



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.

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

Hi Everyone,
I hope you are all well and staying in doors this weekend if you can.

Here is a list of events/talks/programming happening in our communities as well as some other updates. Please also look over the weekly calendar (below the list of events) so you are aware what events take place every week (*ie. Mahjong, Meditation, Cards, Zumba Gold classes, Planning, Radio Shows, Monday Enrichment programs and more*) and as always continue to send me what you want to share with others. Happy Reading.

Highlights:

- **Martin Luther King Events in the City** [here.](#) (and [here.](#)) (as well as other programming throughout the month) See *article section below as well.*
- **A Conversation with Brenetta Howell Harris** January 13 at Austin Library
- **Stressbusting Program for Caregivers** starting Jan 17 through Oak Park River Forest Township
- **Restorative Justice Program** Jan 19 & 20 at Oak Park Library
- **Community of Congregations** Annual Meeting Jan 22
- **Arbor West Neighbors Meet** up January 23
- **Concordia University Center for Gerontology** will be hosting two online and one in person focus groups about Life Long

Learning (January 23 and 30 on line and in person at OP Library January 25) [*under Reminders*]

- Starting January 25, **River Forest Park District** will be offering a couple programs with Susan Schwarting: Meditation and Drumming Classes
- **Austin Satellite MLK Celebration** January 26

Updates:

Warming Centers:

Good Shepard Lutheran Church (611 Randolph St. in Oak Park) will have an emergency overnight shelter when temperatures dip below 5 degrees or if there is extreme weather. They are also looking for volunteers to help at the shelter. Email Andrea Ramirez at aramirez@a5inc.com. **Oak Park Public Libraries** (Main, Dole and Maze) will serve as day shelters. **In Chicago call 311** to find closest warming center near you. [A couple of Warming Centers: **Garfield Center**, 10 S. Kedzie Ave. (open 24 hrs) and **Austin Satellite Senior Center** 5071 W. Congress Parkway 60644 312.743.1538 Monday through Friday. 8:30 – 4:30

Migrant Assistance:

Update on Migrant Ministry [here](#).

Migrant Ministry is now at St. Edmund's Church (since **January 4**). Donations are accepted on Mondays from 9am- Noon at the Pleasant Street door at St. Edmund School, [200 S. Oak Park Ave.](#)

"We are desperately in need of boots and warm winter "puffy" coats, especially in adult small and medium sizes. Girls' pants, tops and long underwear supplies are also very low."

List of Current Needs: winter jackets, sweatpants especially for men and boys, leggings for women, hoodies, and layering items, socks, gloves, hats, blankets, suitcases, and sleeping bags. We continue to need new underwear for men, women, and children. For men boxer briefs in small and medium. For women underwear and sports bras in small and medium. For children underwear in all sizes, particularly for boys.] [Here](#) is the **Amazon Wishlist**:

If you are interested in volunteering or finding out other ways you can help, reach out to 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](#)

Reminders:

- Are you interested in being an **Election Judge**? For more information, click:[here](#).

- Oak Park Park District/ The Dole Center has a New ***Line Dancing Class*** for Active Adults. It started this week (January 10th), but goes for several weeks and is a free class open to all communities. For more information, click [here](#). Also, if you want to get on the Park Districts Email list for updates, click [here](#).
- Oak Park and River Forest and Chicago have Home Repair Programs. See Attachments below.
- Join the Westside Credit Union [here](#). (Great Lakes Credit Union)
- Online **Focus groups with Concordia Center for Gerontology** Seeking your ideas about Life Long Learning [here](#). (January 23 or 30th) or In person at Oak Park library January 25 [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"

Events/ Programming for next couple of weeks:

January 12 from 9:30 am- 11:00 am: **Oak Park Public Library** presents ***Older Adults Coffee Hour*** in their Main Lobby area. (Main Library on Lake St.)

January 13 from 9:00 am- 10:00 am **Garfield Park Conservatory** presents ***Virtual Yoga with Natalie***. Register [here](#).

January 13 from 1:00 pm- 4:00 pm: **Austin Branch Library** presents ***For the People's Liberation: A Conversation with Brenetta Howell Barrett***. For more information and to register for this event, click [here](#). [Article about the Activist [here](#).]

