

MAY 2024 Programs

Senior Services

Hours of Operation:

Mon-Fri: 9:00am-4:00pm

V = Virtual Event/Program



👤 = In-person -130 S. Oak Park Ave, Oak Park

☎️ = Call-In



If you're in need of a ride, please call **Transportation: (708) 383-4806**
Monday-Friday
8:30am-1:30pm

NUTRITION & PROGRAM HOTLINE: (708) 725-9129


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH: (AGE 60+) SUGGESTED DONATION: \$1.50</p> <hr/>	<p>GUEST FEE: \$8.50 (UNDER AGE 60)</p> <hr/>	<p>REGISTRATION REQUIRED FOR ALL PROGRAMS</p> <p>MINIMUM AGE FOR ALL PROGRAMS: 60 YEARS</p>	<p>ACL.gov/OAM #OlderAmericansMonth</p>  <p>OLDER AMERICANS MONTH</p> <p>POWERED BY CONNECTION: MAY 2024</p>	
<p>Programs are made possible by funding, in whole or in part, from AgeOptions through the Older Americans Act, Illinois Department on Aging, Community Mental Health Board, private donations, and funds from Oak Park and River Forest Townships.</p> <p>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 (866) 740-3953 (voice and TTY) or contact Senior Services at: (708) 383-8060.</p>				

1 WEDNESDAY

BINGO

10:00am-11:00am

 DINING ROOM

OR  (425) 436-6398

Access Code: 506198#


LUNCH-n-LEARN!

Lunch: 11:00am-1:00pm

“Healthy, Budget Friendly & Simple Meals”

**Cooking Demo/Presentation:
12:00pm-1:00pm**

**Presenters: Katie Weaver, RDN and
Chef Laura, OPTSS**

 DINING ROOM


2 THURSDAY

MAD 4 MATS

(Plarn mat weaving)

Join us any time from

10am-1pm

 DINING ROOM

JOIN US FOR LUNCH!

First come, first served!

11:00am-12:30pm

 DINING ROOM


3 FRIDAY

FIT-N-STRONG

(Osteoarthritis Program)

9:30a-11:00a


Presenter: Laura

 DINING ROOM

JOIN US FOR LUNCH!

First come, first served!

11:00am-1:00pm

 DINING ROOM

MEAL PICK-UP

12:00pm-1:00pm

Back Parking Lot


LINE DANCING

Presenter: Elena, Dance Instructor

1:15pm-2:15pm-Beginner

2:15pm-3:15pm-Advanced

(Country, pop music, and ballroom routines)


 DINING ROOM

6 MONDAY

JOIN US FOR LUNCH!

First come, first served!


11:00am-1:00pm

 DINING ROOM

TAI CHI

1:30pm-2:30pm

Presenter: White Crane
Wellness-Mary Jane


 DINING ROOM

7 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

**Senior Nutrition and
Program Advisory
Committee**

12:00pm-1:00pm

 DINING ROOM

OR  (425) 436-6398

Access Code: 506198#

**Health Legacy Program -
Women of Color**

Presenter: Rush University
Medical Center

1:30pm-3:30pm


 DINING ROOM

8 WEDNESDAY

BINGO

10:00am-11:00am


 DINING ROOM

OR  (425) 436-6398

Access Code: 506198#


JOIN US FOR LUNCH!

11:00am-1:00pm

 DINING ROOM

**OAK PARK PUBLIC
LIBRARY VISIT-Book Bike**

12:00pm-1:00pm

 DINING ROOM

9 THURSDAY

MAD 4 MATS

(Plarn mat weaving)

Join us any time


from **10am-1pm**

 DINING ROOM

**JOIN US FOR
LUNCH!**

First come, first served!

11:00am-1:00pm


 DINING ROOM

**Health Legacy Program –
Women of Color**

Presenter:

Rush University Medical Center

1:30pm-3:30pm


 DINING ROOM

10 FRIDAY

JOIN US FOR LUNCH!

First come, first served!

11:00am-1:00pm

 DINING ROOM

MEAL PICK-UP

12:00pm-1:00pm

Back Parking Lot

LINE DANCING


Cancelled for today only

13 MONDAY

JOIN US FOR LUNCH!

First come, first served!


