

September 2025 MaineStreamers' Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 12:00-1:00 Chair Yoga	3 No Senior Aerobics 6:30-7:30 Informative (Town Hall) Identity Theft Scams & Prevention Tips  OFFICE OF THE ILLINOIS ATTORNEY GENERAL	4 10:15-11:15 Zumba Gold 12:30-2:30 Bingo 	5 1:30-2:30 Informative (Town Hall) Titanic Survivor Violet Jersey Presenter: Leslie Goodard 	6
7 Day Trip: Big Hat Rodeo 12:30-6:00 	8 10:30-11:30 Senior Aerobics 1:00-2:00 Health Program: Sleep Apnea 6:00 - 7:30 Yoga	9 Day Trip: Celebrating Fall: Alpaca Pines & Edwards Apple Orchard 8:45-3:30  12:00-1:00 Chair Yoga	10 11:15-12:15 Senior Aerobics 5:30-7:00 Tailgate Bingo 	11 10:15-11:15 Zumba Gold 1:00-3:00 Day at the Races 	12 10:00-2:00 Hearing & Vision Lions Club	13
14	15 10:30-11:30 Senior Aerobics 6:00 - 7:30 Yoga	16 12:00-1:00 Chair Yoga (Rain Date Tailgate Bingo)	17 11:15 - 12:15 Senior Aerobics	18 10:15 - 11:15 Zumba Gold Day Trip: Oklahoma 8:30-6:30 	19 1:00-3:00 Uncork & Unwind Wine Tasting 	20
21  Alzheimer's Walk Opening Ceremony 10:00	22 No Senior Aerobics 6:00-7:30 Yoga	23 12:00-1:00 Chair Yoga 2:30-4:15 Monthly Movie "Your Cordially Invited" 	24 11:15-12:15 Senior Aerobics	25 10:15-11:15 Zumba Gold	26	27
28	29 10:30-11:30 Senior Aerobics 2:00-3:00 Computer Workshop 6:00-7:30 Yoga	30 12:00-1:00 Chair Yoga 12:00-2:30 Special Event Des Plaines Speakeasy Vito Zatto  				

3 Day Trip – Exploring St. Louis