OAK PARK TOWNSHIP | RIVER FOREST TOWNSHIP

NOVEMBER 2026
Older Adult Programs & Lunch Menu

Dining Room:
130 S. Oak Park Ave.

Lunch Hours:
11:00 am - 1:00 pm

Program Hotline: 708-725-9129 | Nutrition Hotline: 708-725-9123

• OPT Senior Center programs • River Forest Civic Center programs • Lunch menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 • Spanish 101 ! 1:30-2:30 pm Register • RF Walking - Gym 8:30-10:00 am Waiver • RF Art Class - Room 208 1:00-3:00 pm Register • RF Mahjong - Room 208 3:00-5:00 pm Self-led **Menu**: Beef Vegetable Soup; Corn; Green Beans; Pears; Cookie	**3** • Lunch & Learn - Benefits 12:00-12:30 pm • Movie Day! 1:30-3:30 pm • RF Yoga - Gym 8:45-9:30 am Waiver • RF Chess - Room 208 3:00-5:00 pm **Menu**: Turkey Pot Roast; Baked Potato; Peas & Carrots; Fruit	**4** • Bingo 10:00-11:00 am • Wellness Tune-Ups 11:00 am-12:30 pm Register • Joyful Choir 1:30-2:30 pm • RF Pickleball - Gym 8:45-9:45 am Register • RF Piano - Room 208 11:00 am-12:00 pm Register **Menu**: Spaghetti & Meatballs Marinara; Broccoli; Peaches	**5** • Mad 4 Mats 10:00 am-1:00 pm • Game Day! 11:00 am-12:00 pm • Tai Chi - Arthritis/Fall Prevention 1:30-2:30 pm Register • RF Guided Activity - Gym 8:45-9:45 am Register • RF Mahjong - Room 208 1:00-3:00 pm Instructor-led **Menu**: Chicken Tenders & Country Gravy; Stuffing; Sweet Potato; Apple	**6** • Line Dancing Beg 1:30-2:30; Adv 2:30-3:30 pm Register • RF Walking - Gym 8:30-10:00 am Waiver • RF Zumba - Room 219 11:30 am-12:30 pm Waiver **Menu**: Suri mi Crab Alfredo; Penne; Zucchini; Fruit Cup
9 • Spanish 101 ! 1:30-2:30 pm Register • RF Walking - Gym 8:30-10:00 am Waiver • RF Art Class - Room 208 1:00-3:00 pm Register • RF Mahjong - Room 208 3:00-5:00 pm Self-led **Menu**: Baked Meatloaf & Country Gravy; Mashed Cauliflower; Mixed Veggies; Pineapple	**10** • Nutrition Advisory 12:00-1:00 pm • Movie Day! 1:30-3:30 pm • Veterans Day Celebration! 3:00-5:00 pm • RF Yoga - Gym 8:45-9:30 am Waiver • RF Chess - Room 208 3:00-5:00 pm **Menu**: Potato Leek & Sausage Chowder; Mixed Greens; Apple Cobbler	**11** CLOSED - Veterans Day **No lunch service**	**12** • Mad 4 Mats 10:00 am-1:00 pm • Game Day! 11:00 am-12:00 pm • Tai Chi - Arthritis/Fall Prevention 1:30-2:30 pm Register • Beyond Hunger Cooking Class Register • RF Guided Activity - Gym 8:45-9:45 am Register • RF Mahjong - Room 208 1:00-3:00 pm Instructor-led **Menu**: Cheese Omelet; Hash Browns; Biscuit; Yogurt; Orange	**13** • Line Dancing Beg 1:30-2:30; Adv 2:30-3:30 pm Register • RF Walking - Gym 8:30-10:00 am Waiver • RF Zumba - Room 219 11:30 am-12:30 pm Waiver • RF Pickleball Instruction - Gym 1:00-3:00 pm **Menu**: Swedish Meatballs; Mashed Potatoes; Broccoli; Melon
