



## 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.*

**March 22- April 12 / 4th Friday Edition  
(CCM comes out every 2nd and 4th Friday of the month)**

Hi Everyone,

Happy Spring?! Below is information about programming taking place over the next few weeks. I know it is always such a long email, but scroll through and see if you see anything of interest and put it in your calendar. As always, call or email me with any questions.

### **Some Highlights:**

Arbor West Neighbors Meet up (March 26), Learn about Supportive Living for older adults at the next Coffee Monday, Age Options Legislative Breakfast (April 1), Senior Fitness Walk (April 3) Expanding End of Life Options presentation (April 4), Aging Together Event (April 5); File for your Senior Freeze Exemption by April 5, A New Tai Chi Class (April 8), Walk and Talk (April 9), Tellers Night, Virtual Improv Class, Monday Enrichment Series, Environmental Justice Series and more.

Also, look at the ongoing calendar for weekly art, exercise and educational classes. (Mahjong every Thursday, Exercise classes, Radio Shows) Tax information, Migrant Services, Volunteer opportunities, Dole Center Active Adult Program (for all communities) Support Groups and more are included below too.

### **FYI:**

- **The Irish Shop** (which used to be on Oak Park Ave. in Oak Park)

is selling quiches (mushroom and spinach, broccoli and cheddar, bacon and shallots and more) for the holidays. Reach out to them at 708-502-0916 for more information small (\$7-\$9) or large quiches (\$38-\$42)

- Also Saturday (March 23) from 12:00 pm- 4:00 pm The Sugar Beet Market in Oak Park (Madison and Grove) will host an artisan market with local vendors. Stop by or email [oakparkartisanmarket@sugarbeet.coop](mailto:oakparkartisanmarket@sugarbeet.coop) with any questions.
- **Wonderworks** is still looking for a few Volunteers for **Dino Works March 23-27**. Click [here](#) to learn more and to sign up.
- The **Hemingway Foundation's Hemingway Shorts Competition** is open until April 15: Learn more [here](#).
- 2024 **Older Adult Community Market March 28 and April 11** at PAV YMCA in Berwyn (2947 Oak Park Ave., Berwyn) Free fresh fruit, vegetable and non- perishable groceries.

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

**March 22** from 7:00 pm- 9:00 pm: **The Park District of Oak Park** presents **March Tasting with Anafora Wine Merchants** at Pleasant Home Dining Room. (\$38-\$51) Reach out to Susan Crane for more details. Susan Crane [susan.crane@pdop.org](mailto:susan.crane@pdop.org) 708-725-2500

**March 22** and **March 23** from 7:00 pm- 9:30 pm: **Park District of Oak Park** presents **Oak Park Festival Theater Winter and Spring Readings** at the Cheney Mansion and Pleasant Home... Click [here](#) for more details and tickets for Friday and [here](#) for March 23.

**March 23** from 9:00 am- 10:00 am: **The Garfield Park Conservatory** presents **Virtual Yoga with DuShaun**. Class is free, but donations are accepted. Register [here](#).

**March 23** from 10:00 am- 12:00 pm: **The Village of Oak Parks DEI Office** presents **Oak Park Women in Leadership Symposium** at the Community Recreation Center in Oak Park (229 Madison St.) (Panelists will be President Vicki Scaman (government), Dr. Susan Buchanan(healthcare), Trustee Lucia Robinson(law), Cheryl Potts(communitary mental health) and Dr. Ushma Shah(education). Register [here](#).

**March 24** from 9:30 am- 10:45 am: **First United Church of Oak Park** presents **Environmental Stewardship/Environmental Justice: Environmental Quality in Chicago: Challenges and Opportunities**. (848 Lake St., Oak Park) (see April 7 also- part of a series)

**March 24** from 2:00 pm - 4:30 pm: **Global Film Forum**. This month's movie will be **Klondike** from Ukraine, set against the backdrop of Russian hostilities toward Ukraine in 2014.

**March 25** from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents **Mondays Enrichment Series: Art Nouveau**. Learn more [here](#).

**March 26** from 11:00 am- 12:00 pm: **Thrive with Pride** presents **Honoring LGBTQ+ Chicagoans for Women's History Month**. Learn more and enter via Zoom or phone the day of the event [here](#).

