

## **Hello Neighbors! Below is our April program schedule. Join us all month long for informative seminars, health programs, fitness, entertainment, and more!**

We encourage you to share our class schedule with friends, family, and neighbors, near & far, of any age – everyone is welcome to join us. We hope to see you soon on Zoom. Thank you all for being a part of the Aging Well Neighborhood! Today is a good day to age well 😊

**\*\*FOR QUESTIONS ABOUT THE PROGRAMS LISTED BELOW OR TO JOIN OUR MAILING LIST – please email [AWN@agingcareconnections.org](mailto:AWN@agingcareconnections.org) \*\***

### **🌸 April Program Summary 🌸**

Details & links to join are listed starting on page 2

#### **FITNESS**

- **Senior Strong Fitness** | Fridays @ 11:15am | April 1, 8, 15, 22, 29
- **Core Conditioning** | Tuesday April 5 @ 1:00pm
- **Total Mind and Body Workout** | Wednesdays at 10:15am | April 6 & 20
- **Qi Gong Fitness** | Wednesdays @ 11:00am | April 13 & 27
- **Senior Stretch** | Tuesday April 19 @ 1:00pm

#### **AGING WELL / HEALTH & WELLNESS**

- **Caregiver 101** | Monday April 18 | 1:30-2:30pm
- **It's Not Like My Grandmother's Hearing Aids** | Thursday April 21 | 10:00-11:00am

#### **LIFELONG LEARNING/FUN/ENTERTAINMENT**

- **Act II Flicks on Friday – Belfast (2021)** | Friday April 1 | 3:00-4:40pm
- **Act II Creative Writers' Discussion** | Monday April 4 & 18 | 11:30am–12:30pm
- **NEW!! Book Chat** | Thursday April 7 | 10:00-11:00am
- **Cooking & Storytelling with Trish: "I Love Lucy"** | Monday April 11 | 4:00-5:30pm
- **Lifelong Learning: Emperor's Ghost Army (2014)** | Tuesday April 12 | 2:00-3:00pm
- **Cooking & Storytelling with Trish: Cooking in Alice In Wonderland's World** | Monday April 18 | 4:00-5:30pm
- **Lifelong Learning: Building the Great Cathedrals (2010)** | Tuesday April 26 | 2:00-3:00pm

# Aging Well Neighborhood Online Classes – April 2022

## Friday April 1 | 11:15am-12:15pm | Senior Strong Fitness

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

**Supplies needed:** A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Just Lift Fitness LLC

**Please read the waiver at the bottom of this email before joining this exercise class**

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZUqceGppjgoHdfpri2WrppZMa8k8UqAS6GV>

Password: awn123

Meeting ID: 817 6818 3273

## Friday April 1 | 3:00-4:40pm | Act II Flicks on Friday – Belfast (2021)

At the dawn of the Troubles in Northern Ireland, a young boy sees the effects of conflict all around him. His father finds an opportunity to create a more exciting station in life, but his mother is terrified of leaving everything she knows. If the family goes to England, she worries that they will lose their identity, or find themselves covering it up in some way. Everywhere they go, it seems as if people are in upheaval and waiting for the next shoe to drop. In Belfast, anything can happen in an instant.

Rate PG-13 | 98 minutes | Drama | US Release Date: November 12, 2021

Writer & Director: Kenneth Branagh

Stars: Jude Hill, Lewis McAskie, Caitriona Balfe, Jamie Dornan, Judi Dench

**Click this link to join:** [https://us02web.zoom.us/meeting/register/tZApdu-vqzIvH9089FwUbT\\_sCQb2rJLeaouQ](https://us02web.zoom.us/meeting/register/tZApdu-vqzIvH9089FwUbT_sCQb2rJLeaouQ)

Password: awn123

Meeting ID: 844 1675 9559

## Monday April 4 | 11:30am-12:30pm | Act II Creative Writers'



### Discussion

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers for a lively discussion to share writings and ideas. Writing themes are your choice - fact, fiction or fractured fairy tales. Some write memoirs. There is reminiscing, laughter and nostalgia – Just fun! New participants are always welcome. Meets on the first and third Monday of each month.

