

****Pre-Registration required to attend some in-person programs**

Aging Well Neighborhood Events APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 1:05-2:00pm Boot Camp for Bone Density Zoom & Westchester**	3 10:15-11:00am Senior Fitness Zoom 12:30-1:00pm Blood Pressure Readings McCook 1:00-3:00pm Movie Time! – <i>Priscilla (2023)</i> McCook	4 11:00a-12:00p Identity Theft Seminar with Medicare Bingo ACC**	5 9:00-11:00am Friday Morning Men's Regulars – <i>Discussion & social group</i> Brookfield
8 11:30am-12:10pm Creative Writer's Discussion Zoom	9 10:30-11:30am Café y Arte/Coffee & Art Summit Public Library District**	10	11 2:30-3:30pm Art & Ice Cream ACC**	12 9:00-11:00am Friday Morning Men's Regulars – <i>Discussion & social group</i> Brookfield
15	16 10:30-11:30am HUH - Help us Hear ACC** 10:30-11:30am Como Podemos Ayudarte <i>How Can We Help You?</i> Summit Public Library District** 1:05-2:00pm Chair Aerobics Zoom & Westchester**	17 10:15-11:00am Senior Fitness Zoom	18	19 9:00-11:00am Friday Morning Men's Regulars Brookfield 2:30-3:30pm Spring Book Club – <i>Love, Dishonor, Marry, Die, Cherish, Perish</i> by David Rakoff ACC** & Zoom
22 11:30am-12:10pm Creative Writer's Discussion Zoom	23 10:30-11:30am The Power of Poetry Zoom	24	25 10:30-11:30am Medicare Mike ACC**	26 9:00-11:00am Friday Morning Men's Regulars – <i>Discussion & social group</i> Brookfield
29 12:30-1:30pm ACC Congregate Book Club – <i>The House of the Spirits</i> by Isabel Allende Hodgkins**	30			

Programs are free & open to the public! For class descriptions, locations, and Zoom links, visit: agingcareconnections.org/aging-well-neighborhood-online-classes.html