**March 26** from 4:00 pm- 5:30 pm: **Arbor West Meetup** at Elizabeth and John Muhlenberg's house at 615 S. Kenilworth. If you are not an Arbor West Neighbor, come to meet new folks and think about joining.

**March 28** from 12:30 pm- 2:00 pm: 2024 **Older Adult Community Market March** at PAV YMCA in Berwyn (2947 Oak Park Ave., Berwyn) Free fresh fruit, vegetable and non-perishable groceries.

**March 28** at 4:00 pm: **Pathlights** and **Chicago Skyline Village** present **Covid 19 Update with Dr. Ison from the National Institute of Health in Washington D.C.** Register for this virtual presentation [here](#).

**March 28** at 7:00 pm: **Music and Potlucks** presents their **Monthly Folk Jam** at Friendly Community Center (Part of the Friendly Tap: Roosevelt Rd.in Berwyn) Monetary donations are accepted for local food pantries.

**March 30** from 9:00 am- 10:00 am: **Garfield Park Conservatory** presents **Virtual Yoga with Natalie**. Class is free, but donations are accepted. Register [here](#).

**April 1** from 10:00 am- 11:00 am: **River Forest Township** and **River Forest Library** present **Coffee Monday with Jeanette Guzman from Victory Center of Galewood**. Come to the River Forest Library to learn about Supportive living for older adults and persons with physical disabilities. Learn more about supportive living [here](#).

**April 1** from 10:00 am- 11:15 am: **Age Options** presents their **2024 Legislative Breakfast** at West Suburban Senior Services at 439 Bohland Ave, Bellwood, IL. No Cost; RSVP to Peter Byer at [peter.byer@ageoptions.org](mailto:peter.byer@ageoptions.org)

**April 1** from 1:15pm- 2:15pm: **The Nineteenth Century Charitable Association** presents **A Brief History of the Reintroduction of Native Americans to Illinois**. Learn more [here](#).

**April 3** from 9:00 am- 10:00 am: **Trailside Museum of Natural**



**History** presents **Senior Fitness Walks**: A one mile walk in the forest preserves at your own pace with a Master Naturalist. Meet at the Thatcher Woods Pavilion. Register at 708-366-6530.

**April 4** from 2:00 pm- 4:00 pm: **Arbor West Neighbors** presents **Expanding End-of-Life Options** at Oak Park Library in the Veterans Room. In this presentation you will learn more about Medical Aid in Dying and the importance of planning for the end of life, including those with terminal illness. If interested or you want to learn more send an email to [registerAWNprogram@gmail.com](mailto:registerAWNprogram@gmail.com). See flyer [here](#).

**April 4** at 6:00 pm: **Thrive with Pride LGBT+ Intergenerational Dinner and Dialogue**. This will be at the AgeOptions Office in Oak Park. Reach out to Nina Orłowski with more questions [nina.orłowski@ageoptions.org](mailto:nina.orłowski@ageoptions.org) or 708-383-0258

**April 5** from 9:30 am- 11:00 am: **Oak Park Public Library** presents **Older Adults Coffee Hour**. Stop by for coffee and conversation. Please register in advance [here](#).

**April 5** from 11:00 am- 1:30 pm: **Kehrein Center for the Arts** presents **Aging Well Together**. Learn more [here](#).

**April 5** at 7:30 pm: **Madison Street Theater** presents **Comedy Mirror: A Standup Show**. Learn more [here](#).

**April 6** from 10:00 am- 1:30 pm: **Park District of Oak Park** and **Fox Center** present **Repair Cafe**. For more information, click [here](#).

**April 6** at 2:00 pm: **The Oak Park Society of Engineers** invites you to celebrate their **60th Anniversary** at Jim and Pete's Italian Restaurant in Elmwood Park (7806 W. North Ave.) \$35/person. Invited guest speaker is John Pantos, Senior Customer Performance Engineer, Progress Rail/EMD Division of Caterpillar. For more details, call Lew Concklin at 708-717-1953. See flyer [here](#).

