



## 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 26- May 10 / 4th Friday Edition**  
**(CCM comes out every 2nd and 4th Friday of the month)**

Hi Everyone,

Here is a list of programming for the next couple of weeks. As always look through the list and add what interests you to your calendar, so you don't forget to attend. There are a variety of walks (**Senior Fitness Walk, OPRF Museum hosts a Thatcher Woods and River Forest House Walk; the CROP Walk**); Many music events (**Austin Neighborhood Choir, OPRF High School Orchestra and Sounds Good Choir**) and three interesting events, unfortunately all at the same time on the night of March 9, as well as a film hosted by Oak Park End-of-Life Options Coalition. Continue to share information with me.

Below are some updates:

- The **Austin Credit Union** Opened its doors two days ago! Learn more about the Credit Union [here](#). Their permanent headquarters is at 5600 W. Madison St. in Chicago. **The Grand Opening Celebration and ribbon-cutting is scheduled for Wednesday, June 26.** See Credit Union flyer [here](#).
- **Stress Busting Class** through the Township starts on May 1 (see calendar below)
- **Healthy Aging Workshop for Women of Color** begins May 7

through the Township (see calendar below)

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

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

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

**April 27** from 9:00 am- 10:00 am: **Garfield Park Conservatory** presents *Virtual Yoga with DuShaun*. Learn more and register [here](#).

**April 27** from 10:00 am- 1:00 pm: **Rush Galewood Health and Wellness Fair** at Sayre Language Academy (1850 N. Newland Ave., Chicago) Blood Pressure, Glaucoma, Diabetes checks and more.

**April 27** from 3:00 pm- 5:30 pm: **Kehrein Center for the Arts** presents *Uniting Voices with the Austin Neighborhood Choir*. The Austin Neighborhood Choir has a pay- what- you- can policy (Kehrein Center of the Arts is located at 5628 W. Washington Blvd., Chicago)

**April 27** from 6:30 pm- 9:00 pm: **Madison Street Theater** and **Subtext Theater Company** present their *Spring Debut*. This is a free event, but donations are accepted. Learn more [here](#).

**April 27, from 11:00 am- 12:30 pm: Oak Park and River Forest Museum** presents *Thatcher Woods Walking Tour* Click [here](#) to learn more.

**Now through April 28: Cultural Caffeine Event** : Try signature Coffees from local Coffee Houses in Oak Park. See list [here](#).

**April 28** from 2:00 pm- 4:30 pm: **River Forest Library** present *Global Film Forum: The Perfect Candidate*. (at River Forest Library 735 Lathrop)

**April 29** at 1:00 pm (Virtual) **Tony LaPalio with Senior Tech Support Online** presents an online workshop: *Internet Safety and How to Avoid On-Line Scams*. Learn more [here](#).

**April 29** from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents their *Monday Enrichment Series: Bringing Agatha Christie to Life* with Debra Miller. Learn more [here](#).

**May 1** 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. (8030 Chicago Ave., River Forest; Register by calling 708-366-6530.

**May 1** from 10:00 am- 11:30 am: **Oak Park and River Forest Senior Services** and the **Township of Stickney** present ***Stress-Busting Program for Caregivers***. This is a free 9 week workshop for caregivers of persons with Alzheimer's and other forms of dementia. Register [here](#).

**May 1** from 1:00 pm- 2:30 pm: **River Forest Library** presents ***Great Decisions: High Seas Treaty***. This is an 8 part Discussion Series from the Foreign Policy Association. 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. (at River Forest Library 735 Lathrop)

**May 2** from 11:30 am- 12:30 pm: Join Dementia Expert Teepa Snow to learn more about ***Frontotemporal Dementia***. To register, click [here](#).

**May 2** at 11:30 am (Virtual) **Justice in Aging** presents ***Nursing Facility Resident Rights in Medicare "Short Stay" Rehabilitation***. Learn more and register [here](#).