**Facilitator:** Alyson Scanlon – Aging Care Connections

**Click this link to join:**

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNWckl4KzVNV1N5ZEN5dz09>

Passcode: fLA7kC

Meeting ID: 723 1975 1795

## Tuesday April 5 | 1:00-2:00pm | Core Conditioning

Core Conditioning focuses on strengthening your abdominals and the surrounding muscles that support your spine. This class will re-engage core muscles to improve daily endurance, improve posture and prevent injury.

**Supplies needed:** Light hand weights or water bottles for a challenge. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Mary Ann Hilsen, Co-Owner and MSPT from Impulse Rehab and Wellness

**Please read the waiver at the bottom of this email before joining this exercise class**

**Click this link to**

**join:** [https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS\\_I5OmKAd1H1xm3](https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmKAd1H1xm3)

Password: awn123

Meeting ID: 848 9248 1554

## Wednesday April 6 | 10:15–11:15am | Total Mind and Body Workout

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and cognitive function. Join us for this special series that is designed to take you through movements of different variations of walking and balance to improve your coordination (mind) and stability (body) as well as strengthen your upper and lower body and core. All movements and exercises help stimulate the brain to keep the mind and the body active.

**Supplies needed:** A sturdy chair with no arm rests and no wheels. Light hand weights or water bottles for a challenge. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZErCuiprTkvHdy3UCpiB75OatkIRMUdYNxw>

Password: awn123

Meeting ID: 856 5113 2578

**Thursday April 7 | 10:00 -11:00am | NEW! Book Chat**



**CALLING ALL BOOK LOVERS!** 🤗

An avid reader? Or don't know what to read next? Join other fellow book readers who are prepared to share their recommendations of a favorite book. Book lover, Sarah will help facilitate this book discussion of must read books. Even if you don't have a book to recommend please join to get a list of good reads or if you would like to give a recommendation, please be prepared to offer a brief plot summary (that doesn't give anything away!). This could include what you most liked about the book, a detail or two about a favorite character, and to whom (if anyone) you would recommend the book (eg: mystery lovers, those who enjoy history, anyone looking for a new series to read, etc.). To allow all participants time for their reviews, we ask that you limit the discussion of your chosen book to between 5 and 7 minutes. A simple template to follow can be emailed to you by request by emailing [awn@agingcareconnections.org](mailto:awn@agingcareconnections.org)

**Facilitator:** Sarah Jewett, MA | Adult Protective Services Caseworker | Aging Care Connections

**Click this link to join:** <https://us02web.zoom.us/meeting/register/tZUpc-GsrzgjHtdzXi5XE3U4IBCvSHKW7WEf>

Password: awn123

Meeting ID: 814 4841 3943

**Friday April 8 | 11:15am-12:15pm | Senior Strong Fitness**

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

**Supplies needed:** A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Just Lift Fitness LLC

**Please read the waiver at the bottom of this email before joining this exercise class**

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZUqceGppjgoHdfpri2WrppZMa8k8UqAS6GV>

Password: awn123

Meeting ID: 817 6818 3273

**Monday April 11 | 4:00 – 5:30 | Cooking & Storytelling with Trish: “I Love Lucy”**   

**CALLING ALL FOODIES, COOKS, COMEDY LOVERS AND FANS OF I LOVE LUCY! JOIN US FOR A FUN COOKING PARTY!**

Laugh along with Trish as she shares some trivia and fun facts about *I Love Lucy*, Lucille Ball and company. Along the way Trish will demonstrate creating some recipes with an I Love Lucy theme including chocolate truffles! Come enjoy a fun cooking party!

