



## Connecting with Each Other Through Shared Opportunities

*A Resource for Older Adults in Oak Park, Austin, River Forest and neighboring communities to connect, share and learn from each other.*

**April 12- 26 /2nd Friday Edition  
(CCM comes out every 2nd and 4th Friday of the month)**

Hi Everyone,

Below is a list of events, programs through April 26. Please continue to share information you want to be included in here. Look over the list of events to see what interests you.

This bi-monthly email is not political, but rather a list of different events/ programs going on across our communities. I do however hope we can find ways to work together for the greater good of our neighbors.

Some Highlights from list below:

- Columbus Park Anti-Gun Violence Prayer Vigil (April 13)
- Congregations Networking for Social Justice (April 14)
- Village of Oak Park Holi Celebration (April 14)
- Senior Fitness Walk at Thatcher Woods (April 17)
- Triton College Global Music (April 17)
- Health and Wellness Fair (April 21)
- Kehrein Center for the Arts Events
- AARP Equity by Design Presentation (April 23)
- Earth Day Cleanups, One Earth Movies

**Events/ Programming for next couple of weeks:  
(don't forget to check ongoing calendar as well- just below)**

**April 12** (at 7:00 pm) and **13**:(at 1:00 pm and 7:00 pm) **Triton** and **RSVP** present ***Triton Trouper Circus***. For more information, click [here](#). Tickets are \$10 cash; and is in Building R at Triton College in River Grove

**April 12** from at 7:30 pm, **Dominican University Arts and Minds** presents ***Pat Hazell's Permanent Record***. Learn more [here](#).

**April 13** from 8:00 am- 12:00 pm: **RSVP/Triton** hosts their ***Annual Pancake Breakfast***. Donation of \$5. You can buy a combination ticket for breakfast and circus(see above). For more information call (708) 456-0300, Ext. 3599 and for more details, click [here](#).

**April 13** from 9:00 am- 1:00 pm: ***Village of Oak Park Earth Day Event*** [here](#).

**April 13** from 9:00 am- 10:00 am: **Garfield Park Conservatory** presents ***Virtual Yoga with Natalie***. Register [here](#) (this is a free event, but donations are accepted)

**April 13** at 11:00 am: **The Westside Block Club Association**, in partnership with the 7th Platoon Jeep Club, will hold a ***March for Peace***.(starting at 3800 West Madison, heading west to Kilpatrick Avenue and Madison Street before heading back). The march is the first in a series of initiatives from the Westside Block Club Association to promote community unity and fight local gun violence. [Austin Teens' Death Ignite a Call to End Gun Violence: See article [here](#). (Get involved with Mom's Demand Action ....see volunteer opps.)]

**April 13** from 3:00 pm- 7:00 pm: **The Columbus Park Advisory Council**, plus community partners and sponsors, are hosting the ***16th Annual Anti-gun Violence Prayer Vigil*** at Columbus Park.

**April 13** from 2:00 pm- 3:00 pm: **River Forest Township** and **River Forest Library** present ***All Levels Yoga***. Register [here](#). (at River Forest Library)

**April 13** from 5:00 pm- 7:30 pm: **The Kehrein Center for the Arts** presents ***A Night at the Juke Joint***. Learn more [here](#). (tickets \$30-\$45)

**April 14** from 12:00 pm- 2:00 pm: **The Village of Oak Park** presents ***Holi Celebration*** on Village Hall's south lawn. Color play begins at 1:20 pm. Music and food for purchase. Learn more [here](#).

**April 14** from 2:00 pm- 3:30 pm: **River Forest Township** and **River Forest Library** present ***Pastries and Poetry from Around the World***. (at River Forest Library) Enjoy pastries while listening to poems.

**April 14** from 2:00 pm- 4:30 pm: **Congregations Networking for**

**Social Justice** present "**Oak Park Area Responds to Migrants**" at Oak Park Library in the Veteran's Room. (speakers will be Lynda Schuler from Housing Forward, Celine Woznica, from Migrant Ministries, Betty Alzamora, Legal Lead from Oak Park Community Migrant Settlement Mission and more)

**April 14** from 2:30 pm- 4:00 pm: **One Earth Local** presents the **Periodical Cicada: Coming to a Neighborhood Near You**. Learn more and register for this virtual event [here](#).

**April 14** from 7:30 pm- 9:00 pm: If you missed Karim Nagi at the River Forest Library last week, you can catch him and his band, **The Huzam Ensemble** at the **Epiphany Center for the Arts** in Chicago (201 S. Ashland). (tickets \$20, \$10 for children) [April is National Arab Heritage Month] Click [here](#) for more information and tickets. Green Calendar events (see One Earth Festival Movie Schedule [here](#).)

**April 15** from 12:00 pm- 2:00 pm: **The Nineteenth Century Charitable Association** presents their **Scholarship Recipients**. Meet the Nineteenth Century OPRF High Scholarship recipients.

**April 16** at 6:30 pm: **The Kehrein Center for the Arts** presents **Classical Creatures**. Music of the Baroque returns to the Kehrein Center bringing the animal kingdom alive. Learn more [here](#). about this free event. See flyer [here](#).

**April 16** from 6:00 pm- 9:00 pm: **Robert's Westside** (Circle and Madison Sts. in Forest Park) presents **Soup and Bread West**. Bring your donation and enjoy soup for a good cause. (Mayfield Community Pantry will be the recipient this month and music will be by the Szurko Trio. )

**April 17** from 9:00 am- 10:00 am: **Trailside Museum of Natural History** presents **Senior Fitness Walks**: A one mile walk in the forest preserves at your own pace with a Master Naturalist. Meet at the Thatcher Woods Pavilion. Register at 708-366-6530.

**April 17** from 1:00 pm- 2:30 pm: **River Forest Library** presents **Great Decisions: Understanding Indonesia**. In each session, you will watch a recorded video lecture and then discuss the topic as a group. Readings for each session will be available at the library two weeks in advance.

