

Check Out These Special Activities at Westlake Hospital

WESTLAKE HOSPITAL

Programs & Activities March 2018

Ongoing

Fridays, 9:30 – 10:30 am

Westlake Walkers

Fitness Center

Friday, March 2nd

11:00 am – 12:00 pm

March Birthday Celebration

Each month the Westlake Senior Center will cut a cake in honor of all the Senior Center members who celebrate their birthdays in that month. If your birthday is in March, join us as we celebrate you and your life. Bring a friend.

Westlake Senior Center

Professional Office Building, First Floor

1111 W. Superior St., Melrose Park, IL 60160

Call 844.793.6534 for details and to register.

Monday, March 5th

9:00 – 11:00 am

Glucose Screenings

The glucose screening requires a finger stick that yield results of your glucose level within one minute of testing. An eight-hour fast is recommended, however, screening can be conducted without fasting.

Westlake Senior Center

1111 W. Superior St., Melrose Park, IL 60160

FREE

No appointment is necessary!

Call 844.793.6534 For details

Wednesday, March 7th &

Wednesday, March 21st

8:30 – 11:00 am

LIHEAP Assistance Program

The Low Income Home Energy Assistance Program (LIHEAP) is designed to help eligible low income households pay for winter energy service. Please bring your: ID, Social Security card, and 2016 household proof of income (i.e., 2016 income tax return), Utility Bills. Call to reserve a consultation time.

Westlake Senior Center

1111 W. Superior St., Melrose Park, IL 60160

FREE

Call 844.793.6534 For details and to register!

Thursday March 8

12:00 – 3:00 pm

Strength Screenings

Fitness Center

Thursday March 8

1:00 pm

Rehab Alumni Club

Rehab-2nd Floor



Friday, March 9

8:00 – 11:00 am

Blood Pressure

Fitness Center

Saturday, March 10

8:00 am – 12:00 pm

St. John Lutheran Church Health Fair

Brewster Hall

1400 W. Superior St., Melrose Park, IL 60160

Wednesday, March 14th

10:00 – 11:00 am

Casa Esperanza

1115 N. 23rd Ave., Melrose Park, IL 60160

Wednesday, March 28th

5:30 – 6:30 pm

Living with Diabetes

Please join Maria Olga Cardenas, M.D., MSCI, Endocrinologist, for a discussion about the various types of diabetes, risk factors, symptoms, diagnosis and management of diabetes. Free glucose screenings will also be offered. Presentation in Spanish.

Westlake Hospital - Cafeteria

1225 W. Lake St., Melrose Park, IL 60160

FREE

For information or to register, please call 844.793.6534

Friday, March 16th

12:00 – 1:00 pm

Learning Café - Medicare SMP:

Protecting your Medicare

Join Jesus Enriquez from Age Options for a discussion of the many ways you can protect your Medicare benefits. Age Options is a nonprofit organization connecting older adults Age Options and those who care for them with resources and service options so they can live their lives to the fullest.

Westlake Hospital

Conference Rooms A-D

1225 W. Lake St., Melrose Park, IL 60160

FREE

Light Refreshments are provided

Reserve your spot today!

Monday, March 19th

10:00 am – 12:00 pm

Classic Movie Time: "Little Women"

In this 1994 adaptation of Louisa May Alcott's classic, the March sisters confront growing pains, financial shortages, family tragedies and romantic rivalries in mid-19th-century Massachusetts.

Westlake Senior Center

1111 W. Superior St., Melrose Park, IL 60160

FREE

Call 844.793.6534 For details and to register.

Tuesday, March 27

12:15 – 1:00 pm

Senior Water Aerobics

Fitness Center

March 30

8:00 am – 3:00 pm

Body Fat Friday

Fitness Center



1225 W Lake St, Melrose Park, IL 60160

www.westlakehosp.com