



# River Forest Township Senior News

## April 2024

Hi Everyone!

Happy Spring. Here is your River Forest Township News for April, including our programming with River Forest Public Library (yellow section) and other programming and information (blue section) you may be interested in.

We lost our friend and fellow River Forest Resident, **Debbie Frederick** this month. She was on the Village of River Forest Age Friendly Commission and had been a regular participant of the tight knit River Forest Mahjong Group over the past year. She will be greatly missed.

As I have mentioned in the past, we are starting a **HomeSharing** Program in River Forest. If you are still living in your own home and want to learn about a program that may be beneficial to you and your well being please reach out to me. Find out how sharing your home with another adult can benefit both of you in many ways. I am happy to answer any questions you may have about the program. *You can also learn more about HomeSharing by looking over the green section just before the River Forest Township/Library programming. (below)*

- **North West Housing Partnership**, our partner for the [Home Repair](#) and [CAPABLE](#)/ OAHMP programs, is able to help older adults age in place longer. See article [here](#). (for older adults of all income levels) **See attached flyers below too.**
- **River Forest Township** is seeking a new **Township Clerk**. This is a part-time position. Click [here](#) for details.
- **SHIP (Senior Health Insurance Program) Counselors** will start coming to the River Forest Community Center/ Township Office starting **April 12 (Friday)** and again on **May 17 (Friday)** between 10:00 am – 2:00pm. They will schedule up to 4 appointments per day in person. They will still take appointments over the phone as well. Please call 708-383-8060 to set up an apt. Learn more about SHIP [here](#).

- 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.](#)
- **Healthy Aging Workshop through Township Senior Services for women of color** begins **May 7 through June 13**. Learn more [here.](#)
- **Green4Good** and the **Village of River Forest** will host a foam collection event on Saturday, **April 20** from 9-12 in the **West Thatcher Metra Commuter Lot**. [Village of Oak Park will have a Foam and paper shredding event at the same time at the **Public Works Dept**. See more [here.](#)]
- **The Senior Citizens Center of Oak Park and River Forest and Park District of Oak Park's Active Adult Program** honor Older Adults who have contributed to the community with their **Ulyssean Awards**. If you want to submit a name or want more information, please reach out to the Senior Citizens' Center at 708.725.2716 or sccopr@sbcglobal.net

*[Note: The Celebrating Seniors Coalition will not have a Celebrating Senior Week this May]*

*If you are not a River Forest resident and prefer to only receive the Community Connect Email that comes out twice a month (for residents in Oak Park, River Forest, Austin and surrounding communities) please let me know that as well.*

Continue to share information with me and call or email with any questions or concerns.

**[Because this email is lengthy you may see a message on the bottom left hand corner of this email that says "Message Clipped" and you will need to click "[view](#)" entire message, to view the full email.]**

## **Reminders:**

**River Forest Park District Opportunities:** Look at pages 9-14 on River Forest Park Districts Fun Guide for Wellness Programs for Adults, including Susan Schwarting's Meditation and Drumming Classes (p. 13) [here.](#) Also go to page 33 if you are interested in learning how to play bridge with Mary Schultz. **(new programming starting in April)**. Pickleball: See Class information [here.](#) (new classes will be at Washington Park, including beginner classes)

**Mahjong** continues at the River Forest Community Center on

Thursdays from 1:00 pm- 3:00 pm. Come join us whether you are new to the game or an experienced player.

### Do you need help filing 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:

**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](#)

### Reminders regarding format of this email:

- Township events with the River Forest Public Library are in the yellow section, followed by other events taking place in February as well as ongoing events and websites of interest. Look over the other Sections for updates too: **Township Senior Services** information, followed by **Grief/Support Groups** (Pink Section), **Volunteer Opportunities** (Purple Section) and **Exercise and other Class Offerings** (Green Section)

### 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).**

Senior Tech Support is offering **Virtual Tech Classes: April 15: "Switching from Cable to Streaming."** Learn more [here](#) and **April 29: "Cutting the Cord"** [here](#).