**April 17** from 6:00 pm- 7:00 pm: **Garfield Park Conservatory** presents **"In Person" Yoga with DuShaun**. Register [here](#). (note: class is free, but donations are accepted)

**April 17** from 7:00 pm- 8:00 pm: **Triton College Global Music Series: American Folk Music** at the Triton College Performing Arts Center- R Building, Room 218. Award winning banjo and fiddle duo, Jonas Friddle and Anna Jacobson from Chicago 's Old Town School

of Folk Music. (free)

**April 18** at 7:00 pm: **Community of Congregations Spring Gathering** at United Lutheran, 409 Greenfield, Oak Park, IL. RSVP to oprfcoc@gmail.com. Speaker will be OPRF High School's Superintendent Greg Johnson.

**April 18, Dominican University Arts and Minds** presents their Follet Lecture: **Expanding Relationships: Libraries Impact on the Global Community**. This is a free talk, but registration is required. Register [here](#).

**April 18** from 6:30 pm- 9:00 pm: **The Kehrein Center for the Arts** and **One Earth Collective** present **Part two of a Three part Series: Sustaining Women: Sustaining the World**. Learn more [here](#) and **April 19** for part Three [here](#). (each night is \$25)

**April 19** from 1:00 pm- 3:30 pm: **River Forest Township** and **River Forest Library** present **Film Lover Fridays: Great Expectations** at River Forest Library.

**April 19** from 7:30 pm- 8:30 pm: **Good Shepard Church** presents **Jazz Prayer: Earth Songs (every 3rd Friday through May)** Naperville Central High School Jazz Studio Orchestra will be performing. For more information, click [here](#).

**April 20** from 8:00 am- 10:00 am: **Earth Day Clean Up** at DesPlaines River. Learn more [here](#). Pre-registration is required.

**April 20** from 11:00 am- 2:00 pm: **Garfield Park Conservatory** presents their **Earth Day Celebration**. Click [here](#) for more details.

**April 20** from 1:00 pm- 5:00 pm: **Forest Park Art Alliance** presents **Forest Park Spring Art and Wine Walk**. (tickets are \$50) Learn more [here](#).

**April 20** at 7:30 pm: **Dominican University Arts and Minds** presents **Carrie Newcomer and John McCocheon**. Learn more [here](#). (tickets bet. \$28-\$39)

**April 21** from 11:00 am- 2:00 pm: **The 8th Annual Community Health & Wellness Fair** will be at the **Community Recreation Center in Oak Park** (229 Madison St., Oak Park) See flyer [here](#).

**April 22** from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents their **Monday Enrichment Series: Art: Georgia O'Keefe, An American Original**. Learn more [here](#).

**April 22- 28: Downtown Oak Park** presents their **Cultural Caffeine Tour**. (a weeklong celebration) Learn more [here](#).

**April 23** from 10:00 am- 11:30 am: **Arbor West Neighbors April**

**Member Meetup.** If you are not a member, but want to find out more about [Arbor West Neighbors](#) reach out to me at [communityconnectmail@gmail.com](mailto:communityconnectmail@gmail.com).

**April 23** at 10:00 am: **AARP Equity by Design** presents ***Vibrant Encores: Vacant Buildings Helping to Solve the Housing Crisis***. This is a virtual event. Innovative adaptive reuse of unused and underused buildings is helping solve the affordable housing crisis and providing lifelong housing as people age. Drew Roskos from the Oak Park River Forest Senior Services Committee will be one of the speakers. Register [here](#).

**April 23** from 11:00 am- 12:00 pm: **Age Options/Thrive with Pride** presents ***Reframing Scam Shame (Virtual Event)*** April is National Financial Capability Month. Learn more and register [here](#).

**April 23, from 7:00 pm- 8:00 pm: Oak Park and River Forest Museum** hosts a ***Labor History Presentation*** with Larry Spivack, President of the IL Labor History Society.

**April 24** from 1:00 pm-2:00 pm: **Generations United** presents ***Intergenerational Solutions to Combatting Ageism Across the Lifespan***. Learn more about this virtual event and register [here](#).

**April 25** from 7:00 pm- 8:00 pm: **River Forest Library** presents ***Adult Trivia Night***. Call 708-366 5205 for more information.

**April 25** at 7:00 pm: **Music and Potlucks** presents their monthly ***Folk Jam*** at Friendly's Community Building (part of Friendly's Tap on Roosevelt Rd. in Berwyn) Bring your instrument/voice and a money donation for a good cause.

**April 26: Hemingway Foundation** presents ***Friday at Hemingways: Speaking for Earth: A Poetry Reading***: Learn more [here](#).

***Put in your Calendars: Robert's Westside Every 2nd Tuesday is Tellers Night and Every 3rd Tuesday is Soup and Bread and Every 4th Tuesday is Open Mike Night.***

### **Reminders and more:**

For **Chicago Older Adults**, fill out the **FY 2025 Chicago Senior Survey**: [here](#).

A Garfield Park Archival History at Garfield Park Conservatory [here](#).

The **Hemingway Foundation's *Hemingway Shorts Competition*** is open until **April 15**: Learn more [here](#).

**Green4Good** and the **Village of River Forest** will host a foam collection event on Saturday, **April 20** from 9-12 in the West Thatcher Metra Commuter Lot. [Village of Oak Park will have a Foam and

paper shredding event at the same time at the Public Works Dept. See more [here.](#)

2024 **Older Adult Community Market April 25** at PAV YMCA in Berwyn (2947 Oak Park Ave., Berwyn) Free fresh fruit, vegetable and non- perishable groceries.

