

Aging Well Neighborhood - September Events 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 10:30-11:30am Café y Arte Summit Public Library District* 1:05-2:00pm Impulse Rehab Yoga Westchester*	4 12:30-1:00pm Blood Pressure Screening Village of McCook 1:00-3:00pm Movie Time: Marley and Me Village of McCook 1:30-2:30pm Qi Gong ACC	5 2:30-3:30pm Art and Ice Cream Aging Care Connections*	6 9:00-11:00am Friday Morning Men's Regulars Brookfield
9 12:30-1:30 pm Congregate Book Club: West with Giraffes by Lynda Rutledge Salerno's Hodgkins 3:30-5:30pm Monday Movie Matinee: Marley and Me ACC*	10 11:00-12:00pm Chair Yoga Summit* 1:30-2:30pm Help Us Hear Aging Care Connections	11 11:15-1:00 pm The Stars & Stripes musical performance by Rick Pickren Westchester* 1:30-2:30pm Art & Ice Cream Norridge (SAC)*	12	13 9:00-11:00am Friday Morning Men's Regulars Brookfield
16 10:30-11:30am Brain Games ACC*	17 10:30-11:30am Mujeres Latinas en Accion Summit Public Library District* 1:05-2:00pm Impulse Rehab: Balance and Strength Westchester*	18 1:30-2:30 pm Qi Gong ACC*	19 11:00-12:00pm Healthy Body, Healthy Brain presented by Alzheimer's Association ACC* 1:30-3:30pm Lunch & Entertainment Indian Head Park Village Hall* Harry Hmura Duo	20 9:00-11:00am Friday Morning Men's Regulars Brookfield
23	24 11:00-12:00 pm Chair Yoga Summit* 12:30-2:30pm Senior Health Fair Salerno's Hodgkins*	25	26	27 9:00-11:00am Friday Morning Men's Regulars Brookfield
30 <i>Please contact Barb Kohley at bkohley@agingcareconnections.org to register</i>				