

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

Aging Well Neighborhood Events MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00-11:00am Friday Morning Men's Regulars – <i>Discussion & social group</i> Brookfield
4 11:30am-12:10pm Creative Writer's Discussion Zoom	5 1:05-2:00pm Senior Stretch Fitness Zoom & Westchester**	6 10:15-11:15am Senior Fitness ACC & Zoom 12:30-1:00pm Blood Pressure Readings McCook 1:00-3:00pm Movie Time! – <i>Barbie (2023)</i> McCook	7 11:00am-12:00pm Consumer Fraud Seminar and Medicare Bingo ACC**	8 9:00-11:00am Friday Morning Men's Regulars – <i>Discussion & social group</i> Brookfield 1:30-2:30pm Become a Dementia Friend ACC**
11 3:30-5:20pm Monday Matinee <i>What's Love Got to Do With it? (2022)</i> ACC	12 11:15am-12:15pm Senior Strong Fitness ACC & Zoom 1:30-2:30pm HUH- Help us Hear: <i>Hearing Loss Support & Learning Group</i> ACC**	13	14 2:30-3:30pm Art & Ice Cream ACC**	15 9:00-11:00am Friday Morning Men's Regulars Brookfield 2:30-3:30pm Spring Book Club – <i>Charming Billy</i> by Alice McDermott ACC** & Zoom
18 11:30am-12:10pm Creative Writer's Discussion Zoom	19 1:05-2:00pm • Balance & Strength Fitness Zoom & Westchester**	20 10:15-11:15am Senior Fitness ACC & Zoom	21 10:30-11:30am Steps to Safety: Fall and Fire Prevention ACC** & Zoom	22 9:00-11:00am Friday Morning Men's Regulars – <i>Discussion & social group</i> Brookfield
25 12:30-1:30pm ACC Congregate Book Club – <i>The Covenant of Water</i> by Abraham Verghese Hodgkins**	26 11:15am-12:15pm Senior Strong Fitness ACC & Zoom	27	28	29 9:00-11:00am Friday Morning Men's Regulars – <i>Discussion & social group</i> Brookfield

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