

# Aging Well Neighborhood Programs

## November 2022

**Hello Neighbors! Below is our November schedule. Join us all month long for aging well activities, fitness, life-long learning, entertainment, and more!**

We encourage you to share our class schedule with friends, family, and neighbors, near & far, of any age – everyone is welcome to join us. Thank you all for being a part of the Aging Well Neighborhood! Today is a good day to age well. **For questions about the programs listed below, please email [AWN@agingcareconnections.org](mailto:AWN@agingcareconnections.org).**

### **Wednesday November 2 | 10:15-11:15am | Total Mind and Body Workout | Zoom**

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and cognitive function. Join us for this special series that is designed to take you through movements of different variations of walking and balance to improve your coordination (mind) and stability (body) as well as strengthen your upper and lower body and core. All movements and exercises help stimulate the brain to keep the mind and the body active.

**Supplies needed:** A sturdy chair with no arm rests and no wheels. Light hand weights or water bottles for a challenge. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZErcuiprTkvhdy3UCpiB75OatkIRMUdYNxw>

Password: awn123 | Meeting ID: 856 5113 2578

### **Wednesday November 2 | 12:30-1:00pm | Blood Pressure Readings | In-Person**

Hosted by the MCCOOK / HODGKINS Aging Well Team

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

**Questions?** Contact Alyson at [awn@agingcareconnections.org](mailto:awn@agingcareconnections.org) or 708-603-2259.

### **Wednesday November 2 | 1:00-3:45pm | Movie time! — Elvis (2022) | In-Person**

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

Stars: Tom Hanks, Austin Butler, Olivia DeJonge

Rated PG-13 | 2 hr 39 min | Biography, Drama, Music

Hosted by the MCCOOK / HODGKINS Aging Well Team

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

**Questions?** Contact Alyson at [awn@agingcareconnections.org](mailto:awn@agingcareconnections.org) or 708-603-2259.

**Thursday November 3 | 10:00-11:10am | Leslie Goddard Presents: Riverview Park | Zoom**

It was once the “world’s largest amusement park.” It boasted the world’s first suspended roller coaster and first parachute ride. Today, it’s merely one of Chicago’s best loved memories. The names alone evoke nostalgia: the Pair-O-Chutes, Aladdin’s Castle, Shoot the Chutes and of course, the Bobs roller coaster. Join historian Leslie Goddard, Ph.D. for a look back at the history of Riverview, from its opening in 1904 to its sudden closing in 1967. *This program was previously recorded.*

**Presenter:** Leslie Goddard. PhD

**Click this link to join:**

[https://us02web.zoom.us/meeting/register/tZcqO6vrz8vE9C0t\\_mwEL8eYr2MNMWrKi7l](https://us02web.zoom.us/meeting/register/tZcqO6vrz8vE9C0t_mwEL8eYr2MNMWrKi7l)

Password: awn123 | Meeting ID: 837 3771 4594

**Monday November 7 | 11:30am - 12:30pm | Act II Creative Writers’ Discussion | Zoom**

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers to share your writing and listen to others. Writing themes are your choice — fact, fiction or fractured fairy tales. Some write memoirs or journals. There is reminiscing, laughter and nostalgia — Just fun! New participants are always welcome. Meets on the first and third Monday of each month. *Virtual program.*

**Facilitator:** Gina Millette – Act II Seniors Club

**Click this link to join:**

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNWckl4KzVNVV1N5ZEN5dz09>

Passcode: fLA7kC | Meeting ID: 723 1975 1795

**Tuesday November 8 | 10:00–11:00am | Tips on Senior Safety and How to Keep Your Holiday Safe | In-Person**

This **in-person** program provides loads of great safety tips for shopping and parking at the mall, ATM use, online shopping, home safety, and traveling during the busiest time of the year.

