

OCTOBER AWN EVENTS

FITNESS / AGING WELL / LIFELONG LEARNING / ENTERTAINMENT / SOCIAL

CLOSED FOR COLUMBUS DAY-MONDAY OCT. 14

Café & Arte | Tuesday Oct. 1 | 10:30am-11:30am | In Person

Where: Summit Public Library, 6233 S. Archer Rd., Summit 60501

Instructor: Saul Pagan

Senior Stretch | Tuesday Oct. 1 | 1:05-2:00pm | In Person at IMPULSE in Westchester or Zoom

Increase your flexibility and reduce joint stiffness with Senior Stretch. Having normal joint range of motion helps to maintain healthy joints and leads to improved ability to move.

Supplies needed: Light hand weights or water bottles for a challenge. A sturdy chair with no arm rest 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: Beth Gorman, Co-Owner and MSPT from Impulse Rehab and Wellness

Click this link to join:

[https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmAd1H1xm3](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmAd1H1xm3)

Password: awn123 | Meeting ID: 848 9248 1554

Blood Pressure Screenings | Wednesday Oct. 2 | 12:30-1:00pm | In-Person: McCook

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

Hosted by: the MCCOOK/HODGKINS Aging Well Team

Movie time! – Away From Her | Wednesday Oct. 2 | 1:00-3:00pm | In-Person: McCook

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

Hosted by: the MCCOOK/HODGKINS Aging Well Team

Medicare Open Enrollment Seminar | Thursday Oct. 3 | 10:30am-11:30am | In-Person: ACC or Zoom. Open Enrollment is fast approaching (10/15-12/7) Hear from our expert on the changes that are coming especially for Medicare Part D / Prescription Drug Plan.

Click this link: You can also join on zoom: Click here to join online Meeting ID: 881 8545
2398 Passcode: 229337

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Registration Required: Barb Kohley, bkohley@agingcareconnections.org or 708-603-2259

Book Discussion The Nightingale by Kristin Hannah | Monday Oct. 7 | 12:30-1:30pm

Where: NEW LOCATION! Aging Care Connections, 111 W. Harris Ave. La Grange

Registration Required: Olivia Salazar, Osalazar@agingcareconnections.org or 708-603-2277

HUH - Help Us Hear | Tuesday, Oct. 8 | 1:30-2:30pm | In-Person

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

Facilitator: Carol Johnson

Where: Aging Care Connections, 111 W. Harris Ave, La Grange 60525

Registration Required: OSalazar@agingcareconnections.org or 708-603-2277

Audiologist Visit! | Tuesday, Oct. 8 | 2:30pm-3:30pm | In Person

Meet with an Audiologist to have your hearing aids checked for no charge.

Where: Aging Care Connections, 111 W. Harris Ave, La Grange 60525

Registration Required: Olivia Salazar, OSalazar@agingcareconnections.org
or 708-603-2277

Qi Gong | Wednesday Oct. 9 | 1:30-2:30pm | In-Person: ACC

Qi Gong is an ancient practice involving coordinated body movements, breathing, and meditation to enhance health and spirituality. Originating from Chinese medicine, philosophy, and martial arts, it aims to balance and cultivate "Qi," or life energy. Tom's classes focus on standing exercises that improve mobility and flexibility in all joints, promoting suppleness and youthful vitality. This process is often described as "oiling the joints".

Instructor: Tom Wilkens of Dancing Cranes

Where: Aging Care Connections, 111 W. Harris Ave, La Grange 60525

Registration Required: Barb Kohley, Bkohley@agingcareconnections.org
or 708-603-2259

Art & Ice Cream | Wednesday Oct. 9 | 1:30-2:30pm | SAC

Join us for some coloring, chatting, and ice cream, as we enjoy an afternoon of stress relief.

Where: SAC – Seniors Assistance Center, 7774 W. Irving Park Rd. Norridge, IL 60706

Registration Required: Olivia Salazar, OSalazar@agingcareconnections.org
or 708-603-2277.