**If you would like to receive the menu and recipes ahead of time, email Trish at [tsmithing@agingcareconnections.org](mailto:tsmithing@agingcareconnections.org)**

**Presenter:** Trish Smithing, Aging Care Connections, Community Health Worker and Educator

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZErdeGtrzMtGtxE62T7I4i7QhYDyjoyjA2>

Password: awn123

Meeting ID: 856 2851 8708

**Tuesday April 12 | 2:00-3:00pm | Lifelong Learning: Emperor’s Ghost Army (2014)**

Join us for a viewing of the NOVA documentary *Emperor’s Ghost Army*. “In central China, a vast underground mausoleum conceals a life-size terracotta army built to serve China’s first emperor, Qin Shi Huang Di, in the afterlife. With exclusive access to pioneering research, it reveals how the Emperor directed the manufacture of the tens of thousands of bronze weapons carried by the clay soldiers including lethal crossbows engineered with astonishing precision.” - Publisher abstract

**Click this link to**

**join:** [https://us02web.zoom.us/meeting/register/tZ0scOmrrz4oGNTuFuCO\\_qXsX-OIOQRxkWBZ](https://us02web.zoom.us/meeting/register/tZ0scOmrrz4oGNTuFuCO_qXsX-OIOQRxkWBZ)

Password: awn123

Meeting ID: 891 7031 5220

**Wednesday April 13 | 11:00am-12:00pm | Qi Gong Fitness - Followed by short Q&A with Tom**

Qi Gong is a combination of chair and standing exercises that promote mobility and flexibility through all the joints in the body. It has been referred to as “oiling the joints”. These movements create suppleness and youthful vitality throughout the body.

**Supplies needed:** A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Tom Wilkens, Owner – Dancing Cranes

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZcsdeqorzgsH9R5bv3m19ae8hHarani074w>

Password: awn123

Meeting ID: 831 2301 3650

## Friday April 15 | 11:15am-12:15pm | Senior Strong Fitness

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

**Supplies needed:** A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Just Lift Fitness LLC

**Please read the waiver at the bottom of this email before joining this exercise class**

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZUqceGppjgoHdfpri2WrppZMa8k8UqAS6GV>

Password: awn123

Meeting ID: 817 6818 3273

## Monday April 18 | 11:30am-12:30pm | Act II Creative Writers'

### Discussion

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers for a lively discussion to share writings and ideas. Writing themes are your choice - fact, fiction or fractured fairy tales. Some write memoirs. There is reminiscing, laughter and nostalgia – Just fun! New participants are always welcome. Meets on the first and third Monday of each month.

**Facilitator:** Alyson Scanlon – Aging Care Connections

**Click this link to join:**

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNWckl4KzVNV1N5ZEN5dz09>

Passcode: fLA7kC

Meeting ID: 723 1975 1795

## Monday April 18 | 1:30-2:30pm | Caregiver 101 : Caring for a Caregiver

**Calling All Caregivers – Join us to receive essential knowledge and resources to assist you as you care for your loved one** ❤️

Are you a caregiver? Do you drive a loved one to the store? Arrange their medications? Or maybe you care for your loved one 24/7. Then this class is for you. You will learn what it means to be a caregiver and the 3 most important things a caregiver needs to know in order to care for themselves and be a better caregiver. You will receive knowledge and resources that will help you on your journey.

**Presenters:** Maria Lobo – ACC Caregiver Resource Center Intern & Kathleen Breault ACC Caregiver Specialist

**Click this link to join:**

[https://us02web.zoom.us/meeting/register/tZwrce6qpz0rE9VnIM5b-s2xVtkk\\_kI\\_snQO](https://us02web.zoom.us/meeting/register/tZwrce6qpz0rE9VnIM5b-s2xVtkk_kI_snQO)

Password: awn123

Meeting ID: 886 6729 6191

## Monday April 18 | 4:00 – 5:30 | Cooking & Storytelling with Trish:

**Cooking in Alice in Wonderlands World**   

**CALLING ALL FOODIES, COOKS, AND FANS OF ALICE IN WONDERLAND! JOIN US FOR A WHIMSICAL COOKING PARTY!**

Join Trish as she shares some fun information about the novel *Alice's Adventures in Wonderland* (commonly known as *Alice in Wonderland*) and the author Lewis Carroll. Along the way Trish will demonstrate creating some recipes with an Alice in Wonderland theme. Come enjoy a whimsical cooking party!

