



## 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.*

**February 23- March 8 / 4th Friday Edition  
(CCM comes out every 2nd and 4th Friday of the month)**

Hi Everyone,

Below is a list of events/talks/programming happening in our communities as well as some other updates. Please look over the "ongoing weekly calendar" as well (below the main list of events) so you can see what events take place every week. As always, continue to send me information you you want to share with others. I want this to be a way for you to share your information with others. If you have questions about anything please call or email me. (including if a link doesn't work)

Some highlights from the listing below:

- See all of **Kehrein Center for the Arts** Events (including one on **Reparations** (2/24) and a **Celebration of Aging** Event (3/1)
- **Arbor West Neighbors Meetup** (2/27)
- A virtual presentation: **"Understanding the Venezuelan Experience"** (2/28)
- **Climate/Environment Events** (2/27- Climate Change on the West Side; 3/3- 5 week Environmental Series)
- **Oscarathon** at Oak Park Library (March 2)
- Movies: **Stamped from the Beginning** (2/26) and **Maya Angelou: And Still I Rise** (3/6)
- **Dominican's Recipe Box Cafe** Starting (2/29)
- **Older Adult Coffee Hour** at Oak Park Library (3/1)

- Learn about Triton's **RSVP Program** (3/4 at RF Coffee Mon)
- **OPRF Historical Society Gala/Fundraiser** (3/7)

### Other:

- Migrant Ministries is in need of more toiletries, volunteers and they have some job openings. (see Migrant Section Below) Also see fundraiser for Venezuelan Families at Robert's Westside this weekend.
- Upcoming shows at OPRF High School [here](#). (*Mean Girls starting 3/2- 3/9; Utopia 3/14; Band Concert 3/20*)

### Events/ Programming for next couple of weeks:

**February 23 and 24: Pleasant Home** presents ***Oak Park Festival Theater's Winter Readings***. Find out more details [here](#). (tickets \$45)

**February 23** from 7:00 pm- 9:00 pm: **River Forest Library Foundation** presents ***Afterhours for Book Lovers***. Click [here](#) for more details. Support the library while enjoying a fun night out.

**February 24** from 9:00 am - 10:00 am: **Garfield Park Conservatory** presents ***Virtual Yoga with DuShaun***. Register [here](#).

**February 24** at 10:30: **Trailside Nature Preserve and Green Chicago** present ***Conservation at Home: Go Native and Get Wild***. Learn about the many benefits to you and to the environment of gardening using native plants. Call Trailside Museum at 708-366-6530 to register for this virtual event.

**February 24** from 3:00 pm- 6:00 pm: **The Kehrein Center for the Arts** presents ***Black History Chicago Reparations Celebration***. To learn more and to register for this event, click [here](#).

**February 24 and 25** from 10:00 am- 4:00 pm: **Pilgrim Church** in Oak Park (460 Lake St.) hosts ***A Showcase of Black History, Culture and Entrepreneurship***. There will be vendors, performers and healthcare information. See article in Wednesday Journal [here](#).

**February 25** from 2:00 pm- 4:30 pm: **River Forest Library** presents their Global Film Forum featuring ***Everybody Knows*** (from Spain).

**February 25** from 3:00 pm- 5:00 pm: **Robert's Westside** presents ***Organized Love: A Fundraiser for Oak Park Community Migrant Resettlement Mission***. Proceeds will help secure long-term housing for 140 migrant community members. This will be a family friendly event with tasty Venezuelan snacks. Learn more [here](#).

**February 25** (and again on March 3) **Pilgrim Congregational Church** (460 Lake St.) hosts ***Handel Week Festival***. Click [here](#) (click concert #2) for tickets (tickets between \$38-\$43)

**February 26** from 10:00 am- 10:30 am: **Illinois Aging Together**



presents an Informational Meeting via Zoom.

**Join Health and Aging Organizer, Alizandra Medina** for an overview of the campaign and ways to get involved. [Register here.](#)

**February 26** at 1:00 pm: The AGING Initiative presents ***Resilience Revolution: Empowering Older Adults with Multiple Chronic Conditions through Behavioral Interventions.*** This will be a virtual event. Register [here.](#)

**February 26** from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents their Monday Enrichment Series: ***Social Science: Bubbles and Boxes, An Inquiry into Race and Identity.*** To learn more, click [here.](#)

**February 26** at 6:00 pm: **Kehrein Center for the Arts** presents Black History Month Movie Night: ***Stamped from the Beginning.*** Produced by Dr. Kendi and Mara Brac. (5628 W. Washington Blvd., Chicago.