The **Senior Citizens Center of Oak Park and River Forest** and **Park District of Oak Park's Active Adult Program** honor Older Adults who have contributed to the community with their ***Ulyssean Awards***. If you want to submit a name or want more information, please reach out to the Senior Citizens' Center at 708.725.2716 or [sccopr@sbcglobal.net](mailto:sccopr@sbcglobal.net)

***[Sidenote: There will be NO Celebrating Seniors Week this May]***

**Healthy Aging Workshop** through **Township Senior Services** for women of color begins May 7 through June 13. Learn more [here.](#)

Oak Park **Library of Things**: Non traditional items you can check out at the library [here.](#)

New **Comedy Plex** in Oak Park shows [here.](#) (2 drink minimum)

***(Scroll down to "Ongoing Programming" Calendar highlighted in Blue Below)***

### **For More Opportunities:**

- **Oak Park Township Senior Services Monthly Calendar** [here.](#) *(note: see ongoing calendar below: Planning, Art Classes)*
- Upcoming Events at **Oak Park Public Library.** Click [here.](#) *(including Adult Improv at Maze Library) Note: Oak Park residents can also request books to be delivered to your home. Learn more [here.](#)*
- **Chicago Public Library (Austin area) including online events between April 12- 26:** Click [here.](#) *(including online ASL Classes, Movies and Book Clubs)*
- **Austin Branch Library on Race Street,** behind Austin City Hall. Calendar of events **from April 12- 26** Click [here.](#) *(films, book clubs and quilting also at this library)*
- **Programming at Austin Town Hall and Columbus Park** [here.](#)
- **Park District of Oak Park/ Active Adult Programming** at the Dole Center is open to Adults in ALL Communities. Click [here.](#) If you want to get on the Park Districts Email list for updates, click [here.](#)

- **Wednesday Journal's Community Section** [here](#). (click Big Week)
- **Park District of Oak Park: The Oak Park Conservatory, Pleasant Home and the Cheney Mansion** offer great programming. Learn more [here](#).
- **One Earth Calendar of Events** [here](#).
- **AARP Virtual Community Center**
- **River Forest Township and River Forest Library's April, May, June Coffee Monday programs** [here](#) and **Celebrating Seniors All Year Long programs** [here](#).

*Reminder: when you go to the bottom of this email on the left bottom corner you may see that it says: [Message clipped] [View Entire Message](#)- click "view entire message"*

### **Migrant Assistance:**

**Migrant Ministry** is currently at St. Edmund's School. Donations are accepted on Mondays from 9am- Noon at the Pleasant Street door at St. Edmund School (200 S. Oak Park Ave.) **Please click [here](#) to see their current needs. (toiletries, blankets, shoes)**

If you want to ***provide an item for breakfast*** or donate money towards breakfast, click [here](#). To sign up ***to volunteer*** on Tuesday or Thursday morning to help serve breakfast, distribute donations etc. at St. Edmunds Church, sign up [here](#).

The **Resettlement Task Force** Housed all the community members that were at St. Edmunds Shelter. Read more [here](#). See article [here](#). There will be a presentation at Oak Park Public Library on **April 14**. (see above)

*There is always a need for Volunteers who can speak Spanish, as well as volunteers who can help with housing and jobs.*

**Community of Congregations Migrant Response** information [here](#).

**Other Groups Helping Migrants in the area:**  
[Activate Oak Park](#) [Oak Park Supports/Apoyo](#)

### **Articles and More:**

**Westside Photographer offers Visual Love Letter:** Read article [here](#).

**Oak Park Considers Ways to Increase Housing Affordability, Diversity:** Read article [here](#).

## Homesharing Pilot with River Forest Township:

### River Forest Township *Homesharing Program (Pilot)*:

Do you have an extra room in your home? Are you looking for ways to reduce housing costs? Do you want to help someone who wants to live in the community, but possibly cannot afford the market rate rent for a one bedroom apartment? Could you benefit from the companionship as well as get some help with small chores. We will do background checks and screening. Any River Forest homeowner over 60 who is interested in exploring this opportunity or who has questions, please reach out to me at the Township office at 708-366-2029 x 13 or [bkelly.rftownship@gmail.com](mailto:bkelly.rftownship@gmail.com). Click [here](#) to see flyer.

## CoHousing/Multigenerational Living:

**Oak Park Commons**, an Intergenerational CoHousing Development will be coming to our neighborhood soon. See their website [here](#).

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## Oak Park and River Forest Township Senior Services: (and other resources serving surrounding communities)

For information on all the services through Oak Park Township Senior Services, click [here](#). (scroll to the bottom for the most recent News and Views. For information on **Transportation** call (708) 383- 4806; For information on Reduced RTA Fare Cards for seniors 65+ and people with disabilities call (708) 383-8005 (the main Oak Park Township Office). **[not in OPRF, call PACE at 312-913-3110]** (There is also the Ride Free Program for older adults under a certain income) **[If you want assistance with learning how to use PACE, call their "Travel Training" Program at 312-913-3120]**

Oak Park River Forest Township Senior Services is offering the [HomeMeds](#) program, "an evidence-based medication safety program designed to address medication safety and quality-of-life issues by screening for and resolving some potential medication problems". Call 708-383-8050 and ask for Bianca Ingwersen or your Care Coordinator to ask for more details or email [homemedsreferrals@oakparktownship.org](mailto:homemedsreferrals@oakparktownship.org).

**Dine-IN** Serving Monday through Friday from 11am-1pm. First come, first served. NO reservations required. Suggested donation: \$1.50 for ages 60+; guest fee: \$8.50 (under age 60). 130 S. Oak Park Ave. See menu on calendar [here](#).

Go to Oak Park/ River Forest Township Senior Services webpage to see programming in their Event Calendar [here](#). Call Senior Services Nutrition and Activity hotline at (708) 725-9129 to make a reservation or for more information.

**Medical Equipment Lending:** For more information on the



availability of specific items or to place a request, contact Oak Park Township's Main Office at **(708) 383-8005**.