**April 7** from 9:30 am- 10:45 am: **First United Church of Oak Park** presents **Environmental Stewardship/Environmental Justice: Sustainability and Environmental Initiatives in Oak Park and Surrounding Communities**. (848 Lake St., Oak Park)

**April 7** at 1:00 pm: **6 Week CourAGEus Conscious Aging Workshop Series** Read more [here](#). (\$89)

**April 8** from 1:30 pm- 4:30 pm: View the **Solar Eclipse**. For more information, click [here](#).

**April 8**: **Oak Park River Forest Township Senior Services** presents **Tai Chi for Arthritis and Fall Prevention**. This is the first day of this program. Make sure you register in advance to secure your spot. Learn more [here](#).

**April 8** from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents ***Monday Enrichment Series: Science: Mammalian Diversity in the Philippines.*** Learn more [here.](#)

**April 9** from 10:00 am- 12:00 pm: **The Community Mental Health Board** hosts ***Walk and Talk*** at The Community Recreation Center in Oak Park (229 Madison St.) Join your neighbors for a healthy walk around the indoor track. Community Resources are available too. Open to all older adults. Reach out to Megan Ulczak if any questions at [megan.ulczak@pdop.org](mailto:megan.ulczak@pdop.org).

**April 9** at 1:30 pm: **The Levy Center** presents ***Every Day Improv with Sue Gillan.*** This will be a Zoom Event. Register [here.](#)

**April 9** at 6:00 pm: **Robert's Westside** presents ***Forest Park Arts Association's Tellers Night.*** Come hear stories, have a drink and enjoy some food or bring your own food. Tickets are \$15 on line or at the door. See more [here.](#)

**April 10** from 9:00 am- 3:30 pm: **The National Center to Reframe Aging** presents ***Summit 2024: The Movement to Reframe Aging.*** See schedule [here](#) and register [here.](#)

**April 10** from 12:00 pm- 5:30 pm: **University of Illinois Chicago** presents their ***Urban Forum.*** Learn more and register [here.](#) Tickets are \$25.

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

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

### **For More Opportunities:**

- **Oak Park Township Senior Services Monthly Calendar** [here.](#) (note: see ongoing calendar below: Planning, Art Classes)
- Upcoming Events at **Oak Park Public Library.** Click [here.](#) (including Adult Improv at Maze Library) Note: Oak Park residents can also request books to be delivered to your home. Learn more [here.](#)
- **Chicago Public Library (Austin area) including online events between March 22- April 12:** Click [here.](#) (including online ASL Classes, Movies and Book Clubs)
- **Austin Branch Library on Race Street,** behind Austin City Hall. Calendar of events **from March 22 - April 12** Click [here.](#) (films, book clubs and quilting also at this library)

- Programming at Austin Town Hall and Columbus Park [here](#).
- Park District of Oak Park/ Active Adult Programming at the Dole Center is open to Adults in ALL Communities. Click [here](#). If you want to get on the Park Districts Email list for updates, click [here](#).
- Wednesday Journal's Community Section [here](#). (click Big Week)
- One Earth Calendar of Events [here](#).
- AARP Virtual Community Center
- River Forest Township and River Forest Library's April, May, June *Coffee Monday* programs [here](#) and *Celebrating Seniors All Year Long* programs [here](#).

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

### **Help with Taxes:**

The deadline for filing for the **Senior Freeze** is April 5. Call the Oak Park Assessor's office to learn more at 708-383-8005 (Oak Park Assessor information [here](#).) or go the River Forest Township Assessors page for Appeal and Exemption information for cook county [here](#).

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:**

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

**Migrant Ministry** is currently at St. Edmund's School/Shelter. Donations are accepted on Mondays from 9am- Noon at the Pleasant Street door at St. Edmund School (200 S. Oak Park Ave.) **Please look at their [Amazon Wishlist](#) so you know what the current needs are. *You do not need to get from the list, but this shows you what the needs are:* Consider donating: Casual shoes in small mens & womens sizes, and all children's sizes, Large, warm blankets, Towels, Roller bags (used is fine, but with all wheels and zippers working). travel size Toiletries are always needed as well as small and medium sized leggings and underwear.**

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 temporary job opportunities or to find out other ways you can help, reach out to [immigrantministry@gmail.com](mailto:immigrantministry@gmail.com). (*There is always a need for Volunteers who can speak Spanish, as well as help with housing information and jobs.*)  
[Donations: information [here](#).]

