



River Forest Township Senior News

February 2024

Hi Everyone!

I hope you are all well and are having a good winter so far. Hopefully the frigid cold weather is behind us. Below is your list of programs that the River Forest Township and the River Forest Library host (yellow section), other Township Programming as well as programming around town or nearby (blue section) as well as some virtual options. Look through the whole email when you have time and put the things you are interested in in your calendar, so you don't miss anything. Don't forget to look at the ongoing program calendar too (ie. every Thursday Planning and Mahjong)

Before you get to the Programs/ Events, **here are a few updates.**

- Please see our updated website [here](#) and if you didn't receive our mailing about Services for Older Adults in River Forest, click [here](#).
- **February 23** from 6:00 pm- 10:00 pm: **Wonderworks is** looking for **4 Adults to Volunteer** at their Annual Fundraiser/Trivia at the Nineteenth Century Club to help tally trivia results between 6pm-10pm. Contact: Christine Khaledan at ckhaledan@wonderworks.org or at 708-574-1811
- Also Oak Park River Forest Township is looking for people to help with **Meal Delivery on Fridays**. For more information reach out to Mercedes Nash at mnash@oakparktownship.org or call 708- 383-8060 x 3134.
- **February 26** Between 8:30 am- 4:30 pm at the Depot: Register for your individual garden plot. You will have to go to the Depot to prove you are a River Forest Resident (your ID and Water Bill will be needed). You will be assigned a garden plot by March 25. Previous year residents will have the opportunity to garden in the same plot. For more details and waiver form, click [here](#).
- **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](#).
- **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.
- Marc Blesoff's organization **CourAGEous** has some upcoming workshops. See [here](#).
- The Hemingway Foundation presents the **Hemingway Shorts Competition** Open until April 15: Learn more [here](#).

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

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

For River Forest residents go to the **River Forest Township Website** for more information from our Assessor [here](#).

- Triton's **Cafe 64** (building B, room 201) run by the Culinary Students is open on Thursdays for lunch from 11:30 am- 1:00 pm and for dinner the Triton **Bistro** (building B, Room 225) is open on Wednesdays from 5:30 pm- 7:00 pm. Make your reservation [here](#) or call 708-456-0300 ext. 3267.

Migrant Assistance:

Update on Migrant Ministry [here](#).

If you want to provide breakfast or donate, click [here](#).

Sign up to volunteer on Tuesday or Thursday morning, serving

breakfast, helping with donations at St. Edmunds Church, sign up [here](#).

Migrant Ministry is currently at St. Edmund's Church. 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](#)

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

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)
- **Note: you may need to click "view" entire email on the bottom left hand corner of this email, to view all the information.**
- *If you come across anything that is outdated or inaccurate, please let me know.*

*Also, if you want to receive **Community Connect Mail** to connect with older adults in Oak Park, Austin, River Forest and neighboring communities, send an email to communityconnectmail@gmail.com and please always send any information to me that you want to share with others.*

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.**



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. 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](#).

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.](#)

February 4 from 2:00 pm- 3:30 pm: ***Hidden Messages in Negro Spirituals on the Underground Railroad*** at the River Forest Library. Join Connie Martin, teacher and Rhode Scholar will present on these powerful and sacred songs.

February 5 from 10:00 am- 11:00 am: ***Coffee Monday*** with ***Eric Morton, Program Coordinator with Triton College.*** Learn about personal enrichment and other programming for older adults at Triton College.

February 10 from 2:00 pm- 3:00 pm: ***Soundbath Meditation*** with Rhonda Fentry. Register [here.](#) (Class is full, but there is a waitlist)

February 16 from 1:00 pm- 3:30 pm: ***Film Lover Fridays*** presents ***The Trial*** (1962), an Orson Welles' film adaptation of the Franz Kafka novel. Stay afterwards for discussion with local film expert Jim Jacob.

February 18 from 2:00 pm- 3:30 pm: ***Biomimicry: Looking to Nature to Solve Today's Problems.*** Naturalist **Kim White**, with live animals in tow, joins us for a talk on how the natural world has helped solve human problems.

