

Aging Well Neighborhood Programs

October 2022

Hello Neighbors! Below is our October schedule. Join us all month long for brain health programs, health & wellness seminars, fitness, 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.**

Monday October 3 | Virtual Brain Health Center's Active Aging Week 2022 – *Nourish Your Spirit* | 10:00am, 1:00pm and 6:00pm

The programs below are offered by the Virtual Brain Health Center (VBHC). We thank them for inviting members of the Aging Well Neighborhood to participate in these wellness programs led by industry experts and designed to optimize physical health, cognitive engagement, and personal well-being. virtualbrainhealthcenter.com

Note – VBHC Programs are free, but advance registration is required for each class to receive the zoom links and passwords. For more info on each class and instructor(s) and to register, visit: eventbrite.com/o/virtual-brain-health-center-34238464227

- ✧ 10:00-10:45am: **Healthy Cooking Demo** - Join this action-packed healthy cooking demo
- ✧ 1:00-2:00pm: **The Spiritual Dimension of Brain Health & Wellness** - How does spirituality change the brain? Explore the science of spirituality and understand how it supports our brain health and wellness.
- ✧ 6:00-6:45pm: **Reducing Stress with Purposeful Breathing and Affirmations** - Learn and experience why your breath is like a remote control for your brain.

Monday October 3 | 11:30am - 12:30pm | Act II Creative Writers' Discussion

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=THJXSTYwTWNWckI4KzVNVV1N5ZEN5dz09>

Passcode: fLA7kC

Meeting ID: 723 1975 1795

Tuesday October 4 | Virtual Brain Health Center's Active Aging Week 2022 – Maintain Your Emotional Wellness | 10:00am, 1:00pm and 6:00pm

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- ✧ 10:00-10:45am: **Chair One Fitness** - A comprehensive chair-based dance fitness program
- ✧ 1:00-2:00pm: **Purpose Guides our Path to Improved Brain Health** - Learn about the building blocks of purpose. Discover how living in purpose can improve your wellbeing and increase joy
- ✧ 6:00-6:30pm: **Mind Spa: Self-Care and Relaxation** - Join us for a midweek reset-focused on 30-minutes of brain care (self-care).

Wednesday October 5 | 10:15-11:15am | Total Mind and Body Workout

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 October 5 | 12:30-1:00pm | Blood Pressure Readings

Hosted by the MCCOOK / HODGKINS Aging Well Team

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

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Wednesday October 5 | 1:00-2:45pm | Movie time! — *Where the Boys Are*

Four very different college girls drive to Fort Lauderdale, Florida for spring break and seek out various adventures and romance for themselves.

Stars: Dolores Hart, George Hamilton, Yvette Mimieux

Rated PG | 1 hr 39 min | Comedy, Drama, Romance

Hosted by the MCCOOK / HODGKINS Aging Well Team

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

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Wednesday October 5 | Virtual Brain Health Center's Active Aging Week 2022 – Strengthen the Mind + Body | 10:00am, 1:00pm and 6:00pm

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- ✧ 10:00-10:45am: **StrongerU Strength** – Engage each of your major muscle groups through interesting movement combinations.
- ✧ 1:00-2:00pm: **Fall Drawing Tutorial** - Exercise your creative muscles during a step-by-step art project led by an artist. Learn about drawing techniques and helpful tips to improve your creative confidence. **The only materials required are a pencil, eraser, and piece of paper.**
- ✧ 6:00-6:45pm: **Expert Interview: Health with an Attitude** – The importance of a person's attitude as they grow older; Being Grateful for Every Day; Doing things that make you and the people around you happy.

Thursday October 6 | Virtual Brain Health Center's Active Aging Week 2022 – Prioritize Your Brain Care | 10:00am, 1:00pm, and 6:00pm

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- ✧ 10:00-10:45am: **Music, Movement & Memory** - A combination of music, movement, memory & mindful inspiration

- ✧ 1:00-2:00pm: **Brain Injury and the Importance of Mental Health** - Brain injury affects women and seniors differently than younger people, and men. One of the issues surrounding brain injury, but not often discussed, is mental health. Important physical issues like body awareness and balance are important to address, but emotional regulation is also important. Issues like anxiety, depression, executive function, the ability to resume a social life, positivity and hope.
- ✧ 6:00-6:45pm: **Stretch and Play Your Stress Away** - Learn 6 postures and how to use them to support your optimal health and wellness.

