

Aging Well Neighborhood Summer 2019 Community Events Calendar

Hello Neighbors! Please join us for these fun and informative events!

☀Summer 2019☀

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Please note location and registration process for each program.

Program details are accurate at the date of publication. Changes in circumstances after this time may impact program plans. Please confirm details with each program host/coordinator.

Developed with funding from Community Memorial Foundation, Aging Care Connections' Aging Well Neighborhood program brings together older adults, businesses, healthcare, local government, community groups, and social services to create a "Health Neighborhood" that promotes life-long wellness, supports aging at home, addresses chronic health conditions, offers health education, and helps build an age-friendly community.

Act II Seniors Club Monthly Breakfast Program

Act II – providing Social, Educational & Health-Related Senior Programs since 1993
“...for the best of the rest of your life”

Office & Reservations: 708.245.8170 | Monday-Thursday, 9 am – 3 pm

Act II Luau – Friday | June 21 | 12-2pm

Join us for a Luau! Summer luncheon with entertainment by Edizon Dayao. AMITA Health La Grange, Dixon B&C Conference Rooms | 5101 Willow Springs Rd, La Grange. Registration required, spaces are limited. Advance registration is required – spaces are limited. For more information or to register, contact Act II at 708.245.8170.

Act II Breakfast Program – SECOND FRIDAY OF EVERY MONTH** | Continental Breakfast 8:30am | Program 9-10am | AMITA Health La Grange, Dixon B&C Conference Rooms | 5101 Willow Springs Rd, La Grange. For more information or to register, contact Act II at 708.245.8170.

- ☞ **Friday July 12th**- AMITA Health Education Program
- ☞ **August 9th**- “A Balancing Act” presented by Chandra Jadhwani, PT MS, ASA/AS CET-PT Solutions.
- ☞ **September 13th**- AMITA Health Education Program
- ☞ **October 11th**- “Humor and Your Health” presented by Terry Maddrell
- ☞ **November 8th**- AMITA Health Education Program
- ☞ **December 13th**- Act II Holi-Palooza

Act II Health, Wellness & Social Programs

Act II offers many programs throughout the community! You can find details on upcoming pages of this community guide. Including:

Activity/Fitness Programs:

- ☞ Balance class
- ☞ Fitness Fun
- ☞ Tai Chi

Blood Pressure Screenings

Act II Travel (Extended and Day)

Social & Entertainment programs:

- ☞ Book Look
- ☞ Creating Writing
- ☞ Feast & Flicks
- ☞ Snapshots Camera Club

Contact Act II at 708.245.8170 with any questions. We hope to see you around town at an Act II program soon!

Activity/Fitness

Walk for Health – 3rd WEDNESDAY OF EVERY MONTH | 10:30 AM-12 PM

Hosted by the La Grange Aging Well team. Guest speaker and snack before members walk on the indoor track. La Grange Recreation Center, 536 East Ave, La Grange. No registration required and no distance requirements. Questions? Call Aging Care Connections at 708.354.1323, ext 215.

Ageless Grace Fitness Program created by Denise Medved- Every Monday | 10:30am

The program consists of 21 simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. Almost anyone can do them, regardless of most physical conditions. This class is 45 minutes long. For more information contact (708) 458-2880. Bridgeview Public Library, 7840 W 79th St, Bridgeview.

Gentle Flow Yoga- Every Tuesday | 6:30pm

Yoga for all (uses chairs). For more information contact (708) 458-2880. Bridgeview Public Library, 7840 W 79th St, Bridgeview.

Fitness Fun- Tuesdays & Thursdays at 8:00am and 1:30pm | Saturdays at 8:30am

A strength, cardio and stretch combo class that shapes, defines and increases muscle mass and bone density. Low impact aerobics strengthen heart and lungs, burning fat for weight loss. Stretching restores a healthy, positive mind and body balance. hosts this class. Cost of class is \$5/\$4 member discount of Act II. Please call instructor Mary Avila at (708) 246-1043 with any questions. Highlands Presbyterian Church, 1902 W. 58th Place, La Grange.

Tai Chi- Every Friday of the month | 10:00am

Hosted by Mary Avila. Cost is \$4. Please contact Mary at (708) 246-1043 with any questions. Bethlehem Woods, 1571 W Ogden Ave, La Grange Park.

Unwind at the Library: Tai Chi – Mondays | July 1, August 5, September 9 | 6:30pm

Join us for relaxing and invigorating Tai Chi. Space is limited. To register call 708-447-0869. North Riverside Public Library, 2400 S. Des Plaines Ave, North Riverside.

Beginners Yoga- Tuesdays | June 18, July 9, July 23, August 9, August 20 | 7:00pm to 8:00pm

Summer Beginners yoga is great for all ages. For additional information please contact Ellie at 708-524-2582, ext. 103. Community Wellness Center, 4731 Willow Springs Rd, La Grange IL 60525.

Bingocize – Wednesdays | June 19, July 17, August 21 | 2pm

Exercise lightly while playing bingo and winning prizes! To register call 708-447-0869. North Riverside Public Library, 2400 S. Des Plaines Ave, North Riverside.

Arthritis Exercise Program- Fridays (6 weeks) | Starts June 21 | 10:00am to 11:00am

This program uses an exercise model that uses gentle physical activities to help increase joint flexibility and range of motion while maintaining muscle strength. The intervention uses exercises to help relive stiffness. Please contact Diane Brown at Aging Care Connections with any questions - (708) 354-1323. Program will be coordinated by Aging Care Connections and hosted by Salerno's Pizzeria & Sports Bar. 9301 W 63rd St, Hodgkins.

Fit and Strong- Monday, Wednesday, and Friday (8 weeks) | Starts June 24 | 9:00am to 10:30am

Fit and Strong is designed for those with painful joints. Studies show this class can improve aerobic capacity, strength, and function while minimizing pain, stiffness, anxiety and depression. Cost is \$100 and must register by Wednesday June 19. To register call (708)-485-1155. Cantata Campus, Wye Valley, Dining Room, 8700 West 31st Street, Brookfield.

Rooted Yoga for Better Balance- Thursdays (10 weeks) | Starts June 27 | 9:00am-10:00am

Stand or plant yourself in one of our study chairs and enjoy a combination of gentle yoga, Pilates, and balance exercises designed to improve posture, core strength, flexibility, balance, and concentration. This fun class is for persons of all fitness levels and abilities. Cost is \$70 and must register by Monday June 24. To register call (708)-485-1155. Cantata Campus, Living Room, 8700 West 31st Street, Brookfield.

Chair Yoga- Thursday | June 27 | 10:00am

Join us for a gentle form of yoga that is practiced while sitting on a chair, or while standing and using a chair for support. Registration is required. Contact Renata at 708-603-2277. Aging Care Connections, 111 W. Harris Avenue, La Grange.