**If you would like to receive the menu and recipes ahead of time, email Trish at [tsmithing@agingcareconnections.org](mailto:tsmithing@agingcareconnections.org)**

**Presenter:** Trish Smithing, Aging Care Connections, Community Health Worker and Educator

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZMldO2tpzkuGNbmHoN1Bcvq5hYY9O3zroXj>

Password: awn123

Meeting ID: 878 3459 2422

## Tuesday April 19 | 1:00-2:00pm | Senior Stretch

Increase your flexibility and reduce joint stiffness with Senior Stretch. Having normal joint range of motion helps to maintain healthy joints and leads to improved ability to move.



**Supplies needed:** Light hand weights or water bottles for a challenge. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Beth Gorman, Co-Owner and MSPT from Impulse Rehab and Wellness

**Please read the waiver at the bottom of this email before joining this exercise class**

**Click this link to**

**join:** [https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS\\_I5Om\\_kAd1H1xm3](https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5Om_kAd1H1xm3)

Password: awn123

Meeting ID: 848 9248 1554

## **Wednesday April 20 | 10:15–11:15am | Total Mind and Body Workout**

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and cognitive function. Join us for this special series that is designed to take you through movements of different variations of walking and balance to improve your coordination (mind) and stability (body) as well as strengthen your upper and lower body and core. All movements and exercises help stimulate the brain to keep the mind and the body active.

**Supplies needed:** A sturdy chair with no arm rests and no wheels. Light hand weights or water bottles for a challenge. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZErcuiprTkvHdy3UCpiB75OatkIRMUdYNxw>

Password: awn123

Meeting ID: 856 5113 2578

## **Thursday April 21 | 10:00-11:00am | It's Not Like My Grandmother's Hearing Aides**

Hearing impaired people with hearing aids have greater self-confidence, stronger self-image and better communicative functioning, resulting in overall higher self-esteem, than those without aids. Learn about the latest technology and how it can help you from an audiologist who has been helping patients for over 20 years.

**Presenter:** Lisa Gumina, Doctor of Audiology and Certified Dementia Practitioner.

**Click this link to join:** <https://us02web.zoom.us/meeting/register/tZAtc-2qrD8rG9en5WyGF-hvvUKnu-L7-qtI>

Password: awn123

Meeting ID: 840 4422 4113



## Friday April 22 | 11:15am-12:15pm | Senior Strong Fitness

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

**Supplies needed:** A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Just Lift Fitness LLC

**Please read the waiver at the bottom of this email before joining this exercise class**

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZUqceGppjgoHdfpri2WrppZMa8k8UqAS6GV>

Password: awn123

Meeting ID: 817 6818 3273

## Tuesday April 26 | 2:00-3:00pm | Lifelong Learning: Building the Great Cathedrals (2010)

Join us for a viewing of the NOVA documentary *Building the Great Cathedrals*. "This installment of NOVA examines how the great medieval cathedrals were built. The architectural marvels, made from stone and by hand, often required the labor of entire towns, and some took 100 years to finish. Many, however, now may collapse. Here, architects, engineers, computer scientists and art historians investigate the secrets used to build them in order to save them, including how the soaring, glass-filled walls were erected." ~ Jeff Gemmill, Rovi

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZIufuyogjssHNZ22E6BUL2o91AOZ7RsBV3F>

Password: awn123

Meeting ID: 863 9504 0662

## Wednesday April 27 | 11:00am-12:00pm | Qi Gong Fitness - Followed by short Guided Meditation with Tom

Qi Gong is a combination of chair and standing exercises that promote mobility and flexibility through all the joints in the body. It has been referred to as "oiling the joints". These movements create suppleness and youthful vitality throughout the body.

