



# INDO AMERICAN CENTER



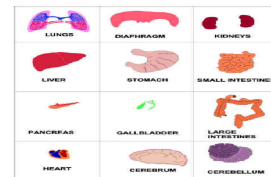
## SENIOR'S DAY CARE PROGRAM Weekly Calendar



### SENIOR CULTURE

**Event Day & Time: Wednesdays from 12:00 to 4:00 PM**

Come explore the various sights, sounds, and traditions of different ethnic backgrounds. Through presentations, you will have the opportunity to learn. First hand learn and experience the South Asian way of life.



### SENIOR MILAN

**Event Day & Time: Thursdays from 12:00 to 4:00 PM**

Work your way to good health by attending our various health workshops on blood pressure, AIDS prevention, etc. Free medical checkup will be available to the general public at these meetings dates and times will be announced accordingly



### SENIOR EXERCISE AND STRETCHING

**Event Day & Time: Fridays from 12:00 to 2:00 PM**

Become physically active as we show you the proper way to exercise.

### **SENIOR POT-LUCK**



**Event Day & Time: Saturdays from 12:00 to 4:00 PM**

Sample various foods prepared by other members of the group. Games will be played, music will be provided, and birthdays will be celebrated.



### **SENIOR YOGA FOR LIFE**

**Event Day & Time: Sundays from 12:00 to 2:00 PM**

Harmony is sure to follow after this yoga classes show you how to physically and spiritually calm your body.

**For more information:** Contact Gita Chawla at 773-973-4444 Extension: 107

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