Zumba Gold- Saturdays (10 weeks) | Starts July 6 | 9:00am-10:00am

Zumba gold is a specialty dance-fitness class set to international rhythms and designed for beginners and people seeking low impact exercise. Have fun as you improve your balance, coordination, and endurance. Cost is \$70 and must register by Monday July 1. To register call (708)-485-1155. Cantata Campus, Wye Valley, Dining Room, 8700 West 31st Street, Brookfield.

Qi Gong- Thursdays (six classes) | July 11 to August 15 | 1:00pm to 2:00pm

This is a traditional Chinese practice that involves breathing, awareness and movement. It has been used to manage the effects of chronic health conditions such as diabetes, hypertension and arthritis, and also offers stress management, balance and general health maintenance benefits. The cost of this class is \$30 total. Johnston R. Bowman Center, 710 S. Paulina Street, 4th Floor, Waud Resource Center (Suite 438). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Tai Chi - 3rd Monday of the month | July-September, starting Monday, July 15 | 10:30-11:15am

Join us for Tai Chi with instructor, Thomas Tinsley, as you'll work on movement awareness, balance, breathing and general fitness. Tai Chi has been known to reduce stress, anxiety, and blood pressure. Cost: \$15. Register by Friday, July 12. To register call (708)-485-1155. Cantata Campus, Living Room, 8700 West 31st Street, Brookfield.

Age Gracefully and Relax- Wednesdays at 10:30am – July 17, August 21 | Thursdays at 7pm - July 18, August 1

Fitness and mindfulness to age well. Reboot, relax, refresh and refocus. Marti Hannon leads us through numerous techniques to calm and refocus our minds and bodies. There will be 30 minutes of Ageless Grace (brain and body fitness) and 30 minutes of Sensory Reboot (a multi-sensory calming environment to promote relaxation). To register contact (708) 485-6917 ext. 130. Brookfield Public Library - Meeting Room, 3609 Grand Blvd, Brookfield.

Zumba Gold- Mondays | July 29 to September 23 (eight classes total; none on September 2nd due to Labor Day) | 1:00pm to 2:00pm

Zumba Gold is a dance-based exercise class, where participants learn and follow a variety of easy dance steps. Whether you are already active or exercising, haven't exercised in a long time, or have physical limitations, you can have fun and be fit with Zumba Gold! This 8-week class allows you to move at your own pace with salsa, meringue, cha-cha and other fun and easy dance steps in a chair or standing. The total cost for this class is \$40. Classes are at: Rush University Medical Center, Atrium Building, 1650 W. Harrison St., Ground Floor. Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Healthy Steps in Motion (HSIM)- Tuesdays (8 weeks) | August 13-October 1 | 10-11am

The goal of this program is to increase independent living in older adults by reducing the risk of falling and promoting health by building body strength, increasing flexibility and improving balance. Registration is Required. Please contact Alyson at (708)603-2259. Aging Care Connections, 111 W Harris Ave, La Grange.

Balance Techniques- Thursday | August 22 | 10:00am

Learn about balance techniques. Presented by ATI Physical Therapy Westchester. Registration is required. Contact Renata at 708-603-2277. Aging Care Connections, 111 W. Harris Avenue, La Grange.

Gentle Yoga- Thursdays | August 29 to October 17 (six classes) | 1:00 to 2:00pm

Gentle & Modified Chair Yoga is classic yoga, fine-tuned for older adults. Everyone is welcome, whether you are totally new to yoga or have practiced yoga in the past. The poses in this class can be done while standing, sitting on the floor, or sitting in a chair. Come reap the restorative benefits of yoga! Total cost for the course is \$30. Classes will be at Johnston R. Bowman Center, 710 S. Paulina Street, 4th Floor, Waud Resource Center (Suite 438). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Total Control Program- Mondays and Wednesdays | From September 9 to October 16 (twelve classes total) | 11:45pm to 12:45pm

This class is an evidence-based pelvic health workshop led by trained female health professionals. This program for women teaches special exercise routines that strengthen the pelvic floor muscles and help you feel more in control, sleep better and live a more active life. Cost is \$30. Because space is limited, please call (888) 352-RUSH (7874). Johnston R. Bowman Center, 710 S. Paulina Street, 3rd Floor, Suite 316.

Balance Class – Mondays | September 25 - October 14 (six weeks) | 11am

Enhance your balance, improve weight shifting and reduce your risk of falls! Chandra Jadhvani of Paulson Rehab will teach these techniques and more. Cost is \$25. Please call for reservations – 855.692.6482. – AMITA Health La Grange, 5101 S Willow Springs Road, La Grange

Zumba Gold – Mondays | September 30 – November 25 (eight classes) | *Note – no class 10/21* | 1 to 2 p.m.

Zumba Gold is a dance-based exercise class, where participants learn and follow a variety of easy dance steps. Whether you are already active or exercising, haven't exercised in a long time, or have physical limitations, you can have fun and be fit with Zumba Gold! This 8-week class allows you to move at your own pace with salsa, meringue, cha-cha and other fun and easy dance steps in a chair or standing. Cost - \$40 total. Because space is limited, please call (888) 352-RUSH (7874). Rush University Medical Center - Atrium Building, 1650 W. Harrison St., Ground Floor.

Health & Wellness Seminars & Workshops

Understanding Alzheimer's and Dementia- Wednesday | June 19 | 2:00pm

Presented by Alzheimer's Association. Join us to learn about: The impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and resources. Please call (708) 603-2260 to RSVP. Aging Care Connections, 111 Harris Ave, La Grange.

It's Not What You're Eating... It's What's Eating You- Thursday | June 20 | 7:00pm to 8:30pm

Learn the biggest myths about weight gain and weight loss and what you can do to be successful in your pursuit of a healthy, happy body. To register contact (708) 485-6917 ext. 130. Brookfield Public Library, 3609 Grand Blvd, Brookfield.

Aging with Pride - Wednesday | June 26 | 1:00pm to 3:00pm

Find out more about accessing affirming health care and resources – at Rush and beyond – for lesbian, gay, bisexual, transgender, and queer (LGBTQ) older adults. Held at Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Take Charge of Your Health- Wednesdays (6 weeks) | Starts July 10 | 1:30pm to 4:00pm

This interactive workshop series provides individuals with information and tools to better manage their health in order to lead active lifestyles. Topics vary per session but include: healthy eating, pain and fatigue management, preventing falls, and exercise to name a few. No charge for this event but registration is still required by Wednesday June 26. To register call (708)-485-1155. Cantata Campus, Wye Valley Dining Room, 8700 West 31st Street, Brookfield.

Meditation and Mindfulness Benefits and Techniques- Wednesday | July 10 | 10:00am

Learn about the benefits of meditation and mindfulness and practice some techniques. Registration is required. Contact Renata at 708-603-2277. Aging Care Connections, 111 W. Harris Avenue, La Grange.

