aging care connections
Because Aging Well Matters

Funded in part by: AgeOptions

Congregate Activities
NOVEMBER 2026

Lunch is served everyday at 11:30am - 1:30pm

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! No walk-ins.
Limited to 50 meals a day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Arthritis Chair Exercise by White Crane starts at 12:30pm	3 Bingo starts at 12:00pm	4 Arthritis Chair Exercise by White Crane starts at 12:30pm	5 Help with Your Electronics by Courtney starts at 12:00pm	6
9 Arthritis Chair Exercise by White Crane starts at 12:30pm	10 Bingo by ENO Home Care starts at 12:00pm	11  ACC Closed	12 Blood Pressure Screenings by Pleasantview Fire Fighters starts at 12:00pm	13 Craft Activity with Dorian starts at 12:00pm
16 Arthritis Chair Exercise by White Crane starts at 12:30pm	17 Bingo starts at 12:00pm	18 Arthritis Chair Exercise by White Crane starts at 12:30pm	19	20 Salsa Dancing with Renee starts at 12:00pm
23 Arthritis Chair Exercise by White Crane starts at 12:30pm	24 Bingo starts at 12:00pm	25 Mindful Movement starts at 12:30pm	26 Happy Thanksgiving ACC Closed	27 ACC Closed
30 Arthritis Chair Exercise by White Crane starts at 12:30pm				

Our Congregate Meals is served at La Bella Events:
5412 LaGrange Rd.
Countryside, IL 60525

Milk, bread, coffee, soup, salad, and veggies served daily.
A $5 donation is suggested to support our programs!
Other options available daily.
Find this calendar online at: **https://www.agingcareconnections.org/basic-needs/**