**May 3** at 7:00 pm: **Kehrein Center for the Arts** presents ***A French Festival with the Apollo Chorus***. Led by Guest Conductor Pierre-Fabien Roubaty. Tickets [here](#). (Tickets: \$15-\$38)

**May 4** from 10:00 am - 1:30 pm: **Fox Center** presents ***Repair Cafe***. Learn more [here](#). Bring items you need repaired. (624 S. Oak Park Ave., Oak Park) [this is held every first Saturday of the month]

**May 4** from 12:00 pm- 5:00 pm: **Oak Park Society of Model Engineers** presents their ***Spring Open House***. HO model trains run from Chicago to Iowa. New Members welcome. Learn about model trains and the many facets of the hobby from a dedicated group of modelers. Learn more [here](#). (in the Dole Learning Center lower level 255 Augusta, Oak Park)

**May 4** from 2:00 pm- 3:00 pm: **River Forest Township** and **River Forest Library** present ***Chair Yoga***. Register [here](#). (at River Forest Library)

**May 4** at 6:30 pm or 8:45 pm: **Arts Center of Oak Park** presents ***Candlelight: Women in Jazz***. Learn more [here](#). (200 N. Oak Park Ave., Oak Park) (tickets \$40- \$69)

**May 5**: starting at 1:00 pm: ***41st Annual Crop Hunger Walk***. Walk to raise money for your favorite organization. Register [here](#). Meet at Pilgrim Church for a rally before the walk. (460 Lake St., Oak Park)

**May 5** from 1:00 pm- 5:00 pm: **Oak Park River Forest**

**Museum** present **"Tales our Houses Tell" Housewalk**. Learn more [here](#) or call 708-848-6755. Visit five beautiful homes in southwest River Forest. Tickets can be purchased at the River Forest Community Center (8020 Madison St.) Tickets will cost \$35 on the day of the housewalk or \$25 if you are a member.

**May 6** from 10:00 am - 11:00 am: **River Forest Township** and **River Forest Library** present **Coffee Monday** with Susan Schwarting who will talk about the benefits of **Meditation and Health Rhythms**. (at River Forest Library 735 Lathrop)

**May 6** from 1:15 pm- 2:15 pm: **The 19th Century Charitable Association** presents **Monday Enrichment Series: Let Me Explain Black Again** with Pepper Miller. Learn more [here](#). (Lunch before if interested and if you cannot attend in person there is a virtual option) (178 Forest Ave., Oak Park)

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

**May 7** at 7:00pm: **The IL Libraries Association** presents **The Many Lives of Kal Penn**. Attend a virtual interview with Kal Penn. Read more and register [here](#).

**May 9** from 11:00 am - 12:00 pm: **River Forest Library** and **River Forest Township** present **Turning 65: An Introduction to Medicare**. Learn the history of Medicare and basic information from local resident Annese Piazza. (at River Forest Library 735 Lathrop)

**May 9** at 1:30 pm: **Compassion and Choices/ Oak Park End-of-Life Options Coalition** presents the documentary **Last Flight Home** at Oak Park Library (834 Lake St.) See flyer [here](#).

**May 9** at 7:00 pm: **The Nineteenth Century Club** presents **Mom's Unhinged: A Standup Comedy Show**. For tickets and to learn more, click [here](#). (tickets are \$25) (178 Forest Ave., Oak Park)

**May 9** from 7:00 pm- 8:30 pm: **Thrive Counseling Center** presents **Parenting to Present Peace, Love and Understanding In Your Family and Our World**. This will be held at Oak Park Public Library (834 Lake St.) This is a free event, register [here](#).

**May 9** at 7:30 pm: **Dominican University** presents **Yesterday and Today: An Interactive Beatles Experience**. Learn more [here](#). (general admission tickets are \$50)

**May 10** from 11:00 am- 1:30 pm: **The Kehrein Center for the Arts** and **Mather** present **Ageing Well Together** at the Kehrein Center. Learn more [here](#).