How to stay Young- Wednesday | July 10 | 1:30pm to 2:30pm

A brief, fun and enlightening program explains the many faults of a healthy lifestyle and the role that chiropractic services play. To register please contact (708) 442-5515. North Riverside Commons, 2401 DesPlaines Ave, North Riverside.

Skin Health & Aging- Wednesday | July 17 | 1:00pm to 3:00pm

Come learn from Rush Dermatologists about different concerns we have for our skin as we age. Presenters will discuss general skin health, but also eczema, alopecia, and psoriasis. Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Importance of Oral Health Care- Thursday | July 25 | 10:00am

Being presented by Trish Smithing, Dental Hygienist. Important concepts on keeping your mouth healthy as we age will be discussed. Get expert tips from a dental hygienist specializing in older adults! Giveaways included. Registration is required. Contact Renata at 708-603-2277. Aging Care Connections, 111 W. Harris Avenue, La Grange.

Take Charge of Your Health- Thursdays | July 25 through August 29 | 2:00pm to 4:30pm

Take Charge of Your Health is a free workshop for people with ongoing health conditions like hypertension, asthma, emphysema, diabetes, arthritis, or more. Learn how to build skills and gain confidence in managing your health and leading an active, fulfilling life. This class will meet once a week for 6 continuous weeks for 2.5 hours. Workshop will be held at Johnston R. Bowman Center, 710 S. Paulina Street, 3rd Floor, Suite 316. Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Take Charge of Your Health - Thursdays, Aug. 1, 8, 15, 22, 29, Sept. 5 | 1-3:30pm

This six week course provides self-management skills for older adults with an ongoing health condition and their caregivers. Sign up early to be guaranteed a spot. To register call 708-447-0869. North Riverside Public Library, 2400 S. Des Plaines Ave, North Riverside.

Managing Incontinence as We Age- Wednesday | August 7 | 1:00pm to 3:00pm

It's always a good time to reduce problems contributing to loss of bladder control. Come learn from experts about the very core of your body and ways to improve pelvic health and wellness. at Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Advance Directive Consults- Thursday | August 22 | 9:00am to 5:00pm

Hosted by Rush Generations at Johnston R. Bowman Health Center, 710 S. Paulina St., 3rd Floor, Suite 316. For more information contact (888) 352-RUSH (7874).

Neurological Issues and Aging- Wednesday | August 28 | 1:00pm to 3:00pm

What are ways that we can maintain and monitor our brain and neurological health as we age? Come hear from experts in the field of neurology and learn about common changes associated with aging. We will also learn about some of the newest innovations in treatment for Parkinson's and Epilepsy. Participants will learn about important resources available for older adults and caregivers. Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Long Term Care Planning, Obtaining good care without going broke! - Thursday | August 29 | 7- 8:30pm

This presentation will outline finding quality care that best suits your individual situation, including: home care, adult daycare, independent living, assisted living, and nursing care. Also included is a discussion of long-term estate planning techniques, Medicare, Medicaid, VA aid & Attendance benefits, and negotiating the contract with a nursing home or home care agency. Riverside Public Library, Public Meeting Room, 1 Burling Rd, Riverside, IL 60546. For information call (708) 442-6366

Hearing and Dementia- Thursday | August 29 | 10:00am

Find out if there is a connection between hearing and dementia. Presented by Dr. Lisa Gumina, Audiologist. Registration is required. Contact Renata at 708-603-2277. Aging Care Connections, 111 W. Harris Avenue, La Grange.

Windy City Cannabis- 2nd Thursday of Every Month | 6:00pm

Talk with Medical Cannabis dispensing agents and patients about qualifying conditions, how to sign up, physician's certifications and more! For more information please contact (708) 458-1545. Summit Public Library, 6233 S Archer Rd, Summit.

The ABCs and Ds of Medicare – Wednesday | September 18 | 1 to 3 p.m.

It's that time of year to get the latest updates on Medicare health and prescription drug insurance – just in time for the upcoming enrollment period. Whether you are new to Medicare or you want to be sure you're getting the most out of the program, join us to learn about your benefits! Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Heart Health – Wednesday | September 25 | 1 to 3 p.m.

Join us for an important educational event that will offer insights into how to avoid heart disease and which lifestyle approaches lead to a lifetime of heart health. Rush cardiologists will also discuss heart failure, and how we can increase awareness about heart health. Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Community Resource Fairs**Steppin’ into Summer: Rush Generations Summer Health Fair - Tuesday | June 25 | 10am-2pm**

Chicago Steppin’ is a form of swing dance that became popular in the 1970s. What would be a better way to start off the first day of summer than Steppin’ with Rush Generations? Come join us for special summer activities, screenings, and information on how to stay healthy throughout the summer and beyond! Held at Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago. For more information, please call (888) 352-RUSH (7874).

Aging Well Neighborhood Annual Community Resource Fair - Wednesday | Sept 4 | 10am-1pm

For community members, older adults, and caregivers as well as professionals who support older adults. Join Aging Care Connections and AMITA to learn about area resources for older adults. Free! No registration required. Bring your family & friends! AMITA Hospital LaGrange, 5101 Willow Springs Rd, La Grange. Contact Renata at 708.603.2277 with questions.

Regional Health, Wellness, and Safety Fest – Saturday | September 28 | 9am-1pm

Free community event for all ages! Expert panel – *“Everything You Need to Know About Recreational Cannabis”*; 60+ exhibitors; fitness demonstrations, AMITA Health Teddy Bear Clinic, health screenings, truck-touch with emergency vehicles, kid zone with bounce house, and more! Bring your friends and family! MAX McCook Athletic & Exposition center, 4750 S. Vernon Ave, McCook. For more information visit the West Suburban Chamber of Commerce & Industry website at WSCCI.org or call Alyson at 708.603.2259.

Health Screenings

Act II Blood Pressure Readings – 3rd TUESDAY OF EVERY MONTH | 9:00am to 11:00am

Lobby of AMITA Health La Grange Medical Center, 5101 Willow Springs Rd, La Grange. Free. No reservation or appointment required. For more information contact Act II -708.245.8170.

Blood Pressure Readings – MONDAY-FRIDAY | 1:00pm to 5:00pm

Offered by the North Riverside Fire Department at the North Riverside Fire Station, 2331 S. DesPlaines Ave, North Riverside. Although appointments are not necessary, you may want to call before leaving to see if personnel are available - (708) 447-1981.

Blood Pressure Readings – 1st WEDNESDAY OF EVERY MONTH | 9:00am to 11:00 am

Provided by Riverside Township at the North Riverside Village Commons, 2401 S. DesPlaines Ave, North Riverside. Please call the North Riverside Recreation at (708) 442-5515 for more information.