January 13 from 2:00 pm- 3:00 pm: ***Chair Yoga*** with Rhonda Fentry. Register in advance [here](#).

January 14 from 4:00 pm- 5:00 pm: **Backyard Stories** presents ***Fillet of Solo Storytelling*** at Life Line Theater (6912 N. Glenwood, Chicago) For tickets and other programming with Chicago Literary Festival, click [here](#).

January 15 from 1:15 pm- 2:15 pm, **The Nineteenth Century Club** presents the ***Musicians from Northwestern's Bienen School of Music***. (See all Monday Enrichment Programming [here](#). (9/22 and 9/29)

January 16 at 5:30 pm **Dominican University** presents ***Black Hair in a White World*** on National Day of Racial Healing with Dr. Tameka Ellington. This is a free event; no need to register.

January 15 from 6:00 pm- 8:00 pm: **Oak Park Public Library** presents ***Cycle of Memory***, a film screening. This documentary follows two grandchildren as they ride cross country to try and find their grandfather's memories. A discussion with the director afterwards. Register [here](#).

January 16 from 6:00 pm- 8:30 pm: **Roberts Westside** presents ***Soup and Bread***. A community event benefiting local food outreach programs.

January 16 at 7:00 pm **Fitzgerald's** presents ***The Moth StorySlam: Wonders***. Come to this open mic story sharing event. Hear stories and share your five minute story if you are so inclined. Click [here](#) for tickets (\$15) Tickets sell fast.

January 17 (through March 16) from 10:00 am- 11:30 am: **Age Options** and the **Oak Park/River Forest Townships** present ***A Stress Busting Program***. A nine week workshop for Caregivers of person's with Alzheimer's or other forms of Dementia. This is a virtual program. Register in advance [here](#) or call Devin Andrews at 708-725-9116.

January 17 at 3:00 pm: **Free Readers Ensemble** presents ***Blizzard '67*** at the Nineteenth Century Club (178 Forest Ave., Oak Park). In this reading you will hear about Four Business Men talk about the politics at work while carpooling during the Blizzard. (*Free Readers Ensemble's mission*)

January 17 from 6:00 pm- 7:00 pm: **Garfield Park Conservatory** presents ***In-Person Yoga with Natalie***. Cost is \$5.00. Register [here](#).

January 18 at 12:00 pm: **The Chicago Village** presents ***Understanding Alzheimer's and Dementia***. This will be a virtual presentation. To register, call 800-272-3900 or click [here](#).

January 18 from 7:00 pm- 8:30 pm: **Oak Park Public Library** presents ***Mindful Mending*** with Susan Charrette and Elizabeth Darrow from Little Bits Workshop in River Forest. This will be held at Dole Library in Oak Park. For more information and to register for this program, click [here](#).

January 18 from 5:00 pm- 6:30 pm: **West Chicago Avenue Library** (4856 W. Chicago Ave.) presents the movie ***10,000 Black Men Named George*** (2002) A political activist in the 1920s tried to unionize the porters at the Pullman Train Company.

January 19 and 20: Oak Park Public Library presents ***The 5th Annual Restorative Practices Conference: Building Community***. For more information and to register for this program, click [here](#).

January 19 from 1:00 pm- 3:30 pm: **River Forest Township** and

River Forest Library present *Film Lover Fridays* featuring *To Kill a Mockingbird* at River Forest Library. Stay for the discussion afterwards with local film expert, Jim Jacob.

January 19 at 7:30 pm: **Good Shepherd's [Jazz Prayer Service](#)** features the Prohibition Trad Jazz Band that performs jazz from the early big band era – 1923-1934. Our readings will lean into the possibilities for new harmonies for humanity. Coming together isn't about losing self to a melting pot, but instead reveling in the differences to create new possibilities, new harmonies, new inclusive ways forward. Doors open at 7:10pm and music begins at 7:30pm. Good Shepherd Lutheran Church, East & Randolph in Oak Park.

