# The Berwyn Recreation Department 6501 W. 31st St., Berwyn - (708) 788-2010



### **QUARTER B-I-N-G-O!**

Friday's 10:00 am.

Begins October 11th thru May 8th
Every 2nd & 4th Friday of the month
NO BINGO on November 28th & the month of DECEMBER

25¢ per card/per game

Winner takes all! FREE Refreshments & snacks Transportation available by calling 708-749-6489



### Lambs Farm - HOLIDAY LIGHTS CRAFT FAIR

Friday December 6th

9:30 a.m. Sweet rolls & coffee served!

Departs at 10:00 a.m. & return between 2:30 - 3:00 p.m.

Craft Fair is at Arlington Park Racecourse \$10.00 per person for entry & transportation.

Shop Awesome Crafts!
Call (708) 749-6535 for reservation



## **Care & Share Group**

Care to share your feelings?
This group meets to discuss family matters & every day issues.
Selected Monday's 10:30 a.m. to Noon
(some dates excluded)

#### Fitness for Seniors Session II IT'S FREE! SO LET'S GET FIT!

Join us for a weekly workout designed specifically for older adults 55 & over. Seniors will perform exercises that are similar to everyday movements in life.

Be a part of the fun & keep moving!

SENIORS NEED TO KEEP MOVING & BE ACTIVE TO STAY HEALTHY & BE PART OF THE TEAM!

Dress in comfortable loose clothing & wear gym shoes

Meet at the Berwyn Recreation Gym 6501 W. 31<sup>st</sup> Street, Berwyn

Thursday's January 16th thru March 28th - 10:30 a.m. to 11:30 a.m. The program is sponsored by Mayor Robert J. Lovero

Free to Berwyn Residents

Non-resident fee: \$2.00 per class Next session begins in January 2020

Participants should consult with a physician for approval to perform lite movement & stretching exercises before participating in the program.