**For information on the Home Repair Program**, click [here](#). (note for Proviso residents, click [here](#).) For Oak Park and River Forest (and some of Proviso) residents, the same group that provides the Home Repair Services, now offers the CAPABLE program, where a nurse and an occupational therapist come to your home as well. See the **attached** flyer for more information or call 847-969-0561. **For Chicago residents on the westside, please look at Rush's Home Modification Program [here](#).**

For Caregiver information see **Caregiver Support** Section below. Powerful Tools for Caregivers with Devin Andrews starting March 20. See flyer [here](#).

Apply for help with Gas/energy bills (LIHEAP): [here](#).

Oak Park and River Forest residents seeking more information on CEDA Energy Assistance programs including LIHEAP may call the township office (105 S. Oak Park Avenue) at 708-383-8005.

**Age Options**, the **Area Agency on Aging** for west suburban cook county can answer any questions you may have around benefits you are eligible for if you have limited income, from free bus service to seeing how your monthly medical bills can help with eligibility for SNAP benefits. Call the benefit Enrollment Center at 708-383--258 x 393. Kelsey Gordon is available on Tuesdays and Thursdays or email [benefits2ageoptions.org](mailto:benefits2ageoptions.org). The Oak Park Township office can also help as well. [also see the National Council on Aging Benefits website [here](#).]

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#### **Breakdown of Community Connect:**

- This section is to let you know about any updates in the community or from neighbors
- Then you have the ongoing **weekly calendar of events**

**[The Rest of Community Connect is informative and useful resources which don't change much from week to week]**

First is the **Ongoing Calendar of Events**, Then:

- The **ORANGE** section is HEALTH AND WELLNESS
- The **YELLOW** section is HELPLINES/ SUPPORT GROUPS
- The **PURPLE** section is VOLUNTEER OPPORTUNITIES
- The **Green** section is OTHER RESOURCES
- Then **RESEARCH OPPORTUNITIES, DIGITAL ASSISTANCE AND MUSIC**

Have a great couple of weeks! Please send any information you think others may be interested in my way. **Also, please let me know if you see any information that is incorrect, so I can update it. See attachments below.**

Take Care,

Betsy

**Betsy Burton Kelly**  
[communityconnectmail@gmail.com](mailto:communityconnectmail@gmail.com)  
**Arbor West Neighbors**  
**River Forest Township**  
Senior Outreach Coordinator  
708-366-2029 x 13

## Ongoing Calendar of Events

**Mondays**

*(Note: See Exercise Section too)*

**9:30 am- 10:15 am: Oak Park River Forest Township Senior Services** presents **Zumba Gold** with Cynthia Daniel at Oak Park location (130 S. Oak Park Ave.) Call the Nutrition and Program Hotline at (708) 725-9129 to see if there are spots available.

**10:00 am- 10:50 am, Fitness Fellowship** presents **Gentle Yoga** with Carol Olsen at Oak Park Arms in Oak Park (408 S. Oak Park Ave.) every Monday and Friday. Open to all.

**10:00 am- 11:00 am: Cooking Class** at the **Austin Satellite Senior Center** (5071 W. Congress Parkway)

**1:00 pm- 2:00 pm: Austin Satellite Senior Center** presents **Chair Fitness** (M,W and F). (5071 W. Congress, Chicago)

**Virtual and In Person**  
**1:15 pm- 2:30 pm: The Nineteenth Century Charitable Association** presents their **Monday Enrichment Series**. Open to the Public. For more details, click [here](#).(option to attend virtually as well)

**6:00 pm- 8:00 pm: The Oak Park Meditation**

**Group** meets in person at Oak Park Public Library "Maze Branch on the 2nd and 4th Mondays of the month and on Zoom the other Mondays. It is open to all who want to learn and practice meditation together. Each session begins with a brief warm-up drawn from yoga or qigong, followed by meditation instruction, sitting and walking meditation, reading and discussion. For more information, email [\*\*OakParkMeditationGroup@gmail.com\*\*](mailto:OakParkMeditationGroup@gmail.com)

## Tuesdays

**9:00 am- 10:00 am: *Line Dancing*** at the **Austin Satellite Senior Center**. Call Cynthia Yarrington with any questions at 312-743-1538.

**11:00 pm- 4:00 pm: *Card Games*** at **Austin Satellite Senior Center**. (Bid Whist, Spades, Uno, Gin Rummy, Go Fish, Pitty Pat and Tunk)  
Tuesdays and Thursdays (5071 W. Congress Parkway, Austin)

**1:00 pm: Illinois Pathways to Health** and the **Mohr Center** host ***Fit and Strong: Moving Towards a Healthier You***. See flyer [here](#). (at the Mohr Center: 7640 Jackson Blvd.) Reservations are required.708-771-7737.

**1:00 pm- 2:00 pm: Austin Satellite Senior Center** presents ***Chair Yoga***. (5071 W. Congress, Chicago)

## Ongoing/ Virtual

**2:00 pm- 3:00 pm: Berwyn Public Library** presents ***Senior Yoga***. Join Wanda Rodriguez for this weekly free yoga class specially designed for the over 60 crowd. This class uses props such as chairs, to help students practice yoga poses if they cannot easily practice on the floor. This class also includes breath work, mediation and strength building. Go to their online calendar and register [here](#).

## Ongoing/ Virtual

**3:30 pm- 4:30 pm: Chicago Public Libraries**

presents ***Learn American Sign Language***. This is via Zoom and offered every Tuesday. Contact Shanta Harris; Telephone: (312) 747-5927. Email: [shantasm@chipublib.org](mailto:shantasm@chipublib.org)

**4:30 pm- 5:30 pm: The North Austin Library** presents ***Write About it! Writing Club!*** (5724 W. North Ave.) Reach out to Arystine Danner at 312 746 4233. Programming is open to all communities.

## Wednesdays

**10:30 am- 11:30 am: Oak Park and River Forest Township Senior Services** presents ***Bingo*** at Township Senior Services Building.

**10:30 am- 11:30 am: Rush Oak Park Hospital and The Park District of Forest Park** present ***Zumba Gold*** at the **Roos Rec Center** in Forest Park. This is a free program, but you need to register in advance. Click [here](#) for details or call call 708-366-7500 or 708-866-7667.

