



River Forest Township Senior News

March 2024

Hi Everyone!

I Hope you are all well. A reminder, to those of you that are River Forest Residents, if you did not receive our mailing, click [here](#) to view it. Also, please go to our updated website [here](#) for more information. If you are not a River Forest resident and prefer to just receive my 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.

Please see below for the 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 Mad for Mats/Plarning and Mahjong); Other updates and **Tax information** is included as well.

Some Highlights from below: The **free Sunday Matinee** Showing of Mean Girls for Older Adults (3/3); Learn about the **RSVP Program** at River Forest's Coffee Monday (3/4); **The Historical Society's Gala** (3/7), **Jazz Thaw** (3/9-3/11); **Arbor West Neighbors presentation on Hearing Challenges** (3/13); A **new Caregiver Class** (3/20). Also, Migrant Ministry, the Township and Wonderworks are looking for **volunteers**. Reach out to me with any questions.

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

Updates:

- **Don't forget to Vote!** Cook County is still looking for **Election Judges**: For more information, click [here](#). (**Oak Park River Forest League of Women Voters** Calendar of events [here](#).) For

other voting information, including early voting click [here](#).

- Are you thinking of downsizing, but don't want to move to a building that is solely older adults? Learn more about **Oak Park Commons Intergenerational CoHousing** [here](#).
- **Powerful Tools for Caregivers with Devin Andrews** starting March 20. See flyer [here](#). Classes will be Wednesdays at Solutions for Care in North Riverside and will be run by Caregiver Support Specialist Devin Andrews from Oak Park/ River Forest Township Senior Services.
- **Dancing with Parkinson's March 7- May 23:** See flyer [here](#).
- **Housing Choice Vouchers/ Low Income Households Waiting List opening up.** Read more [here](#).
- **OPRF High School** Upcoming Shows: **Mean Girls** (March 2, 8, 9 at 7pm and March 3, special senior day at 2pm); **Utopia** (March 14, 15, 16) and **Band Concerts**(March 19, 20 and 21) [here](#).
- **River Forest Garden Plot Information** [here](#).
- **Wonderworks** is looking for Volunteers for **Dino Works March 23-27**. Click [here](#) to learn more and to sign up.
- **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.
- **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.
- 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](#).

Help with 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:

Migrant Ministry is currently at St. Edmund's School (*they will be a shelter as well soon*) Donations are accepted on Mondays from 9am-Noon at the Pleasant Street door at St. Edmund School (200 S. Oak Park Ave.) **Most Donations are on pause for a bit** although you can still donate through their [Amazon Wishlist](#) *
***and if you do, please consider getting toiletries from the list (there is always a need)**

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 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.*) T [Donations: information [here](#).]

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

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](#).*

March 3 from 2:00 pm- 3:30 pm: **Life Lessons from the Happiest People.** Learn what makes people in Scandinavian Countries so happy. Come to the River Forest Library.

March 4 from 10:00 am- 11:00 am: **Coffee Monday with Mario Porras from Triton's RSVP Program.** Learn about volunteer

opportunities and more. This will be held at the River Forest Library.

March 9 from 2:00 pm- 3:00 pm: **Gentle Yoga** with Rhonda Fentry. Bring your own yoga mat. Registration required. Register [here](#).

March 15 from 1:00 pm- 3:30 pm: **Film Lover Fridays**. This months movie will be **Tom Jones** (1963) based on the Henry Fielding novel. Light refreshments will be served and Jim Jacobs, local film critic will lead a discussion afterwards.

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:

March 6 from 1:00 pm- 2:30 pm: **Great Decisions: Science Across Borders**. 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.

March 10 from 2:00 pm- 3:30 pm: **Kathleen Fleming Author Event**. Kathleen Fleming will come to the library to read from her historical fiction novels. She will also highlight the working conditions for women in the 19th and 20th Centuries.

March 20 from 1:00 pm- 2:30 pm: **Great Decisions: U.S.-China Trade Rivalry**. 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.

March 20 from 7:00 pm- 8:00 pm: **The Illinois Library Foundation** presents **Ruth E. Carter: Interweaving Tradition and Imagination Through Costume Design**. Ruth Carter has won two Oscars for Costume Design (Black Panther, Black Panther: Wakonda Forever) Aisha Harris from NPR will be interviewing her. Register for this virtual event [here](#).

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

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 \(as well as some online events\):](#)

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 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 sbelow.

March 1 from 9:30 am- 11:00 am: **Oak Park Public Library** presents **Older Adults Coffee Hour**. Register [here](#).

March 1 from 11:00 am- 1:30 pm: **The Kehrein Center for the Arts** presents **Aging Well Together**. See the schedule [here](#) and reserve your spot.

March 2 from 10:00 am- 1:30 pm: **Repair Cafe** (every 1st Saturday of the month) at Fox Community Center (624 S. Oak Park Ave.) in Oak Park. Bring any small items you have that need to be fixed. Offer to volunteer if you are available.

March 2 at 1:00 pm: **Trailside Museum of Natural History** (Thatcher Woods, Chicago Ave., River Forest) presents a **Wellness Walk**. Register in advance by calling 708-366-6530

March 3 from 9:30 am- 10:45 am: The Start of A Five Week Long Series on **Environmental Stewardship/Environmental Justice**. See flyer [here](#). (also on **March 10, 17, 24 and April 7**) Held at First United Church (848 Lake St., Oak Park)

March 3 at 2:00 pm: **Oak Park River Forest High School** presents the musical **Mean Girls**. This is a special free production for older adults. There is a reception in the South Cafeteria before the show from 1:00 pm- 2:00 pm. Read more [here](#).

