




Aging Well Neighborhood - October Events 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>10:30-11:30am Café y Arte Summit Public Library District*</p> <p>1:05-2:00pm Impulse Rehab! Westchester*</p>	<p>12:30-1:00pm Blood Pressure Screening Village of McCook</p> <p>1:00-3:00pm Movie Time: Away From Her Village of McCook</p>	<p>10:30-11:30am Medicare Open Enrollment Seminar ACC*</p>	<p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p> <p>10:30-1:00pm Taking Charge of your Diabetes Summit Public Library</p>
<p>12:30-1:30 pm Congregate Book Club: The Nightingale by Kristin Hannah ACC*</p>	<p>1:30-2:30pm Help US Hear ACC*</p> <p>2:30-3:30pm Caption Call Free Phone Info ACC*</p>	<p>1:30-2:30 pm Qi Gong ACC*</p>	<p>2:30 - 3:30pm Art & Ice Cream ACC*</p>	<p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p> <p>10:30-1:00pm Taking Charge of your Diabetes Summit Public Library</p>
	<p>1:05-2:00pm Impulse Rehab: Boot Camp Bone Density Westchester*</p>	<p>10:15-11:15 am Senior Yoga Justice Park District*</p> <p>11:30-12:30pm Senior Yoga Summit*</p> <p>1:30-2:30pm Happy Hearing Hour Hearing aid help Norridge (SAC)*</p>	<p>1:30-3:00pm Lunch & Education Indian Head Park Village Hall*</p>	<p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p> <p>10:30-1:00pm Taking Charge of your Diabetes Summit Public Library</p>
<p>10:30-11:30 am Brain Game Day ACC*</p>		<p>10:30-11:30 am Presentation Access Community Health Network Summit*</p> <p>1:30-2:30 pm Qi Gong ACC*</p>		<p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>
<p>11:30-1:30 pm Unlock the Power of Your Smartphone Brookfield Library*</p> <p>1:30-3:30 pm Movie Matinee "Hocus Pocus" ACC*</p>	<p>11:15-12:15 pm Senior Yoga Summit Library*</p>		<p><i>Please contact Barb Kohley at bkohley@agingcareconnections.org to register</i></p>	