



July 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Bingo & Breakfast 9:30-10:45a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm Senior Club 12:30-3:30 pm TOPS 5-6:30 pm	2 Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm Bunco 1-4 pm	3 CLOSED In honor of 4th of July	4 
5	6 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	7 Chair Yoga 9:30-10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	8 Bingo & Breakfast 9:30-10:45a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm TOPS 5-6:30 pm	9 Arch. Lunch Cruise Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm	10 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm Game Night 6-8- pm	11
12	13 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	14 Chair Yoga 9:30-10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	15 Bingo & Breakfast 9:30-10:45a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm Senior Club 12:30-3:30 pm TOPS 5-6:30 pm	16 Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm Bunco 1-4 pm	17 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	18
19	20 Phillips Zoo 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	21 Chair Yoga 9:30-10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	22 Bingo & Breakfast 9:30-10:45a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm Cookbook Club 12:30-2 pm TOPS 5-6:30 pm	23 Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm	24 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	25
26	27 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	28 Chair Yoga 9:30-10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	29 Bingo & Breakfast 9:30-10:45a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm TOPS 5-6:30 pm	30 Chair Yoga 9:30-10:30 am Mexican Train 12-2 pm Line Dance 12:30-2 pm	31 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	