**February 27** from 11:00 am- 12:30 pm **Thrive with Pride Cafe** presents ***Combating Loneliness and Increasing Intimacy.*** Join by clicking [here](#) or calling 312-626-6799 (Meeting ID: 420 827 2855) This event is free; registration is not required.

**February 27** from 3:30 pm- 5:00 pm: **Dominican University** presents a screening of ***"The Light of Truth: Richard Hunt's Monument to Ida B. Wells" for Black Heritage Month.*** In Martin Recital Hall. Register for this free event [here.](#)

**February 27** from 4:00 pm- 5:30 pm **Arbor West Neighbors** will have a ***Meet Up at the Sheridan*** in River Forest (800 N. Harlem) Tours of the facility will be available at 3:30 pm. If you are not a member and want to learn more about Arbor West Neighbors come to the meet up. (also go to their website [here.](#)) (Note: They also have a talk March 13 about ***Hearing Challenges for Older Adults and Resources Available***)

**February 27** from 6:00 pm- 7:30 pm: ***Climate Change on Chicago's Greater West Side: Floods, Air Pollution, Extreme Heat and More.*** Learn more [here](#) and register for this virtual event.

**February 27** at 7:00 pm: **Migrant Ministries** presents ***Faith Can Move Mountains ("LaFe Mueve Montanas") Concert.*** This will be at St. Edmund's Church in Oak Park (188 S. Oak Park Ave.) A free will donation is suggested.

**February 28** from 10:00 am- 11:30 am: **Webinar: *Understanding Venezuelan Arrivals in Illinois.*** Register [here.](#) Presented by Dr. Kathleen R. Arnold, Director of the Refugee and Forced Migration Program at DePaul University. *This webinar will cover factors contributing to Venezuelans fleeing their country (country conditions that make it impossible to return. Effects of a more hostile context of reception for these arrivals in contrast to*

*Ukrainians. How to support new arrivals effectively and stop the spread of misinformation.*

**February 28** at 12:00 pm: **CoGenerate** presents ***A New Chapter for the Encore Fellowships Program***. To learn more and to register for this online event, click [here](#).

**February 28** from 6:00 pm- 7:00 pm: **Garfield Park Conservatory** presents ***In Person Yoga with DuShaun***. Register [here](#).

**February 29** at 2:00 pm: **CoGenerate** presents ***How Cogenerational Innovation Can Strengthen Faith Communities and Society***. Learn more and register for this virtual event [here](#).

**February 29** (and again the 29) at 4:30 pm: **The Sheridan** (800 N. Harlem, River Forest) Invites you to a ***Happy Hour***. RSVP to 708-809-2568.

**February 29: Dining In Recipe Box Cafe** at **Dominican University**. Learn more and sign up for your seating [here](#).

**February 29** at 6:00 pm: **Music and Potlucks** present ***Yoga and Song*** at the **Friendly Tap Community Room** (Berwyn on Roosevelt Rd.) Donate [here](#) and attend in person or virtually.

**February 29** from 7:00 pm- 9:00 pm: **The Kehrein Center for the Arts** presents ***Beyond Zero***. Learn more [here](#).

**March 1** from 9:30 am- 11:00 am: **The Oak Park Public Library** presents ***Older Adults Coffee Hour***. Register [here](#).

**March 1** from 11:00 am- 1:30 pm: **The Kehrein Center for the Arts** presents ***Aging Well Together***. See the schedule [here](#) and reserve your spot.

**March 2** starting at 9:30 am: **Oak Park Public Library** presents ***Part I of the Oscarathon***. View the movies that are up for the Oscars. ***The Holdovers*** at 9:30 am and ***Oppenheimer*** at 12:30 pm: Register [here](#) and come back March 9 for more. (March 9th Viewing will be of ***Past Lives***. Register [here](#).)

**March 2** at 1:00 pm: **Trailside Museum of Natural History** (Thatcher Woods, Chicago Ave., River Forest) presents a ***Wellness Walk***. Register in advance by calling 708-366-6530

**March 2** from 10:00 am- 1:30 pm: **Repair Cafe** (every 1st Saturday of the month) at Fox Community Center (624 S. Oak Park Ave.) in Oak Park. Bring any small items you have that need to be fixed. Offer to volunteer if available.

