


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To reserve a lunch, please call (708) 603-2269 48 hours in advance before 12:00PM and leave a message. The menu is subject to change. Dine-In ONLY!</p> <p><u>Our Congregate Meals is served at La Bella Events:</u> 5412 LaGrange Rd. Countryside, IL 60525</p>				1
4 <i>Chair Yoga</i> starts at 12:30pm	5 <i>Andre Colbert: Live Music</i> starts at 12:00pm	6 <i>Home Instead Presentation with Lana Mankos</i> starts at 12:00pm	7 <i>Crocheting with Carol</i> starts at 12:30pm <i>\$5 to participate</i>	8 <i>Crafts with Dorian</i> starts at 12:30pm
11	12 <i>Bingo with ENO Home Care</i> starts at 12:30pm	13 <i>Guardianship Presentation by Dutton Casey & Mesoloras</i> starts at 12:00pm	14 <i>Blood Pressure Screening</i> starts at 11:30pm <i>Crocheting with Carol</i> starts at 12:30pm <i>\$5 to participate</i>	15
18 <i>Neck & Back Exercises by Mary Ellen from Cantata</i> starts at 12:00pm	19 <i>Bingo</i> starts at 12:30pm	20 <i>Community Assisted Rides Presentation by Cyndee Bronars</i> starts at 12:30pm	21 <i>Crocheting with Carol</i> starts at 12:30pm <i>\$5 to participate</i>	22 <i>Power of Attorney Presentation by Mari Camacho from BMO Bank</i> starts at 12:00pm
25 ACC Closed  MEMORIAL DAY	26 <i>Bingo</i> starts at 12:30pm	27 <i>Mindful Movement by Optwell</i> starts at 12:30pm	28 <i>Crocheting with Carol</i> starts at 12:30pm <i>\$5 to participate</i>	29

Milk, bread, coffee, soup, salad, and veggies served daily.
A \$3 donation is suggested to support our programs!
Other options available daily.