



RIVER FOREST TOWNSHIP

Caring | Connection | Community

River Forest Township and River Forest Public Library keep on Celebrating Seniors™ All Year Long*

- **Sunday, May 15, 2:00 pm- 3:30 pm-** Mindfulness coach Chris George provides an introduction to this therapeutic practice, offering an overview of what mindfulness is, and teaching simple strategies to help us be more present and connected in our lives.
- **Saturday, June 4, 2:00 pm- 3:30 pm-** Guest speaker Denis Kania, President of the DuPage Birding Club, shares stories from his international birdwatching trips and his quest to spot 5000 bird species.
- **Saturday**, June 11, 2:00 pm- 3:00 pm-** Rhonda Fentry of Rhonda's Rhythms returns to lead a *chair yoga class*. Registration required.
- **Saturday**, July 16, 2:00 pm- 3:00 pm-** Rhonda Fentry of Rhonda's Rhythms returns to lead a *gentle yoga class*. Registration required.
- **Saturday**, August 13, 2:00 pm- 3:00 pm-** Rhonda Fentry of Rhonda's Rhythms returns to lead an *All Levels Yoga class*. Registration required.
- **Tuesday, August 23, 7:00 pm- 8:30 pm-** Music historian Gary Wenstrup will trace the arc of the **Beach Boys'** career from their early surfin' days to the more mature *Pet Sounds* era and their abandoned *Smile* project.
- **Saturday, August 27, 2:00 pm- 3:00 pm-** Guest speaker John Elliott, retired naturalist from Cook County Forest Preserves, shares his research on the history of Thatcher Woods and other local forest preserves.

* *Programming will take place in the Barbara Hall Meeting Room at the Library.*

* *Register for Yoga Classes in advance by calling the library or going to their website.*