

## JULY AWN EVENTS

**FITNESS / AGING WELL / LIFELONG LEARNING / ENTERTAINMENT / SOCIAL**

**EVERY FRIDAY IN JULY! | Friday Morning Men's Regulars | Discussion & social group | Every Friday | 9:00am-11:00am | In-Person: St. Barbara's Parish Center, Brookfield**

**Questions:** Contact Jim Matthews at 708-308-4420

**Book Discussion at Congregate Meal Program: *Quietly Hostile* | Monday July 1 | 12:30-1:30pm | In-Person at Salerno's**

Come for a meal and stay for a book discussion! We will be talking about *Quietly Hostile* by Samantha Irby

**Facilitator:** Barb Kohley

**Where:** Salerno's Pizzeria & Sports Bar, 9301 W. 63rd St. Hodgkins, IL

**Registration Required:** Contact Deb Denny at 708-603-2269

**Café y Arte | Martes 2 de Julio | 10:30-11:30am | En-Persona: Biblioteca Pública Distrito de Summit**

Únete a pasar una tarde con nosotros Coloreando libre de estrés, charlando y disfrutando de un café.

**Para registrarse:** por favor de comunicares con Adriana 708-582-6879

[Agarcia@agingcareconnections.org](mailto:Agarcia@agingcareconnections.org)

**Coffee & Art – at the Summit Public Library District.** Join us for a morning of stress relief through coloring, chatting, and enjoying a cup of coffee.

**Registration:** Adriana Garcia at 708-582-6879 or [agarcia@agingcareconnections.org](mailto:agarcia@agingcareconnections.org)

\*This is a bilingual event

**Senior Stretch | Tuesday July 2 | 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\\_I5OmkAdIHlxm3](https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmkAdIHlxm3)

Password: awn123 | Meeting ID: 848 9248 1554

**Blood Pressure Screenings | Wednesday July 3 | 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! – *It Could Happen to You* | Wednesday July 3 | 1:00-3:00pm | In-Person: McCook**

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

**Hosted by:** the MCCOOK/HODGKINS Aging Well Team

**Qi Gong | Wednesday July 3, July 17 and July 31 | 1:30-2:30pm | Zoom or 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

**JOIN IN-PERSON OR ON ZOOM:**

- **ZOOM: No advance-registration needed**

**Click this link to join:**

[https://us02web.zoom.us/meeting/register/tZYvcOCgrDorH9Q3qs2vt\\_aNrxP3ITMRtZlj](https://us02web.zoom.us/meeting/register/tZYvcOCgrDorH9Q3qs2vt_aNrxP3ITMRtZlj)

Meeting ID: 822 7982 1150

Password: awn123

- **IN-PERSON:**

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

**Movie Matinee: TBD | Monday July 8 | 3:30-5:30 pm | In-Person at ACC**

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

**HUH - Help Us Hear | Tuesday July 9 | 1:30-2:30pm | In-Person at ACC**

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

**Art & Ice Cream | Wednesday July 10 | 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:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

**Art & Ice Cream | Thursday July 11 | 2:30-3:30pm | In-Person at ACC**

Join us for conversation, coloring, and ice cream!

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

### **Brain Games | Monday July 15 | 10:30-11:30am | In-Person at ACC**

Back by popular demand! 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. There are so many options that we needed a two-part series to scratch the surface! Come have some fun brain building with us! Refreshments, etc. will be provided.

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

### **Alivio Medical Center | Martes 16 de Julio | 10:30-11:30am | En-Persona: Biblioteca Pública Distrito de Summit**

Información general de los servicios que ofrece Alivio Medical Center

**Where:** Biblioteca Pública Distrito de Summit, 6233 S. Archer Rd., Summit

**Para registrarse:** por favor de comunicares con Adriana 708-582-6879

[Agarcia@agingcareconnections.org](mailto:Agarcia@agingcareconnections.org)

### **Alivio Medical Center | Tuesday July 16 | 10:30-11:30am | In-Person: Summit Public Library**

This will be an overview of all services offered at the Alivio Medical Center.

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

**Registration Required:** Adriana Garcia – 708-582-6879 or [agarcia@agingcareconnections.org](mailto:agarcia@agingcareconnections.org)

### **Boot Camp for Bone Density | Tuesday July 16 | 1:05-2:00pm | Zoom or In Person at IMPULSE Westchester**

Bones continuously remodel and generate new bone. Factors like age, gender (especially in women), a calcium-deficient diet, physical inactivity, and prolonged use of certain medications can slow bone growth, leading to low bone density, osteoporosis, or increased fracture risk. Exercise, particularly weight-bearing or high-impact activities, is crucial for promoting new bone formation. Our Boot Camp exercise class incorporates both low and high-impact exercises designed to strengthen bones and improve bone density.

**Supplies needed:** A sturdy chair with no arm rests 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

#### **JOIN IN-PERSON OR ON ZOOM:**

- **ZOOM: No advance-registration needed**

Click this link to

join: [https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS\\_I5OmkAdIH1xm3](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmkAdIH1xm3)

Password: awn123 | Meeting ID: 848 9248 1554

- **IN-PERSON:**

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

**Lunch and Entertainment: Rock and Roll with Austin! | Thursday July 18 | 1:30 – 3:30 PM | In-Person at Indian Head Park Village Hall**

Come for a meal and stay for musical entertainment! Austin is known for his spot on singing of 50s and 60s Rock and Roll.

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

**Summer Book Club: *The Westing Game* by Ellen Raskin | Friday July 19 | 2:30-3:30pm | Zoom or In-Person at ACC**

Anyone is welcome to join our book club to discuss this month's selection!

**Facilitator:** Sarah Jewett, MA | AWN Outreach & Education Specialist | ACC

**JOIN IN-PERSON OR ON ZOOM:**

- **ZOOM: No advance-registration needed**

Click this link to

join: [https://us02web.zoom.us/meeting/register/tZ0lcOGtrz4uG9AhqvUHESyFyiS20zVbFVUo](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZ0lcOGtrz4uG9AhqvUHESyFyiS20zVbFVUo)

Password: awn123 | Meeting ID: 898 7851 5414

- **IN-PERSON:**

**Where:** 111 W. Harris Ave. La Grange IL 60525

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

**Identity Theft Presentation | Wednesday July 24 | 10:15 – 11:45 am | SAC**

Jesus Enriquez from the AgeOptions office will provide participants with information on identity theft, what it looks like, and how you can tell if it has happened to you. He will also offer tips for how to protect yourself against having your identity stolen.

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

**Grief and Loss | Tuesday July 30 | 10:30 – 11:30 am | In-Person at ACC**

Coping with grief & loss is a part of living. Join us to learn how to identify resources to guide healing and comfort following loss.

**Facilitator:** Melissa Gomez | The HAP Foundation

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

**Registration Required:** Barb Kohley, [bkohley@agingcareconnections.org](mailto:bkohley@agingcareconnections.org)

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**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.

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## 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.

### Join by tablet or smartphone

1. If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time.
2. Once you have downloaded the Zoom app, follow the “Join by computer” instructions above

### NOTES for all of our new online classes

- **Please click on the link to join the sessions BEFORE the scheduled start time to allow time for your computer or device to connect.**
- We will open up our Zoom meeting rooms 5 minutes before each class is scheduled to start.
- When the class actually starts, we will mute everyone, so we don’t all hear each other’s background noise or the sound of new people coming into the class. You will hear the instructor, however.
- As technology can be finicky sometimes, we appreciate your patience as we work through any technical glitches that may arise.

## 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.