Blood Pressure Screening- Every Wednesday | 10:00am- 11:00am

Bedford Park Paramedics take the blood pressure of anyone interested. For more information contact (708)- 458-6826. Bedford Park Library, 7816 W. 65th Place, Bedford Park.

Blood SUGAR Screenings - 1st WEDNESDAY OF EVERY MONTH | 9-11am

Provided by Advocate Health at the North Riverside Village Commons, 2401 S. DesPlaines Ave, North Riverside. Please call the North Riverside Recreation at (708) 442-5515 for more information.

Free Kidney & Diabetes Screening- Wednesday | June 19 | 10:00am to 2:00pm

From the National Kidney Foundation, 1 in 3 American adults is at risk for kidney disease. Are you the one? No appointment necessary. Fasting is not required but urine sample will be required. For more information please contact the National Kidney Foundation of Illinois at (312) 321-1500. Summit Park District, 5700 S. Archer Road, Summit.

Colon Cancer Screening Open House- Thursday July 11 | 6:00pm to 8:30pm

Learn more about how to keep your colon healthy. They will have a registered dietician and a representative from the American Cancer Society to go through how healthy eating and portion sizes help to control cancer activity. Free FIT tests will be handed out to those who are interested in going forward with a screening. Please register at (708) 485-6917 ext. 130. Brookfield Public Library - Meeting Room, 3609 Grand Blvd, Brookfield.

Balance Screening- Thursday | September 12 | 10:00am to 2:00pm

Rush University Medical Center, Tower Resource Center, 1620 W. Harrison Street, 4th Floor, Suite 04527. For more information contact (888) 352-RUSH (7874).

Congregate Dining

ACC Lunch Program – Weekdays | 11:30am | Salerno’s Pizzeria & Sports Bar | 9301 W. 63rd St., Hodgkins

Join us for lunch! Older adults (60+) are invited to enjoy a freshly prepared, nutritious lunch and entertaining activities. Suggested donation \$2.50. Reservations required. Call Aging Care Connections at 708.354.1323 to RSVP by NOON the weekday prior to attendance. See you there!

The Brookfield Colgrass Café – Weekdays | 11:30am | Brookfield Elks Lodge, 9022 31st Street, Brookfield.

Lunch served daily, Monday-Friday. Suggested donation of \$2. Reservations required. Call Tanya at (708) 310-4434 to RSVP by 11am the weekday prior to attendance. Stop in Wednesdays and Thursdays for a free bagel breakfast - doors open at 8am.

Informational Seminars & Workshops

Key Life Decisions: Are You Prepared? - Thursday | June 27 | 7:00pm

There is more to life than just financial goals. Learn how to be prepared for the future. In this program presented by Teri Khazen of Edward Jones, discover strategies you may want to consider when planning your estate including how your assets are distributed, who will take care of your children, and more. Guest speakers include local lawyer Mary Pat Flaherty, Tim Kenny, CPA, and John R. Adolf, Director of Adolf Funeral Home. To register, call the library at (708) 246-0520. Thomas Ford Memorial Library, 800 Chestnut St., Western Springs.

The Art of Swedish Death Cleaning- Thursday | June 27 | 7:00pm to 8:30pm

“A loved one wished to inherit nice things from you; not all things from you”. Give your family the gift of a clean, organized, and simple life. Join in the discussion as we discover how to downsize in a memorable and joyful way. Learn about fun projects that can be started at any age. Why wait? Begin today. To register contact (708) 485-6917 ext. 130. Brookfield Public Library - Meeting Room, 3609 Grand Blvd, Brookfield.

Preventing Fraud, from a Bankers Perspective – Thursday | July 11 | 10:00am

Hear true stories on various scams such as Prizes/Sweeps Scam, Grandparent Scam and IRS Scam and learn how to identify the scams to protect yourself from identity theft and monetary loss. Plus, understand your resource when identity theft occurs and how you can work together with your banker. Registration is required. Contact Renata at 708-603-2277. Aging Care Connections, 111 W. Harris Avenue, La Grange.

Senior Living Experts- Making Decisions in Transitioning- Thursday | July 18 | 10:00am

Confused about various housing options and level of care available? Learn the differences are between Independent Living, Supportive Assisted Living, Memory Care and Home Care. Let the experts help you decide which option is right for you and explain reasons of why NOT to delay change! Wills, POAs, Trusts and Medicare will also be discussed. Registration is required. Contact Renata at 708-603-2277. Aging Care Connections, 111 W. Harris Avenue, La Grange.

Cantata Best Life Breakfast Club - July 23, July 24, or July 25 | 9:00am

Enjoy food, fun, friends and a wonderful presentation at Cantata's bi-monthly Breakfast Club event. Topics are TBD. Complimentary breakfast on us! To register call (708)-485-1155. Cantata Campus, Independent Living Building, 8700 West 31st Street, Brookfield.

Assessing Your Home to Maintain Your Independent and Healthy Lifestyle- Wednesday | July 24 | 1:00pm

Presented by Westchester Aging Well team, Certified Aging in Place Specialist, Lori Gibson, will present the Top Ten Home Modifications Homeowners Request- a guide to solutions you need to maintain independence and remain in your forever home. For more information contact Linda Hussey at (708) 603-2342. Mayfair Recreation, 10835 Wakefield St., Westchester.

Vertical Planning for a Medical Event- Wednesday | July 24 | 12:30pm to 1:30pm

Minimize the potential for emergency chaos with some thoughtful planning and background of what needs to be implemented behind the scenes. Snacks will be provided. RSVP to the Village at (708) 442-5515. North Riverside Commons, 2401 Des Plaines Ave, North Riverside.

Advance Directives 101- Wednesday | July 31 | 1:00pm to 3:00pm

Join us for a panel featuring legal professionals and nurses, where we will discuss the need for advance directives and advance care planning, as well as strategies for having those difficult discussions. We will clarify the difference between a Health Care Power of Attorney, Advance Directive, DRN, POLST, and others. Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago). Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat.

Medicare Scams- Thursday | August 1 | 10:00am

Find out the latest scams that the Medicare Fraud Patrol Team have uncovered. Presented by AgeOptions, Jesus Enriquez (Outreach and Information Specialist). Registration is required. Contact Renata at 708-603-2277. Aging Care Connections, 111 W. Harris Avenue, La Grange.

Online Senior Dating- Wednesday | August 7 | 6:00pm to 8:00pm

What's online dating all about and what's the difference between popular sites? Learn what makes a good profile, and some fun and safety tips for online and offline dating. If you are over 50, join Tina Williams, Outreach Manager at the White Oak Library District, to begin navigating the world of online dating. To register call (708) 215-3200. La Grange Public Library, 10 W Cossitt Ave, La Grange.

