



TUESDAY, MAY 1

Can you Hear Me Now? How to Prevent Phone-y Scams

A fun, informative seminar that will introduce you to some of the most common phone and other scams, and teach you how to avoid them.

2 to 4 p.m.

Countryside City Hall

5550 East Ave., Countryside

Questions? Officer April Bisignani, 708-917-6797 or

abisignani@countrysidepolice.org

Light refreshments.

WEDNESDAY, MAY 2

Health Care Fair

Blood pressure screening, balance testing, and information about local service providers. Try a healthy snack and sample fitness programs like Laughter Yoga.

9 a.m. to 1 p.m.

Plymouth Place Senior Living

315 N. La Grange Road,

La Grange Park

Questions? Jeannie Mikso, jmikso@plymouthplace.org

Healthy snack.

Blood Pressure Readings

Noon to 1 p.m.

Village of Mc Cook

5000 Glencoe Ave., McCook

Questions? Chief Myrick, 708-447-9030, Ext. 624

Movie time!

Enjoy a screening of the movie *Pure Country Pure Heart*, starring Willie Nelson. A wonderful story of teenage sisters who travel to Nashville when they discover their late father was a country music singer.

1 to 3 p.m.

Village of Mc Cook

5000 Glencoe Ave., McCook

Questions? Chief Myrick, 708-447-9030, Ext. 624
Popcorn and soda.

Wednesday Movie Matinee

In *Mr. Holmes*, Ian McKellen plays a 93-year-old Sherlock Holmes as he battles dementia and struggles to recall a 35-year-old case that caused him to retreat to the coast of Dover, England. He is aided in his research by a curious 10-year-old boy.

2 to 4 p.m.

North Riverside Public Library

2400 S. DesPlaines Ave., North Riverside

Questions? Mary Cooper, 708-447-0869 or

cooperm@northriversidelibrary.org

Light refreshments.

Embracing Retirement

The Retirement 101 Workshop will help retirees and soon-to-be retirees examine the seven components of retirement as they define their "Retirement Way." The workshop will present relevant research and trends, include personal experience from the presenters, and offer tips and self-awareness exercises for participants.

7 to 8:30 p.m.

Riverside Public Library

1 Burling Road, Riverside

Questions? Brent Bowles, 708-442-6366 or bowlesb@riversidelibrary.org

THURSDAY, MAY 3

Smooth Transitions: How Power of Attorney Forms and Trusts Can Help

A friendly, experienced attorney will explain how to make life easier for you and your loved ones and protect them for the long-term. Learn how to state in writing who

you trust to make decisions for you if you cannot and avoid the cost and time of court procedures if you become incapacitated or pass on.

10 to 11:15 a.m.

Aging Care Connections

111 W. Harris Ave., La Grange

Questions? Debra Anthony, debanthonylaw@gmail.com

Fruit and snacks.

Ask the Senior Service Experts (Round Table discussion)

Please join us for lunch and a round table discussion with experts in Senior Services. Joining us to answer all of your questions will be experts in Financial & Estate Planning, Real Estate, Dementia & Memory Care, and a Certified Senior Advisor.

1 to 2:30 p.m.

Meadowbrook La Grange

339 9th Ave. (park in back of building, new entrance on Bluff Road), La Grange

Questions? Julianne Rizzo, 708-929-8221 or jrizzo@YourOasisAdvisor.com

Registration is required. Contact Marissa Kaplan, 708-420-7439 or

Marissa.kaplan@

meadowbrookmanor.com

Lunch.

Walk-In Wellness Event!

Join us for a FREE health screening! Learn also how you can find relief, reduce your risk of further injury, and find treatment options for your neck and lower back pain.

3 to 4:30 p.m.

La Grange Immediate Care

125 N. La Grange Road, La Grange

Questions? Natalia Gallegos, 708-783-3193 or ngallego@macneal.com

Light refreshments.



FRIDAY, MAY 4

Senior Drop-in

Join us in our Meeting Room to play cards and socialize. *NOTE: This program is held every Friday – we hope you can come back again and join us!*

10 a.m. to noon

North Riverside Public Library
2400 S. DesPlaines Ave., North Riverside

Questions? Mary Cooper,
 708-447-0869 or cooperm@northriversidelibrary.org
Coffee and baked goods.

