



August 2026

Biela Center **4545 Midlothian Turnpike, Crestwood** **708-371-4800 ex. 6000**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Color & Conversation 10-11 am Pinochle 10 am-12 pm Chair Fitness 11 am-12 pm Scrabble 12-2 pm Mon. Movie Matinee 1-3:30 pm	Nat'l Night Out 4 Chair Yoga 9:30 -10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	5 Bingo & Breakfast 9:30-10:45 a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm Senior Club 12:30-3:30 pm TOPS 5-6:30 pm	Little Travelers 6 Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm Bunco 1-4 pm	7 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	8
9	10 Color & Conversation 10-11 am Pinochle 10 am-12 pm Chair Fitness 11 am-12 pm Scrabble 12-2 pm Mon. Movie Matinee 1-3:30 pm	11 Chair Yoga 9:30 -10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	12 Bingo & Breakfast 9:30-10:45 a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm TOPS 5-6:30 pm	13 Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm	14 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm Game Night 6-8 pm	15
16	17 Color & Conversation 10-11 am Pinochle 10 am-12 pm Chair Fitness 11 am-12 pm Scrabble 12-2 pm Mon. Movie Matinee 1-3:30 pm	18 Chair Yoga 9:30 -10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	19 Bingo & Breakfast 9:30-10:45 a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm Senior Club 12:30-3:30 pm TOPS 5-6:30 pm	Buddy Holly 20 Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm Bunco 1-4 pm	21 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	22
23	24 Color & Conversation 10-11 am Pinochle 10 am-12 pm Chair Fitness 11 am-12 pm Scrabble 12-2 pm Mon. Movie Matinee 1-3:30 pm	25 Chair Yoga 9:30 -10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	26 Bingo & Breakfast 9:30-10:45 a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm Cookbook Club 12:30-2 pm TOPS 5-6:30 pm	27 Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm	28 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	29
30	31 Color & Conversation 10-11 am Pinochle 10 am-12 pm Chair Fitness 11 am-12 pm Scrabble 12-2 pm Mon. Movie Matinee 1-3:30 pm	Come	make	new	friends!	