



Need a ride? Please call **Transportation:**
(708) 383-4806 Monday-Friday 8:30am-1:30pm

NUTRITION & PROGRAM
HOTLINE: (708) 725-9129

Oak Park Township Senior &
Disability Services
130 S. Oak Park Ave.

JULY 2024 PROGRAMS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 LUNCH 11:00am-1:00pm TAI CHI 1:30pm-2:30pm – White Crane Wellness-Mary Jane | 2 LUNCH 11:00am-1:00pm Nutrition & Program Advisory Council OR Noon -1:00pm (425) 436-6398 Access Code: 506198# | 3 BINGO 10:00am-11:00am OR (425) 436-6398 Access Code: 506198# LUNCH 11:00am-1:00pm | 4  | 5 LUNCH 11:00am-1:00pm LINE DANCING with Elena, Dance Instructor 1:15- 2:15pm-Beginner 2:15 - 3:15pm-Advanced (Country, pop, and ballroom music routines) |
| 8 LUNCH 11:00am-1:00pm TAI CHI 1:30pm-2:30pm - White Crane Wellness-Mary Jane | 9 LUNCH 11:00am-1:00pm Health Legacy Program - 1:30pm-3:30pm | 10 BINGO 10:00am-11:00am OR (425) 436-6398 Access Code: 506198# LUNCH 11:00am-1:00pm OAK PARK PUBLIC LIBRARY VISIT-Book Bike 12:00pm-1:00pm | 11 MAD 4 MATS Join any time from 10am-1pm Game Day! 10:00am-11:00 am LUNCH 11:00am-1:00pm Health Legacy Program – 1:30pm-3:30pm | 12 LUNCH 11:00am-1:00pm LINE DANCING with Elena, Dance Instructor 1:15pm-2:15pm-Beginner 2:15pm-3:15pm-Advanced |
| 15 LUNCH 11:00am-1:00pm TAI CHI 1:30pm-2:30pm White Crane Wellness - Mary Jane | 16 LUNCH 11:00am-1:00pm Health Legacy Program - 1:30pm-3:30pm MEMORY CAFÉ – ELVIS! 1:30 – 3:00 Location TBD – please call to register | 17 BINGO 10:00am-11:00am OR (425) 436-6398 Access Code: 506198# LUNCH 11:00am-1:00pm | 18 MAD 4 MATS Join any time from 10am-1pm Game Day! 10:00am-11:00 am LUNCH 11:00am-1:00pm Health Legacy Program - 1:30pm-3:30pm | 19 LUNCH 11:00am-1:00pm LINE DANCING with Elena, Dance Instructor 1:15pm-2:15pm-Beginner 2:15pm-3:15pm-Advanced |
| 22 LUNCH 11:00am-1:00pm TAI CHI 1:30pm-2:30pm White Crane Wellness - Mary Jane | 23 LUNCH 11:00am-1:00pm Health Legacy Program - 1:30pm-3:30pm | 24 BINGO 10:00am-11:00am OR (425) 436-6398 Access Code: 506198# LUNCH 11:00am-1:00pm BLOOD DRIVE 2:30-5:45 pm | 25 MAD 4 MATS 10am-1pm Game Day! 10:00 -11:00 am LUNCH 11:00am-1:00pm Health Legacy Program - 1:30pm-3:30pm | 26 LUNCH 11:00am-1:00pm LINE DANCING with Elena, Dance Instructor 1:15pm-2:15pm-Beginner 2:15pm-3:15pm-Advanced |
| 29 LUNCH 11:00am-1:00pm TAI CHI 1:30pm-2:30pm White Crane Wellness-Mary Jane | 30 LUNCH 11:00am-1:00pm BOOK CLUB 1:00 - 2:00 pm OR (425) 436-6398 Access Code: 506198# Health Legacy Program – 1:30-3:30pm | 31 BINGO 10:00am-11:00am OR (425) 436-6398 Access Code: 506198# LUNCH 11:00am-1:00pm LUNCH & LEARN 12:30- Topic TBD | JOIN US FOR LUNCH! AGE 60+ SUGGESTED DONATION: \$1.50 GUEST FEE: \$8.50 (UNDER AGE 60) MINIMUM AGE FOR ALL PROGRAMS: 60 YEAR (unless otherwise noted at registration) | <u>All programs in dining room unless otherwise specified.</u> V = Virtual Event/Program = In-person - Dining Room 130 S. Oak Park Ave, Oak Park = Call-In |