## River Forest HomeSharing Pilot:

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

Are you a River Forest Resident? 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 of another adult, the extra money and possibly some help with small chores? **Or**, are you looking for a more affordable housing option? **We will help you find that ideal match, provide screening and background checks and will be available for ongoing support.** Any River Forest homeowner over 60 or anyone 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). See flyer [here](#).

## Learn more about HomeSharing:

See the Homesharing Segment, "Boomates" from PBS Newshour [here](#).

The Today Show highlights Multigenerational Household Arrangements [here](#). Listen to the *Think Out Loud Podcast* with HomeShare Oregon [here](#).

See AARP International's Case Study [here](#).

*Generations United: Reimagining Intergenerational Housing* [here](#).

**Craft and Chat at**  
*River Forest Public Library*



**Mahjong at River Forest Community Center on Thursdays from 1pm- 3pm.**

## **River Forest Township Programming with River Forest Public Library**

*Programming is in person in the Barbara Hall Meeting Room, unless otherwise noted. (register only for special events and yoga ) See Calendar [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 7** from 2:00 pm- 3:30 pm: **Arabiqa: An Introduction to Arab Music, Dance and Culture**. Celebrate Arab American Heritage Month with this special family-oriented presentation by Egyptian-American musician, teacher, and speaker **Karim Nagi**.

**April 13** from 2:00 pm- 3:00 pm: **All Levels Yoga**. Register [here](#).

**April 14** from 2:00 pm- 3:30 pm: **Pastries and Poetry from Around the World**.

**April 19** from 1:00 pm- 3:30 pm: **Film Lover Fridays** presents **Great Expectations**.

*Note: Memory Cafe is no longer a program with the Libraries, but it is still happening through the Township every 3rd Tuesday of the Month (see below in attachments).*

**Other Programming at the Library:**

**April 2** from 1:00 pm- 3:00 pm: **Question, Persuade, Refer: Suicide Prevention Training.** **Thrive Counseling Center** presents their lifesaving, evidence-based, suicide prevention/intervention training.

**April 3** from 1:00 pm- 2:30 pm: **Great Decisions: NATO's Future.** In each session, you will watch a recorded video lecture and then discuss the topic as a group. Readings for each session will be available at the library two weeks in advance.

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

**April 25** from 7:00 pm- 8:00 pm: **Adult Trivia Night.**

**April 28** from 2:00 pm- 4:30 pm: **Global Film Forum: The Perfect Candidate.**

*Also don't forget you can borrow a "hotspot" from your local library, so you can get access to wifi when needed. (i.e. if you are traveling or don't have wifi at home this will give you access). Local Libraries have Book Clubs too. Call your library for more information.*

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## Local Programs/Events (as well as some online events):

**Oak Park/River Forest Township Senior Services** has a lot of programming too. See their calendar online [here](#). Note: for any of the programs, please call the Activity and Nutrition hotline at (708) 725-9129 to check availability and to register.

See **Dole Center/Active Adult** information below (in green section) as well as **Forest Park Mohr Center News/Trips** in attachment below.

**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 with Catherine Marienau and Terri Powell** at the 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 5** from 8:30 am- 10:30 am: **Virtual ASA Roundtable Meeting**. Brief remarks from the new IL Director on Aging. Updates on the American Society on Aging's initiatives and a discussion about cannabis and use among older adults. Register [here](#).

**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 9:30 am -2:00 pm: **Oak Park Area Association of Realtors** host a **Blood Drive** at the Sheridan in River Forest (800 N. Harlem) Register [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](#). The **Cernan Space Center** will be hosting a partial eclipse viewing. Learn more [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 7:00 pm: **Margaret Burk and the Forest Park Arts Association** present ***Tellers Night***. Come hear stories, have a drink and enjoy food from Smokey Joel's or bring your own food. Tickets are \$15 on line or at the door. (doors open at 6:30 pm) 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.

