



Graceland
CENTER FOR PURPOSEFUL AGING

WEEKLY PROGRAMS

Tuesday, Wednesday, & Thursday!

==== **10am – 1pm** ====

NEW LOCATION

**Westminster Community Center
1504 W. Moss Ave • Peoria, IL 61606**

**HEALTH TIPS • CONNECT TO RESOURCES
REFRESHMENTS • SOCIALIZATION • FUN!**

Ageing with Vitality

Lunch: 11:00am – 11:30am

Hosted by Neighborhood House
Congregate Meals*

**MUST sign-up for meals at the center and
must be 60 years or older for lunches.*

FREE! No sign-up required for PROGRAMS

1-833-503-7773 • Gracelandcenter.com



neighborhood
HOUSE



Gracelandcenter



Graceland Center "Aging with Vitality"

Weekly Programs.

Schedule 2026

JUNE-JULY

Congregate Meals from Neighborhood House are served from 11:00 am to 11:30 am! Sign up required 1 week in advance at the center!

Tuesdays 10:00 am – 12 Noon Movie; 12 Noon -1:00 pm BINGO or Choice of Optional Activities

Wednesdays 10:00 am – 11:00 am Physical Activity, Program at 11:30 am- 1:00 pm. Thursdays: 10:00 am – 1:00 pm: Monthly speaker and weekly games/activities

*** Monthly VETERANS' COFFEE! Sponsored by Traditions Health ***

Tuesday Movies

Date	Movie + BINGO		Date	Movie + BINGO	
6/2	"Something's Gotta Give"	Amber Boycott, Alzheimer's Assoc.		Happy 4 th of July!	
6/9	"The Perfect Storm"	Compassionate Community Care Home Care Antonio Lipscomb	7/7	"The Silver Stallion"	Julia Smith Liberty Estates
6/16	"Just Friends"	Michelle Spicer Grand Regency	7/14	"The Shaggy Dog"	Jori Podrasky Bickford House
6/23	"Wild Hogs"	Summer Royer, Loft Peoria	7/21	"Rumor Has It"	Nick Hibbs Homecare Senior Advisors
6/30	"Oh Brother"	Sheree Lyles, Solvera Health	7/28	"Mall Cop"	Tracy Place, Goldwater Care

Wednesday and Thursday Programs

Day	Date	Topic, Speaker and Sponsor	Day	Date	Topic, Speaker and Sponsor	Day	Date	Topic, Speaker and Sponsor
Wed.	6/3	<u>Squish Art: Painting with Plastic Discs</u> Robin Lehner	Thurs.	6/18	<u>Games, Puzzles, Crafts!</u> YOU Pick! & ***MONTHLY VETERANS' COFFEE***	Thurs.	7/9	<u>Games, Puzzles, Crafts!</u> YOU Pick!
Thurs.	6/4	<u>Games, Puzzles, Crafts, Knitting!</u> YOU Pick!			<u>Additional Program: How to Choose a Computer</u> Felicia Durr, TriCounty Urban League	Wed.	7/15	<u>Historical Presentation of The Peoria State Hospital Museum</u> Christina Morris, Director
Wed.	6/10	<u>Exercise and Physical Activity Barriers for Healthy Aging</u> Laurie Robley, PTA	Wed.	6/24	<u>10 am Chair Yoga followed by Birthday and BINGO Bash</u> Christa Staley, Executive Director Midwest Food Bank, Yoga Instructor St. Francis Woods BINGO sponsor	Thurs.	7/16	<u>Games, Puzzles, Crafts!</u> YOU Pick! & ***MONTHLY VETERANS' COFFEE***
Thurs.	6/11	<u>Games, Puzzles, Crafts, Knitting!</u> YOU Pick!	Thurs.	6/25	<u>Games, Puzzles, Crafts, Knitting!</u> YOU Pick!	Wed.	7/22	<u>Home Care Services</u> Zac Rollet, Help at Home
Wed.	6/17	<u>Felting Magic: Melding Materials into New Creations</u> Laura Burdess	Wed.	7/1	<u>Paint and Scraping with Art Tools</u> Robin Lehner	Thurs.	7/23	<u>Games, Puzzles, Crafts!</u> YOU Pick!
Thurs.	6/18	<u>Games, Puzzles, Crafts!</u> YOU Pick! & ***MONTHLY VETERANS' COFFEE***	Thurs.	7/2	<u>Games, Puzzles, Crafts!</u> YOU Pick!	Wed.	7/29	<u>Birthday and BINGO Bash</u> Matt McVeigh- Grandview Alzheimer's
			Wed.	7/8	<u>Self-Defense</u> Phil Mahan, Peoria Police Dept	Thurs.	7/30	<u>Games, Puzzles, Crafts!</u> YOU Pick!



Neighborhood House 309-674-1131

JUNE 2026

(Meals are subject to change)



Mon

Tue

Wed

Thu

Fri

<p>Milk is included in all meals</p> <p>Meal Components</p> <ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk <p>Guests/Private Pay \$8.00</p> <p>Recommended Donation for Home Delivery & Congregate Programs \$5.00</p>	<p>1</p> <p>Meatball Marinara Green beans Corn WG Bun Apple</p>	<p>2</p> <p>Lemon Chicken Cauliflower Mixed Vegetables WG Roll Pears</p>	<p>3</p> <p>Hot Dog Baked Beans Carrots WG Bun Peaches</p>	<p>4</p> <p>Cheese Omelet WG Waffle Stewed Tomatoes Broccoli Applesauce</p>	<p>5</p> <p>Fish Patty Beets Peas WG Bun Banana</p>	<p>Tremont</p> <p>Leisure Acres</p> <p>Heartland Apts.</p> <p>Sterling Towers</p> <p>Graceland</p> <p>Mel Hasty</p> <p>Neighborhood House</p>
	<p>8</p> <p>B.B.Q. Chicken Lima Beans Mixed Vegetables WG Roll Orange</p>	<p>9</p> <p>Pork Egg Roll Brown Rice Broccoli Carrots Pineapple</p>	<p>10</p> <p>Sloppy Joe Green beans Beets WG Bun Pears</p>	<p>11</p> <p>Chicken Nuggets Cauliflower Corn Peaches</p>	<p>12</p> <p>Pork Riblet Sweet Potatoes Peas WG Bun Banana</p>	
	<p>15</p> <p>Pulled Pork Green Beans Corn WG Bun Apple</p>	<p>16</p> <p>B.B.Q. Meatball Broccoli Beets WG Bun Pears</p>	<p>17</p> <p>Chicken Parmesan Cauliflower Carrots WG Roll Peaches</p>	<p>18</p> <p>Sausage Patty WG English Muffin Stewed Tomatoes Peas Applesauce</p>	<p>19</p> <p>Chicken Tenders Lima Beans Mixed Vegetables Banana</p>	
	<p>22</p> <p>Pork Tenderloin Broccoli Carrots WG Bun Orange</p>	<p>23</p> <p>Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Tropical Fruit</p>	<p>24</p> <p>Salisbury Steak/Gravy Mashed Potatoes Green Beans Beets Pineapple</p>	<p>25</p> <p>B.B.Q. Chicken Lima Beans Mixed Vegetables WG Roll Peaches</p>	<p>26</p> <p>Ham & Beans Corn bread Cauliflower Peas Banana</p>	
	<p>29</p> <p>Chicken Patty Green Beans Carrots WG Bun Apple</p>	<p>30</p> <p>Beef Taco Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Pineapple</p>				