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:

February 6 at 7:00 pm: **Illinois Public Libraries** presents ***Jerry Craft***, bestselling author, illustrator and syndicated cartoonist. To learn more and to register for this virtual event, click [here](#).

February 7 from 1:00 pm- 2:30 pm: **River Forest Library** presents ***Great Decisions***. In each session, we 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. This weeks topic is ***Mideast Realignment***.

February 20 from 7:00 pm- 8:00 pm: **Illinois Public Libraries** presents ***Romance and Regency with Bridgerton's Julia Quinn***. Register [here](#) for this virtual event.

February 21 from 1:00 pm- 2:30 pm: **River Forest Library** presents ***Great Decisions***. This weeks topic is ***Climate Technology and Competition***. (see Feb 7 for details about Great Decisions)

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

February 25 from 2:00 pm- 4:30 pm: **River Forest Library** presents ***Eyimofe*** (This is My Desire) from Nigeria, a portrait of working-class residents in Lagos, one of Africa's most populous cities.

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.

Local Programs/Events:

For Upcoming Events at **Oak Park Public Library**. Click [here](#).

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

Local and Online Events:

February 2 from 8:30 am- 10:30 am: **American Society on Aging (ASA) Roundtable: *Moving the Needle: Engaging Multiple Sectors to Improve Aging & Equity in Illinois*** Register [here](#).

February 2 from 9:30 am- 11:00 am: **Oak Park's Main Library** hosts **Adult Coffee Hour** in their Main Lobby's Community Space. Register [here](#). (every 1st Friday of the Month)

February 2 from 11:00 am- 1:30 pm: **Kehrein Center for the Arts** presents **Aging Well Together**. This is a free event with yoga, a luncheon and entertainment. See the Schedule [here](#). (Read article [here](#) about their past event)

February 3 from 10:00 am- 1:30 pm: **Fox Center and Park District of Oak Park** present **Repair Cafe**. (every 1st Sat of the Month) For more details, click [here](#).

February 4 from 2:00 pm- 3:30 pm: **River Forest Township and River Forest Public Library** present **Hidden Messages in Negro Spirituals on the Underground Railroad** at the River Forest Library. Join Connie Martin, teacher and Rhode Scholar will present on these powerful and sacred songs.

February 4, from 2:00 pm- 4:00 pm: **Arbor West Neighbors** presents their first **Literary Salon** at the American House Bistro (703 Madison St) Listen to readings/stories from your neighbors. Appetizers and drinks will be served Register at registerawnprogram@gmail.com

February 5 from 10:00 am- 11:00 am: **River Forest Township and River Forest Public Library** present **Coffee Monday** with Eric Morton from Triton College. Learn about program offerings for older adults at Triton College.

February 5 from 1:15pm- 2:15 pm, **The Nineteenth Century Charitable Foundation** presents their Monday Enrichment Series: **From 5,000 Years of Eating Bread to "Gluten Free"**. If you can't join in person join via Zoom [here](#).

February 6 at 2:30 pm, **Dominican University Arts and Minds** presents **Ayo Tometi** at Lund Auditorium. Tometi is a feminist freedom fighter. This event is free, but registration is required. Register [here](#). (see Dominican's website below 3-4 other events)

February 6 at 7:00 pm: **Illinois Public Libraries** presents **Jerry Craft**, bestselling author, illustrator and syndicated cartoonist. To learn more and to register for this virtual event, click [here](#).

February 7 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 Master Naturalist, Roberta Janssen. Meet at the Thatcher Woods Pavillion. Register at 708-366-6530

February 7 from 1:00 pm- 2:30 pm: **River Forest Library** presents **Great Decisions**. In each session, we 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. ***This weeks topic is Mideast Realignment.***

February 10 from 2:00 pm- 3:00 pm: **River Forest Township** and **River Forest Public Library** present ***Soundbath Meditation*** with Rhonda Fentry. Register [here](#).

February 12 from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Foundation** presents their Monday Enrichment Series: ***With Love: The Three Baritones.*** For more information, click [here](#).

February 13: Robert's Westside hosts ***Teller's Night.*** Come listen to local storytellers. Bring your own food and buy drinks at Robert's.