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

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

**April 16** at 7:00 pm: **Moth StorySlam** at Fitzgeralds: Register Early!!! Learn more [here](#).

**April 17** from 7:00 pm- 8:00 pm: **Triton College Global Music Series: American Folk Music** at the Triton College Performing Arts Center- R Building, Room 218. Award winning banjo and fiddle duo,



Jonas Friddle and Anna Jacobson from Chicago 's Old Town School of Folk Music. (free)

**April 19** at 7:30: **Good Shepard Church** presents **Jazz Prayer Service (every 3rd Friday through May)** For more information, click [here](#).

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

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

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

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

**April 27** from 9:30- 2:30 pm: **The Alzheimer's Association** presents **The 2nd Annual African American Conference: Release the Silence: RACE into Action**. Learn more [here](#).

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

**April 29** from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents their **Monday Enrichment Series: Literature: Blending Fiction with History: The Sinking of the S.S. Eastland**. Learn more [here](#).

**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.**

### **Websites for more Events:**

**Trailside Museum of Natural History** events [here](#).

**Oak Park and River Forest Museum April Calendar: April 23 : Labor History Presentation and April 27: Thatcher Woods Walking Tour** Click [here](#).

**Hemingway Foundation Events: April 4: *Hemingway and Chicago Baseball Revisited* and April 26: *Friday at Hemingways: Speaking for Earth: A Poetry Reading*:** Learn more [here](#). Also, the ***Hemingway Shorts Competition*** is open until **April 15**. Learn more [here](#).

See **Dominican University** Events [here](#). (a lot of Events in April)

**Triton College** Events [here](#).

**The Nineteenth Century Charitable Association** April Calendar of Events [here](#). (*also listed above*)

**Oak Park Library** Calendar [here](#).

**Green Community Connection Calendar** has a lot going on in April Click [here](#) to see One Earth Film viewings and Earth Day Events and always Repair Cafe.

**Newberry Library** Events [here](#). (many online)

**The Park District of Oak Park** has Active Adult Programming open to all communities (*see just below*); The **Mohr Center** in Forest Park has programming (*see their newsletter in attachments*) and **Village of North Riverside** has some nice trips too (some local and some bigger trips). Call **708-762-5214** if you want to get their **newsletter**.

**Wednesday Journal** Community Section: [here](#).

Also, please note the libraries, Township and OPRF Museum all have **book clubs**.

## **ONGOING CALENDAR:**

### **Every Monday:**

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

**1:15 pm- 2:30 pm: Nineteenth Century Charitable Association** presents their ***Monday Enrichment Series***. For more information, click [here](#). (*note: all Monday Enrichment Programs are live-streamed if you can't make the event in person: Zoom link [here](#).*)

**6:00 pm- 8:00 pm: The Oak Park Meditation Group** meets in person at the 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. Open to all. For more information, email [OakParkMeditationGroup@gmail.com](mailto:OakParkMeditationGroup@gmail.com)

### Every Tuesday:

**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.) (every Tuesday and Friday) Reservations Required.

### Every Wednesday:

**10:00 am- 11:30 am:** Free *Zumba Gold* at the Roos Center in Forest Park through Rush Oak Park Hospital and Park District of Forest Park. For more information, click [here](#).

**11:15 am- 12:15 pm:** *Line Dancing* at the *Dole Center* (in Oak Park) for Active Adults. Free to all. Teaches rhythm, groove and hip-hop. Sign up [here](#).

**1:00 pm- 2:00 pm:** Oak Park and River Forest Township Senior Services presents *Painting and Drawing with Slowfire*. See upcoming classes [here](#).

### Every Third Wednesday:

**2:00 pm- 4:00 pm:** *Memory Cafe* at Oak Park Township Senior Services Location. (130 S. Oak Park Ave.) This is also offered Virtually (see attached flyer)

### Every Thursday:

**10:00 am- 11:00 am:** Come to Oak Park Township Senior Services Office (130 S. Oak Park Ave.) and join *"Mad 4 Mats" (Made with Love)* Learn how to make mats for the homeless or unhoused with "plarn". Please donate any plastic bags you may have.

**1:00 pm- 3:00 pm:** Come to the **River Forest Community Center** to play *Mahjong* and socialize. We have a teacher for those new to the game.

