



October 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chair Yoga 9:30-10:30 am KnitWits 10 am-12 pm Mexican Train 12-2 pm Line Dance 12:30-2 pm Bunco 1-4 pm	2 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	3 Thornton Quarry
4	5 Starved Rock Color & Conversation 10-11 am Pinochle 10 am-12 pm Chair Fitness 11 am-12 pm Scrabble 12-2 pm Mon. Movie Matinee 1-3:0 pm	6 Chair Yoga 9:30-10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	7 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	8 Chair Yoga 9:30-10:30 am KnitWits 10 am-12 pm Mexican Train 12-2 pm Line Dance 12:30-2 pm	9 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm Game Night 6-8 pm	10
11	12 CLOSED Indigenous People's Day	13 Chair Yoga 9:30-10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	14 Bingo & Breakfast 9:30-10:45 a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm TOPS 5-6:30 pm	15 Chair Yoga 9:30-10:30 am KnitWits 10 am-12 pm Mexican Train 12-2 pm Line Dance 12:30-2 pm Bunco 1-4 pm	16 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	17 Fall Craft Fair 9 am-3 pm
18	19 Color & Conversation 10-11 am Pinochle 10 am-12 pm Chair Fitness 11 am-12 pm Scrabble 12-2 pm Mon. Movie Matinee 1-3:0 pm	20 Chair Yoga 9:30-10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	21 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	22 Chair Yoga 9:30-10:30 am KnitWits 10 am-12 pm Mexican Train 12-2 pm Line Dance 12:30-2 pm	23 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	24
25	26 Color & Conversation 10-11 am Pinochle 10 am-12 pm Chair Fitness 11 am-12 pm Scrabble 12-2 pm Mon. Movie Matinee 1-3:0 pm	27 Chair Yoga 9:30-10:30 am Lunch/Bingo 12-3 pm TOPS 6-7:30 pm	28 Bingo & Breakfast 9:30-10:45 a Art Club 10 am-12 pm Chair Fitness 11 am-12 pm TOPS 5-6:30 pm	29 Chair Yoga 9:30-10:30 am KnitWits 10 am-12 pm Mexican Train 12-2 pm Line Dance 12:30-2 pm	30 Chair Fitness 11 am-12 pm Lunch/Bingo 12:15-3:15 pm	31 
	Come	make	new	friends!		