



River Forest Township Senior News

January 2024

Hi Everyone!

Happy New Year! Here's to a peaceful and happy 2024. Look out for a mailing from River Forest Township later this month. We want to make sure all River Forest residents are aware of the services and programming available to older adults in the community.

Some Important Dates from Below:

- **Coffee Monday** January 8 with Center for Disability and Elder Law at River Forest Library (see other upcoming Coffee Mondays in attachment below)
- **Line Dancing** at the Dole Center starts January 10 (A free Active Adult Program)
- **Stress Busting Program** through the Township starts January 17
- The Nineteenth Century Club has their **Monday Enrichment Series** every Monday. Click [here](#) to see their calendar.

Updates:

Pickleball at the River Forest Community Center:

See Class information [here](#).

Oak Park and River Forest Township Senior Services offers **"Mad for Mats"** on Thursdays. Help make mats for the unhoused out of plastic bags. Please donate any extra plastic bags you may have. This is held in the Oak Park Senior Services location at 130 S. Oak Park Ave. They are always looking for more volunteers too. Stop by any Thursday between 10am- 1pm.

If you are interested in signing up to be an Election Judge, click [here](#).

RiverEdge Hospital is collecting Donations of new or gently used winter clothing, now through January 31. Oak Park Township (105 Oak Park Ave.) is one of the drop off spots.

In January (23 & 30), **Concordia Center for Gerontology** will have

focus groups to see if there is an interest in the school offering intergenerational classes at an affordable price. If you are interested in being part of these focus groups, or if you have more questions, please reach out to Beth Truett at 708.271.2834 or bethtruett@gmail.com

Rush Hospital Chicago is looking for subjects between the age 60-80, that have not been diagnosed with a motor or cognitive changes. The project is looking for the relationship between cognitive and gait dysfunctions in a genetic disorder that often mimics Parkinson's. You will be paid for your time, although it sounds like some of the tests can be intense, including an MRI. Contact emily_c_timm@rush.edu for more information.

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](#).

[***Robert's Westside***](#) is the new music venue in Forest Park on the corner of Circle and Madison St. (they will have the Soup and Bread Night every third Tuesday as well as Storytelling events- which the Exit Strategy used to hold)

Migrant Assistance Update:

Migrant Ministry will be moving to St. Edmund's Church as of **January 4**. Donations will next be accepted at the Pleasant Street door at St. Edmund School, [200 S. Oak Park Ave.](#), on Tuesday. **[Here is the list of what they need:** 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.]

Update on Migrant Ministry [here](#).

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)

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 December as well as ongoing events and websites of interest.

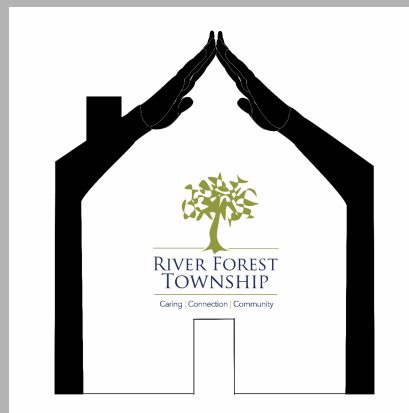
Look over the other Sections for updates too: **Township Senior Services** information, followed by **Grief/Support Groups** (Pink Section), **Volunteer Opportunities** (Purple Section) and **Exercise and other Class Offerings** (Green Section)

- **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.*

*If you also 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](#).

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 mentioned. (register only for special events and yoga)

January 8, from 10:00 am- 11:00 am, Join us for **Coffee Monday**. Tiffany Clements from **Center for Disability and Elder Law (CDEL)** will talk about the services they provide, including Power of Attorney for Health Care and Property and Living Will Declarations.

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

January 19 from 1:00 pm- 3:30 pm: **Film Lover Fridays** featuring **To Kill a Mockingbird**. Stay for the discussion afterwards with local film expert, Jim Jacob.

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

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

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:

January 28 from 2:00 pm- 4:30 pm: **Global Film Forum**, featuring **Belfast**. Kenneth Branagh's film about coming of age in Northern Ireland in the 1960's.

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:

January 2 at 10:00 am, **Trailside Museum** presents **New Years Resolution Walk**. Register in advance by calling 708-366-6530.

January 3 at 9:00 am, **Trailside Museum** presents **Senior Fitness Walks** in Thatcher Woods with Roberta Jannsen. Register in advance by calling 708-366-6530

January 3 from 7:00 pm- 8:00 pm, **River Forest Library** presents their **Adult Book Club**. The book is **When a River Runs through It** by Norman Maclean.

January 4 at 7:00 pm(- February 1): **Improv Workshop** at the **Madison Street Theater**. For more information, click [here](#).