### Every 4th Thursday:

**from 4:00 pm- 5:00 pm:** The Oak Park End of Life Options Coalition has their monthly meeting. For more information on this group reach out to Roz Byrne at [roz@rozrealestate.com](mailto:roz@rozrealestate.com) or call (708) 370-7444.

### Every Friday:

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

### Every Saturday:

**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](#).

### Every 1st Saturday:

**10:00 am- 1:30 pm: Repair Cafe** at **Fox Community Center. (Fox Center)** Bring any small items that need to be repaired. If you are interested in being a volunteer repair person please stop by and let them know. Click [here](#) for more details. (see attachment below)

### Every Sunday:

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

### Local Music:

**Music and Potlucks** (a local organization of your neighbors that donates to local charities) To learn more, click [here](#).

**Friendly Music Community Calendar** [here](#).

### [Robert's Westside](#)

**Fitzgeralds Calendar of Events:** Click [here](#) for their Event Calendar (including a lot of free music events in their side bar) They also have Baby Gold BBQ next door for before or during the show: Consider ***Moth Radio Show (tickets go fast) and Tuesday Bluesday, \$5 Hamburger Wednesday and Voice Box***

**Comedy: Comedy Plex in Oak Park:** Click [here](#).

### Other Useful Information:

If you are looking for a way to meet more people and you want to be more involved in your community, connect with **Arbor West Neighbors** (our local Village group). Learn more [here](#).

**Blue Zone Retreats** [here](#). (not cheap!)

**Recipe Box Cafe** at Dominican University. See upcoming meals [here](#). (*Final Two for the Season: April 4 and April 11*)

2024 **Older Adult Community Market April 11 and April 25** at PAV YMCA in Berwyn (2947 Oak Park Ave., Berwyn) Free fresh fruit, vegetable and non- perishable groceries.]

**Senior Tech Support** is offering *Virtual Tech Classes: April 15:*

**"Switching from Cable to Streaming."** Learn more [here](#) and **April 29: "Cutting the Cord"** [here](#). (\$20/ class)

**Call 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.

**Elderwerks Resource Directory** [here](#).

### **Rush Generations Information**

**The 'Old Lady Project':** Angela Allen is reclaiming the phrase "Old Lady". Listen to her podcast [here](#).

**CUB** (Citizens Utility Board) provides help with utility bills. If you have any concerns about your bills, call 1-800-669-5556; Call for a **Free Home Assessment**: a representative will walk through your house to see how you can save and will give you free products to make things more affordable. 1-855-433-2700. For Oak Park Residents also look into **Oak Park Climate Action Network** at [opcan.org](http://opcan.org)

### **Fraud/Scam Information:**

Be careful of scammers or people trying to take advantage of you, whether they call or come to your door, including utility scammers. If you have any concerns, call the **National Elder Fraud Hotline** at 1-833-372-8311 or **CUB (the Citizens Utility Board)** if it is related to your utilities at 1-800-669-5556 as well as your local Police Department. Another resource is the **AARP Fraud Watch Network Helpline**: 877-908-3360 a toll-free service available Monday through Friday, 8 a.m. to 7 p.m. Crime Prevention Fraud/Scam Tips from the **River Forest Police Department** [here](#).

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### **Senior Services of Oak Park and River Forest Townships:**

View **Senior Services of Oak Park/River Forest Townships** webpage [here](#). The Township's main number is **(708) 383-8060**. See their Program Calendar [here](#). For more information call me, and I can help steer you in the right direction.

OP/RF Townships Senior Services Dine-In Monday through Friday from 11am-1pm. First come, first served. No reservations required. click [here](#) to see menu (scroll down) Suggested donation: \$1.50 for ages 60+; guest fee: \$8.50 (under age 60). 130 S. Oak Park Ave.

Drive thru/meal pickup offered Tuesday & Friday from 12pm-1pm  
Go to a program before or after lunch too.

