

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 All Programs Begin At 11:45am Unless Noted 	2 Old Stuff Day  Movie: True Grit(11:45am) Knitting Group (11:45-2pm) Tai Chi (3pm-4pm)	3 Peach Blossom Day Citizens Utility Board Utility Scam Presentation(11:30)  SilverSneakers: Strength and Balance Class (9-10am) Book Group (1:00-2:30)	4 Experiment Day A Better Lake Street Presentation(11am)  BINGO (10:20)	5 Nametag Day  Grab a Tag and Sit with someone new	6 Frozen Food Day  How Much Sodium?	7 
8 	9 Get Over It Day  Movie: Ladies In Black (11:45am) Knitting Group (11:45-2pm) Tai Chi (3pm-4pm)	10 Land Line Telephone Day  Telephone Trivia SilverSneakers: Strength and Balance Class (9-10am)	11 Registered Dietitian Day  Nutrition Talk BINGO (10:20) Rules of the Road(1:30-3:30) 2 nd Floor Conference Room	12 World Kidney Day  Trip: Chicago Botanic Garden (8:30-2pm)	13 Potato Chip Day  Blind Taste Test Desi (10:50-12:15) Yoga(12:30-1:30)	14 
15 	16 Panda Day  Movie: Mommie Dearest Knitting Group (11:45-2pm) Tai Chi (3pm-4pm) Children's School Visit(1:15)	17  SilverSneakers: Strength and Balance Class (9-10am) Memory Café (2-4pm)	18 Kick Butt Day  BINGO (10:20)	19 Poultry Day  Health and Wellness Food Demo: Mango Ginger Turmeric Smoothie	20 International Earth Day  Plant a Seed	21 
22 	23 National Puppy Day  Movie: Cat on a Hot Tin Roof Knitting Group (11:45-2pm) Tai Chi (3pm-4pm)	24 National Chocolate Cover Raisins Day Village of Oak Park Recycling and Composting Presentation(11:30-12PM)  SilverSneakers: Strength and Balance Class (9-10am)	25 Pecan Day  Health and Wellness BINGO (10:20)	26 Purple Day Birthday Cake Day 	27 National " Joe" Day  Name that Joe Yoga(12:30-1:30)	28 
29 	30 Take a Walk in a Park Day  Movie: Guys and Dolls Knitting Group (11:45-2pm) Tai Chi (3pm-4pm)	31 National Crayon Day  Let's Draw!! SilverSneakers: Strength and Balance Class (9-10am)	Oak Park Township Senior Services 130 S. Oak Park Ave, Oak Park IL 60302 Phone: 708-383-8060 Fax: 708-383-5168 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.			