January 5 at 10:00 am and again at 3:00 pm: **CoGenerate** and **Urban Rural Action** present **National Day of Dialogue**. For Dialogue #1 registration, click [here](#).; For Dialogue #2, click [here](#). [learn more about Urban Rural Action [here](#).]. For other

CoGenerate Events in January click [here](#). [*January 17: GoGenerate 101, January 30: On Midlife Revelations: An Interview with Chip Connolly, Author of Learning to Love Midlife:12 Reasons Why Life Gets Better with Age*]

January 6 from 10:00 am- 1:30 pm: **Park District of Oak Park/ Fox Center** (624 S. Oak Park Ave.) host **Repair Cafe** (every 1st Saturday of the month) Bring any small item that needs to be repaired. If you would like to volunteer to help fix items let them know as well.

January 8 from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Foundation** presents **Monday Enrichment Series: Chicago West Loop: Then and Now**. For more details and if you want to watch virtually, click [here](#). [Note: see programs on the **15th**, **22nd** and **29th** too [here](#).]

January 9 at 6:30 pm: **Roberts Westside and Forest Park Arts Alliance** present **Tellers Night**. Come hear storytellers and order a drink. There is no food, but you are welcome to bring your own food. General Admission is \$15 at the door.

January 10 from 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](#). (ongoing Wednesdays)

January 11 at 7:00 pm: **Illinois Public Libraries** present **Speculating about our AI Future** with Cory Doctorow, Ken Liu, and Marth Wells. For more information and to register for this virtual event, click [here](#).

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

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

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

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

January 17 (through March 16) from 10:00 am- 11:30 am: **Age Options** and the **Oak Park/River Forest Townships** present **A Stress Busting Program**. A nine week workshop for Caregivers of person's with Alzheimer's or other forms of Dementia. This is a virtual

program. Register in advance [here](#) or call Devin Andrews at 708-725-9116.

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

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

January 19 and 20: **Oak Park Public Library** presents *Building Community*. For more information and to register for this restorative justice program, click [here](#).

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

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

January 23 from 10:00 am- 12:00 pm: **Arbor West Neighbors Meetup** hosted by Cecily Mango (203 N Kenilworth, Oak Park) If you are not an AWN member, come to learn more about Arbor West Neighbors. To get on their email list and receive their newsletter email: arborwestneighbors@gmail.com

January 23, from 11:00 am - 12:30 pm: **Focus Group for LGBT+ Older Adults in West Suburban Cook County**. Thrive with Pride Event [here](#).

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

January 31 from 10 am- noon: **Walk with the Nurse at Community Recreational Center (CRC)**. The public health nurse and other Public Health Department staff will be on hand to walk and talk with you, as well as offer free blood pressure checks, diabetic risk assessments and answer any public health-related questions you

have. Just show up; Mention that Megan Ulczak from the Dole Center recommended program. (229 Madison St., Oak Park)

Websites for more Events:

Trailside Museum of Natural History events [here](#). If you want their monthly email of events sent to you, reach out to Wes Wallace at Wes.Wallace@cookcounty.gov.

See **Dominican University** Events [here](#).

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

Oak Park River Forest Museum January Calendar [here](#).

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 **Oak Park/River Forest Township Senior Services** has a lot of programming too. See their calendar [here](#).

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:

10:00 am- 10:50 am: Fitness Fellowship presents *Gentle Tai Chi with Isaac Johnson* at Oak Park Arms. (Every Tuesday and Thursday) 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 Tuesday and Friday)

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- 10:50 am: Fitness Fellowship presents *Gentle Tai Chi with Isaac Johnson* at Oak Park Arms. (Every Tuesday and Thursday) Open to the Community.

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:

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](#).

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***

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

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**. 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.

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

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 for Memory Cafes**). *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.

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.] SEE JANUARY 17 STRESS BUSTING PROGRAM ABOVE.

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 jbenett@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.

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)

Fitness Fellowship is offering ***Gentle Yoga*** and ***Tai Chi*** at the Oak Park Arms on Mondays, Tuesdays, Thursdays and Fridays 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](#).

[River Forest Park District](#) is offering *Beginning and Intermediate Pickleball Classes. (soon to be back at River Forest Community Center)*

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)

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. Plus it's fun! ***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. For complete info email [**info.centerforserenity@gmail.com**](mailto:info.centerforserenity@gmail.com)

Slowfire Ceramics in Oak Park offers art classes for \$140 or \$20/class- classes starting on Friday, **September 15**. They also teach at Oak Park Township Senior Services as well as Oak Park Library. Starting **September 6**, classes will be starting up again at the Township. Click [here](#) for more details. See Oak Park Township Senior Services calendar of Events for September [here](#).

Virtual/ Online Exercise and other Classes:

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 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 (DIY) 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:

[Township Caregiver Support](#)

[Rush Caregiving for Caregivers.](#)

[Virtual Dementia Caregiver Support Group](#)

[CJE Virtual Caregiver Support Group](#)

[Township Senior Services](#)

[Coffee Mondays](#)

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

[Home Repair Flyer](#)

[CAPABLE](#)

[Repair Cafe](#)

[Triton Access to Literacy](#)

[One Click Engagement Study](#)

[CJE Virtual Exercise Classes](#)

[988 Suicide Hotline](#)

[January and February Forest Park Newsletter](#)

[River Forest Township HomeSharing Pilot](#)



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