**11:15 am- 12:15 pm: (started January 10)The Park District of Oak Park/Active Adult Program** presents ***Line Dancing*** at the **Dole Center** (in Oak Park) Open to all communities and Free to all. The class teaches rhythm, groove and hip-hop. Sign up [here](#). (ongoing Wednesdays)

**1:00 pm- 2:00 pm: Austin Satellite Senior Center** presents ***Chair Fitness*** (M,W and F). (5071 W. Congress, Chicago)

**1:00 pm- 2:00 pm: Senior Services of Oak Park and River Forest Townships** presents ***Art with Evelyn from Slowfire***. See upcoming classes [here](#). Call the Program and Nutrition Hotline to register at 708-725-9129.

## Thursdays

**10:00 am: Senior Services of Oak Park and River Forest Townships presents *Mad for Mats (Made with Love)*** Come make mats out of "plarn" for people who are homeless. (130 S. Oak Park Ave.) Please donate plastic bags.

**10:00 am: *Quilting Class* and 11:00 am *Jewelry Making Class* at Austin Satellite Senior Center.** Call Cynthia Yarrington with any questions at 312-743-1538.

**12:00 pm- 1:00 pm: *Chair Yoga* at North Austin Library** (5724 W. North Ave.) every Thursday. Click [here](#) for more details. Reach out to Arystine Danner at 312 746 4233. **This is offered every Thursday.**

**1:00 pm- 3:00 pm: American Mahjong Lessons** takes place at the River Forest Community Center in Room 202 W on the 2nd floor. Thank you to our teacher Liz Ziehl! Everyone is welcome! (no need to register)

**1:00 pm- 4:00 pm: *Card Games* at Austin Satellite Senior Center.** (Bid Whist, Spades, Uno, Gin Rummy, Go Fish, Pitty Pat and Tunk) Tuesdays and Thursdays (5071 W. Congress Parkway, Austin)

## **Fridays**

**8:45 am- 9:45 am: *Absolute Beginners Tai Chi*** at the **Dole Center** with Tina Birnbaum. Click [here](#) to register. **[Go to "Drop in" and "One Day" Programs and then click "Active Adult Health and Fitness"]** (there is a small fee)

**10:00 am- 10:50 am, Fitness Fellowship** presents ***Gentle Yoga*** with Carol Olsen at Oak Park Arms every Monday and Friday. Open to all.

**12:00 pm- 3:00 pm: Austin Branch Library**

presents **Quilting**. Bring your own supplies. Call (312) 746-5038 for more information. (5615 W. Race Ave.)

**1:00 pm: Illinois Pathways to Health** and the **Mohr Center** will host **Fit and Strong: Moving Towards a Healthier You**. See flyer [here](#). (at the Mohr Center: 7640 Jackson Blvd.)

**1:00 pm- 2:00 pm: Austin Satellite Senior Center** presents **Chair Fitness** (M,W and F). (5071 W. Congress, Chicago)

**1:15 pm- 2:15 pm: Senior Services of Oak Park and River Forest Townships** presents **Line Dancing** Oak Park Location(130 S. Oak Park Ave.) Call the Nutrition and Program Hotline at (708) 725-9129 to register.

## Saturdays

**10:00 am- 11:30 am: The Park District of Oak Park Active Adults** presents **Double Dutch** at the Carroll Center (1125 South Kenilworth Avenue, Oak Park, IL, 60304) We jump Double Dutch, Chinese rope, hopscotch, hula hoop, and play all of the games we did on the playground growing up! Email [Activeadult@pdop.org](mailto:Activeadult@pdop.org) to see if spots available.

**10:30 am- 1:00 pm: Garfield Park Conservatory** presents **Ask a Master Gardener**. Come with your gardening questions.

**1:00 pm- 5:00 pm: College of DuPage Radio** presents. **Those Were the Days with Steve Darnall**. Enjoy old-time radio classics and music on 90.9 FM WDCB or listen live [here](#).

## Sundays

**6:00 pm- 9:00 pm: Tune into Radio's Golden Age** with Steve Darnall. KXEL- AM/1540 or listen live [here](#). (Go to [nostalgia digest.com](http://nostalgia digest.com) to learn more)

**HEALTH AND WELLNESS CLASSES AND OTHER OFFERINGS:**

The Park District of Oak Park along with the Senior Center of Oak Park and River Forest offer **Active Adult Programing** at the **Dole Center** for adults 50+ in Oak Park and neighboring communities. They offer a lot, from tai chi to stain glass classes to trips. Click [here](#) to learn more. Call Megan Ulczak if you have any questions. [also, note: both the Park District of Oak Park and River Forest now offer beginner Pickleball Classes]

**Triton College's Personal Enrichment and Leisure Classes for Adults:** [here](#). Scroll down and see the **Life Long Learner's** section) (see *Indoor Exercise Section below too*) [**Triton College Courses for Seniors:** Triton offers affordable Continuing Education Classes if you are in District 504 (which includes Oak Park, River Forest and Forest Park): Call 708- 456-0300 x3500 for more details.]Triton also has an indoor track (in building R) open to the public from 7am- 8pm. Call 708-456-0300 x3825 for more information. **[Note: both Triton and Gottleib offer Aquacize Classes]**

**Illinois Pathways to Health:** Click [here](#) to find classes near you or online.

**Oak Park West Cook YMCA** offers a "**Healthy Aging Program**" Learn more [here](#) or stop by. (Marion St. and Randolph in Oak Park) Cost is \$57/month with a \$50 joiners fee

**PAV YMCA** in Berwyn has active **Older Adult** and **Silver Sneaker Programming**. To find out more contact Raj Waller at 708-749-0606 x320 and [rwaller@pavymca.org](mailto:rwaller@pavymca.org) (from Chair Yoga, to Water Arthritis Class They also offer meals, markets, programs and presentations.