**Supplies needed:** A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Tom Wilkens, Owner – Dancing Cranes

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZcsdeqorzgsH9R5bv3m19ae8hHarani074w>

Password: awn123

Meeting ID: 831 2301 3650

## **Friday April 29 | 11:15am-12:15pm | Senior Strong Fitness**

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

**Supplies needed:** A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Just Lift Fitness LLC

**Please read the waiver at the bottom of this email before joining this exercise class**

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZUqceGppjgoHdfpri2WrppZMa8k8UqAS6GV>

Password: awn123

Meeting ID: 817 6818 3273



## **May is Aging Well Month – You're Invited to Celebrate With Us!**



- Sunday May 1 | 2:00pm-3:30pm | Frederick Law Olmsted: Bringing Nature to the City
- Monday May 2 | 10:00am-11:00am | Leslie Goddard Presents: Chicago's Sweet Candy History
- Monday May 2 | 11:30am-12:30pm | Creative Writers' Discussion
- Monday May 2 | 2:00pm-3:00pm | What to Eat and WHY - Eating Well to Maximize Your Health
- Monday May 2 | 6:30pm-7:30pm | Stretching & Meditation
- Tuesday May 3 | 11:00am-12:00pm | Protect Your Family Tree with Estate Planning
- Tuesday May 3 | 1:00pm-2:00pm | Balance and Strength Fitness
- Tuesday May 3 | 7:00pm-8:30pm | Smart Home Technology and You
- Wednesday May 4 | 10:15am-11:15am | Mind and Body Workshop
- Wednesday May 4 | 12:30pm-1:00pm | Blood Pressure Readings
- Wednesday May 4 | 1:00pm-2:45pm | Movie time! - "Angels in the Outfield"

- Wednesday May 4 | 3:00pm-4:30pm | Don't be Caught Unprepared! Funeral Planning Seminar
- Thursday May 5 | 10:00am-11:00am | Clean Eating Habits and Smart Choices When Eating Out
- Thursday May 5 | 1:00pm-2:00pm | Oral Health and Your Body
- Friday May 6 | 10:30am-11:30am | SMP Basics: Understanding How Senior Medicare the Patrol Program Works
- Friday May 6 | Noon-12:45pm | Mindfulness Together
- Friday May 6 | 3:00pm-5:35pm | Monthly Flicks on Friday - "West Side Story"
- Monday May 9 | 11:30am-1:00pm | Salerno's Pizza and Bingo Social
- Tuesday May 10 | 10:00am-2:00pm | Balance Screening Event
- Tuesday May 10 | 10:00am-11:30am | How to Protect, Detect and Report Fraud/Scams
- Tuesday May 10 | 1:00pm-2:30pm | Round, Round, I Get Around
- Tuesday May 10 | 6:30pm-8:00pm | Medicare Information Seminar
- Wednesday May 11 | 11:00am-Noon | Qi Gong
- Wednesday May 11 | 3:30pm-4:30pm | The Emerging Importance of Aging in Place
- Wednesday May 11 | 7:00pm-8:30pm | History of the Chicago Auto Show: 1901-2021
- Thursday May 12 | 11:30am-2:00pm | The Art of Successful Aging: A Medical Perspective
- Thursday May 12 | 7:00pm-8:00pm | United Foods of America: Pizza
- Friday May 13 | 9:00am-10:00am | Cherish Your Heart! Learn the Ins and Outs of Heart Dysfunction and How to Conquer It
- Friday May 13 | 11:15am-12:15pm | Senior Strong Fitness
- Friday May 13 | 2:00pm-3:30pm | Increase Your Optimism & Improve Your Response to Challenges
- Saturday May 14 | 10:00am-2:00pm | Community Health Fair
- Monday May 16 | 10:00am-11:30am | What's Your Vision For Your Future? Create a Vision Board With Us!
- Monday May 16 | 11:30am-12:30pm | Creative Writers' Discussion
- Monday May 16 | 2:00pm-3:00pm | Senior Housing 101
- Monday May 16 | 6:30pm-7:30pm | Stretching & Meditation
- Tuesday May 17 | 11:00am-12:00pm | The Basics of Estate Planning
- Tuesday May 17 | 1:00pm-2:00pm | Cardio Fitness
- Tuesday May 17 | 7:00pm-8:30pm | Computer Security Practices for Home Users
- Wednesday May 18 | 10:15am-11:15am | Total Mind & Body Workshop
- Wednesday May 18 | 7:00pm-8:30pm | Midcentury Cuisine