Pelvic Health & Beyond

Muscles of the pelvis and abdomen are involved in our everyday functions: breathing, maintaining posture, and assisting organs for bladder, bowel, and sexual function. Join us to learn more!

11 a.m. to noon

Hodgkins Public Library
6500 Wenz Ave., Hodgkins

Questions? Kelly Murphy, 708-794-6452 or kellymdpt14@gmail.com.
 Registration is required. Contact Kelly Murphy.
Light refreshments.

Aging in Place: Personal Safety and Well-being

How to prepare so you can continue to live in your home, safely and securely, as you age in place.

2 to 3 p.m.

Presence Bethlehem Woods
1571 W. Ogden Ave., La Grange Park

Questions? Ralph Gutekunst,
 agingwell2526@gmail.com
Light refreshments.

MONDAY, MAY 7

"They Say I'm Hard of Hearing — What Can I Do?"

Do you suffer from hearing loss? Are you unsure what your options are? Join us for an informative overview covering the importance of addressing hearing loss and the options available to you.

10 to 11 a.m.

Aging Care Connections
111 W. Harris Ave., La Grange

Questions? Carol Johnson,
 caroljnsn@aol.com
 Registration is required. Call Jeanne Penton, 708-603-2337.
Light refreshments.

How to Get Your Home Ready to Sell

Learn the important steps to preparing and listing your home in today's marketplace

2 to 3 p.m.

Aging Care Connections
111 W. Harris Ave., La Grange

Questions? Shannon Kutchek,
 708-588-2061 or skutchek@ameritech.net
 Registration is required. Call Alyson Scanlon, 708-603-2259.
Light refreshments.

Operation Freedom: The Berlin Airlift 70th Anniversary

When Soviet troops closed all access routes to West Berlin 70 years ago, American General Lucius D. Clay built a bridge across the sky. Join German historian Annette Isaacs for a fascinating discussion of this time in her country's post war history.

7 to 8:15 p.m.

Brookfield Public Library
3609 Grand Blvd., Brookfield
 Questions? Information desk,

reference@brookfieldlibrary.info or 708-485-6917, Ext. 130
 Registration is required. Call the library.

TUESDAY, MAY 8

Decorative and Tasty — The Many Uses of Herbs

Be inspired by the different ways to incorporate herbs into your daily life; herbs are not just for cooking they have health benefits, can be decorative, and also keep insects and critters away! Chef Stephen Manno from Cantata Adult Life Services will share his ideas for delicious ways to incorporate herbs in cooking. We hope you can join us for this educational and tasty session and take away an herb for your home!

10 to 11:30 a.m.

Brookfield Village Hall, Lower Level (elevator available)

8820 Brookfield Ave., Brookfield
 Questions? Brookfield Public Library desk staff, 708-485-6917, Ext. 130 or visit brookfield.evanced.info/signup/calendar
 Registration is required. Call the library.

Light refreshments.

Garden Container & Community Garden Design

Come learn gardening tips and hear some new ideas for our summer gardens from two local experts! Joe Duffy has designed and contributed to the community garden at LT High School and Jan McFarland is the President of the La Grange Garden Club.

1 to 2 p.m.

Presence Bethlehem Woods
1571 W. Ogden Ave., La Grange Park

Questions? Dina Nelson,
 dina.nelson@presencehealth.org
 Registration is required. Call Pam, 708-579-3663.

Light refreshments.



Your Medical Cannabis Class

Learn the safety, benefits, and why people prefer medical cannabis for better sleep and less pain.

3 to 4 p.m.

**Hodgkins Village Hall
8990 Lyons St., Hodgkins**

Questions? Kirsten Velasco, 773-848-8684 or kirsten.velasco@gmail.com

WEDNESDAY, MAY 9

Is It Alzheimer's or Dementia?

Alzheimer's disease and dementia are often used interchangeably as many people believe that one means the other. Discover how the two diagnoses, while related, are remarkably different.

10 to 11 a.m.