One-Pot Meals- Monday | August 19 | 7:00pm to 8:30pm

Want to know Chef Susan Maddox's secret to bringing the family to the table for dining, fun and conversation? Comfort food! Spend the evening learning about some great comfort dishes made in one-pot, where flavor is maximized and cleaning is kept to a minimum. Space is limited. Please register at (708) 215-3200. La Grange Public Library, 10 W Cossitt Ave, La Grange.

Telephone Topics – On-going | Various Times | Call in from the comfort of your own home!

Looking for more fun and informative programming? Check out Mather LifeWays Telephone Topics – On-going programs you simply call a toll-free number to listen to a wide range of interesting discussions and programs. Dial into...

- Wellness programs: Participate in live, guided chair yoga or meditation sessions to stretch your body or mind.
- Education programs: Learn about history, healthy habits, architecture, and more!
- Discussion topics: Share a piece of your mind when you join a lively discussion on sports, movies, and other topics.
- Music reviews: Listen and learn about opera, early rock 'n' roll, and more
- Live performances: Enjoy a live vocal performance or master storytelling session.

Call (888) 600.2560 to get started—it's FREE!

Memory Cafés

ACC Memory Cafés - Join us at the Memory Café! The Memory Café is a casual time for individuals with memory loss and their caregivers to enjoy food, socialization and activities in a supportive and fun environment.

Hodgkins - Third Tuesday | 10-11:30am | Salerno’s Pizzeria & Sports Bar | 9301 W. 63rd St, Hodgkins. Lunch provided 11:30am-12:30pm. RSVP Required. Contact Jessica Haines at 708.603.2260.

August 20: Exercise

Countryside – Second Friday | 10-11:30am | Young At Heart Adult Day Services Center | 6504 Joliet Rd, Countryside. Lunch provided 11:30am-12:30pm. RSVP Required. Contact Susan Bertuglia at 708.245.8087.

August 9: Laughter Yoga

Norridge- Fourth Thursday | 1:00pm to 2:30pm | Central Baptist Village | 4747 N Canfield, Norridge. Lunch provided 12:00pm to 1:00pm. RSVP Required. Contact Colleen Pelikant at 708.603.2328

June 27: Exercise

August 22: Dance

Melrose Park- First Wednesday | 10:00am to 11:30am | Sharp Community Center | 1609 36th Ave, Melrose Park. Lunch provided 11:30am to 12:30pm. RSVP Required Contact Mattie Stevenson at 708.603.2331

August 7: Radio Players

Field Trips – Thursdays | July 11, September 26 | Time TBA | Depart by bus from Aging Care Connections | 111 W. Harris Ave, La Grange. RSVP Required. Contact Jessica Haines at 708.603.2260 or Susan Bertuglia at 708.245.8087.

July 11: Art Institute of Chicago

September 26: Memory Farm, Elburn

Social & Entertainment

Friday Morning Regulars Men’s Group – EVERY FRIDAY | 8:30-10:30 AM

Senior men discuss current issues. St. Barbara’s Parish Center, 4008 Prairie Ave (east side of street), Brookfield. Questions? Call Aging Care Connections at 708.354.1323.

Senior Drop-in – EVERY FRIDAY | 10 AM – Noon

Join us in our Meeting Room to play cards and socialize. North Riverside Public Library, 2400 S. DesPlaines Ave, North Riverside. Questions? Contact the library at 708-447-0869 or northriversidelibrary.org.

Chicago Scots Annual Summer Picnic - Saturday | August 3 | 12:00pm to 4:00pm

Bring your lawn chairs and enjoy an afternoon in the new gardens of Caledonia Senior Living. Caledonia Senior Living and Memory Care, 2800 Des Plaines Ave, North Riverside. For more information contact (708) 426-7149.

Social & Entertainment: CONCERTS & LIVE PERFORMANCES

Brookfield Summer 2019 Concerts- 7:00pm to 8:30pm | Kiwanis Park, 8820 Brookfield Ave., Brookfield. | Hosted by Village of Brookfield

- June 21 | Karma Committee | 90’s to Current Pop covers
- June 28 | Bopology | 30’s, 40’s, 50’s
- July 12 | Martini Lunch | Pop, Jazz, Swing
- July 19 | Abba Salute | Abba tribute Band
- July 26 | Billy-elton | Billy Joel, Elton John
- August 2 | Tropixplosion | Caribbean Beach
- August 9 | Guitarra Azul | Latin Pop
- August 16 | Feel Good Party Band | Rock Pop

City of Countryside 2019 Summer Concert Series- Opener starts at 6:00pm, headliner begins at 7:00pm| Countryside Park, 630 61st Place, Countryside. | Local Food Vendors will be present.

- June 20 | Opener: Cirrus Falcon ; Headliner: Blooze Brothers
- June 27 | Opener: 3AM Band ; Headliner: Kaleidoscope Eyes
- July 11 | Opener: Evil Burrito ; Headliner: Suburban Cowboys
- July 18 | Opener: Steel Express Band ; Headliner: Reckless
- July 25 | Opener: Multiplicity ; Headliner: Priscillas
- August 1 | Opener: Strung Out Band ; Headliner: R Gang.

Sounds of Summer- 7:00pm to 9:00pm | 2401 S. DesPlaines Avenue, North Riverside. | Outside food, drinks and coolers are NOT allowed | Hosted by North Riverside Parks & Recreation

June 20 | Wild Daisy | Country

June 27 | Eclipse Chicago | Pink Floyd Tribute

July 11 | Concert and Vendor Fair, Gina Glocksen Band | Pop

July 18 | Concert and Craft Show, Déjà vu | Rock

July 25 | Concert and Art Fair, The Acousticles | 60s to Now

August 1 | Concert and Car Show, Claremont Drive | Classic Rock

August 8 | Ethan Bell Band | Country

Hand Chimes Choir- Every Thursday for the month of June | 2:30pm

Join us in the Multi-purpose Room. Registration required by calling (708) 579-3663. Presence Bethlehem Woods Retirement Community, 1571 W Ogden Avenue, La Grange Park.

Social & Entertainment: MOVIES

Act II Feast & Flicks – FIRST FRIDAY OF THE MONTH | Film at 3pm | Dinner starts at 5:00pm (20% meal discount for Act II members – membership is free!)

Location is at Dixon Auditorium at AMITA Health, 5101 Willow Springs Rd, La Grange and to register, call Act II 708.245.8170

Friday July 5 | *Mary Poppins Returns* | “From the moment Emily Blunt floats to the ground, umbrella in hand, it’s hard to imagine anyone else more suited to revive the perfect nanny... a wall-to-wall movie, big of heart and brimming with show-stopping music” Per Richard Roeper. PG-13, 130mins

Friday August 2 | *Stan & Ollie* | “Thanks to the subtle brilliance of Steve Coogan as Laurel and John C. Reilly as Hardy, even someone who’s never heard of the 1930s comedy duo likely would see how magical those two were together- occasionally melancholy and very entertaining” Per Richard Roeper. PG-13, 97mins.