**BUILD Chicago** has a Peace and Justice Center. Find out about their **Restorative Justice Program**. Call the Director of Community Engagement to find out more at **773-227-2880**

**Susan Schwarting**, a certified meditation instructor with training in drumming for meditation and wellness as well as a Certified Reiki Master Teacher has two offerings: **Drumming Meditation:** 4 week course using frame(hand) drums. \$55. Scientific studies have shown the benefits of drumming as a tool for wellness: anxiety, depression, trauma, adhd just to name a few. **Reiki For Self Care:** Level 1 Reiki training for self care. \$40 Reiki is an energy modality used as an adjunct treatment in many hospitals including Sloane Kettering and the Cancer Treatment Centers of America.

Email Susan at [info.centerforserenity@gmail.com](mailto:info.centerforserenity@gmail.com)

**SlowFire Ceramics** is offering Painting and Drawing Classes for older adults. Click [here](#) for more information. Note: They also teach a class at the Oak Park Senior Services Building on Wednesdays They also offer classes at Oak Park Library.

**Road Scholar online classes:** online trips- \$25/ class: [here.](#))

**Mather Virtual Programming: *Mindness and Health, Aromatherapy, Discussion Groups, Creative Arts and Art Making, Movement and Dance and Music.*** See classes [here](#). ***Do it yourself (DYI) Art Kits:*** Next program starting in October. Register [here](#). ([Senior Planet](#) and [AARP Virtual Community Center](#) also offer online programming.) (AARP has Movies for GrownUps online).

***Park District of Oak Park and Park District of River Forest offer Beginning Pickleball Classes. (Park District of River Forest offers classes with River Forest Township at the River Forest Community Center in the Winter- Starting December)***

**Silver Sneakers at Gottlieb:** For more information, click [here](#). Also, click [here](#) for **Aqua Group Exercise**.

**For other Silver Sneakers Programs nearby:** Click [here](#). Also, reach out to Toccara Daniel. She teaches classes at Oak Street Health (3433 W. Madison) and Mills Tower. See if your insurance covers classes. Reach out to her at [FIT4CHICAGO@yahoo.com](mailto:FIT4CHICAGO@yahoo.com) (Zumba Gold, Strength and Balance, Line Dancing. See class schedule [here](#).)

**Tina Birnbaum** is teaching **Absolute Beginners Tai Chi** at the Dole Center on Friday mornings from 8:45 am- 9:45 am. Click [here](#) to register. [Go to "Drop in" and "One Day" Programs and then click "Active Adult Health and Fitness" and then go to the very bottom.] (see **active adult programming through Park District of Oak Park below- open to all communities**) If you have a hard time signing up, call Megan Ulczak at (708)725-2106 or email her at [megan.ulczak@pdop.org](mailto:megan.ulczak@pdop.org)

**See Forest Park Programming and Trips in attachment below.**

**Virtual/ Online Exercise:**  
(Consult with your doctor if you have questions about any



exercise.)

**Berwyn Library Virtual Senior Yoga** every Tuesday at 2:00 pm. Register [here](#).

**Exercise Classes through CJE SeniorLife:** CJE is offering 5 different evidence-based exercise classes; it is proven that participating in them will improve strength, balance, and fitness. Click [here](#). (virtual) **See flyer below for more details.** [[Senior Planet](#) also has good online programming . **Virtual YMCA** has some online videos: Click [here](#) to view options (note: on the right side, you will see 6 more videos to view.)

## **HELPLINES/SUPPORT GROUPS/ END OF LIFE PLANNING**

**Friendship Line** (IL Dept. on Aging) 24 hour toll free hotline/warmline (for emotional support, crisis intervention or well being checks):  
**800-971-0016**

**211 Metro Chicago** is a free resource connecting all Cook County residents with essential health and social services to help them meet their basic needs. Trained, local specialists are available 24/7 to connect individuals with the support they need, such as food, housing, utility assistance, access to health care, and other vital resources.

**Thrive:** to help with your mental and emotional wellbeing: Click [here](#) for their webpage or call **708-383-7500**. **Thrive also has "Thrive Talks". See upcoming and recorded events [here](#).**

**Riveredge Hospital** offers free Stress Assessments 24 hours a day, 7 days a week. Call 708-209-4181 or go to their website [here](#).

**National Suicide Prevention Lifeline** Are you feeling desperate, alone or hopeless? You can now call **988**, a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. [Suicide Prevention Lifeline](#). **New 988 Number for Suicide Prevention and Mental Health. See Details [here](#).**

To report suspected abuse, exploitation or neglect of an older person, call the statewide, 24-hour **Adult Protective Services Hotline**: 1-866-800-1409. (you may first want to contact your local area agency on aging or local Township office.)

**Loving Outreach to Survivors of Suicide (LOSS):** "Offering Hope and Healing to those who mourn a loss to suicide: Meetings are held

every 3rd Monday at 6pm at the River Forest Community Center on the 2nd floor. See Newsletter [here](#).

**Grief Share:** Grief Support groups near you (in local church setting)\* Click [here](#) for more information.

**Oak Park and River Forest Senior Services** has [Memory Cafe](#) (every third Tuesday of each month) for caregivers of someone with Memory "Changes" as well as for the person going through memory changes; there is also a **Caregiver Support Group** that meets twice a month (for Caregivers in Oak Park, River Forest and Austin) There is now a **Grief Support Group for Caregivers** every 1st and 3rd Thursday of the month, from 5:30 p.m. to 7:00 p.m. Call Devin Andrews at 708-383-8060 x116 for more details. **(see flyers below)**

**The Alzheimer's Association** holds a support Group at Belmont Village in Oak Park and is open to any family member or friend caring for someone with memory problems. They meet the 4th Saturday of the month from 9 - 11am. Contact the facilitator, Julie Bach at [jbach@dom.edu](mailto:jbach@dom.edu) so she can make sure it is the right fit and to confirm the date (dates sometimes change if close to a holiday).