**Plymouth Place Senior Living
315 N. La Grange Road,
La Grange Park**

Questions? Allyson Zak, azak@plymouthplace.org
Light refreshments.

Reverse Mortgages: The Pros and Cons

Learn about the qualification process, the procedures, and the cost of reverse mortgages.

1 to 2 p.m.

**Lyons Public Library
4209 Joliet Ave., Lyons**

Questions? Terri Brady, 312-203-4018 or terri.brady@firstmidwest.com
Registration is required. Contact Terri Brady.
Light refreshments.

THURSDAY, MAY 10

Senior Fair 2018

FREE resources for community seniors and caregivers.

10 a.m. to noon

**Village of North Riverside
2401 S. DesPlaines Ave., North
Riverside**

Questions? North Riverside Parks & Recreation Department, 708-442-5515
Sandwich and chips at 11:30 a.m.

Healthy Living For Your Brain & Body

For centuries we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement.

2 to 3:30 p.m.

**Hodgkins Public Library
6500 Wenz Ave., Hodgkins**

Questions? April Dubrow, 708-579-1844 or april@hodgkinslibrary.org
Registration is required. Contact April Dubrow

15 Common Health Concerns for Older Adults

Join us for a discussion of the 15 common health concerns among older adults and learn about healthy choices you can make to be a healthier you!

6 to 7 p.m.

**Home Helpers
123 E. Ogden Ave., Suite 102A,
Hinsdale**

Questions? Jackie Raschke, 630-686-1369 or jackie@maryandmikecare.com
Registration is required. Contact Jackie Raschke.
Light refreshments.

FRIDAY, MAY 11

Act II Breakfast Program

The Act II Senior Club invites you to join them at their monthly breakfast. John O'Shaughnessy, Research Clinician from AMITA Health, will talk about Healthy Cognitive Aging: Prevention and Treatment.

8:30 to 10 a.m.

**AMITA Health La Grange
Dixon B & C Conference Rooms
5101 Willow Springs Road, La
Grange**

Questions? Act II, 708-245-8170
Registration is required. Call Act II at 855-692-6482.
Light breakfast.

Introduction to Palliative Care

What is Palliative Care? How do I know if it will help me or my loved ones? Who is eligible? How does it differ from Hospice Care? Learn the answers to these questions and many more in our interactive and informative presentation!

11 a.m. to noon

**Aging Care Connections
111 W. Harris Ave., La Grange**

Questions? Maureen Ryan, maureen.ryan@amitahealth.org
Registration is required. Call Jeanne Penton, 708-603-2337.
Healthy granola snacks.

Aging in Place: Where can I best afford to live?

A discussion of cost, convenience, and comfort considerations that can help decision making about where best to live as one ages.

2 to 3 p.m.

**Plymouth Place Senior Living —
Dole Hall
315 N. La Grange Road, La Grange
Park**

Questions? Ralph Gutekunst, agingwell2526@gmail.com
Light refreshments.



MONDAY, MAY 14

Enemy of Independence

This is a lighthearted, yet informative presentation on how to view the possibility of a fall, the statistics that help drive our decisions for risky behaviors, our top 8-trip less tips and an overview of a home safety assessment and what it would look like.

10 to 11 a.m.

**Willow Springs Senior Center
8156 Archer Ave., Willow Springs**

Questions? Tonya Regiro, 708-240-8083 or tonya.slipproofsafety@gmail.com

Refreshments.

Real Estate 101

Learn about the real estate transaction process in today's marketplace.

2 to 3 p.m.

La Grange Public Library

10 W. Cossitt Ave., La Grange

Questions? Shannon Kutchek, 708-588-2061 or skutchek@ameritech.net

Registration is required. Call Alyson Scanlon, 708-603-2259.

Healthy granola snacks.

Meditation Class

Our meditation instructor extraordinary will lead you through the meditation process with a focus on breath. We'll have chairs available, however the more adventurous are free to bring pillows, yoga mats, or blankets.

7 to 8:15 p.m.

**La Grange Park Public Library
555 N. La Grange Road, La Grange Park**

Questions? Samantha Farruggia, 708-352-0100 or samantha@lplibrary.org

Registration is required. Call the Library Information Desk, 708-352-0100.