**May 10** at 7:00 pm: **Sounds Good Choir** at Pilgrim Congregational Church in Oak Park. (460 Lake St.) Conductor **Linda Crabtree Powell**, accompanied by **Richard Sladek**

**... and more...**

**May 3-5:** from 9:00 am- 5:00 pm: at The Good Earth GreenHouse in River Forest: League of Women Voters Oak Park/River Forest Annual Plant Sale. (mention League of Women Voters so 15% will go to them) (7900 Madison St., River Forest)

Upcoming Events at **OPRF High School** [here](#). (*The Complete Works of William Shakespeare (May 3, 4, 10, 11) Orchestra Senior Farewell (May 7)*)

**Madison Street Theater:** Encore presents *Alice By Heart* at Madison Street Theater. May 10 (8pm) 11(4 & 8pm) and 12 (6pm) See more [here](#).

**2024 Older Adult Community Market May 9** at **PAV YMCA** in Berwyn (2947 Oak Park Ave., Berwyn) Free fresh fruit, vegetable and non- perishable groceries.

**[Sidenote: There will be NO Celebrating Seniors Week this May, although we always celebrate you and May is Older American Month]**

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

**Add to your Calendar: 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.**

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

### **For More Opportunities:**

- **See Austin Satellite Senior Centers May Calendar** [here](#).
- **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 26- May 10: 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 26- May 10** 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](#).
- **New Comedy Plex** in Oak Park shows [here](#). (2 drink minimum)

*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"*

### **Upcoming: (put in your calendars)**

**May 13** from 9:00 am- 10:00 am: **The River Forest Fire Department** and **The Sheridan** will host their Annual Seminar. This year the focus will be on **Stroke Awareness and Fall Prevention** with Elevate Physical Therapy. The River Forest Township will also be partnering with both and there will be ICE(In Case of Emergency Packets) available. See flyer [here](#). (This will be held at the Sheridan in River Forest 800 N. Harlem, breakfast will be served)

**May 14** from 9:30 am- 11:30 am: **Arbor West Neighbors** presents **Preventing Scams and Financial Exploitation of Older Adults** at Oak Park Library in the Veterans Room. The panel will include experts from Age Options, the Securities and Exchange Commission, the Attorney General's Office and more. See flyer [here](#).

### **Migrant Assistance:**

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

**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. [they are always in need of toiletries!]**

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

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

### **In the News:**

***Housing Forward News:*** They just opened a Permanent Supportive Housing Building in Broadview and will soon be opening another building by Al's Grill: Read article [here](#).

***Broadway's "Mama Mia" Brings Oak Parker Home:*** Read article [here](#).

***Westsidiers get New and Improved Farmers' Markets:*** Read more [here](#).

***Oak Park Considers Ways to Make Housing More Affordable and Diverse:*** Read article [here](#).

***Forty Acres Fresh Market*** [Blog](#)

### **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. Stress Busting Workshop begins May 1.

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)

**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)

Virtual and  
In Person

## 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@chipublic.org](mailto:shantasm@chipublic.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)

## Fraturdays

**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)

## 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 Gottlieb 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 (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 708-383-2449.

**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.

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

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)

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### **Attachments Below:**

[River Forest Township Senior Services](#)

[Austin Satellite Center May Calendar](#)

[River Forest Homesharing Pilot](#)

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

[Oak Park Commons Cohousing](#)

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

[Memory Cafe](#)

[Grief Support for Caregivers](#)

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

[Repair Cafe \(1st Sat. OP; 4th Sat  
Austin\)](#)

[Home Repair Flyer](#)

[North West Housing Partnership  
CAPABLE Project](#)

[NWHP Older Adult Home  
Modification Program](#)

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

[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 May and June  
Newsletter](#)

[Austin Credit Union Flyer](#)

[River Forest Township](#)

[Arbor West Neighbors](#)

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

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