**Medical Equipment Lending:** The Township loans out medical equipment such as wheelchairs, canes, walkers, bedside commodes and shower chairs free of charge for as long as the equipment is needed. They also invite donations of gently used medical equipment. For more information on the availability of specific items or to place a request, contact Oak Park Township Reception at **(708) 383-8005**.

[Home Repair Program](#) and [CAPABLE Program](#). See **flyers** below and article [here](#).

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". See flyer [here](#). Call 708-383-8060 and ask for Bianca Ingwersen or your Care Coordinator to ask for more details or email [homemedrefserrals@oakparktownship.org](mailto:homemedrefserrals@oakparktownship.org).

Are you a **Caregiver** and do you live in Oak Park, River Forest or Austin (60644, 60639) Reach out to **Devin Andrews**, the **Caregiver Support Specialist at 708-383-8060 x 116** to learn more about their services. See **attached** flyers below. 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. PEARLS (Program to Encourage Active, Rewarding Lives) is a new offering to help adults feeling depressed. You can talk with a coach virtually or in person (6-8 times). This free to older adults in OP and RF. Call 383-8060. (**Note: [Memory Cafe](#)**). *Reach out to Devin Andrews too if you could use some financial assistance helping your loved one. There is some funding for some services/needed items.*

For information on **Transportation** services call (708) 383- 4806; For information on **Reduced RTA Fare Cards** (or Ride Free Program) for seniors 65+ and people with disabilities call (708) 383-8005 (the main Oak Park Township Office). There are also discount **Blue Cab** Coupon Booklets available through the township. (\$10 worth of coupons for \$6) Get the Blue Cab app; go to their website [here](#).

Remember we have **In Case of Emergency (ICE) packets** for Oak

Park and River Forest Residents. A way to store your emergency information so the fire department can find it when needed (in your freezer). Call for more information.

### **Active Adults/ Senior Programming through the Park District of Oak Park (at Dole Center):**

For about \$50/ year this programming is open to Oak Park and neighboring communities (Austin, River Forest, Forest Park, Berwyn etc.) To learn more about the Active Adult program, click [here](#). To see Adult Offerings, click [here](#), from exercise programs, including beginning pickleball to game days, movies, trips, stained glass, ceramics and more. Call Megan Ulczak for more details or questions at (708)725-2106 or email her at [megan.ulczak@pdop.org](mailto:megan.ulczak@pdop.org)

Also, see their **Upcoming Trips\***. Click [here](#), go to General Recreation and click on Trips.

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

### **Grief /Support Groups:**

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

**Grace Lutheran** runs Grief Support Groups. Call (708) 366 - 6900 or email them at [gracechurch@graceriverforest.org](mailto:gracechurch@graceriverforest.org) to see if they are currently running a group. Also, see the Grief Share Website [here](#).

**LOSS** (Loving Outreach to Survivors of Suicide) is meeting in person again from 6 pm- 8 pm at the River Forest Community Center on the second floor every 3rd Monday of the month. Call 312-655-7283 for more information. See sample Newsletter [here](#).

**988** National Suicide helpline and Website [here](#).

**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, Caregiver Support Specialist at 708-725-9116 for more details on current support groups. **(see flyers below)** [ask about **PEARLS** too for older adults suffering from Depression. See flyer [here](#). Get 6-8 visits with a coach (virtual or in person) to help you move forward.]

**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](#)

**Rush Hospital Support for Caregivers:** Flyer [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.

### **Volunteer Opportunities:**

**Senior Services of Oak Park and River Forest Townships** is in need of **meal delivery drivers**. This is just over an hour commitment on a Tuesday or Friday morning. This is a great opportunity if you are looking for something to do with a partner or friend. Please reach out to Mercedes Nash at [mnash@oakparktownship.org](mailto:mnash@oakparktownship.org) or call 708- 383-8060 x 3134.

**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.*

**A House in Austin** Volunteer Opportunities [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). See flyer [here](#).