TUESDAY, MAY 15

Navigating Your Senior Living Options Brunch

There are so many choices in senior living today, it's hard to know what's best for your family. Join us for a delicious brunch as Senior Housing Specialist Rebecca Drennan guides you through all of the options available.

9:30 to 11 a.m.

Caledonia Senior Living / The Scottish Home

2800 DesPlaines Ave., North Riverside

Questions? Call Caledonia, 708-447-5092.

Registration is required. Call Caledonia or email Rebeccadrennan@caledoniaseniorliving.org

Light brunch.

Blood Pressure Readings

Do you know your numbers? Stop by the lobby of AMITA Health in La Grange to get your blood pressure reading.

9 to 11 a.m.

**AMITA Health La Grange — Lobby
5101 Willow Springs Road, La Grange**

Questions? AMITA, 708-245-9000

Strength Training and the use of functional exercises for health

Join Craig Mawdsley and Ellen Welter, licensed physical therapists from Clarity, as they explore the benefits and common concerns with strength training for older adults. Learn how strengthening can improve function and maximize independence.

noon to 1 p.m.

Clarity Physical Therapy & Wellness Center

814 Hillgrove Ave., Western Springs

Questions? Craig Mawdsley, 708-505-3900 or cmawdsley@claritypt.com

Registration is required. Call Clarity at 708-505-3900.

Light refreshments.

"Don't Get Caught Unprepared" — Funeral Planning Seminar

Exploring the importance of pre-planning and the savings it provides. Presenting how planning ahead puts you in charge of your wishes.

2 to 3 p.m.

Hitzeman Funeral Home

9445 W.31st St., Brookfield

Questions? Donna Walker, 708-485-2000 or info@hitzemanfuneral.com

Registration is required.

RSVP by May 11 to Donna Walker.

Light refreshments.

WEDNESDAY, MAY 16

Senior's Fashion Show

Join us as our seniors rock the latest fashions!

11 a.m. to 1 p.m.

Summit Park District "Rec Center"

5700 S. Archer Road, Summit

Questions? Martha Sonka, 708-496-1012, Ext. 104

Registration is required. Call Martha Sonka

Light refreshments.



Walk for Health

The La Grange/La Grange Park Aging Well team welcome you for a short talk and refreshments. Then join them for a walk on the La Grange Recreation Center's indoor track.

10:30 a.m. to noon

**La Grange Recreation Center
536 East Ave., La Grange**

Questions? Jim Matthews,
708-308-4420

Light refreshments.

Making your wishes known! Practical Information about Determining your Future Medical Care

Who will make medical decisions for you if you no longer can? Being the one to make choices for your end-of-life can be a comfort to you and your family. This informative workshop will help you get started on a plan in the event you are not able to advocate for yourself.

1 to 2 p.m.

**Aging Care Connections
111 W. Harris Ave., La Grange**

Questions? Alyson Scanlon,
708-603-2259

Registration is required. Call Aging Care Connections, 708-354-1323

Healthy granola snacks.

TV Memories

Take a fresh look at Uncle Miltie, Edward R. Murrow, *Lucy*, *Gunsmoke* and more. Get an insider's view of early TV programming.

6:30 to 8 p.m.

**North Riverside Public Library
2400 S. DesPlaines Ave., North
Riverside**

Questions? Mary Cooper,
708-447-0869 or

cooperm@northriversidelibrary.org

Registration is requested. Call the Library Circulation Desk staff at 708-447-0869

Light refreshments.

THURSDAY, MAY 17

"HAT — What is that?"

HAT or Hearing Assistive Technology includes a variety of listening devices that can help someone hear better, whether or not they have hearing aids. Various devices will be available for review.

10 to 11 a.m.

Aging Care Connections

111 W. Harris Ave., La Grange

Questions?

Carol Johnson, caroljnsn@aol.com

Registration is required.

Call Jeanne Penton, 708-603-2337.

Light refreshments.

Aging Services and Supports

Informative session about resources available for older adults, their families, and their caregivers at Aging Care Connections.

2 to 3:30 p.m.