- Thursday May 19 | 10:00am-11:00am | Your Journey, Your Decision: A Guide to Advance Funeral Planning
- Thursday May 19 | 2:00pm-3:00pm | Music To My Ears
- Friday May 20 | 11:00am-12:00pm | Master of Disasters
- Friday May 20 | 2:00pm-3:30pm | Should I Stay or Should I Go
- "Friday May 20 | 7:30pm-9:15pm | Riverside Township Radio Players Present: Fibber McGee & Molly - ""Fibber, Stuck in Fresh Pavement"" and Our Miss Brooks - ""Hurricane Warning"""
- Monday May 23 | 11:00am-12:00pm | MMAI & MIPPA - Medicare/Medicaid Programs
- Monday May 23 | 1:00pm-2:00pm | Tips From The Office of Attorney General's Office on Fraud and Identity Theft.
- Monday May 23 | 6:30pm-7:30pm | Chair Yoga
- Monday May 23 | 7:00pm-8:00pm | Adventures in Backpacking
- Tuesday May 24 | 10:00am-11:30am | Memorial Day, Coffee and Wreaths
- Tuesday May 24 | 2:00pm-4:10pm | Mary's Monthly Movie - "The Best Exotic Marigold Hotel"
- Tuesday May 24 | 7:00pm-8:00pm | The Glamor of Chicago in the Gilded Age
- Wednesday May 25 | 11:00am-Noon | Qi Gong, followed by short guided meditation
- Wednesday May 25 | 1:00pm-2:00pm | Understanding Home Care Options
- Thursday May 26 | 10:00am-11:00am | Arthritis: What You Need To Know
- Thursday May 26 | 7:00pm-8:00pm | Atypical Globetrotting
- Friday May 27 | 11:15am-12:15pm | Senior Strong Fitness
- Tuesday May 31 | 1:00pm-2:00pm | ZUMBA
- Tuesday May 31 | 4:30pm-5:30pm | Decisions, Decisions - Shouldn't They Be Yours?



## Calendario del Programa del Mes de Envejecer Bien

### Programas en Español



- Miércoles Mayo 4 | 1:00pm-2:00pm | El poder del pensamiento positivo: Saque provecho de la adversidad
- Jueves Mayo 5 | 6:30pm-7:30pm | Qi Gong
- Lunes Mayo 9 | 2:00pm-3:00pm | Cómo Puede Evitar el Fraude y Mantenerse a Salvo
- Miércoles Mayo 11 | 9:00am-10:00am | 10 Señales de Advertencia de la Enfermedad de Alzheimer

- Miércoles Mayo 11 | 2:00pm-3:00pm | Formas de ahorrar en su recibo de gas y electricidad
- Jueves Mayo 12 | 9:00am-10:00am | Vivir la Vida a Proposito
- Sábado Mayo 14 | 10:00am-2:00pm | Feria de Salud Comunitaria
- Miércoles Mayo 18 | 1:00pm-2:00pm | MMAI & MIPPA - Programas de Medicare/Medicaid
- Jueves Mayo 26 | 2:00pm-3:00pm | Aprenda mas sobre Medicare y prevenga fraude
- Martes Mayo 31 | 10:00am-11:00am | No Permita que la Artritis lo Frene

**\*\*If you have any questions about the AWN classes, please email [AWN@agingcareconnections.org](mailto:AWN@agingcareconnections.org)\*\***

## How to Join AWN Classes via Zoom

### Join by computer

1. A few minutes before your class is scheduled to start, click the **Zoom link** that is listed earlier in this email for the class you want to join.
2. Next, click the "Zoom...exe" link that will appear on your computer screen. Zoom should direct you to this link with an arrow in a **large orange box** on your screen. After you click the link, Zoom should automatically and quickly download the Zoom software to your computer. (Note – you only need to do this step the first time you use Zoom on your computer)
3. Click on the "Open Zoom Meetings" box
4. Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the class.
5. You should now be part of the class. Click the button that says "Join with Computer Audio"
6. Please make sure that your device's speaker is on, and the volume turned up so you can hear the instructors.