**March 3** from 9:30 am- 10:45 am: The Start of A Five Week Long Series on ***Environmental Stewardship/Environmental Justice***. See



flyer [here](#). (also on March 10, 17, 24 and April 7) Held at First United Church (848 Lake St., Oak Park)

**March 3** from 2:00 pm- 5:00 pm: **OPRF High School** presents the musical *Mean Girls*. Click [here](#) for tickets. (The play is showing other days as well, but this day is geared toward older adults)

**March 3** from 2:00 pm- 3:30 pm: **River Forest Township** and **River Forest Library** present *Life Lessons from the Happiest People on Earth*. Learn what makes people in Scandinavian Countries so happy. Join us at the River Forest Library.

**March 4** from 10:00 am- 11:00 am: **River Forest Township** and **River Forest Public Library** present *Coffee Monday with Mario Porres from Triton's RSVP Program*. Learn about volunteer opportunities and more. This will be held at the River Forest Library.

**March 4** from 1:15 pm- 2:15 pm: **The Nineteenth Century Foundation** presents their Monday Enrichment Series: *Identifying Trustworthy Artificial Intelligence*. Click [here](#) for more details and/or what to attend via Zoom.

**March 5** from 1:00 pm- 2:30 pm: **University of Chicago Medicine** presents A live interactive conversation about Dementia Care with **Dasha Kiper**, the author of *Travelers to Unimaginable Lands*. Zoom link [here](#). This is also in person at the University of Chicago School of Medicine.

**March 6** 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.

**March 6** from 1:00 pm- 2:30 pm: **River Forest Library** presents *Great Decisions*. The Topic is *Science Across Borders*. 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.

**March 6** from 5:30 pm- 7:30 pm: **Austin Branch Library** presents a Film Screening: *Maya Angelou: And Still I Rise*. (5615 W. Race, Chicago)

**March 7** from 6:30 pm- 8:30 pm: **The Historical Society of Oak Park and River Forest** presents their **2024 Museum Gala** at the Nineteenth Century Club (178 Forest Avenue in Oak Park). This year, Susan and Nick Bridge and John Rigas will be honored with the 2024 "Heart of Our Villages" Awards. Tickets and an opportunity to place a congratulatory note in the ad book are available [here](#) or by calling 708-848-6755.

## Upcoming:

- Arbor West Neighbors presents ***Hearing Challenges and Resources for Older Adults*** [here](#). (March 13: register at registerAWNprogram@gmail.com)
- **Recipe Box Cafe** at Dominican University. See upcoming meals [here](#).
- **CourAGEous Workshops** with Marc Blesoff: [here](#). (March 17 A Taste of Conscious Aging (free); April 17 Conscious Aging Workshops \$89; Also, Aging with Intention workshops are every free Wednesday Zoom meetup)

## 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 Improve at Maze Library)
- **Chicago Public Library (Austin area) including online events between Feb. 23- March 8: Click [here](#).** (including online ASL Classes, Movies and Book Clubs)
- **Austin Branch Library on Race Street**, behind Austin City Hall. Calendar of events from Feb 23- March 8 Click [here](#).
- **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)
- **One Earth Calendar of Events** [here](#).
- **AARP Virtual Community Center**
- **River Forest Township and River Forest Library's winter 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"

## Older Adult Tax Exemption and Tax Deferral Information from the Assessor:

**Senior Freeze Exemption Applications** are delayed and are expected to be mailed out by the Cook County Assessor Office in March. When the applications arrive in your mailbox you will use your 2022 income to file for your Senior Freeze Exemption. For more information, click [here](#) or call your local assessor's office.

**The Senior Citizen Tax Deferral Program** deadline for property tax year 2023 is **March 1, 2024**. Homeowners must be 65 years old by June 1st of 2023 and total household income must be \$65,000 or less. As stated on the Treasurer's website, "The Senior Citizen Real Estate Tax Deferral program is a tax-relief program that works like a loan. It allows qualified seniors to defer a maximum of \$7,500 per tax year (this includes 1st and 2nd installments) on their primary home. The loan from the State of Illinois is paid when the property is sold, or upon the death of the participant." The Senior Citizen Tax Deferral Program is administered by the Cook County Treasurer's Office. This is **NOT** the same as the Senior Freeze Exemption. For more information, click [here](#) or call your local assessor's office.

### Help with Your Taxes:

See the Oak Park Township list of resources (for all communities) [here](#). RSVP Tax Assistance [here](#). Call the Howard Mohr Center and ask for Brenda Powers at 708-771-7737 to see if they have any spots with AARP available. Also look into the LadderUp program [here](#).