16 • Spanish 101 ! 1:30-2:30 pm Register • RF Walking - Gym 8:30-10:00 am Waiver • RF Art Class - Room 208 1:00-3:00 pm Register • RF Mahjong - Room 208 3:00-5:00 pm Self-led **Menu**: Roast Pork & Gravy; Au Gratin Potatoes; Peas & Carrots; Apple	**17** • Gratitude Tree Making 11:30 am-1:00 pm • Movie Day! 1:30-3:30 pm • Memory Cafe 2:00-3:30 pm Register • RF Yoga - Gym 8:45-9:30 am Waiver • Breath Class-Room 208 11:00 am-12:00 pm • RF Chess - Room 208 3:00-5:00 pm **Menu**: Chicken & Kale Soup; Sweet Potato; Green Beans; Peaches	**18** • Bingo 10:00-11:00 am • Wellness Tune-Ups 11:00 am-12:30 pm Register • Robotics for Older Adults 1:00-2:30 pm • RF Pickleball - Gym 8:45-9:45 am Register • RF Piano - Room 208 11:00 am-12:00 pm Register **Menu**: Salisbury Steak & Gravy; Mashed Potatoes; Corn; Pineapple	**19** • Mad 4 Mats 10:00 am-1:00 pm • Game Day! 11:00 am-12:00 pm • Tai Chi - Arthritis/Fall Prevention 1:30-2:30 pm Register • Authors' Forum -All residents 4:00pm • RF Guided Activity - Gym 8:45-9:45 am Register • RF Mahjong - Room 208 1:00-3:00 pm Instructor-led **Menu**: All-Beef Hot Dog; Oven Fries; Baked Beans; Banana	**20** • Line Dancing Beg 1:30-2:30; Adv 2:30-3:30 pm Register • RF Walking - Gym 8:30-10:00 am Waiver • RF Zumba - Room 219 11:30 am-12:30 pm Waiver **Menu**: Classic Lasagna with Meat Sauce; Broccoli; Chocolate Pudding
23 • Pie Passport 11:30 am-1:00 pm • Spanish 101 ! 1:30-2:30 pm Register • RF Walking - Gym 8:30-10:00 am Waiver • RF Art Class - Room 208 1:00-3:00 pm Register • RF Mahjong - Room 208 3:00-5:00 pm Self-led **Menu**: Holiday Turkey & Gravy; Sweet Potatoes; Green Bean Casserole; Stuffing; Pie	**24** • Blood Drive 2:00-5:00 pm • RF Yoga - Gym 8:45-9:30 am Waiver • RF Chess - Room 208 3:00-5:00 pm **Menu**: Spaghetti & Meatballs Marinara; Mixed Greens; Peach Cobbler	**25** • Bingo 10:00-11:00 am • Wellness Tune-Ups 11:00 am-12:30 pm Register • Joyful Choir 1:30-2:30 pm • RF Pickleball - Gym 8:45-9:45 am Register • RF Piano - Room 208 11:00 am-12:00 pm Register **Menu**: Hamburger; German Potato Salad; Green Beans; Applesauce	**26** CLOSED - Thanksgiving Day **No lunch service**	**27** CLOSED - After Thanksgiving **No lunch service**
30 • Spanish 101 ! 1:30-2:30 pm Register • RF Walking - Gym 8:30-10:00 am Waiver • RF Mahjong - Room 208 3:00-5:00 pm Self-led **Menu**: Cheddar Broccoli Chicken Rice Casserole; Cauliflower; Pear-Cranberry Crumble	**Minimum age for programs: 60+** **Join us for lunch! Age 60+** **Suggested donation:** $1.50 **Guest fee:** $8.50 (under 60)		**RF = River Forest Civic Center** 8020 Madison St., 2nd Floor River Forest, IL 60305 Green listings take place at the Civic Center.	

Need a ride? Call Transportation: 708-383-4806 | Monday - Friday | 8:30 am - 1:30 pm