March 3 at 3:00 pm: **Handel Week Final Concert** at Pilgrim Church in Oak Park (460 Lake St.) For more information and tickets (\$43), click [here](#).

March 4 from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Foundation** presents their Monday Enrichment Series: **Identifying Trustworthy Artificial Intelligence**. Click [here](#) for more details and/ or what to attend via Zoom.

March 5 from 1:00 pm- 2:30 pm: **University of Chicago Medicine** presents A live interactive conversation about Dementia Care with **Dasha Kiper**, the author of **Travelers to Unimaginable Lands**. Zoom link [here](#). This is also in person at the University of Chicago School of Medicine.

March 6 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.

March 7 from 11:00 am- 12:30 pm: Generations United presents Play for All Ages. Designing Intergenerational Spaces that Build Connections and Encourage Learning. Learn more and register [here](#).

March 7 from 6:30 pm- 8:30 pm: The Historical Society of Oak Park and River Forest presents their **2024 Museum Gala** at the Nineteenth Century Club (178 Forest Avenue in Oak Park). This year, Susan and Nick Bridge and John Rigas will be honored with the 2024 "Heart of Our Villages" Awards. Tickets and an opportunity to place a congratulatory note in the ad book are available [here](#) or by calling 708-848-6755.

March 9-11 Jazz Thaw in Oak Park: For more information, click [here](#).

March 10 from 2:30 pm- 4:30 pm: **Park District of Oak Park** presents **String Serenade** at Pleasant Home. Click [here](#) for more information. (\$35-\$40) Reach out to Susan Crane for more details. Susan Crane, susan.crane@pdop.org 708-725-2500

March 11 from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents **Monday Enrichment Series: Literature: Radical Ideas! Women and the Vote**. Click [here](#) to learn more.

March 12 at 6:30: **Robert's Westside** presents **Tellers Night**. \$15 donation at the door. Come see storytellers and get a drink. Bring your own food if you want too.

March 13 from 10:00 am- 12:00 pm: **Arbor West Neighbors** presents **Hearing Challenges and Resources for Older Adults**. Learn about helpful technologies and resources that can help you. Come to the CRC (Community Recreation Center of Oak Park)(229 Madison St.) Please register for this event at registerAWNprogram@gmail.com. See flyer [here](#).

March 14 from 7:00 pm- 9:00 pm: **The Park District of Oak Park** presents **Comedy Night with Tim Walkoe** at the Pleasant Home. Learn more [here](#). Reach out to Susan Crane with more details. Susan Crane: susan.crane@pdop.org 708-725-2500 (Become an Active Adult Member with the Park District of Oak Park. Read more [here](#).)

March 15 at 7:30 pm: **Good Shepard Church** presents **Jazz Prayer Service: Lady Sings the Blues**. Learn more [here](#).

March 16 from 10:00 am- 12:00 pm: **The CRC** (Community Recreation Center) presents **Walk with a Nurse**, in partnership with the Oak Park Health Department, the Park District and the

Community Mental Health Board. Get your blood pressure checked; check for diabetes and ask your medical questions. (open to older adults in all communities) (229 Madison St.) Reach out to Megan Ulczak at Megan.ulczak@pdop.org with any questions.

March 17 at 1:00 pm: **CourAGEus** presents ***A Taste of Conscious Aging***. This is a free virtual workshop. Learn more and register [here](#).

March 18 from 1:15 pm- 2:15 pm: **The Nineteenth Century Charitable Association** presents their ***Monday Enrichment Series: Irish Stew, Songs and Stories from Old Ireland***. Learn more [here](#).

March 19 from 6:00 pm- 9:00 pm: **Robert's Westside** presents ***Soup and Bread West***. \$10 donation at the door. Enjoy Soup and Bread and Music by Szurko Trio. If you want to bring soup, reach out [here](#).

March 19 at 7:00 pm: **Fitzgeralds** presents the ***Moth StorySLAM***. This month's theme is ***Obsession***. Come listen and/or share your story. Get your tickets early [here](#).

March 20 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.

March 21 from 6:30 pm- 8:30 pm: **Cheney Mansion** and the Park District of Oak Park present ***Carnivore Roasts!*** Reach out to Susan Crane to register or logon to your park district account. Susan Crane susan.crane@pdop.org 708-725-2500 (\$50-\$67)

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

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

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

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

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

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

Upcoming:

2024 Legislative Breakfast with AgeOptions

Monday, April 1 | 10:00 AM – 11:15 A, 439 Bohland Ave, Bellwood, IL
No Cost; RSVP to Peter Byer at peter.byer@ageoptions.org

Conscious Aging Workshops with **CourAGEus** starting April 7.
Read 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. (start saving any foam)

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](#). (a lot of Events in March)

The Nineteenth Century Charitable Association March Calendar of Events [here](#).

Oak Park Library Calendar [here](#).

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

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

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.

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](#).

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.

Recipe Box Cafe at Dominican University. See upcoming meals [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. (**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

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 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 or Monica Long at 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 or call 708- 383-8060 x 3134.

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. (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/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 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

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. (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 (DIY) 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](#)

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

[Virtual Dementia Caregiver Support Group](#)

[Memory Cafe](#)

[Triton Access to Literacy](#)

[988 Suicide Hotline](#)

[Forest Park March and April News](#)

[Home Repair Flyer](#)

[CAPABLE](#)

[Repair Cafe](#)



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