11:00am-1:00pm

 DINING ROOM

TAI CHI

1:30pm-2:30pm

Presenter: White Crane
Wellness-Mary Jane


 DINING ROOM

14 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

Health Legacy Program -

Women of Color

Presenter:

Rush University Medical Center
Hospital


1:30pm-3:30pm


 DINING ROOM

15 WEDNESDAY

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

16 THURSDAY

MAD 4 MATS

(Plarn mat weaving)

Join us any time

from 10am-1pm

 DINING ROOM

JOIN US FOR LUNCH!

First come, first served!

11:00am-1:00pm

 DINING ROOM

Health Legacy Program -

Women of Color

Presenter: Rush University

Medical Center

1:30pm-3:30pm


 DINING ROOM

17 FRIDAY

JOIN US FOR LUNCH!

First come, first served!

11:00am-1:00pm

 DINING ROOM

MEAL PICK-UP

12:00pm-1:00pm

Back Parking Lot

LINE DANCING















Presenter: Elena, Dance Instructor

1:15pm-2:15pm-Beginner

2:15pm-3:15pm-Advanced

(Country, pop music, and ballroom routines)

 DINING ROOM

20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY
<p>JOIN US FOR LUNCH! First come, first served! 11:00am-1:00pm  DINING ROOM</p> <p>TAI CHI 1:30pm-2:30pm Presenter: White Crane Wellness-Mary Jane  DINING ROOM</p>	<p>JOIN US FOR LUNCH! First come, first served! 11:00am-1:00pm  DINING ROOM</p> <p>MEAL PICK-UP 12:00pm-1:00pm Back Parking Lot</p> <p>Health Legacy Program - Women of Color Presenter: Rush University Medical Center 1:30pm-3:30pm  DINING ROOM</p> <p>MEMORY CAFÉ 1:30pm-3:00pm Location: Cozy Corner Cafe 138 N. Marion St., Oak Park</p>	<p>BINGO 10:00am-11:00am  DINING ROOM OR  (425) 436-6398 Access Code: 506198#</p> <hr/> <p>JOIN US FOR LUNCH! First come, first served! 11:00am-1:00pm  DINING ROOM</p> <p>COMMUNITY BLOOD DRIVE 2:30pm-5:45pm  DINING ROOM To schedule your donation, visit www.communityblood.org/donor Click “Donate Now” Sponsor code: CW09 Or  (800) 280-4102</p>	<p>MAD 4 MATS (Plarn mat weaving) Join us any time from 10am-1pm  DINING ROOM</p> <p>JOIN US FOR LUNCH! First come, first served! 11:00am-1:00pm  DINING ROOM</p> <p>Health Legacy Program - Women of Color Presenter: Rush University Medical Center 1:30pm-3:30pm  DINING ROOM</p>	<p>JOIN US FOR LUNCH! First come, first served! 11:00am-1:00pm  DINING ROOM</p> <p>MEAL PICK-UP 12:00pm-1:00pm Back Parking Lot</p> <p>LINE DANCING Presenter: Elena, Dance Instructor 1:15pm-2:15pm-Beginner 2:15pm-3:15pm-Advanced (Country, pop music, and ballroom routines)  DINING ROOM</p>

27 MONDAY *CLOSED*



28 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

**Health Legacy Program -
Women of Color**

Presenter: Rush University

Medical Center

1:30pm-3:30pm

DINING ROOM

**Senior Services
Nutrition & Program
Hotline**

(708) 725-9129

29 WEDNESDAY

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

30 THURSDAY

MAD 4 MATS

(Plarn mat weaving)

Join us any time

from 10am-1pm

DINING ROOM

BOOK CLUB

10:00am-11:00am (New Time!)

DINING ROOM

OR (425) 436-6398

Access Code: 506198#

JOIN US FOR LUNCH!

First come, first served!

11:00am-1:00pm

DINING ROOM

**Health Legacy Program -
Women of Color**

Presenter: Rush University

Medical Center

1:30pm-3:30pm

DINING ROOM

31 FRIDAY

JOIN US FOR LUNCH!

First come, first served!

11:00am-1:00pm

DINING ROOM

MEAL PICK-UP

12:00pm-1:00pm

Back Parking Lot

LINE DANCING

Presenter: Elena, Dance Instructor

1:15pm-2:15pm-Beginner

2:15pm-3:15pm-Advanced

(Country, pop music, and ballroom routines)

DINING ROOM

**Oak Park Township
Senior Services**

130 S. Oak Park Ave.

Oak Park, IL 60302

(708) 383-8060

