

City of Berwyn Recreation Dept. Sr. Events



Mayor Robert J. Lovero Welcomes you to enjoy the
Senior Monthly Luncheon's at the Berwyn Rec.

St. Patrick's Party - Wednesday March 13th

Spring Fling - Wednesday April 17th

Memorable May - Wednesday May 15th

11:30 a.m. to 2:00 p.m.

Free to BERWYN RESIDENTS

Non-resident rate will be charged of \$10

Events are at the Berwyn Recreation Center 6501 W. 31st St.

RESERVATION MUST BE MADE BY CALLING 708-749-6535



Rivers Casino Trip

Senior & Adults 55 & over!

Bring a friend & enjoy your day in the *hot seat!*

Monday February 26th & April 22nd

Try your luck at the Rivers Casino!

Meet at 8:45 a.m. at the Berwyn Recreation Center - 6501 W. 31st Street, Berwyn

Van departs promptly at 9:00 a.m. & returns approx. 2:30 p.m.

Enjoy the FREE ride back with your winnings!

Must be registered to attend the trip!

Call (708) 749-6535 for reservation



Fitness with Carlos

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 & be active to stay healthy!

REGISTER TODAY & GET FIT!

Dress in comfortable, loose clothing & wear gym shoes.

Class meets at the Berwyn Recreation Gym - 6501 W. 31st Street, Berwyn / 708-749-6535

Fridays

February 16th, 23rd, March 1st, 8th, 15th, 22nd

10:30 a.m. to 11:30 a.m.

Sponsored by Mayor Robert J. Lovero

Free to Berwyn Residents - Non-resident \$5 per class

As with any physical activity, please consult your physician for approval to perform
light movement & stretching exercises before participating in the program.

If you are unable to attend the class, please text or call (708) 646-3717 by or before 9:30 a.m.



Fitness by Carlos Ruiz

