

APRIL AWN EVENTS

FITNESS / AGING WELL / LIFELONG LEARNING/ENTERTAINMENT/SOCIAL

Please read the waiver at the bottom of this file before joining a fitness class.

- **ALL MONTH LONG! | Friday Morning Men's Regulars – Discussion & social group | Every Friday | 9:00am-11:00am | In-Person: St. Barbara's Parish Center, Brookfield**
- **Boot Camp for Bone Density | Tuesday April 2 | 1:05-2:00pm | Zoom or In-Person: IMPULSE – Westchester**

A key ingredient to building bone density and preventing bone loss is weight-bearing exercises. Grab your weights for some low impact exercises to strengthen and “load your bones.”

Instructor: Beth Gorman, Co-Owner, MSPT, C/NDT, and LSVT certified - Impulse Rehab and Wellness

JOIN IN-PERSON OR ON ZOOM:

- **ZOOM: No advance-registration needed**

Supplies needed if joining on Zoom: 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. ***Light hand weights or water bottles/cans are recommended for an added challenge.*** 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_I5OmAd1H1xm3

Password: awn123 | Meeting ID: 848 9248 1554

- **IN-PERSON:**

Where: IMPULSE Rehab & Wellness, 3075 S. Wolf Rd, Westchester

Registration Required - Contact Sarah at sjewett@agingcareconnections.org or 708-603-2277

- **Senior Fitness | Wednesday April 3 and April 17 | 10:15-11:15am | Virtual class**

Join us for exercises to help improve strength, stamina, balance, and flexibility.

VIRTUAL PROGRAM: Join with Zoom from your house

ZOOM: No advance-registration needed

Supplies needed if joining on Zoom: 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.

Click this link to join:

<https://us02web.zoom.us/meeting/register/tZErcuiprTkvhdy3UCpiB75OatkIRMUdYNxw>

Password: awn123 | Meeting ID: 856 5113 2578

- **Blood Pressure Readings | Wednesday April 3 | 12:30-1:00pm | In-Person: Village of McCook**

Where: Village of McCook, 5000 Glencoe Ave., McCook

- **McCook/Hodgkins Monthly Movie – Priscilla (2023) | Wednesday April 3 | 1:00-3:00pm | In-Person: Village of McCook**

Where: Village of McCook, 5000 Glencoe Ave., McCook

- **Identity Theft Presentation w/Medicare Bingo | Thursday April 4 | 11:00am-12:00pm | In-Person: ACC**

Agnieszka Lizak from the Illinois Attorney General's office will provide participants with information on identity theft, what it looks like, and how you can tell if it has happened to you. She will also offer tips for how to protect yourself against having your identity stolen. Ms. Lizak will distribute easy-to-follow information on the topic and will answer any questions posed by participants. Jesus Enriquez from AgeOptions will lead Medicare Bingo, in conjunction with the Senior Medicare Patrol.

- **Act II Creative Writers' Discussion | Monday April 8 and Monday April 22 | 11:30am-12:10pm | Zoom**

Join our inclusive virtual writing group, where writers of all levels and genres come together bi-monthly to share their work, explore diverse themes, and enjoy a supportive environment filled with reminiscing, laughter, and nostalgia.

Facilitator: Gina Millette – Act II Seniors Club

Click this link to join:

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNNWckl4KzVNV1N5ZEN5dz09>

Passcode: fLA7kC | Meeting ID: 723 1975 1795

Please note that this group will meet on the 2nd and 4th Monday of this month only.

- **Café y Arte | Martes Abril 9 | 10:30 am -11:30am | En-Persona: Biblioteca Pública Distrito de Summit**

Únete a pasar una tarde con nosotros Coloreando libre de estrés, charlando y disfrutando de un café. Los estudios sugieren que coloreando ayuda aliviar estrés y promueve salud mental. Todo material será proporcionado y no se requiere experiencia. Ofreciendo un descanso de la rutina diaria con oportunidad de conectar y hacer nuevos amigos.

Para registrarse: por favor de comunicares con Adriana 708-582-6879

Agarcia@agingcareconnections.org

Coffee & Art | Tuesday April 9 | 10:30 am – 11:30 am | Summit Public Library District.

Join us for an afternoon of stress relief through coloring, chatting, and enjoying a cup of coffee. Studies suggest that coloring can help alleviate stress and promote mental wellness.

This group offers a break from daily routines and an opportunity to connect with friends. All supplies provided.

- **Art & Ice Cream | Thursday April 11 | 2:30-3:30pm | In-Person: ACC**

Join us for an afternoon of stress relief through coloring, chatting, and enjoying ice cream, as studies suggest that coloring can help alleviate stress and promote mental wellness, with all supplies provided and no artistic ability required, offering a break from daily routines and an opportunity to connect with friends.

