



Aging Well Neighborhood Events

JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Because Aging Well Matters</p>	<p><i>* Denotes programs that require registration for attendance.</i></p>		 <p>ALZHEIMER'S AND BRAIN AWARENESS MONTH — JUNE —</p>	
3	4	5	6	7
<p>12:30-1:30 ACC Congregate Book Club: The Swimmers by Julie Otsuka* Salerno's – Hodgkins</p>	<p>10:30-11:30am Café y Arte* Summit Public Library District</p> <p>1:05-2:00pm Yoga Zoom & Impulse Westchester*</p>	<p>12:30-1:00pm Blood Pressure Screenings McCook</p> <p>1:00-3:00pm Movie Time! Pure Country McCook</p> <p>1:30-2:30 Qi Gong ACC*/Zoom</p>		<p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>
10	11	12	13	14
<p>1:30-2:30pm Dementia Conversations* ACC</p> <p>3:30-5:30pm Monday Movie Matinee: Still Alice* ACC</p>	<p>1:30-2:30pm HUH – Help Us Hear* ACC</p>	<p>1:30-2:30pm Art & Ice Cream* Seniors Assistance Center (SAC), Norridge</p>	<p>10:15-11:00am Get Fit Zoom</p> <p>2:30-3:30pm Art & Ice Cream* ACC</p>	<p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>
17	18	19	20	21
<p>10:30-11:30am Brain Games – Part One* ACC</p>	<p>1:05-2:00 Chair Aerobics Zoom & Impulse Westchester*</p>	<p>ACC will be closed in observance of Juneteenth</p>	<p>10:00-11:00am Becoming a Dementia Friend* ACC</p>	<p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p> <p>2:30-3:30 Summer Book Club: Charlotte's Web by E.B. White ACC*/Zoom</p>
24	25	26	27	28
<p>10:30-11:30am Brain Games – Part Two* ACC</p>	<p>10:30-11:30am Una Vida Saludable para el Cerebro y el Cuerpo* Summit Public Library District</p>	<p>1:00-2:00pm Healthy Habits for Brain & Body* SAC (Seniors Assistance Center), Norridge</p>	<p>10:15-11:00am Get Fit Zoom</p>	<p>9:00-11:00am Friday Morning Men's Regulars Brookfield</p>