**Hodgkins Public Library
6500 Wenz Ave., Hodgkins**

Questions? April Dubrow, 708-579-1844 or april@hodgkinslibrary.org

Registration is required. Contact

April Dubrow

Healthy granola snacks.

FRIDAY, MAY 18

Combatting the Aging Process

Learn how posture, movement, and balance relate to the aging process.

10 to 11 a.m.

Aging Care Connections

111 W. Harris Ave., La Grange

Questions? Jeanne Penton,

708-603-2337 or

jpenton@agingcareconnections.org

Registration is required. Contact Jeanne Penton.

Light refreshments.

Lunch and music that stirs the soul!

After a delicious pulled pork lunch, singer Burt Kettinger will favor us with soul stirring music!

11:30 a.m. to 1:30 p.m.

Westchester Bible Church

10600 Cermak Road, Westchester

Questions? John Rapinchuk,
708-601-9343.

Registration is required. RSVP by

May 14 to Priya Roberts,

708-562-3040.

Pulled pork lunch.

Aging in Place: Socialization and Transportation Issues

Problems of isolation, socialization needs, transportation needs, and available local resources.

2 to 3 p.m.

**Meadowbrook La Grange
339 9th Ave. (park in back of
building, new entrance on Bluff
Road), La Grange**

Questions? Ralph Gutekunst,
agingwell2526@gmail.com

Light refreshments.

Boston Blackie — Blackie and the Fur Trade and Fibber McGee and Molly — That Old Closet Routine

Old Time Radio scripts presented by local radio players before a live audience with all the sound effects revealed!

7:30 to 9:30 p.m.

**Riverside Town Hall — Auditorium,
second floor (elevator available)**

27 Riverside Road, Riverside

Questions? Ellie Babka, 708-442-8810

SATURDAY & SUNDAY, MAY 19-20

Riverside Arts Weekend

Spend some time strolling through shady Guthrie Park in Riverside enjoying a juried arts fair, music, design and other arts-related events.

10 a.m. to 5 p.m. Saturday

10 a.m. to 4 p.m. Sunday

Guthrie Park

Riverside

Questions? Email

riversideartsweekend@yahoo.com

or visit riversideartsweekend.org

MONDAY, MAY 21

Changes in Medicare & Home Health Benefits Brunch

Enjoy brunch while learning about changes in Medicare and home health benefits. Presented by Pete Miska, Phoenix Home Care.

9 to 11 a.m.

Caledonia Senior Living / The Scottish Home

2800 DesPlaines Ave., North Riverside

Questions? Call Caledonia, 708-447-5092.

Registration is required. Call Caledonia or email Rebeccadrennan@caledoniaseniorliving.org.

Light brunch.

Powers of Attorney and Illinois Living Will Declarations

YOU are invited to a presentation by the Center for Disability and Elder Law (CDEL) addressing the legal services available to you at no cost for creating your own powers of attorney for healthcare and property and living will declarations. The importance of the documents and what seniors should consider when selecting an agent will be discussed. CDEL is a nonprofit organization ded-

icated to protecting and advancing the legal rights of low-income senior citizens and persons with disabilities in Cook County since 1984.

11 to noon

Aging Care Connections

111 W. Harris Ave., La Grange

Questions? Linda Hussey 708-603-2342

Registration is required. Call Aging Care Connections, 708-354-1323
Light refreshments.

Seniors who are interested in executing the documents will be able to meet one-on-one with a volunteer attorney on Friday, May 25 at Aging Care Connections. Appointments are required – contact Aging Care.

Resources for Free or Discounted Items for Seniors

Provide listings and information on how to get free or discounted items for Seniors.

1 to 2 p.m.

Hodgkins Village Hall

8990 Lyons St., Hodgkins

Questions? MaryBeth Beatty, 630-789-1135 or mbeatty@Birches.net

Light refreshments.

TUESDAY, MAY 22

Guide to Understanding Diabetes

Learn about diabetes, the most common disorder of the endocrine system.

10 to 11 a.m.

Aging Care Connections

111 W. Harris Ave., La Grange

Questions? Joan O'Brien, 630-323-4665 or jobrien@independence4seniors.com

Registration is required. Call Aging Care Connections, 708-354-1323
Light refreshments.