Art & Ice Cream | Thursday Oct. 10 | 2:30-3:30pm | In-Person

Join us for conversation, coloring, and ice cream!

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Registration Required: Olivia Salazar, OSalazar@agingcareconnections.org or 708-603-2277

CLOSED FOR COLUMBUS DAY-MONDAY OCT. 14

Bone Density Boot Camp | Tuesday Oct. 15 | 1:05pm-2pm

In Person at IMPULSE in Westchester or Zoom

Supplies needed: Light hand weights or water bottles for a challenge. A sturdy chair with no arm rest 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: Beth Gorman, Co-Owner and MSPT from Impulse Rehab and Wellness

Click this link to

join:

https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmAd1H1xm3

Password: awn123 | Meeting ID: 848 9248 1554

Where: IMPULSE Rehab and Wellness, 3075 S. Wolf Rd., Westchester, IL 60154

Registration Required: Olivia Salazar, OSalazar@agingcareconnections.org 708-603-2277

Senior Yoga – ADDITIONAL NEW LOCATION! | Wednesday Oct. 16

10:15am-11:15am

Where: Justice Park District, 7747 Oak Grove Ave, Justice 60458

Registration Required: Adriana Garcia, Agarcia@agingcareconnections.org 708-603-2328

Senior Yoga | Wednesday Oct. 16 | 11:30am-12:30pm

Where: Summit Public Library, 6233 S. Archer Rd., Summit 60501

Registration Required: Adriana Garcia, Agarcia@agingcareconnections.org 708-603-2328

Snack & Seminar | Wednesday Oct. 16 | 1:30pm-2:30pm

Share experiences with hearing loss, wearing hear aids, expand our knowledge of what help is out there, and assist ourselves to enhance the quality of hearing life!

Where: SAC – Seniors Assistance Center, 7774 W. Irving Park Rd. Norridge, IL 60706

Registration Required: Olivia Salazar, OSalazar@agingcareconnections.org 708-603-2277

Lunch and Education | Thursday, Oct. 17| 1:30 – 3:30 PM | Indian Head Park

Come for a meal and hear from about the upcoming changes to Medicare during this Open Enrollment period. Don't miss "Medicare Mike" He makes it easy to understand!

Where: Indian Head Park Village Hall, 201 Acacia Drive, Indian Head Park, 60525

Registration Required: Barb Kohley, bkohley@agingcareconnections.org

Brain Games | Monday Oct. 21| 10:30-11:30am | In-Person at ACC

Join us as we explore: crossword, jigsaw, & find-a-word puzzles; trivia games; card, word, and board games; apps that allow you to work that mind.

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Registration Required: Olivia Salazar, OSalazar@agingcareconnections.org
708-603-2277

Movie Matinee: Hocus Pocus | Monday Oct. 21 | 3:30-5:30 pm

Starring Sarah Jessica Parker & Thora Birch 1993

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Registration Required: Barb Kohley, bkohley@agingcareconnections.org.

Breast Cancer Presentation by Access Community Health Network

Wednesday, Oct. 23| 10:30 – 11:30am

Where: Summit Public Library, 6233 S. Archer Rd., Summit 60501

Registration Required: Adriana Garcia, Agarcia@agingcareconnections.org 708-603-2328

Qi Gong | Wednesday Oct. 23 | 1:30-2:30pm | In-Person: ACC

Qi Gong is an ancient practice involving coordinated body movements, breathing, and meditation to enhance health and spirituality. Originating from Chinese medicine, philosophy, and martial arts, it aims to balance and cultivate "Qi," or life energy

Where: Aging Care Connections, 111 W. Harris Ave, La Grange

Registration Required: Barb Kohley, bkohley@agingcareconnections.org, 708-603-2259

Unlock the Power of your Smartphone | Oct. 28 | 11:30am-1:30pm

Lunch & Learn | PIZZA!

Where: Brookfield Library

Registration Required: info@hitzemanfuneral.com

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.

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.

Waiver for joining Tuesday Exercise Classes

This Agreement is entered into between Aging Care Connections and all Aging Care Connection members/attendees with 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.