192 0291#  
Passcode: 920435 | | | |
<table>
<thead>
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<td>♀ DINING ROOM</td>
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<td>OR (425) 436-6398 Access Code: 506198#</td>
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<td></td>
<td>MEAL PICK-UP 12:00pm-1:00pm</td>
<td>BACK PARKING LOT</td>
<td>OAK PARK PUBLIC LIBRARY BOOK BIKE 11:30am-12:30pm</td>
<td>MEAL PICK-UP 12:00pm-1:00pm</td>
<td>Back Parking Lot</td>
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<td>♀ BACK PARKING LOT</td>
<td>♀ CONFERENCE ROOM or Call (425) 436-6398 Access Code: 506198#</td>
<td>1:00pm-2:00pm Presenter: Slowfire ♀ DINING ROOM</td>
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<td>BOOK CLUB 1:00pm-2:00pm</td>
<td>ART CLASS 1:00pm-2:00pm</td>
<td>Movie: Hidalgo ♀ DINING ROOM</td>
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<td>Non-Discrimination: Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act; the Americans with Disabilities Act; The Illinois and U.S. Constitutions. If you feel that you have been discriminated against, you have the right to file a complaint. For information, call (800) 252-8966 (voice and TDD) or contact Senior Services at: (708) 383-8060.</td>
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