January 21 from 2:00 pm- 3:30 pm: **Barbie: The History of America's Most Famous Doll**. Learn what inspired Mattel to develop Barbie in 1959, how Barbie helped make Mattel one of the world's most successful toy companies, and what Barbie's impact has been on American culture.

January 22 from 2:30 pm- 5:30 pm: **Oak Park and River Forest Townships** hosts a **Blood Drive**. Click [here](#) and search for sponsor code CW09 or you can also call 800-280- 4102.

January 22 at 6:30 pm: **Oak Park River Forest Township Senior Services** presents **Supt. Greg Johnson provides an overview of OPRF High School** at the Senior Services Building in Oak Park (130 S. Oak Park Ave.)

January 22 (6:30- Food and Fellowship and 7:00 pm -Program starts) **Community of Congregations Annual Gathering**: New Mount Pilgrim Missionary Baptist Church, 4301 W Washington Blvd, Chicago, IL 60624. For more details, and to RSVP, reach out to Katie Avalos at oprffcoc@gmail.com (a good will offering of \$15 is suggested) They will be highlighting the efforts of the newly created West Suburban Resettlement Efforts.

January 23 from 10:00 am- 11:00 am: **AARP Equity By Design** presents **Principals in Action, Virtual Spotlight: Digital Twin Cities for All: Enabling Virtual Inclusion**. Register [here](#).

January 23 from 10:00 am- 12:00 pm: **Arbor West Neighbors Meetup** hosted by Cecily Mango (203 N Kenilworth, Oak Park in the Community Room) If you are not an AWN member, come to learn more about Arbor West Neighbors. To get on their email list and receive their newsletter email: arborwestneighbors@gmail.com. (There is no parking on Ontario St.) To learn more about Arbor West Neighbors, click [here](#).

January 23, from 11:00 am - 12:30 pm: **Focus Group for LGBT+ Older Adults in West Suburban Cook County**. Thrive with

Pride Event [here](#).

January 23 from 6:00 pm- 7:00 pm: **Oak Park Public Library** presents ***Winter in the Garden: How to Overwinter with Joy and Meaning.*** Register for this virtual event [here](#).

January 24 from 7:00 pm- 8:00 pm: **River Forest Township and River Forest Library** present ***Healthy Comfort Cuisine: A Cooking Demonstration and Tasting.*** Chef Susan Maddox, culinary instructor at College of DuPage, will be here to demonstrate healthy recipes for winter comfort food. Register in advance [here](#).

Starting **January 25: River Forest Park District** will be hosting ***Drumming Meditation*** and ***Healthy Rhythms*** with Susan Schwarting. See page 5 [here](#).

January 25 at 4:00 pm: **Compassion and Choices/ Oak Park End of Life Options Coalition** presents ***Voluntary Stopping of Eating and Drinking.*** This talk will specifically focus on relatives with Alzheimer's or other forms of Dementia. This will be a virtual presentation on Zoom. For the Zoom link, click [here](#). (To learn how *Medical Aid in Dying Brings Autonomy to End-of-Life Decisions* listen to a talk on NPR [here](#).)

January 25 from 6:00 pm- 8:00 pm: **The Village of Oak Park** presents ***Oak Park's Housing Vision/ Addressing Housing Challenges*** at the Main Library in Oak Park. Oak Park's Housing Vision Meeting. For more information, click [here](#). (Take the Survey at engageoakpark.com/housingsurvey)

January 25 at 7:00 pm **Music and Potlucks** presents their ***Monthly Folk Jam*** in the Friendly Tap Community Room (6733 Roosevelt Rd. in Berwyn) Bring your instrument and/or your voice. Donations to Music and Potlucks will be accepted.

January 26 from 2:00 pm- 4:00 pm: **Austin Satellite Senior Center** presents ***Celebrating the Life of Martin Luther King Paint Party***. 5071 W. Congress Parkway. \$5 Donation Suggested.

See the music section below and here for [Fitzgeralds](#) and [Roberts Westside](#) Events.

Also:

- **Oak Park Township Senior Services Monthly Calendar** [here](#).
- Upcoming Events at **Oak Park Public Library**. Click [here](#).
- **Chicago Public Library** (Austin area) including online events between Jan 12- Jan 26: Click [here](#).

