

Aging Well Neighborhood Programs

January 2023

Hello Neighbors! Happy New Year! We wish all of you good health, joy, and happiness this year!

Below is our January schedule. Join us all month long for aging well activities, fitness, life-long learning, 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. 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, please email AWN@agingcareconnections.org.**

Martes Enero 3 | 8:00-8:45am | Ejercicio Para Personas Mayores (Exercise for Seniors In Spanish) | En Persona

¡Ven a mejorar tu fuerza, flexibilidad, equilibrio y resistencia a través de clases de ejercicio divertidas y variadas! Se proporcionarán opciones sentado y de pie.
¡Contáctenos hoy para registrarse! ¡Invita a tus amistades!

Cuando: Los Martes

Fechas: Diciembre 6 & 20, 2022 | Enero 3, 17, 31, 2023

Ubicación: Summit Park District, 5700 S Archer Rd, Summit, IL

Se Requiere Registro: Contacte Ray Cerino: (708) 603-2275 / rcerino@agingcareconnections.org

Los espacios son limitados. Fechas sujetas a cambios

Wednesday January 4 | 10:15-11:15am | Total Mind and Body Workout | Zoom

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.

Class 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

Wednesday January 4 | 12:30-1:00pm | Blood Pressure Readings | In-Person

Hosted by the MCCOOK / HODGKINS Aging Well Team

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

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Wednesday January 4 | 1:00-3:00pm | Movie time! — Crazy Rich Asians (2018) | In-Person

“Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.” – *Film synopsis*

Stars: Constance Wu, Henry Golding, Michelle Yeoh

Rated PG-13 | 2 hr | Comedy, Drama, Romance

Hosted by the MCCOOK / HODGKINS Aging Well Team

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

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Thursday January 12 | 11:00am-12:00pm | Qi Gong Fitness | Zoom

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. ***This new series of Qi Gong is every Second and Fourth THURSDAY of the month.***

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/tZEufu-hrzlpHtMBHnC8roIxiEaqWVkfHR>

Password: awn123 | Meeting ID: 853 9691 9347

Friday January 13 | 11:15am-12:15pm | Senior Strong Fitness | Zoom

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 January 16 | 11:30am - 12:10pm | Act II Creative Writers' Discussion | Zoom

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers to share your writing and listen to others. Writing themes are your choice — fact, fiction or fractured fairy tales. Some write memoirs or journals. There is reminiscing, laughter and nostalgia — Just fun! New participants are always welcome. Meets on the first and third Monday of each month. *Virtual program.*

Facilitator: Gina Millette – Act II Seniors Club

Click this link to join:

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNWckl4KzVNVN5ZEN5dz09>

Passcode: fLA7kC | Meeting ID: 723 1975 1795

Martes Enero 17 | 8:00-8:45am | Ejercicio Para Personas Mayores (Exercise for Seniors In Spanish) | En Persona

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Tuesday, January 17 | 1:00-2:00pm | Balance and Strength Fitness | Zoom

Exercises will focus on strengthening muscles that will aid in improving balance and specific exercises to challenge balance. Features chair-based exercises with standing options.

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: 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

Password: awn123 | Meeting ID: 848 9248 1554

Wednesday January 18 | 10:15-11:15am | Total Mind & Body Workout | Zoom

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.

Warm-up & Cool-Down: Led by Renata Vitali – Aging Care Connections

Class 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

Monday January 23 | 4:00–5:15pm | Look and Learn: Take a trip back in time through the years 1850 - 1913 | Zoom

Take a trip back through the years with us as we look at the years 1850 - 1913. Find out about the events that shaped our world and lives like science, entertainment, war and peace, technology, sports, transportation, tragedy and more.

Presenter: Trish Smithing, Teacher & Educational Speaker

Click this link to join: <https://us02web.zoom.us/meeting/register/tZEkfu-rrjwuG9UUiC6AgZNzSKeX8q5P8W4d>

Password: awn123 | Meeting ID: 859 9630 7411

Thursday January 26 | 11:00am-12:00pm | Qi Gong Fitness | Zoom

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. ***This new series of Qi Gong is every Second and Fourth THURSDAY of the month.***

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/tZEufu-hrzlpHtMBHnC8ro1ixiEaqWVkfHR>

Password: awn123 | Meeting ID: 853 9691 9347

Friday January 27 | 11:15am-12:15pm | Senior Strong Fitness | Zoom

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

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Click this link to join:

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

Password: awn123 | Meeting ID: 817 6818 3273

Martes Enero 31 | 8:00-8:45am | Ejercicio Para Personas Mayores (Exercise for Seniors In Spanish) | En Persona

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PRÓXIMAMENTE EN FEBRERO | COMING IN FEBRUARY:

Tomando Control De Su Diabetes (Take Charge of Your Diabetes - In Spanish) | Los Martes | Febrero 7 – Marzo 14 | 10:30am-1:00pm | En Persona: Summit Public Library District | Se Requiere Registro: Contacte Ray Cerino-(708) 603-2275; rcerino@agingcareconnections.org

- TALLER PRESENCIAL DE SEIS SEMANAS - Para adultos mayores de 60 años y sus cuidadores!
- Conoce el NUEVO MÉTODO DEL PLATO y como preparar comidas saludables | Nutrición para personas con diabetes | Como leer las etiquetas de los productos | Como manejar mejor el estrés, la fatiga y la depresión u otras emociones difíciles | Diferentes tipos de actividad física | Como ser un cuidador saludable | Maneras de solucionar problemas | Aprende a establecer metas realizables | Como trabajar de la mano con tu proveedor de cuidados medicos | Técnicas de relajación y cuidado personal

****If you have any questions about these programs, please email 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.

Waivers for Joining Fitness 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.