### Join by tablet or smartphone

1. If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time.
2. Once you have downloaded the Zoom app, follow the "Join by computer" instructions above

### NOTES for all of our new online classes

- **Please click on the link to join the sessions BEFORE the scheduled start time to allow time for your computer or device to connect.**
- We will open up our Zoom meeting rooms 5 minutes before each class is scheduled to start.
- When the class actually starts, we will mute everyone so we don't all hear each other's background noise or the sound of new people coming into the class. You will hear and see the instructor, however.
- Offering AWN classes using Zoom is new to us and to most of our instructors. We welcome you to join us on this adventure of using new ways to connect and to learn! Please be patient as we work through any technical glitches that may arise.

## Waiver for joining Tuesday and Friday Exercise Classes

This Agreement is entered into between Aging Care Connections and all Aging Care Connection members/attendees with Jackie Errico Fitness (Studio) and Impulse Rehab and Wellness (Studio). ASSUMPTION OF RISK: You agree that if you engage in any physical exercise or activity, including personal training, group training, and virtual workouts, or enter our premises or use any facility or equipment on our premises for any purpose, you do so at your own risk and assume the risk of any and all injury and/or damage you may suffer, whether while engaging in physical exercise or not. This includes injury or damage sustained while and/or resulting from using any premises or facility, or using any equipment, whether provided to you by Studio or otherwise, including injuries or damages arising out of the negligence of Studio, whether active or passive, or any of Studio's affiliates, employees, agents, representatives, successors, and assigns. Your assumption of risk includes, but is not limited to, your use of any exercise equipment (mechanical or otherwise),, sidewalks, parking lots, stairs, or any equipment. You assume the risk of your participation in any activity, class, program, instruction, or event, including but not limited to weightlifting, walking, jogging, running, aerobic activities, or any other sporting or recreational endeavor. You agree that you are voluntarily participating in the aforementioned activities and assume all risk of injury, illness, damage, or loss to you or your property that might result, including, without limitation, any loss or theft of any personal property, whether arising out of the negligence of Studio or otherwise. If you are engaged in online training, you acknowledge that you are not being monitored by any trainer and that there is no liability to the trainer, facility or studio if there is an injury sustained.

RELEASE: You agree on behalf of yourself (and all your personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge Studio (and Studio's affiliates, related entities, employees, agents, representatives, successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of the negligence of Studio, whether active or passive, or any of Studio's affiliates, employees, agents, representatives, successors, and assigns. This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) your use of any exercise equipment or facilities which may malfunction or break, (b) improper maintenance of any exercise equipment, premises or facilities, (c) negligent instruction or supervision, including personal training, (d) negligent hiring or retention of employees, and/or (e) slipping or tripping and falling while on any portion of a premises or while traveling to or from personal training, including injuries resulting from Studio's or anyone else's negligent inspection or maintenance of the facility or premises, (e) training you undertake that is online only without the supervision of a trainer. The trainer will provide step by step instruction on completing the exercise in a safe manner but cannot monitor you while you are completing these exercises. If you are unable to complete the exercise due to physical limitation or lack of understanding DO NOT attempt. If you do attempt, you will be liable for any injury sustained.

ACKNOWLEDGMENTS: You expressly agree that the foregoing release, waiver, assumption of risk agreement is intended to be as broad and inclusive as permitted by the law in the State of Illinois and beyond, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability, express assumption of risk. You are aware and agree that by executing this waiver and release, you are giving up your right to bring a legal action or assert a claim against Jackie Errico Fitness's negligence, or for any defective product used while receiving personal training, group training, or virtual training from Jackie Errico Fitness. You have read and verbally agree to the waiver and release and will allow the AWN Online Fitness Classes to be recorded and published for future use, and further agree that no oral representations, statements, or inducement apart from the foregoing verbal agreement have been made.