- **Austin Branch Library** on Race Street, behind Austin City Hall. Calendar of events from Jan 12- Jan 26: [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.](#)
- **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.](#)

Articles and More:

17th Annual Martin Luther King Day Celebration Focuses on Opioid Crisis: Read article [here.](#)

Life of Activist Brenetta Howell Barrett on Display at Austin Library: Read article [here.](#)

Oak Park Extends Migrants Stay: Read article [here.](#)

What's the Landing Zone for Migrants Arriving to Chicago?: Read article [here.](#)

River Forest Restricts Unscheduled Bus Access: Read article [here.](#)

New Oak Park Comedy Club: Read article [here.](#)

Forty Acres Fresh Market News [here.](#)

Recorded Forums about Helping the UnHoused:

The first Community Forum about the Unhoused was on November 30 (Community Education) watch [here.](#) For the December 18 Forum (Affordable Housing and the Role of Landlords) discussion, see the recording [here.](#)

Homesharing Pilot with River Forest Township:

River Forest Township *Homesharing Program* (Pilot):

Do you have an extra room in your home? Are you looking for ways to reduce housing costs? Do you want to help someone who wants to live in the community, but possibly cannot afford the market rate rent

for a one bedroom apartment? Could you benefit from the companionship as well as get some help with small chores. We will do background checks and screening. Any River Forest homeowner over 60 who is interested in exploring this opportunity or who has questions, please reach out to me at the Township office at 708-366-2029 x 13 or bkelly.rftownship@gmail.com. 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.

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.

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.

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.

Medical Equipment Lending: For more information on the availability of specific items or to place a request, contact Oak Park Township Reception 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. The Oak Park Township office can also help as well. [also see the National Council on Aging Benefits website [here](#).]

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

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.

10:00 am- 10:50 am: Fitness Fellowship presents ***Gentle Tai Chi*** with Isaac Johnson, the Founder of Fitness Fellowship. This will be every Tuesday and Thursday at Oak Park Arms and is open to the community.

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- 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)

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](#).

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

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.

Ongoing/
Virtual

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- 10:50 am: Fitness Fellowship presents ***Gentle Tai Chi*** with Isaac Johnson, the Founder of Fitness Fellowship. This will be every Tuesday and Thursday at Oak Park Arms and is open to the community.

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

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

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

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

Fridays

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

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

12:00 pm- 3:00 pm: Austin Branch Library presents ***Quilting***. Bring your own supplies. Call (312) 746-5038 for more information. (5615 W. Race Ave.)

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

1:15 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 **10:30 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 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

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

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 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 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 for **Caregivers** of those with Dementia through University of Chicago. Email Jenil Bennett at jbennett@bsd.uchicago.edu or Monica Long at

Mlong!@bsd.uchicago.edu for Zoom link information or other ways to connect.

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 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. **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

Housing Forward Group Volunteer Opportunities [here](#).
Contact Volunteer & Outreach Manager Cherrell Jackson
at 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.

The Township needs **Meal Delivery Drivers**. This is a one-hour
commitment on a Tuesday or Friday morning and can be done alone
or with a friend. Reach out to Oak Park River Forest Township if you
are interested at 708-383-8060.

**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](#).

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.

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 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 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 or visit the Wonder Works website: 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:

- **Rush Generation Studies**, including a study on **Chronic Pain**, contact Padraic Stanley, LCSW at Padraic_St Stanley@rush.edu or (312) 942-2089
- Register for **CJE's Online Evidence Based Exercise Programs**. See flyer [here](#). For more information on the classes, click [here](#).
- 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 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 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.

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)

Attachments Below:

[River Forest Township Senior Services](#)

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

[Educational Events at River](#)

[Oak Park Commons Cohousing](#)

[River Forest Homesharing Pilot](#)

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

[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](#)

[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](#)

[Alone During the Holidays Tips](#)

[Forest Park Newsletter Jan/Feb](#)

[River Forest Township](#)

[Arbor West Neighbors](#)

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

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

[Unsubscribe assessor@riverforesttownship.org](mailto:assessor@riverforesttownship.org)

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