



Aging Well Neighborhood Events

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>aging care connections Because Aging Well Matters</p> <p>* Denotes programs that require registration for attendance.</p>	 <p>OLDER AMERICANS MONTH POWERED BY CONNECTION, MAY 2024</p>	<p>1</p> <p>12:30-1:00pm Blood Pressure Screenings McCook</p> <p>1:00-3:00pm Movie Time! <i>The Life of Riley (1949)</i> McCook</p> <p>1:30-2:30 Qi Gong ACC*/Zoom</p>	<p>2</p> <p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>	<p>3</p> <p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>
<p>6</p>	<p>7</p> <p>10:30-11:30am Café y Arte* Summit Public Library District</p> <p>1:05-2:00pm Core Conditioning Zoom & Impulse Westchester*</p>	<p>8</p>	<p>9</p> <p>10:15-11:00am Get Fit Zoom</p> <p>2:30-3:30pm Art & Ice Cream ACC*</p>	<p>10</p> <p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>
<p>13</p> <p>3:30-5:30pm Monday Movie Matinee: <i>The Bucket List</i> ACC*</p>	<p>14</p> <p>1:30-2:30pm HUH – Help Us Hear ACC*</p>	<p>15</p> <p>1:30-2:30 Qi Gong ACC*/Zoom</p>	<p>16</p>	<p>17</p> <p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p> <p>2:30-3:30 Spring Book Club: <i>Crazy Rich Asians</i> by Kevin Kwan ACC*/Zoom</p>
<p>20</p> <p>12:30-1:30 ACC Congregate Book Club: <i>Trust</i> by Hernan Diaz* Salerno's – Hodgkins</p>	<p>21</p> <p>10:30-11:30am 10 Senales Advertencia de Alzheimer's* Summit Public Library District</p> <p>1:05-2:00pm Cardio Fitness Zoom & Impulse Westchester*</p>	<p>22</p> <p>10:15-11:45am "Using Technology to Stay Connected" presented by the Brookfield Aging Well Team* Brookfield Library</p>	<p>23</p> <p>10:30-11:30am Rick Graffagna presents: Senior Housing 101 ACC*</p>	<p>24</p> <p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>
<p>27</p> <p>ACC will be closed in observance of Memorial Day</p>	<p>28</p> <p>10:00-11:00am Keep Yourself Safe from Scams! presented by the Justice & Hickory Hills Aging Well Team* Roberts Park Fire Protection District</p>	<p>29</p>	<p>30</p> <p>10:15-11:00am Get Fit Zoom</p> <p>1:30-2:30pm Let's Connect Through Improv presented by Christine Jaksy ACC*</p>	<p>31</p> <p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>