

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
AUGUST 2026					1
					10am Deep Water Aquacise
					2
					10am Senior Swim
3	4	5	6	7	8
10am Cash Bingo 11am Canasta 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1pm Learn to Play Mah Jongg TRIP Baha'i Temple Visit	10am Gentle Yoga 10am Zumba® Gold 11am Canasta	1pm Rummikub	10am Bags Tournament 10am Strength & Bone Density 11:30am Gentle Yoga	10am Deep Water Aquacise
10	11	12	13	14	9
					10am Senior Swim
9:30am Medicare Help Desk 10am Cash Bingo 11am Canasta 11am BP Screenings 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1pm Take Two Tuesdays: "On Golden Pond" 1pm Learn to Play Mah Jongg	10am Brain Gang 10am Gentle Yoga 10am Zumba® Gold 11am Canasta TRIP The Notebook	1pm Rummikub TRIP Chicago White Sox vs Reds	10am Strength & Bone Density 11:30am Gentle Yoga	11am Indoor Summer Picnic
17	18	19	20	21	16
10am Cash Bingo 11am Canasta 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1pm Learn to Play Mah Jongg	10am Gentle Yoga 10am Zumba® Gold 11am Canasta TRIP Lake Geneva Boat Cruise and Lunch	10am Smart & Safe: Navigating Online Banking & Shopping 1pm Rummikub	10am Strength & Bone Density 11:30am Gentle Yoga 1pm Bunco	22
24	25	26	27	28	23
10am Cash Bingo 11am Canasta 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1pm Learn to Play Mah Jongg	10am Gentle Yoga 10am Zumba® Gold 11am Canasta 6:30pm Understanding Long Term Care Insurance	12:30pm Lunch & Moive: "Little Miss Sunshine" 1pm Rummikub	10am Strength & Bone Density 11:30am Gentle Yoga	29
31	25	26	27	28	30
10am Cash Bingo 11am Canasta 12pm Games Galore					

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
	1	2	3	4	5
	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1pm Learn to Play Mah Jongg	10am Gentle Yoga 10am Zumba® Gold 11am Canasta	10am Retirement Solutions 1pm Rummikub	10am Wii Bowling 10am Strength & Bone Density 11:30am Gentle Yoga	6
7	8	9	10	11	12
Labor Day: Senior Center Closed	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 11am Lunch & Learn-Utilities 101: Powering Savings	10am Gentle Yoga 10am Zumba® Gold 10am Senior Housing 101 11am Canasta	1pm Rummikub 2pm Trip Preview: Canadian Rockies & Northern Italy	9am TRIAD Healthy Wealthy & Wise 10am Strength & Bone Density 11:30am Gentle Yoga 12:30pm Celebrate National Senior Center Month!	13
14	15	16	17	18	19
9:30am Medicare Help Desk 10am Cash Bingo 11am Canasta 11am BP Screenings 12pm Games Galore 1pm Fall Container Garden Workshop	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1pm Take Two Tuesdays: "The Hundred-Foot Journey"	9am Mah Jongg Tournament 10am Gentle Yoga 10am Zumba® Gold 11am Canasta TRIP Nashville Connection at White Pines	10am Breakfast with the Doc: Fall Risk & Vertigo 1pm Rummikub	10am Strength & Bone Density 11:30am Gentle Yoga 1pm Bunco	20
21	22	23	24	25	26
10am Cash Bingo 11am Canasta 11:30am-1:30pm Technology Help Desk 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density TRIP Let's Do Lunch: Little Traveler & Geneva History Museum	10am Gentle Yoga 10am Zumba® Gold 11am Canasta TRIP Mean Girls	10am Shifting Cultural Viewpoints on Aging 1pm Rummikub	12:30pm Lunch & Movie: TBD	27
28	29	30	SEPTEMBER 2026		
8am Pancake Breakfast Fundraiser Alzheimer's Association 10am Cash Bingo 11am Canasta 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 12pm The Untold Story Behind Mahjong Luncheon	10am Gentle Yoga 11am Canasta TRIP On the Air: Musuem of Broadcast Communications			

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
OCTOBER 2026			1	2	3
			10am From Listing to Closing: Understanding the Home Selling Process 1pm Rummikub	10am Baseball Bags	4
5	6	7	8	9	10
10am Cash Bingo 11am Canasta 11:30am Lunch & Learn-Medicare Updates for 2027 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1pm Take Two Tuesdays: "The Mummy" 1:30pm Tai Chi	10am Gentle Yoga 10am Zumba® Gold 11am Canasta 1pm Tasting History-1970s	12pm AARP Driver's Safety Class 1pm Rummikub	10am Strength & Bone Density 11:30am Gentle Yoga 12pm AARP Driver's Safety Class	11
12	13	14	15	16	17
9:30am Medicare Help Desk 10am Cash Bingo 11am BP Screenings 11am Canasta 12pm Games Galore 1pm Afternoon with an Artist: Stamping	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 11am Lunch & Learn-Everyday Tech Simple Tools 1:30pm Tai Chi	10am Gentle Yoga 10am Brain Gang 10am Zumba® Gold 10am Changes to Medicare 11am Canasta 6:30pm Welcome to Medicare	10am Tech Made Easy: Using Ride Share, Grocery & Food Delivery Apps 1pm Rummikub	10am Strength & Bone Density 11:30am Gentle Yoga TRIP Gangsters, Ghosts & Haunted Legends Tour	8am TRIAD Car Care Clinic 18
19	20	21	22	23	24
9am-12pm Vaccine Clinic 10am Cash Bingo 11am Canasta 11:30am Lunch and Learn - Lisle Park District Updates 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1:30pm Tai Chi TRIP Oktoberfest at Starved Rock Lodge	10am Gentle Yoga 10am Zumba® Gold 11am Canasta TRIP Fall Color Tour at the Morton Arboretum	1pm Rummikub	New Beyond Bingo Guide Available! 10am Strength & Bone Density 11:30am Gentle Yoga 1pm Bunco	25
26	27	28	29	30	31
9am Halloween Breakfast & Bingo 11am Canasta 12pm Games Galore	9:30am Mah Jongg 10am Walking Club 10am Strength & Bone Density 1:30pm Tai Chi	10am Gentle Yoga 10am Zumba® Gold 11am Canasta TRIP Anne Frank & Obama Presidential Experience	1pm Rummikub TRIP Resaling Away	10am Strength & Bone Density 11:30am Gentle Yoga 12:30pm Lunch & Movie TBD	