Tuesday Movie Matinee – EVERY TUESDAY | 2 PM

Film fans gather at the library to watch and discuss a movie. Participants suggest the movie titles. Snacks will be provided. Hodgkins Public Library, 6500 Wenz Ave., Hodgkins. For more information, please call Maria at 708-579-1844.

Riverside Township Movie Screening- Every Thursday | 12:30pm

Riverside Township Hall, 27 Riverside Road, Riverside. For more information contact (708) 442-4400.

Popcorn and a Movie at Presence Bethlehem Woods- Every Tuesday in June | 1:30pm

Join Presence Bethlehem Woods for popcorn and a movie in the MP Room. Registration required by calling (708) 579-3663. Presence Bethlehem Woods Retirement Community, 1571 W Ogden Avenue, La Grange Park.

Film Discussion Series- Tuesdays | July 9, August 13 | 6:30pm-8:30pm

Join Brookfield Public Library community to view and discuss foreign and independent films from the top festivals. Films will be added to the Library's collection and available for check out after the monthly discussion. Please register at (708) 485-6917 Brookfield Public Library, Meeting Room, 3609 Grand Blvd, Brookfield.

First Friday Film Discussion: *Bisbee '17*- Friday July 05 | 7:00pm to 9:00pm

A community recreates a violent episode from a century ago in this fascinating documentary. La Grange Park Library, Community Room, 555 N. La Grange Rd., La Grange Park. For information or to register, call (708) 352-0100.

First Friday Film Discussion: *Burning*- Friday August 02 | 7:00pm to 9:30pm

This cryptic thriller offers excellent portrayals of obsession. La Grange Park Library, Community Room, 555 N. La Grange Rd., La Grange Park. For information or to register, call (708) 352-0100.

Social & Entertainment: BOOK CLUBS**Act II Book Look – 3rd THURSDAY OF EACH MONTH | 10:15am**

June 19th Book: *Where the Crawdad Sings* by Delia Owens

July 19th Book: *A speck of light* by Jodi Picoult

August 15th Book: *The Truth We Hold: An American Journey* by Kamala Harris

Questions? Contact Act II 708.245.8170. La Grange Park Library, 555 N. La Grange Road, La Grange Park.

Third Tuesday Book Club- Tuesday | July 16, August 20 | 7:00pm-8:30pm

Join the Library's longest running book discussion group for lively literary discussion. New members are always welcome! Copies of the book will be available on the Holds Shelf or digitally through Hoopla and Overdrive. Please register at (708) 485-6917 Brookfield Public Library, Meeting Room 3609 Grand Blvd, Brookfield.

Books Alive! Book Discussion: Tuesday | June 18, July 16, August 20 | 2:00pm to 3:00pm

La Grange Park Library, Conference Room, 555 N. La Grange Rd., La Grange Park. For information or to register, call (708) 352-0100.

July 16 | *The Great Believers* by Rebecca Makkai

August 20 | *Midnight at the Bright Ideas Bookstore* by Matthew Sullivan

Riverside Reads: Tuesday | July 16, August 20 | 2:00pm to 3:30pm

Riverside Public Library, Quiet Reading Room, 1 Burling Rd, Riverside, IL 60546. For information call (708) 442-6366

July 16 | *The Bear and the Nightingale* by Katherine Arden

August 20 | *Helter Skelter: The True Story of the Manson Murders* by Vincent Bugliosi & Curt Gentry

Book Discussion Group at Westchester Public Library: Thursday | June 20, July 18 | 6:30pm

The Book Discussion Group meets monthly on the 3rd Thursday of the Month. New members are welcome. Please stop by the Adult Reference Desk for more Information. Westchester Public Library: 10700 Canterbury Street, Westchester, IL or 708-562-3573.

June 20 | *Marbles* by Ellen Forney

July 18 | *Thirteen Reasons Why* by Jay Asher

Cookbook Club: Thursday | June 27, July 25, August 22 | 6:00pm to 7:30pm

La Grange Park Library, 555 N. La Grange Rd., La Grange Park. For information or to register, call (708) 352-0100.

June 27 | *The Little Swedish Kitchen* by Rachel Khoo

You'll find that there's much more to Swedish cooking than meatballs in this lovely cookbook. Pick out your recipe at the Reference Desk by June 20.

July 25 | *Black Sea: Dispatches and Recipes, Through Darkness and Light* by Caroline Eden

This book explores the cuisines of Turkey, Ukraine, Romania, and more. Pick out your recipe at the Reference Desk by July 18.

August 22 | *Aloha Kitchen: Recipes from Hawai'i* by Alana Kysar

Discover the disparate influences of Hawaiian food in this fun book. Pick out your recipe at the Reference Desk by August 15.

Social & Entertainment: KNITTING, CRAFTS, PROJECTS

Knack for Knitting or Knot – Every Monday | 7-8:30pm

Bring your needlework projects! Enjoy conversation, share tips, and learn from other crafters. Drop-in program. La Grange Public Library, 10 West Cossitt Ave, La Grange. Questions? 708.215.3220.

Knitting & Needle Work Drop-in – Monday | June 24 | 7- 8:30 PM

Bring your needles, crochet hooks or any other yarned project you are working on and drop in to work alongside other needle crafters. Share ideas, techniques, and conversation. Lessons are not available, but everyone is welcome to help each other through a challenging pattern or project! Riverside Public Library – Public Meeting Room, 1 Burling Rd, Riverside. Questions? Call 708-442-6366.

Coloring Club - Every Thursday in the Month of June | 10:30am

Get creative. Join us in the Activity Room. Registration required by calling (708) 579-3663. Presence Bethlehem Woods Retirement Community, 1571 W Ogden Avenue, La Grange Park.

Knitting Club - Wednesdays | July 3, July 17 | 2:00pm to 3:30pm

Join the Brookfield Public Library community to knit and crochet. For more information please call (708) 485-6917. Brookfield Public Library, Meeting Room 3609 Grand Blvd, Brookfield.

Social & Entertainment: WRITING & PHOTOGRAPHY GROUPS

Act II Creative Writing Program – Mondays | June 24, July 1 & 15, Aug. 5 & 19, Sept. 16, Oct. 7 & 21, Nov. 4 & 18, Dec. 1 & 16 | 11:30 am – 1 pm

Members share their writing at each session, stories based on fact, fiction or fractured fairy tales. Some write memoirs. There is reminiscing, laughter and nostalgia – Just fun! Program is no cost and new members are always welcome. Reservations requested – Call Act II 708.245.8170. Plymouth Place, 315 N. La Grange Road, La Grange Park.