### Migrant Assistance:

**Migrant Ministry** is currently at St. Edmund's School (and shelter will be opening soon) Donations are accepted on Mondays from 9am-Noon at the Pleasant Street door at St. Edmund School, [200 S. Oak Park Ave](#). **DONATIONS ARE ON PAUSE FOR NOW**, although you can still donate through Amazon. [Here](#) is the **Amazon Wishlist [PLEASE CONSIDER PURCHASING TOILETRIES FROM THE LIST]** **Update on Migrant Ministry** [here](#).

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](#).

For those of you that are able to help with housing, jobs and more, please go to the **Migrant Resettlement Mission's** webpage [here](#).

If you are interested in volunteering, temporary job opportunities or finding out other ways you can help, reach out to [immigrantministry@gmail.com](mailto:immigrantministry@gmail.com). (They are always in need of Volunteers who can speak Spanish, as well as help with housing information and jobs) [Donations: information [here](#).]



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

**Community of Congregations** list of organizations serving Migrants in the area [here](#).

### **Art Exhibits:**

**Visual Artist Antonia Ruppert Showcase Comes to North Austin Library:** Read article [here](#). (5724 W North Ave, Chicago, IL 60639)  
The exhibition runs through March 30.

**Trailside Museum:** Glass Mosaics by Judy Steed and Assemblages by Bridget Steed. Parking is available on Thatcher in front of the museum or in the lot off of Chicago Avenue.  
738 Thatcher Ave., River Forest. (through March 30)

### **Articles and More:**

**Westiders Create Their Own Recovery Group:** Read article [here](#).  
Learn more about them on their website Westside Long Term Recovery Group: [here](#).

**Oak Park Selects St. Edmunds School as Migrant Shelter:** Read more [here](#).

**BabyGold Barbecue comes to the Old Post Office:** Read article [here](#).

**How Chicago's Oldest Church Helped Black Freedom Seekers:**  
Read [here](#). (Consider donating to the Block Club Newspaper)

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

### **Some Local Black History:**

**Black History in and around Oak Park:**  
**Ten Mile Freedom House and other important Historical Sites in Maywood:** Click link [here](#).

**Oak Park Black History Tour:** (originally part of a bike tour through Oak Park River Forest History Museum) Click [here](#). (note location of former Mt. Carmel Baptist church at 1110 W. Westgate has an historical marker as of 2022)

See **Unvarnished History** [here](#). (put together by Fran Lipo and Sarah Doherty from the Oak Park River Forest History Museum)

Also, see the **Fair Housing Exhibit** at the Museum. Click [here](#) for more details.



## Other:

- New **Comedy Plex** in Oak Park shows [here](#). (2 drink minimum)
- Are you interested in being an **Election Judge**? For more information, click [here](#).
- Join the **Westside Credit Union** [here](#). (Great Lakes Credit Union)  
Read Credit Union article [here](#).
- See the music section below and here for [Fitzgeralds](#) and [Roberts Westside](#) Events.

## 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 in our neighborhood soon. See their website [here](#) and their flyer in the attachments.

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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 [homemed referrals@oakparktownship.org](mailto:homemed referrals@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.

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)

**1:15 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)

## Virtual and In Person

**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)

**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

## Ongoing/ Virtual

[here.](#)

**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: Senior Services of Oak Park and River Forest Townships** presents ***Art with Evelyn from Slowfire***. 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.)

**1:15 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 [nostalgiadigest.com](http://nostalgiadigest.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.

**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](#).

**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 Senior Citizens Board...** if interested email [megan.ulczak@pdop.org](mailto:megan.ulczak@pdop.org). The Senior Citizens' Board helps plan programs, events, and classes for the Park Districts Active Adults and the oldest Senior Center in Illinois. They are looking for enthusiastic



and engaging community members to help continue this legacy.

**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.

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.

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

### **Research Opportunities:**

- **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](#) .

To find out about the [Affordable Connectivity Program](#) (formerly the Emergency Broadband Benefit) click [here](#). See short video clip [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 will 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](#)

[Coffee Mondays at River Forest Library Jan- April](#)

[Educational Events at River Forest Library Jan- March](#)

[Free CJE Virtual Exercise Classes](#)

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

[Home Repair Flyer](#)

[North West Housing Partnership CAPABLE Project](#)

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

[Oak Park Commons Cohousing](#)

[River Forest Homesharing Pilot](#)

[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 Newsletter Jan/Feb](#)

[River Forest Township](#)

[Arbor West Neighbors](#)

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

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