**Presented by:** Cook County Sheriff’s Office of Community Engagement

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

**No registration required.** For questions please email Renata Vitali at [rvitali@agingcareconnections.org](mailto:rvitali@agingcareconnections.org)

### Wednesday November 9 | 11:30am-1:30pm | Lunch & Bingo! | In-Person

We heard you! Answering the request of several of you, we are excited to offer Bingo! We hope you can join us for a delicious meal, a chance to meet other members of the AWN, and bingo fun 😊

**Registration required:** Call 708-603-2269 by Tuesday November 8 at 4:00pm to register

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

**What's for lunch:** Julian Salad with Ham, Turkey, Cheese & Tomatoes. Plus bread, fruit, & milk.

**Cost:** \$3.00 (cash, payable at the door)

### Friday November 11 | 4:00–5:00pm | The History & Honor of Veteran's Day | Attend In-Person at ACC or Join on Zoom

Take a look back at the history of Veteran's Day - from its origin as Armistice Day in 1918 after the end of World War I, to the renaming as Veteran's Day in the aftermath of World War II and the Korean War. Join us to learn more about the importance of this day and help us to celebrate and honor America's veterans for their willingness to serve and sacrifice for our nation.

**Presenter:** Trish Smithing, Teacher & Educational Speaker

**EITHER JOIN IN-PERSON OR ON ZOOM** – Feel free to either join us in-person at ACC or connect on Zoom.

**Option 1: In-Person:** Aging Care Connections, 111 W. Harris Ave, La Grange. No registration required.

**Option 2: Join via Zoom - Click this link:**

<https://us02web.zoom.us/meeting/register/tZcpc-mtrDMtHtVy7DmzTU-qCOum29RNvd-P>

Zoom Password: awn123 | Meeting ID: 834 4052 8741

### Monday November 14 | 11:00am-12:00pm | Chair Yoga Workout and Meditation Hacks for Stressful Times | Simulcast – View the program at ACC or Join on Zoom

Sneak some self-care in your busy day through Yoga and Meditation! Join Dana as she demonstrates self-love routines to conquer the day. Experience mental clarity, calmness and sharper concentration - proven benefits of yoga and meditation so you can be your best self for others who depend on you in these stressful times. *This program was previously recorded.*

**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.

**Presenters:** Dana Franceschini, certified Yoga Instructor

**PROGRAM WILL BE SIMULCAST** – Watch & workout from home or at ACC! We will air the Zoom program at ACC if you want to watch & work-out with fellow AWN members. Or join us on Zoom from the comfort of your home.

**Option 1: In-Person Viewing:** Aging Care Connections, 111 W. Harris Ave, La Grange. No registration required.

**Option 2: Join via Zoom - Click this link:**

<https://us02web.zoom.us/meeting/register/tZlvf-iuqzMqE9YMytB1l8MptrjQv0vp4ZQ7>

Zoom Password: awn123 | Meeting ID: 862 8165 8092

## **Tuesday November 15 | 1:00-1:30pm | Sit And Be Fit: Stretch And Strength Fitness with Mary Ann Wilson | Zoom**

SIT AND BE FIT workouts feature Mary Ann Wilson, RN, from the popular and award winning PBS exercise show. Each session includes full body workouts designed to strengthen, stretch and improve overall the function of your body. Mary Ann Wilson is a registered nurse in the field of geriatrics and post-polio rehabilitation. *This program was previously recorded.*

**4-week series:** November 15, 22, 29 & December 6. Join as many as you would like!

**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:** Mary Ann Wilson, RN and creator of the Sit and Be Fit series

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZlvce6vpz8vHtWD-fR3qly4Uc0iQoroVU44>

Password: awn123 | Meeting ID: 862 6779 4541

## **Wednesday November 16 | 10:00am-1:00pm | AWN Community Health Fair / Feria de Salud Comunitaria | In-Person**

Join us for a free, fun, and informative fair for older adults and their families, friends, and caregivers. Learn about resources available for older adults in our community to age well!

- COVID Vaccinations, COVID Boosters , Flu Shots - Provided by the Cook County Department of Public Health and CIMPARG. Please bring your Medicare, Drug, Medicare Supplement, &/or Insurance Cards
- Resources on a wide range of services to support healthy and safe aging | Blood Pressure Screenings | Free Food Baskets from Aetna *\*While supplies last\** | Raffles
- Admission is FREE! No registration is required

**Where: Summit Park District, 5700 S Archer Rd, Summit, IL**

Únase a nosotros para una feria gratis, divertida y informativa para adultos mayores y sus familias, amigos y cuidadores. ¡Aprenda sobre los recursos disponibles para que los adultos mayores en nuestra comunidad envejezcan bien!