High Tea, Hosted by our residents

Enjoy scones, tea sandwiches, shortbread, and more. Meet the residents and take a tour.

2 to 4 p.m.

Caledonia Senior Living / The Scottish Home

2800 DesPlaines Ave., North Riverside

Questions? Call Caledonia, 708-447-5092.

Registration is required. Call Caledonia or email Rebeccadrennan@caledoniaseniorliving.org.

Tea and light refreshments.

WEDNESDAY, MAY 23

National Kidney Foundation Health Fair

Free Kidney & Diabetes Screening, Blood Pressure Readings, Blood Sugar test, BMI assessment, Urinalysis. Talk about your results with a health care professional the same day.

10 a.m. to 1 p.m.

Summit Park District "Rec Center"
5700 S. Archer Road, Summit

Questions? National Kidney Foundation, 312-321-1500 or nkfi.org
Registration is required. Call the National Kidney Foundation.

Light refreshments.



Chair Yoga

Learn the fundamentals of chair yoga to increase your health and well-being, including breath work, stretching, strength, and mobility, using a chair for support. No previous yoga experience required.

1 to 2 p.m.

**Mayfair Recreation Center
10835 Wakefield St., Westchester**

Questions? Linda Hussey
708-603-2342

Light refreshments.

Acrylic Painting Class & Wine

Unleash your inner creativity in this easy and fun step-by-step acrylic painting class with Artist Colleen Koziara, owner of Beyond Bingo.

2 to 4 p.m.

**Caledonia Senior Living / The
Scottish Home
2800 DesPlaines Ave., North
Riverside**

Questions? Call Caledonia, 708-447-5092. Registration is required. Call Caledonia or email Rebeccadrennan@caledoniaseniorliving.org.

Wine and snacks.

THURSDAY, MAY 24

Take Charge of Your Health

Learn tips and tools to help you manage your health and put you back in charge!

10 to 11 a.m.

**Aging Care Connections
111 W. Harris Ave., La Grange**

Questions? Alyson Scanlon,
ascanlon@agingcareconnections.org
Registration is required. Call Aging Care Connections, 708-354-1323

Healthy granola snacks.

“Sticking” to Exercise for a Healthy Heart

Learn a light cardio workout using hand sticks in a seated or standing position. Join us for a fun musical adventure.

1 to 2 p.m.

**King-Bruwaert House — Great
Lounge
6101 S. County Line Road, Burr
Ridge**

Questions? Bonnie Kohout,
630-230-9521

Registration is required. Call Bonnie Kohout by May 20.

Light refreshments.

Movies & Popcorn

Featuring *The Hollars*, a 2016 American family comedy-drama starring John Krasinski and Anna Kendrick.

2 to 4 p.m.

**Caledonia Senior Living / The
Scottish Home
2800 DesPlaines Ave., North
Riverside**

Questions? Call Caledonia, 708-447-5092.

Registration is required. Call Caledonia or email Rebeccadrennan@caledoniaseniorliving.org.

Popcorn.

History of the Beatles

Join us for a history of the Beatles!

6:30 to 7:30 p.m.

**Bridgeview Public Library
7840 W. 79th St., Bridgeview**

Questions? Jennifer Bonbrake,
708-458-2880, Ext 119.

Registration is required. Call Jennifer Bonbrake.

FRIDAY, MAY 25

Powers of Attorney and Illinois Living Will Declarations

These individual appointments are a follow up to the presentation that was held Monday, May 21.

INDIVIDUAL APPOINTMENTS — MUST have attended Monday’s presentation.

10 a.m. to 12:30 p.m.

Aging Care Connections

111 W. Harris Ave., La Grange

Appointments required. Call Aging Care Connections, 708-354-1323

Senior Talent Show

Share your special talents with others. Music, jokes, magic tricks are all welcome! Call Rita Lopienski at 708-482-6805 to reserve your spot. Audience members welcome! Come and see how talented your neighbors are!

3 to 4 p.m.

Plymouth Place Senior Living

**315 N. La Grange Road, La Grange
Park**

Questions? Rita Lopienski, 708-482-6805 or rlopienski@plymouthplace.org
Registration is required. Contact Rita Lopienski.