- **HUH - Help Us Hear | Support & Learning Group for Those with Hearing Loss | Tuesday April 16 | 1:30-2:30pm | In Person: ACC**

Support and learning group for those with hearing loss and those that support loved ones with hearing loss.

- **Como Podemos Ayudarte | Martes April 16 | 10:30 am -11:30am | En-Persona: Biblioteca Pública Distrito de Summit**

Ven a informarte sobre qué servicios Aging Care Connections ofrecen para el envejecimiento. La misión de Aging Care Connections es Enriquecer la calidad de vida en nuestra comunidad brindando a los adultos mayores y sus familias orientación y apoyo que mejoren la capacidad de envejecer bien.

How Can We Help You? | Tuesday April 16 | 10:30 am -11:30am | In Person: Summit Public Library District

There's so much information on aging. Where do I start? Come and inform yourself about the services Aging Care Connections offers for older adults. Our mission is to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhances the ability to age well.

Registration Required: Adriana 708-582-6879 or Agarcia@agingcareconnections.org

- **Chair Aerobics | Tuesday April 16 | 1:05 PM – 2:00 PM | Zoom or In-Person: IMPULSE – Westchester**

Get your heart rate going with exercises that will improve your cardiovascular system and strength. Light hand weights or water bottles/cans are recommended.

Instructor: Mary Ann Hilsen, Co-Owner, MSPT, and LSVT certified - Impulse Rehab and Wellness

JOIN IN-PERSON OR ON ZOOM:

- **ZOOM: No advance-registration needed**

Supplies needed if joining on Zoom: 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. ***Light hand weights or water bottles/cans are recommended for an added challenge.*** Please read the waiver at the bottom of this email before joining this exercise class

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Password: awn123 | Meeting ID: 848 9248 1554

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Where: IMPULSE Rehab & Wellness, 3075 S. Wolf Rd, Westchester

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- **Spring Book Club – *Love, Dishonor, Marry, Die, Cherish, Perish* by David Rakoff | Friday April 19 | 2:30-3:30pm | Zoom or In-Person: ACC**

Facilitator: Sarah Jewett, MA | AWN Outreach & Education Specialist | ACC

JOIN IN-PERSON OR ON ZOOM:

ZOOM: No advance-registration needed

Click this link to

join: <https://us02web.zoom.us/meeting/register/tZ0lcOGtrz4uG9AhqvUHESyFyiS20zVbFVUo>

Password: awn123 | Meeting ID: 898 7851 5414

IN-PERSON:

Where: 111 W. Harris Ave. La Grange IL 60525

Reservations Required: Contact Sarah Jewett to register at 708.603.2277 or email: sjewett@agingcareconnections.org

- **The Power of Poetry | Tuesday April 23 | 10:30 am -11:30am | Zoom**

National Poetry Month encourages booksellers, libraries, poets, publishers, schools, and ACC to promote the importance of poetry and its significance to society and culture. In celebration of National Poetry Month, join us to honor the beauty and power of words. Whether you share your own original poems, those written by others that have had an impact on you, or just want to listen to some meaningful words, we invite you to attend.

Facilitator: Sarah Jewett, MA | AWN Outreach & Education Specialist | ACC

ZOOM: No advance-registration needed

Click this link to

join: https://us02web.zoom.us/meeting/register/tZAofuChrD8rG9Yq_qgfDeCE8LmfgjeKkIBd

Password: awn123 | Meeting ID: 845 9992 4112

- **Medicare Mike | Thursday April 25 | 10:30 am - 11:30am | In-Person at ACC**

Join us for an educational seminar with Mike Rice, owner of MR Insurance Solutions, who will speak on the differences between Medicare Advantage and Medicare supplements. This

will highlight the importance of understanding the changes to Medicare and its impact on beneficiaries. Come learn the ins/outs of Medicare. Get your questions answered before making a decision on which plan works for you. We look forward to seeing you!

Presenter: Mike Rice | Owner - MR Insurance Solutions

Registration Required: Contact Sarah at sjewett@agingcareconnections.org or 708-603-2277

- **Book Discussion at ACC Congregate Meal Program – *The House of the Spirits* by Isabel Allende | Monday April 29 | 12:30-1:30pm | In-Person at Salerno’s Pizzeria & Sports Bar, Hodgkins**

Please email awn@agingcareconnections.org or call 708-354-1323 with questions.

PHOTO RELEASE STATEMENT: Aging Care Connections reserves the right to photograph participants during programs and events for marketing purposes. Photos may be used for brochures, flyers, websites, social media, and other public relations materials.

Waiver for joining Tuesday Exercise Classes

This Agreement is entered into between Aging Care Connections and all Aging Care Connection members/attendees with Just Lift 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 the Studio's negligence, or for any defective product used while receiving personal training, group training, or virtual training from the Studio(s). 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.

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.