**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](#).

**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. They are located at 6941-A W. North Ave, Oak Park. Their phone number is (708) 386-0090

**Triton is looking for volunteers to help tutor students in English.** (see flyer below). Work one-on-one or in a small group for 2 hours/week. Students are very motivated to learn. Students live in Maywood, Melrose Park, Oak Park and in Triton's district. You can be flexible where you meet. Call or email Kathy Kianzad for more information. [kathykianzad@triton.edu](mailto:kathykianzad@triton.edu) or 708-456-0300 ext 3365 (also see flyer [here](#) and attached). Wait to fill out the application when you meet with her. Please spread the word!

**"Wonder Works** is looking for volunteers. ***Do you play an instrument, enjoy reading stories, have a love of art or creating, 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 other Volunteer Opportunities please call me.***

**Exercise and other Class Offerings:**

*(for any exercise program, check with your doctor first)*

**Oak Park River Forest Township Senior Services** Class offerings [here](#).

**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.) (see Tuesday above)

**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. (see Wednesday above)

**River Forest Park District Opportunities:** Look at pages 9-14 on River Forest Park Districts Fun Guide for Wellness Programs for Adults, including Susan Schwarting's Meditation and Drumming Classes (p. 13) [here](#). Pickleball at the River Forest Community Center: See Class information [here](#).

**Fitness Fellowship** is offering ***Gentle Yoga*** and ***Tai Chi*** at the Oak Park Arms from 10:00 am- 10:50 am. See *ongoing programming above in blue section*.

**Silver Sneakers at Gottlieb and Other Locations.**

For more information, click [here](#).

Click [here](#) for Gottlieb's **Aqua Group Exercise**.

**For Silver Sneakers Programs nearby: Click [here](#).**

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

**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/River Forest and neighboring communities. They offer a lot, from tai chi to stain glass classes to dinner club and trips. Click [here](#) to learn more. Call or email Megan Ulczak if you have any questions at [Megan.ulczak@pdop.org](mailto:Megan.ulczak@pdop.org) or (708)

725-2106.

**Triton College's Personal Enrichment and Leisure Classes for Adults:** [here](#). Triton offers affordable Continuing Education and Exercise Classes if you are in District 504 (which includes Oak Park, River Forest and Forest Park): Call 708- 456-0300 x3500 for more details and to register for classes. ***[Ballroom Dancing, Zumba Gold, Tai Chi, Aquacize and Beginner Swimming, Guitar, Piano, Painters Workshop and Retirement Classes are some of the offerings]***. Triton also has an indoor track (in building R) open to the public from 7am- 8pm. Call 708-456-0300 x3825 for more information.

**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)

**Jazzercise** is being offered at the **River Forest Community Center** in the second floor dance room M,W, Th 5:30 pm and Saturdays at 10:30 am. Cost is \$79 per month. For more information reach out to Susan Draus at [susanmdraus@aol.com](mailto:susanmdraus@aol.com). (12 classes for \$80)

### **Virtual/ Online Exercise and other Classes:**

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

**Senior Planet** also has good online Exercise programming and the **National YMCA** has some good exercise videos.

**Road Scholar online classes:** 21 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:** Register [here](#).

[Senior Planet](#) and [AARP Virtual Community Center](#) (AARP has Movies for GrownUps online).

Call with any questions, concerns or suggestions. Please send information my way that you think others would be interested in.

**Reminder: See attachments below.**

Betsy

Betsy Burton Kelly  
Senior Outreach Coordinator  
River Forest Township  
bkelly.rftownship@gmail.com  
(708) 366-2029 x13

### Attachments:

[River Forest Township Senior Services](#)

[River Forest Township HomeSharing Pilot](#)

[Township Caregiver Support](#)

[Rush Caregiving for Caregivers.](#)

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

[Celebrating Seniors all Year Long](#)

[Virtual Dementia Caregiver Support Group](#)

[Memory Cafe](#)

[Grief Support Group](#)

[Triton Access to Literacy](#)

[988 Suicide Hotline](#)

[Forest Park March and April News](#)

[Home Repair Flyer](#)

[CAPABLE](#)

[Repair Cafe](#)

[riverforesttownship.org](http://riverforesttownship.org)



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