Lemonade and cookies.

MONDAY, MAY 28

There are no planned events on Memorial Day. Please take some time today to honor and remember those who have made the ultimate sacrifice for our country.

“Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.” — President Harry S. Truman

TUESDAY, MAY 29

Grief: Supporting Older Adults on a Journey with Grief

Grief can impact people in many different ways. We will look at the types of grief, how people grieve, and the impact grief can have throughout our lives.

9:30 to 10:30 a.m.

Aging Care Connections

111 W. Harris Ave., La Grange

Questions? Michelle Halm, 708-995-3750 or buddiesplace@pchcares.org
Registration is required. Call Jeanne Penton, 708-603-2337.

Light refreshments.

Tai Chi & Mixed Ice Cream

Join us for a Tai Chi class with exercise instructor Mary Avila. Afterwards, we'll have an ice cream social with an ice cream mixologist!

11 a.m. to noon

Presence Bethlehem Woods

1571 W. Ogden Ave., La Grange Park

Questions? Dina Nelson, dina.nelson@presencehealth.org
Registration is required. Call Pam, 708-579-3663.

Ice cream.

Healthy Aging

Spend an hour learning the latest scientific evidence on strategies for healthy aging. Special emphasis on functional exercise to counter age-related decline.

1 to 2 p.m.

Hodgkins Village Hall

8990 Lyons St., Hodgkins

Questions? Nancy Johnson, 708-655-0662

Keep Calm & Color — For Adults

Discover why coloring is the hottest

stress buster - for grown-ups! Coloring pages, colored pencils, pens, and crayons will be provided. (But, feel free to bring your own if you prefer.) This favorite childhood pastime has mood-lifting powers that will relax you and allow you to share some quiet time with others.

7 to 8:30 p.m.

Riverside Public Library

1 Burling Road, Riverside

Questions? Brent Bowles, 708-442-6366 or bowlesb@riversidelibrary.org

WEDNESDAY, MAY 30

Aging in Place — The Journey

This presentation breaks down the journey of the 6 ADLs (Activities of Daily Living) which drive our ability to maintain an independent and active lifestyle. We describe the journey and discuss adaptive options and solutions for along the way.

10 to 11 a.m.

Willow Springs Senior Center

8156 Archer Ave., Willow Springs

Questions? Tonya Regiro, 708-240-8083 or tonya.slipproofsafety@gmail.com

Refreshments.

Cantata's Fitness Open House

Take a stroll through our fitness open house where you'll have the opportunity to tour our fitness center, enjoy a variety of fun exercise classes, take a balance assessment, and gain valuable insights into your physical health!

1 to 4 p.m.

Cantata Adult Life Services

(Woodlands Entrance)

8700 W. 31st St., Brookfield

Questions? Rebecca Shurhay, 708-387-1142 or rebecca.shurhay@cantata.org

Registration is preferred. Contact

Rebecca Shurhay.

Healthy (and tasty) drinks and snacks.

Hell Hath No Fury: The Wild, Wicked, and Wonderful Women of the Windy City

Chicago has been home to hundreds of compelling women with equally compelling stories. Join historian Clarence Goodman for a closer look.

7 to 8:15 p.m.

Brookfield Public Library

3609 Grand Blvd., Brookfield

Questions? Information desk, reference@brookfieldlibrary.info or 708-485-6917, Ext. 130

Registration is required. Call the library.

THURSDAY, MAY 31

Death Café

At a Death Café people, often strangers, gather to eat cake, drink coffee, and discuss death. If we talk about death in an open, honest, and vulnerable way, we might just be able to make the most out of our lives.

11 a.m. to 1 p.m.

Aging Care Connections

111 W. Harris Ave., La Grange

Questions? Lauren Gill, 815-575-5376 or laurengill@gmail.com
Tea, coffee, and baked goods.

Move More, Live Better

Learn easy, quick ways to improve health through movement, balance, and flexibility.

1 to 3 p.m.

Countryside City Hall

5550 East Ave., Countryside

Questions? Dr. Sarah Kelly, 708-246-6611 or drkelly@drsarahkelly.com
Light refreshments.