Act II Snapshots Camera Club – 3rd TUESDAY OF EACH MONTH (no meeting in July or August) | 3pm

June 18th subject will be “Shoes”, suggested by Casey Czochara

September 17th subject is “Birds” suggested by Jean Lyall

October 15th subject is “Favorite Pictures” and Snapshot’s 22nd Anniversary Celebration

For more information or to register, call Act II 708.245.8170. Meadowbrook Manor, 339 9th Ave., La Grange (Use Bluff Street Entrance).

La Grange Writers Group- Wednesdays | June 26, July 10, July 24, August 14, August 28 | 6:30pm to 8:30pm

Feeling creative? Join the La Grange Writers Group! Get feedback on your work and give feedback to other local authors. For more information (708) 215-3220. La Grange Public Library, 10 W Cossitt Ave, La Grange.

Social & Entertainment: BINGO & GAMES

Bingocize – Wednesdays | June 19, July 17, August 21 | 2pm

Exercise lightly while playing bingo and winning prizes! To register call 708-447-0869. North Riverside Public Library, 2400 S. Des Plaines Ave, North Riverside.

Board Game Night- Friday | June 28 | 6:30pm- 8:30pm

Enjoy a night of tabletop gaming with like-minded enthusiasts. They will have a varied collection of board games, both current and classic. Bring some friends and your favorite games or learn something new. For more information (708) 215-3200. La Grange Public Library, 10 W Cossitt Ave, La Grange.

Scrabble Club- Tuesday | July 2, July 16, August 6, August 20 | 6:30pm to 8:30pm

Drop-in for La Grange's Scrabble Club! Whether you play for fun or for the challenge, come enjoy some classic wordplay. All skill levels are welcome. The library will provide Scrabble boards, dictionaries, and refreshments. For more information (708) 215-3200. La Grange Public Library, 10 W Cossitt Ave, La Grange.

Adult Board Gaming- Friday July 26 | 7:00pm to 9:00pm

Join us after we close to try some of our hilarious/exciting/mind-bending games. Feel free to bring along your favorite games! Attendees must be at least 21. La Grange Park Library, 555 N. La Grange Rd., La Grange Park. For information or to register, call (708) 352-0100.

Support Groups

Better Breathers - Pulmonary Support Group – 4th Wednesday of the month | 10-11am | AMITA Health La Grange Hospital, 5101 Willow Springs Rd, La Grange. Questions? Call 708-245-3608.

Alzheimer’s and Other Dementia Support Groups - *For those caring for someone with any type of dementia.*

1st Tuesday of the month | 1:30-3pm | Aging Care Connections, 111 W. Harris Ave, La Grange. Questions? Contact Jessica Haines - 708-603-2260.

1st Tuesday of the month | 7-8pm | Riverside Public Library, Quiet Reading Room, 1 Burling Rd, Riverside. Questions? Contact Connie Morong at 708-829-6322 or cmorong397@aol.com.

Caregiver Support Groups- *For those caring for an older adult.*

Third Tuesday of the month | 2:00pm to 3:30pm
Gottlieb Memorial Hospital, Professional Building, Lower Level, Room E, 701 W. North Ave, Melrose Park. Questions? Contact Jessica at 708-603-2260.

Second Friday of the Month | 1:30pm to 3:00pm
Seniors Assistance Center, 7774 W. Irving Park Road, Norridge. Questions? Contact Colleen at 708-603-2328.

First Wednesday of the month | 2:00pm to 3:30pm
Sharp Community Center, 1609 N. 36th Ave., Melrose Park. Questions? Contact Mattie at 708-603-2331.

Fourth Wednesday of the Month (Starting June 26) | 2:00pm to 3:30pm
Aging Care Connections, 111 W. Harris Ave., La Grange. Questions? Contact Jessica at 708-603-2260.

Grandparents Raising Grandchildren Support Groups

Last Thursday of the month | 10 – 11:30am.
Summit Public Library, 6233 S. Archer Rd., Summit. Questions? Contact Mattie at 708.603.2331

3rd Thursday of the month | 5:30 – 7pm
Sharp Community, 1609 N. 36th Avenue, Melrose Park. Questions? Contact Mattie at 708-603-2331

Caregiver Consultation –

1st and 3rd Wednesdays of the month | 10am-1pm

Sharp Community, 1609 N. 36th Avenue, Melrose Park. Questions? Contact Mattie at 708-603-2331

Grief and Loss Support Groups - *For caregivers that have lost the loved one they were caring for.*

Third Thursday of the month (**Starting June 20**) | 1:30pm to 3:00pm

LaGrange Public Library, 10 W. Cossitt Ave, La Grange. Questions? Contact Jessica Haines at 708-603-2260 to register.

Third Wednesday of the month (**Starting July 17**) | 1:30pm to 3:00pm

Sharp Community Center, 1609 N. 36th Ave, Melrose Park. Questions? Contact Mattie at 708-603-2331

Grief Support Gatherings – 2nd Tuesday of the month | 6:30-7:30pm

The Grief Support Gatherings are intended to be social in nature where attendees can express their feelings and support with others experiencing the same feelings and join a lively discussion on grief strategies. Hitzeman Funeral Home, 9445 W. 31st Street, Brookfield. Seats are limited. For questions or to RSVP call 708-485-2000 or email info@hitzemanfuneral.com. July 9 topic: Remembering Loved ones through Food

Diabetes Support and Education Group- Join Rush Diabetes Center experts. Discussions will cover healthy habits, establishing long-term health goals, nutrition and making lifestyle changes that support living with diabetes.

Third Thursday of the month | 2 to 3:30pm

Rush University Medical Center, 1650 W. Harrison St., Chicago. Registration is required - (800) 757-0202.

Alzheimer’s Disease Support Group- Guiding families through the journey hosted by Alzheimer’s Association- the Greater Chicago Chapter.

First Tuesday of the month | 7:00pm to 8:00pm

Riverside Public Library, Quiet Reading Room, 1 Burling Rd, Riverside, IL 60546. For information contact Connie at cmorong397@aol.com

Caregiver Grief Support Group- share issues and concerns and will receive emotional support from others experiencing similar challenges.

Thursday | June 27 | 1:30pm to 3:00pm

Talks to Feed Your Curiosity

Is the Book Better Than the Movie?- Tuesday | June 25 | 7:00pm to 8:00pm

With the use of dozens of fun and exciting movie clips and lots of fascinating trivia, we'll address that age old question: Is the book always better than the movie? See clips from films such as Jaws, Field of Dreams, The Godfather, Die Hard (yes, based on a book!), The Sound of Music, The Martian, and many more! To register, call the Library at (708) 246-0520. Thomas Ford Memorial Library, 800 Chestnut St., Western Springs.

Great Decisions- Thursday | June 27 | 7:00pm to 9:00pm

Meet to discuss topics that are currently in the world news. For more information contact the Library at (630) 986 1976. Hinsdale Public Library, 20 E Maple St, Hinsdale.

