


## Aging Well Neighborhood July 2024 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
12:30-1:30pm   Congregate Book Club  <b>Quietly Hostile</b> Samantha Irby – Salerno’s Hodgkins	10:30-11:30am   <b>Café y Arte*</b>   Summit Public Library District  1:05-2:00pm <b>Senior Stretch</b>   Zoom & Impulse Westchester	12:30-1:00pm   <b>Blood Pressure Screenings</b>   McCook  1:00-3:00pm   <b>Movie Time!</b> <i>It could happen to you</i>   McCook  1:30-2:30   <b>Qi Gong</b>   ACC*/Zoom	<p>HAPPY 4<sup>TH</sup> OF JULY! -----  WE ARE CLOSED</p>	9:00-11:00am   <b>Friday Morning Men’s Regulars</b>   Brookfield
8	9	10	11	12
3:30-5:30pm <b>Monday Movie</b> Matinee: TBA   ACC	1:30-2:30pm HUH – <b>Help Us Hear</b>   ACC*	1:30-2:30pm <b>Art &amp; Ice Cream</b> Senior Assistance Center (SAC) Norridge	2:30-3:30pm <b>Art &amp; Ice Cream</b>   ACC*	9:00-11:00am   <b>Friday Morning Men’s Regulars</b>   Brookfield
15	16	17	18	19
10:30-11:30am   <b>Brain Games</b> Back by popular demand!   ACC	10:30-11:30am   <b>Alivio Medical</b> Center Presentation Summit Public Library District  1:05-2:00pm <b>Bone Density</b>   Boot Camp   Zoom Impulse Westchester*	1:30-2:30pm   <b>Qi Gong</b> ACC* / Zoom	1:30-3:00pm   Lunch & Entertainment   <b>Indian Head Park</b>	9:00-11:00am   <b>Friday Morning Men’s Regulars</b>   Brookfield  2:30-3:30   Summer Book Club: <b>The Westing Game</b> by Ellen Raskin ACC*/Zoom
22	23	24	25	26
		10:15-11:45am   <b>Identity Theft</b> SAC Norridge		9:00-11:00am   <b>Friday Morning Men’s Regulars</b>   Brookfield
29	30	31	 <p><b>aging care connections</b> Because Aging Well Matters</p>	
	10:30-11:30am*   <b>Grief &amp; Loss</b> Melissa Gomez The HAP Foundation   ACC	1:30-2:30pm   <b>Qi Gong</b> ACC* / Zoom	*Please contact Barb Kohley at <a href="mailto:bkohley@agingcareconnections.org">bkohley@agingcareconnections.org</a> to register	