For support groups for Family and persons with **early onset dementia**, contact Susan Frick at Rush Chicago Hospital at 312-942-5359 or email at [Susan\\_Frick@rush.edu](mailto:Susan_Frick@rush.edu) to learn about her Support Group [Without Warning](#)

**CJE Caregiver Resilience Group** [here](#). (starts end of November) (Various Support Groups through CJE [here](#).)

**Rush Caregiver Support Group:** [here](#).

There is a **Virtual Support Group** every 3rd Wednesday of the month from 3:30 pm- 5:00 pm for **Caregivers** of those with Dementia through University of Chicago (all other caregivers welcome as well) Join the Zoom Meeting [here](#). Meeting ID: 916 2406 0613 Passcode: 037943. Email Jenil Bennett at [jbennett@bsd.uchicago.edu](mailto:jbennett@bsd.uchicago.edu) or Monica Long at [Mlong1@bsd.uchicago.edu](mailto:Mlong1@bsd.uchicago.edu) for more information.

**Department of Family Services** also has an online Summer and Fall **Saavy Caregiver Classes** for people caring for someone with Dementia. [here](#). See evening class information [here](#).

**AARP Caregiver Support Information** [here](#).

Caregiver **Support Group for Grandparents/relatives** raising grandchildren is Virtual every 4th Monday at 11 am though Pathlights. For more information email Meghan at [mmitoraj@pathlights.org](mailto:mmitoraj@pathlights.org) or call 708.361.0219.

**Oak Park Public Library** has grief support groups too (see their calendar or get on their email list)

### **End of Life Options Planning:**

**The Center for Disability & Elder Law (CDEL)** provides free legal services to low-income seniors (ages 60 and up) and persons living with disabilities. CDEL assists with specific case types including end-of-life planning, housing, consumer issues, adult guardianship, financial exploitation, and divorce. For more information on how to get legal assistance, call (312) 376-1880, Monday through Friday between 9am and 12pm or visit [cdelaw.org](http://cdelaw.org). **The Center for Disability and Elder Law(CDEL) is a good resource to get help with Property Transfers or a Transfer on Death Instrument (TODI). Reach out to Chandler Wright at 312-600-6400.**

**Oak Park End of Life Options Coalition** meets the 4th Thursday of the month from 3:45 pm -5:00 pm. Call Roz Byrne for more information at (708)370-7444. For more information about **Compassion and Choices** (the umbrella organization) click [here](#). [See **Five Wishes** Planning Guide [here](#).] Also, see **The End of Life Decisions Guide** [here](#).

**Ask a Mortician YouTube Channel** [here](#).

**The Order of a Good Death:** Click [here](#).

Caitlin Doughty's website [here](#).

*\*Note: Find what works for you. Use the above information as a resource and please let me know about other resources you are aware of to help others.*

## **VOLUNTEER OPPORTUNITIES**

**Opportunity Knocks** is looking for volunteers after school or during the day to spend time with their young adults socializing and doing arts and crafts at the River Forest Community Center. The first step is to fill out an application form [here](#). Volunteer Coordinator Netta Williams will be in touch with you.

**Housing Forward** Group Volunteer Opportunities [here](#).

Contact Volunteer & Outreach Manager Cherrell Jackson at [cjackson@housingforward.org](mailto:cjackson@housingforward.org) or 708.338.1724 x201 Current needs are welcoming new clients, having a collection drive; sharing your computer knowledge, dropping off meals, administrative help.

**Oak Park River Forest Township Senior Services** is looking for volunteers to help with Friday meal delivery. Reach out to Mercedes Nash at [mnash@oakparktownship.org](mailto:mnash@oakparktownship.org) or call 708-383-8060 x3134,

**Gun Safety Advocacy: Everytown USA/Mom's Demand Action Oak Park/Austin Area** [here](#). Help fund **Mercy Garden of Peace and Healing**. Learn more [here](#).

**Dole Center:** We love offering new classes! We also enjoy giving volunteers a deal on their own Active Adult Memberships. If you have a gift you'd love to share with our group of amazing Active Adults, please reach out to us. Share your talent and knowledge in any of the following areas: **Spanish | Gardening | Trivia | Local History | Music | And More!** Email [activeadult@pdop.org](mailto:activeadult@pdop.org)

**A House in Austin** Volunteer Opportunities [here](#). (A House in Austin honors Oak Park Couple: Read article [here](#).)

**Loyola Medicine** is looking for **Hospice Volunteers** to offer companionship, play games and offer respite to family members. This would entail visiting once a week for 1-3 hours over 2 months. You can volunteer as often or as little as you want. Call Joanne at 630-861-5183 or email her at [joanne.moore002@luhs.org](mailto:joanne.moore002@luhs.org).

**The Democratic Party of Oak Park** is looking for volunteers. Come to their meeting the second Saturday of the month to learn how you can get involved (including writing postcards) They are located at 6941-A W. North Ave, Oak Park. For more information, call (708) 386-0090

**Triton** is looking for volunteers to help **tutor students in English**, including newly arrived migrants from Ukraine (see flyer below). Work one-on-one or in a small group for 2 hours/week. Call or email Kathy Kianzad for more information. [kathykianzad@triton.edu](mailto:kathykianzad@triton.edu) or 708-456-0300 ext 3365 (see flyer below)

**The Economy Shop** is looking for volunteers to sort, fold, organize and price items. Contact Ellen at [economyshopOP@gmail.com](mailto:economyshopOP@gmail.com) or

**Wonder Works** is looking for volunteers. ***Do you play an instrument, enjoy reading stories, have a love of art, like gardening, or maybe have a collection you'd like to share?*** Please reach out to Sara Yount at [president@wonder-works.org](mailto:president@wonder-works.org) or visit the Wonder Works website: [www.wonder-works.org](http://www.wonder-works.org) to find out more information about sharing your time and talent with children in our community!"

For a list of resources in Austin, go to **Austin Coming Together's** Resource page [here](#). Get on their email list too for ongoing events and volunteer opportunities. See **Build Chicago's Volunteer Opportunities** [here](#).