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

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

### **Articles and More:**

***Progress in Sight, How the Community's Plan Looks to Advance:***  
Read article [here](#).

***Nearly Half of Ambitious Plan to Build Better Austin is Underway:***  
Read article [here](#).

***Group Seeks Climate Change Solutions:*** Read article [here](#).

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

### **Some Local Black History from the Historical Museum:**

**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.

### **and more:**

- The Senior Citizens Center of Oak Park and River Forest (and Park District of Oak Park's Active Adult Program) honors Older Adults who have contributed to the community with their **Ulyssean Awards**. The specific criteria for the award are: If you want to submit a name, please reach out to the Senior Citizens' Center at 708.725.2716 or [sccprf@sbcglobal.net](mailto:sccprf@sbcglobal.net)
- Oak Park and River Forest **Health and Wellness Fair** will be coming to the CRC on April 21
- **Healthy Aging Workshop begins in May. Learn more** [here](#).

- **Oak Park Library of Things: Non traditional items you can check out at the library [here](#).**
- New **Comedy Plex** in Oak Park shows [here](#). (2 drink minimum)
- Join the **Westside Credit Union [here](#)**. (Great Lakes Credit Union) Read Credit Union article [here](#).
- ***Recipe Box Cafe at Dominican University. See upcoming meals [here](#).***

### **Homesharing Pilot with River Forest Township:**

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

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

### **CoHousing/Multigenerational Living:**

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

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

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

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

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



menu on calendar [here](#).

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

**Medical Equipment Lending:** For more information on the availability of specific items or to place a request, contact Oak Park Township's Main Office at **(708) 383-8005**.

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

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

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

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

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

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

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

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

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

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

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

Take Care,

Betsy

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

## Ongoing Calendar of Events

**Mondays**

*(Note: See Exercise Section too)*

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

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

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

**1:15 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)

## Ongoing/ Virtual

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



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***. See upcoming classes [here.](#) Call the Program and Nutrition Hotline to register at 708-725-9129.

## Thursdays

**10:00 am: Senior Services of Oak Park and**

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

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

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

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

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

## Fridays

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

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

**12:00 pm- 3:00 pm: Austin Branch Library** presents **Quilting**. Bring your own supplies. Call

(312) 746-5038 for more information. (5615 W. Race Ave.)

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

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

## Saturdays

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

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

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

## Sundays

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

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



questions. [also, note: both the Park District of Oak Park and River Forest now offer beginner Pickleball Classes]

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

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

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

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

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

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

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

also offer classes at Oak Park Library.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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 through Pathlights. For more information email Meghan at [mmitoraj@pathlights.org](mailto:mmitoraj@pathlights.org) or call 708.361.0219.

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

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

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

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

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

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

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

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

## **VOLUNTEER OPPORTUNITIES**

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

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

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

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

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

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

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

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

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

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

**The Economy Shop** is looking for volunteers to sort, fold, organize and price items. Contact Ellen at [economyshopOP@gmail.com](mailto:economyshopOP@gmail.com) or 708-383-2449.

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



talent with children in our community!"

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

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

### **OTHER RESOURCES:**

**Elderwerks Directory (A useful Senior Resource Directory):**

Click [here](#) to flip through.

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

**[Elders in Action](#)**: "One Earth, One Humanity, One Future".

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

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

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

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

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

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

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

**Resources for those who are UnHoused**

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

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

If you are concerned about potential scams or frauds, visit AARP's

## Research Opportunities:

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

- **Hearing Aid Research Study through Northwestern** [here](#).
- **Older Adults Needed for a Fun Social Engagement Study.** Click [here](#) for more details.

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

### **Digital Assistance:**

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

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

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

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

### **Local Music:**

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

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

### **Music and Potlucks**

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

### **Attachments Below:**

[River Forest Township Senior Services](#)

[River Forest Homesharing Pilot](#)

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

[Oak Park Commons Cohousing](#)

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

[Memory Cafe](#)



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

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

[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](#)

[Forest Park News March/April](#)

[River Forest Township](#)

[Arbor West Neighbors](#)

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

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