- COVID Vacunas, COVID Potenciadores, Vacunas Contra la Influenza - Proporcionado por el Cook County Department of Public Health y CIMPAR. Traiga sus tarjetas de Medicare, Medicamentos, Suplemento de Medicare y/o Seguro
- Recursos para apoyar un envejecimiento saludable y seguro | Presión Arterial | Canastas de Alimentos de Aetna *\*Cantidades Limitadas!\** | Rifas
- ¡La admisión es gratis!
- No es necesario registrarse

**Ubicación: Summit Park District, 5700 S Archer Rd, Summit, IL**

### **Monday November 21 | 11:30am - 12:30pm | Act II Creative Writers' Discussion | Zoom**

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers to share your writing and listen to others. Writing themes are your choice — fact, fiction or fractured fairy tales. Some write memoirs or journals. There is reminiscing, laughter and nostalgia — Just fun! New participants are always welcome. Meets on the first and third Monday of each month. *Virtual program.*

**Facilitator:** Gina Millette – Act II Seniors Club

**Click this link to join:**

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNWckl4KzVNV1N5ZEN5dz09>

Passcode: fLA7kC | Meeting ID: 723 1975 1795

### **Tuesday November 22 | 1:00-1:30pm | Sit And Be Fit: Stretch And Strength Fitness with Mary Ann Wilson | Zoom**

SIT AND BE FIT workouts feature Mary Ann Wilson, RN, from the popular and award winning PBS exercise show. Each session includes full body workouts designed to strengthen, stretch and improve overall the function of your body. Mary Ann Wilson is a registered nurse in the field of geriatrics and post-polio rehabilitation. *This program was previously recorded.*

**4-week series:** November 15, 22, 29 & December 6. Join as many as you would like!

**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:** Mary Ann Wilson, RN and creator of the Sit and Be Fit series

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZlvce6vpz8vHtWD-fR3qly4Uc0iQoroVU44>

Password: awn123 | Meeting ID: 862 6779 4541

### Wednesday November 23 | 10:15-11:15am | Total Mind & Body Workout | Zoom

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and cognitive function. Join us for this special series that is designed to take you through movements of different variations of walking and balance to improve your coordination (mind) and stability (body) as well as strengthen your upper and lower body and core. All movements and exercises help stimulate the brain to keep the mind and the body active.

**Supplies needed:** A sturdy chair with no arm rests and no wheels. Light hand weights or water bottles for a challenge. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

**Instructor:** Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZErcuiprTkvHdy3UCpiB75OatklRMUdyNxw>

Password: awn123 | Meeting ID: 856 5113 2578

### Tuesday November 29 | 1:00-1:30pm | Sit And Be Fit: Stretch And Strength Fitness with Mary Ann Wilson | Zoom

SIT AND BE FIT workouts feature Mary Ann Wilson, RN, from the popular and award winning PBS exercise show. Each session includes full body workouts designed to strengthen, stretch and improve overall the function of your body. Mary Ann Wilson is a registered nurse in the field of geriatrics and post-polio rehabilitation. *This program was previously recorded.*

**4-week series:** November 15, 22, 29 & December 6. Join as many as you would like!

**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:** Mary Ann Wilson, RN and creator of the Sit and Be Fit series

**Click this link to join:**

<https://us02web.zoom.us/meeting/register/tZlvce6vpz8vHtWD-fR3qly4Uc0iQoroVU44>

Password: awn123 | Meeting ID: 862 6779 4541

### Wednesday November 30 | 2:00-3:00pm / Trivia! Test Your Knowledge of the United States | Attend In-Person at ACC or Join on Zoom

Join us for a low-key game of trivia about the United States! Mostly picture clues about landmarks, monuments, buildings, flags, cities, and more!

**Facilitator:** Alyson Scanlon, Aging Care Connections

**EITHER JOIN IN-PERSON OR ON ZOOM** – Feel free to either join us in-person at Aging Care Connections or connect on Zoom

**Option 1: In-Person:** Aging Care Connections, 111 W. Harris Ave, La Grange. No registration required.

**Option 2: Join via Zoom - Click this link:**

<https://us02web.zoom.us/meeting/register/tZlqcu6uqDOjGtws590TI0MvWPo-poax-Upu3>

Zoom Password: awn123 | Meeting ID: 867 5766 6908

**\*\*If you have any questions about these programs, please email [AWN@agingcareconnections.org](mailto:AWN@agingcareconnections.org)\*\***

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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 and see the instructor, however.