*For more Volunteer Opportunities please give me a call.*

### **OTHER RESOURCES:**

**Elderwerks Directory (A useful Senior Resource Directory):**  
Click [here](#) to flip through.

See how Americans are Embracing their **Third Act** [here](#).

**Elders in Action:** "One Earth, One Humanity, One Future".

**Age is Beautiful** [website](#)

Learn more about **Arbor West Neighbors**, our local Village group, [here](#).

Learn about **Rush Generations** [here](#).

Stop by the **Berwyn Shops** on Roosevelt Rd. (Friday through Sunday) Off of Roosevelt Rd. East of Culvers. See website [here](#). Help new entrepreneurs in our community.

For **Bird Enthusiasts**, Click [here](#).

**One Earth Local/ Green Community Connect Events** : [here](#).

**Garfield Park Neighborhood Virtual Market**, click [here](#).

**Resources for those who are UnHoused**

(taken from Village of Oak Park Website): [here](#).

**CUB (The Citizens Utility Board)** provides free *Home Energy*

**Assessments.** An Energy Advisor will do a walk through of your home and provide you with products to make your home more efficient. Call 1-855-433-2700 to schedule an appointment. If you have a question about any utility bill feel free to call their hotline at 1-800-669-5556. For Oak Park Residents also look into **Oak Park Climate Action Network** at [opcan.org](http://opcan.org).

If you are concerned about potential scams or frauds, visit AARP's webpage [here](#). Reach out to your local police Dept. too.

### Research Opportunities:

- New on line Stress Reduction Research Study for **African American Women** [here](#).
- *Enhancing Circadian Signals Study* at Northwestern Feinberg School of Medicine. Learn more [here](#).
- **Rush Generation Studies**, including a study on **Chronic Pain**, contact Padraic Stanley, LCSW at [Padraic\\_St Stanley@rush.edu](mailto:Padraic_St Stanley@rush.edu) or (312) 942-2089
- Rush Hospital Chicago is looking for subjects between the age 60-80, that have not been diagnosed with a motor or cognitive changes. The project is looking for the relationship between cognitive and gait dysfunctions in a genetic disorder that often mimics Parkinson's. You will be paid for your time, although it sounds like some of the tests can be intense, including an MRI. Contact [emily\\_c\\_timm@rush.edu](mailto:emily_c_timm@rush.edu) for more information.
- You are invited to move and improve your brain health. **CEREBRO** (Cognitive Enhancement and Risk-Reduction through Exercise for Brain Related Outcome) A research Study through UIC. You need to be Latino, over 60, experiencing memory changes. Call Jocelyn Campo at 312-413-0087 or email at [jocamp20@uic.edu](mailto:jocamp20@uic.edu) for more details. Learn more [here](#).
- Learn about **EngAge**: A research study for African American Older Adults. (through Rush Hospital). Click [here](#) for details. (Other Studies listed by Rush: Click [here](#).)
- The **Bakkour Memory and Decision Lab Study**. Learn more [here](#).
- **DISCO Disparities in Sleep Studies at Northwestern**.

For details, click [here](#).

- **Research Study on End of Life Care for Black Americans through NORC at the University of Chicago and the HAP (Hospice and Palliative Care) Foundation. See flyer [here](#).**
- **Digital Literacy Classes/Free Tech Support and Training through Mather See flyer [here](#).**
- **Hearing Aid Research Study through Northwestern [here](#).**
- **Older Adults Needed for a Fun Social Engagement Study. Click [here](#) for more details.**

*(if you find out that any of the above classes or research opportunities are no longer happening, please let me know)*

### **Digital Assistance:**

If you need help with your computer or device reach out to your local library, Senior Planet (888) 713-3495 or the township. Dole Center (3rd floor) from 9:30 am- 11:00 am drop in time; minimal charge if not a member. **Call the Township to learn about Uniper's online classes. Click [here](#) to learn more or email Age Options at [information@ageoptions.org](mailto:information@ageoptions.org).**

Also another great resource is **PCs for the People**.

The affordable connectivity program winding down. Learn more [here](#). Also ask your local library about hotspots!

**Project Exploration** partners with **Chicago Connected** in the Austin community. For more information about Digital Resources to help you use the computer, for adults of all ages (young to older), fill out this online form: [here](#).

### **Local Music:**

**Roberts West Side** (Circle and Madison St., Forest Park) *(They host Tellers Night Every 2nd Tues. and Soup and Bread Night every 3rd Tues.)*

**Fitzgeralds** *(including the Moth, Voicebox, Tuesdays Bluesdays and \$5 Hamburger Wednesdays)*

### **Music and Potlucks**

**Every Wednesday between 8-10 is open mic at the Friendly Tap.** (Music and Potlucks partners with the Friendly as well)

## Attachments Below:

[River Forest Township Senior Services](#)

[River Forest Homesharing Pilot](#)

[Coffee Monday April, May, June](#)

[Celebrating Seniors All Year Long April May June](#)

[Repair Cafe \(1st Sat. OP; 4th Sat Austin\)<sup>f</sup>](#)

[Home Repair Flyer](#)

[North West Housing Partnership CAPABLE Project](#)

[Rush Older Adult Home Modification Program/Chicago](#)

[Oak Park Commons Cohousing](#)

[988 HELP LINE \(NEW SUICIDE PREVENTION #\)](#)

[Memory Cafe](#)

[Grief Support for Caregivers](#)

[Caregiver Support Programs](#)

[Virtual Classes for Caring for those with Dementia](#)

[Virtual Alzheimer's Support Group with University of Chicago](#)

[Triton Access to Literacy](#)

[Forest Park News March/April](#)

[River Forest Township](#)

[Arbor West Neighbors](#)

[\*\*Contact Us!\*\*](#)

River Forest Township | 8020 Madison Street, River Forest, IL 60305 708- 366-2029 x13

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