Kenya Medical Missionary Work- Friday | June 28 | 10:00am

Presented by Dr. & Mrs. Leland Albright. There is no charge for the event. Registration required by calling (708) 579-3663. Presence Bethlehem Woods Retirement Community, The Meeting room, 1571 W Ogden Avenue, La Grange Park.

One Small Step: 50 Years Later- Monday | July 1 | 7:00pm

Celebrate the 50th anniversary of humanity's first walk on the moon. Mark Benson, a NASA/JPL Solar System Ambassador, will discuss the historic Apollo 11 landing, and look ahead to what NASA has planned throughout our solar system. To register, call the Library at (708) 246-0520. Thomas Ford Memorial Library, 800 Chestnut St., Western Springs.

Strange Foods- Monday | July 8 | 7:00pm to 9:00pm

Keng Sisavath, founder of Chicago's Strange Food Festival, will discuss some of the most unusual foods available in the area and where to get them. We'll have some choice items on hand for you to sample! La Grange Park Library, Community Room, 555 N. La Grange Rd., La Grange Park. For information or to register, call (708) 352-0100.

The Apollo 11 Moon Landing: 50-year Anniversary- Wednesday | July 17 | 7:00pm to 8:30pm

Historian Jim Gibbons will discuss the lofty goal proposed by President John F. Kennedy in 1961 and how it was achieved in 1969. Learn about the first men to walk on the moon, Neil Armstrong and Buzz Aldrin, their day spent on the surface and the important artifacts they returned with that helped create a historical legacy. To register call (708) 215-3200. La Grange Public Library, 10 W Cossitt Ave, La Grange.

“The Leviathan” by Paul Stack. – Thursday | July 18 | 7:00pm

Discussion about the book *The Leviathan*, Paul Stack (the author) will be present to talk about the book by providing visuals involving the civil war. Riverside Public Library, 1 Burling Rd, Riverside, IL 60546. For information call (708) 442-6366.

Kiddieland Remembered- Friday July 19 | 3:00pm to 4:30pm

Let us take a jump to the past with historian Cheryl Brown. Presenter will take the group through the 80-year history of Kiddieland park with vintage pictures, memorabilia and video. For more information (708) 442-6366. Riverside Public Library, 1 Burling Rd, Riverside.

Broadway, Bebop and the Boob Tube- Monday | July 22 | 7:00pm to 8:30pm

What do silent films, The Ziegfeld Follies, Hi-Fidelity Stereo and the first Nixon/Kennedy debate all have in common? Chicago! Join historian Clarence Goodman for an entertaining and informative evening of Chicago nostalgia. Please register at (708) 215-3200. La Grange Public Library, 10 W Cossitt Ave, La Grange.

Walk and Talk with the Illinois Botanist- Saturday August 10 | 3:00pm to 4:30pm

Join “The Illinois botanist,” Chris Benda for a walk among the wildflowers and Riverside’s Arboretum on August 10. Chris will point out native plants in Riverside, which can be grown in your own garden. Afterward, join Chris for a lecture in the library. For more information call (708) 442-6366. Riverside Public Library, 1 Burling Rd, Riverside, IL 60546. For information call (708) 442-6366

Travel

ACT II Senior Club Travel

Extended Trips: Stop by the Act II office to browse travel catalogues and other information on many extended trips available to Act II members at discounted rates. Be sure to mention your ACT II membership when making reservations! Happy Travels! 😊

- Act II Senior Club offices are located on the first floor of the AMITA Health La Grange hospital | 5101 Willow Springs Road, La Grange.

Day Trips: Act II partners with other local organizations for day trips. Please contact the organizations below to join their mailing lists to receive information for future trips.

- Burr Ridge Park District - 15 W. Harvester Dr., Burr Ridge IL 60527 | brparks.org/the-scoop | 630.920.1969
- Western Springs Seniors Club - Western Springs Senior Center, 1500 Walker St., Western Springs | wsprings.com/205/Senior-Services | 708.246.9070

Western Springs Senior Club going to Starved Rock Lodge – Wednesday | June 26 | 9:30am to 5:30pm

Going to see the rustically beautiful Starved Rock Lodge to see Dave and Daphne “The Nashville Connection” an impressive group from Starved Rock’s Tribute to the Stars series of entertainers. Cost of \$65 will include all gratuities. Lunch buffet is included. Bus departs at 9:30am from Western Springs Recreation Center, 1500 Walker St, Western Springs. Reservations required, spaces limited. For further information call Lou (708) 784- 9448.

Heritage Canyon- Thursday | July 11 | 8:00am to 4:30pm

Heritage Canyon is a 12-acre wooded structure nature walk dotted with buildings that take the visitor back to the 1800's. Bus departs from 536 East Avenue, La Grange. \$35 La Grange Residents/\$40 Non Residents. Fee includes admission and transportation. Registration deadline is July 1st. Spaces are limited. To register or for more information please contact (708)-352- 1762, using program reference code 243040-01. Park District of La Grange, 536 East Ave, La Grange.

Notes

Program details are accurate at the date of publication. Changes in circumstances after this time may impact program plans. Please confirm details with each program host/coordinator.

Please note location and registration process for each program

QUESTIONS? Contact Alyson at 708.603.2259 or AWN@agingcareconnections.org for questions about this publication.

Do you want to receive an electronic copy of this newsletter? Send us your email address and we'll add you to our list! (Note – your email address will only be used to send you information on events for older adults.) Send your name, zip code, and email address to:

AWN@agingcareconnections.org.

Do you have events you would like to add? Please submit information on upcoming events to Alyson at 708.603.2259 or AWN@agingcareconnections.org, to be considered for future AWN Community Event Calendars.

Aging Well Neighborhood: Developed with funding from Community Memorial Foundation, Aging Care Connections' Aging Well Neighborhood program brings together older adults, businesses, healthcare, non-profits, community groups, and social services to create a "Health Neighborhood" that promotes life-long wellness, supports aging at home, addresses chronic health conditions, offers health education, and helps build an age-friendly community.

Aging Care Connections is a private, not-for-profit organization dedicated to making a difference in the lives of older adults and their families through community-based services that promote dignity, self-respect and independence. Founded in 1971, Aging Care Connections provides comprehensive services to adults sixty years of age and older in five townships in suburban Cook County. Every year, over 8,000 older adults and their families receive a comprehensive range of programs and services specifically designed to meet the changing needs of the older adult population and help them to remain vital members of the community. Aging Care Connections is considered the aging resource expert and point of entry for aging services in our community. If you have a question about aging and aging well, or are unsure what services are available to you or your loved ones, please call us at 708-354-1323.



111 W. Harris Avenue | La Grange, IL 60525 | t: 708-354-1323 | f: 708-354-0282
www.agingcareconnections.org

