

# CITY OF BERWYN RECREATION DEPARTMENT

ALL ACTIVITIES AT 6501 W. 31st Street, Berwyn (708) 788-2010

## Programs for Berwyn Adults 55 & Over!

### **A.M. LAP WALK OR RUN!**



Cold outside? The weather isn't cooperating?

**COME INSIDE & GET YOUR EXERCISE GOING!**

Walk, jog or stretch inside at the Berwyn Recreation Department Gym.

We have plenty of parking & our building is handicapped accessible.

**Walk ~ Run ~ Stretch & It's FREE!**

**Monday - Friday 8:00 - 10:00 a.m. October 2nd thru May 18th**

**CLOSED ON:**

**Labor day, Thanksgiving day, Christmas, New Years & Memorial day**

## **Senior Luncheon Dates:**

**Come have lunch at the Berwyn Rec!  
Strictly for Adults 55 & over!**

**Welcome Back! Wednesday September 20th**

**Halloween Party Tuesday October 31st**

**Autumn Awakening Wednesday November 15th**

**Christmas Party Wednesday December 13th**

**Winter Wonderland Wednesday January 17th**

**Valentines Day Wednesday February 14th**

**St. Patrick's Day Friday March 16th**

**Spring Fling Wednesday April 18th**

**Memorial May Wednesday May 16th**

**Lunch reservation is required!**

**Call (708) 788-2010 for more information**