February 16 from 7:00 pm- 9:00 pm: Come to the **Cheney Mansion** Living Room for a ***White to Dark Chocolate Candy Tasting*** with Candyopia, paired with wine. (\$41- reach out to Susan Crane susan.crane@pdop.org 708-725-2500 if interested)

February 16 at 7:30 **Good Shepard Lutheran Church** hosts a ***Jazz Prayer Service*** for all. For more information, click [here](#).

February 17: Oak Park Festival Theater Gala. Tickets are \$125.00 or make a donation to the theater. For more information, click [here](#).

February 19 from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents their Monday Enrichment Series: ***Why Bookstores Matter in the 21st Century.*** Read more [here](#).

February 20: Robert's Westside presents ***Soup and Bread Night.*** Donate \$10 at the Door and enjoy soup from vendors and others in the community. Your donation this month goes to the Night Ministry.

February 20 from 7:00 pm- 9:00 pm (doors open at 6pm): **Fitzgeralds** presents ***The Moth Story Slam.*** For more details and to reserve tickets, click [here](#).

February 21 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 Master Naturalist, Roberta Janssen. Meet at the Thatcher Woods Pavilion. Register at 708-366-6530

February 21 from 10:00 am- 12:00 pm: **Oak Park (Park District) Active Adults** and the **Oak Park Health Department** are reaching out to all Older adults in Oak Park and neighboring towns to come to the Community Recreation Center (CRC) (229 Madison St. in Oak Park) for a ***Walk with a Nurse.*** Come for a walk and snacks and ask any health questions, get your blood pressure checked and get a diabetes risk assessment. Contact health@oak-park.us or

708.358.5480 or call Megan Ulczak at Activeadult@pdop.org with any questions.

February 22 at 7:00 pm: **Music and Potlucks** hosts their **Monthly Folk Jam** at Friendly's Community Room (Part of the Friendly Tap on Roosevelt Rd. in Berwyn) Donations accepted. Bring your instrument and/or your voice.

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

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.

Websites for more Events:

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

See **Dominican University** Events [here](#). (2/6, 2/18, 2/21, 2/22)

Oak Park Library Calendar for February [here](#).

Oak Park River Forest Museum February Calendar [here](#). (2/4, 2/7)

Green Community Connect Calendar: (including Repair Cafe). Click [here](#).

The **Oak Park River Forest Chamber of Commerce** posts events: Go to their site [here](#) and scroll down to **All Community Events**.

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:

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](#).)

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 from 6pm-8pm 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

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](#).

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 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 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.

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](#).

1:00 pm- 2:00 pm: Fitness Fellowship presents ***Gentle Tai Chi with Matt LaSaine*** at Oak Park Arms.

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 nostalgia Digest.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](#) a new music venue in Forest Park. (Go to their facebook page if their website is down [here](#).)

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](#).

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

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](#).

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 homemedsreferrals@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. Also, see the upcoming classes for caregivers (**flyers below- including [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

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 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 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](#)

Rush Hospital Support for Caregivers: Flyer [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 Mlong1@bsd.uchicago.edu for Zoom link information or other ways to connect.

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 call the Nutrition and Program Hotline number at (708) 725-9129.

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.*

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. 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, including newly arrived migrants from Ukraine (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 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 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 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 (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 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 Megan Ulczak if you have any questions.

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.][**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

Jazzercise is being offered at the **River Forest Community Center** in the second floor dance room Tuesdays and Wednesdays from 4:30 pm- 5:30 pm and Saturday from 10:30 am- 11:30 am. For more information reach out to Susan Draus at susanmdraus@aol.com. Cost is \$80/month (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:** Next program starting in October. 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](#)

[Educational and Cultural Events with the RF Library](#)

[Virtual Dementia Caregiver Support Group](#)

[Memory Cafe](#)

[Triton Access to Literacy](#)

[988 Suicide Hotline](#)

[January and February Forest Park Newsletter](#)

[Home Repair Flyer](#)

[CAPABLE](#)

[Repair Cafe](#)

riverforettownship.org



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