



Go to celebratingseniors.net/events/ for more details

River Forest Township Celebrating Senior Week May 11- May 18 2023
(Including partnerships with River Forest Public Library and Park District)

May 10, Wednesday, from 9:30 am- 10:15 am: (kickoff event): **Fit Over 50**: A strength and flexibility class with a mix of standing and sitting exercises. This will be held at the Depot, 401 Thatcher.

May 11, Thursday between 2:00 and 4:00 pm: Stop by the River Forest Township Office any time between 2:00 and 4:00 pm with any questions you may have about **HomeSharing**.

1pm- 3pm, come join us for **American Mahjong** in room 202 at River Forest Community Center. Those new to Mahjong as well as those with some experience are welcome.

6:00 pm- 7:30 pm: **Bocce Ball Social** at Memorial Parkway on the Bocce Ball Courts (on Lake St. between Jackson and Monroe) Register on the River Forest Park District Website at rfparks.com or by calling Karen Stille at 708-366-6660 x 105 or by emailing her at kstille@rfparks.com)

May 13, Saturday at 2:00 pm: **Terry Sullivan Trio** at River Forest Public Library. Join local jazz singer Terry Sullivan and her Trio for an intimate concert at River Forest Public Library.

May 15, Monday, 10 am- 1pm: Oak Park River Forest Township Senior Services presents **Secretary of State Super Senior Event** at River Forest Community Center on the 2nd Floor.

11:00 am: **Adult Coloring Club** at 1:00 pm: Come to a talk about **Nutrition for Aging**

With Dr. Kristen Vealey of Duly Health at River Forest Public Library.

6:00 pm- 7:30 pm: **Platform Tennis Social** at Keystone Park (7920 Central Ave.) (register on the River Forest Park District Website at rfparks.com or by calling Karen Stille at 708-366-6660 x 105 or by emailing her at kstille@rfparks.com)

May 16, Tuesday from 10:00 am- 11:30 am: **Only You Can Write Your Own Story** with Professor Julie Bach at Dominican University.

1:00 pm- 3:00 pm: **Step up to Stop Falls** with Dan Wrzosek from Elevate Physical Therapy: Learn about how to prevent falls as well as come for a fall screen assessment at the River Forest Community Center in room 202.

6:00 pm- 7:30 pm: **Pickleball Social** at Washington Square Tennis Courts (105 Forest Ave.) with River Forest Park District (register on the River Forest Park District Website at rfparks.com or by calling Karen Stille at 708-366-6660 x 105 or by emailing her at kstille@rfparks.com)

May 17, Wednesday from 1:00 pm- 2:00 pm: **Chair Yoga** with Julia Robling Griest, Certified Yoga and Meditation Instructor at the River Forest Community Center in the dance room, in partnership with the River Forest Park District.