

WESTERN SPRINGS SENIOR CENTER ACTIVITIES--2017

4211 Grand Avenue, Western Springs, IL 60558

(708)246-3299

(effective 1/1/2017)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>a.m. p.m. Senior Club 1-3*/* --2nd Monday <i>(ends in June, resumes in September)</i> Bridge Tournament 12-4 --(Wes/Tony) Walk-In Line Dance 1-3</p>	<p>a.m. Yoga 4 Seniors 10-11:15* (Level 1) Seniorcise 10:30-11:15 p.m. Aging Well Meetings 1-2 --2nd Tuesday A Knitting Circle(evening) Weeks 1,3,4 5-7</p>	<p>a.m. A Knitting Circle(<i>day</i>) 10-3:30 Bridge Class TBA p.m. FoursBridge 11:30-4 Tai Chi 1-2:15 Hearing Support Grp 7pm</p>	<p>a.m. Seniorcise 10:30-11:15 p.m. Movie Day 1-4 -- 3rd Thursday Jewelry Night 5-7</p>	<p>a.m. Foursome Bridge 9-12 Yoga 4 Seniors 10-11:15* (Level 2) Mahjongg (+Class) 10-12 Class Resumes April 14th p.m. Tai Chi 1-2:15 Canasta 1-4</p>
	<p><i>Do not miss this opportunity to stretch and strengthen for all and any skill level. Seniorcise is FREE to members. Drop in Tuesday or Thursday.</i></p>	<p><i>Explore Tai Chi which has been called "walking meditation." Tai Chi is FREE to members. Drop in Wednesday or Friday.</i></p>		<p><i>Friday is reserved for both special events and member driven activities, e.g., mahjongg, Phase 10, card games, movies, your book club, a get together with your friends . . .</i></p>
<p>HOLIDAY CLOSINGS: New Year's Day : Jan 2 MLK Day: Jan 16 President's Day: Feb 20 Good Friday: April 14 Memorial Day: May 29 Independence Day: Jul 4</p>	<p>HOLIDAY CLOSINGS: Labor Day: Sept 4 Thanksgiving: Nov 22-24 Christmas: Dec 18-Jan 2 <i>(SOME CLOSINGS ARE FOR BUSINESS ONLY. PLEASE CHECK.)</i></p>			<p>Western Springs Senior Club: Call : Gina Millette at (708)246-6276 regarding programs. Call Bryan Eddy at (708)447-8918 (beddy37@hotmail.com) for membership info.</p>