Friday October 7 | Virtual Brain Health Center's Active Aging Week 2022 – Tools for Pain Relief | 10:30am

The program below is offered by the Virtual Brain Health Center (VBHC). We thank them for inviting members of the Aging Well Neighborhood to participate in these wellness programs led by industry experts and designed to optimize physical health, cognitive engagement, and personal well-being. virtualbrainhealthcenter.com

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- ✧ 10:30-11:30am: **Control Your Pain: Roll It Out!** - Pain can be reduced with one simple tool: a foam roller. We'll talk about: What causes pain and How does pain manifest. Plus you will learn 5 foam rolling techniques and how to use them easily and effectively to help with pain.

Saturday October 8 | Virtual Brain Health Center's Active Aging Week 2022 – Move Your Body! | 10:00am

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- ✧ 10:00-10:45am: **Stay Smart Brain Games** - Make your brain sweat this mind-body workout class! Puzzles, games and cross body movements to challenge your mind and create new connections.

Sunday October 9 | Virtual Brain Health Center's Active Aging Week 2022 – Move Your Body! | 6:00pm

The program below is offered by the Virtual Brain Health Center (VBHC). We thank them for inviting members of the Aging Well Neighborhood to participate in these wellness

programs led by industry experts and designed to optimize physical health, cognitive engagement, and personal well-being. virtualbrainhealthcenter.com

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✧ 6:00-6:45pm: **StrongerU Stretch** – This fitness class begins with a dynamic warm-up before progressing into head-to-toe stretch and ends with a guided relaxation.

Tuesday October 11 | 4:00–5:00pm | Lifelong Learning – The Secrets of Alcatraz

Join us for a virtual trip through time to hear the stories of Alcatraz. Hear about the history, the escape attempts, the prisoners and of course, life on the rock.

Presenter: Trish Smithing, Teacher & Educational Speaker

Click this link to

join: <https://us02web.zoom.us/meeting/register/tZ0tceyhqzMuGdKJaRnST7tFJEHP3gsyqg4p>

Password: awn123

Meeting ID: 890 6595 8436

Thursday October 13 | 10:00-11:00am | Game of Trivia – How Well Do You Know Chicago?

Join us for a low-key game of trivia about the city of Chicago!

Facilitator: Alyson Scanlon – Aging Care Connections

Click this link to join:

https://us02web.zoom.us/meeting/register/tZlkdOmqrz4iHNd_4Lhszuf55lfnJaSSG7J

Password: awn123

Meeting ID: 869 3021 5863

Monday October 17 | 11:30am - 12:30pm | Act II Creative Writers' Discussion

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: Alyson Scanlon – Aging Care Connections

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Passcode: fLA7kC

Meeting ID: 723 1975 1795

Tuesday October 18 | 2:00-3:00pm / Trivia! Test Your Knowledge of Brands, Logos, & Slogans

Join us for a low-key game of trivia featuring brands, logos, and advertising slogans! Can you still sing the Slinky song? From “You’re soaking in it” to “You sank my battleship!”, “Where’s the beef?”, and “He likes it! Hey Mikey!”, enjoy this trip down memory lane with advertisements and catch phrases over time.

Facilitator: Alyson Scanlon, Aging Care Connections

Click this link to join: https://us02web.zoom.us/meeting/register/tZMoc-mprj0iGtdiGC_fJ8lOy5S1PkmSg4fn

Password: awn123

Meeting ID: 875 4010 6803

Wednesday October 19 | 10:15-11:15am | Total Mind & Body Workout

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

Tuesday October 25 | 4:00–5:00pm | Join us for a Spooky Season Treat! – Pictorial Halloween

Local stories of local hauntings and spooky stories. Bonus – international scary stories of places I have visited. A visual experience for lovers of the macabre.

Presenter: Trish Smithing, Teacher & Educational Speaker

Click this link to join: https://us02web.zoom.us/meeting/register/tZwkf-muqT8jHNKwIKos_kcWpPTQIMHrFQJL

Password: awn123

Meeting ID: 889 8067 4966

Wednesday October 26 | 2:00-3:00pm | Leslie Goddard Presents: Riverview Park

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. **Not able to join us on the 26th? We will be repeating this program on Thursday November 3rd at 10:00am.**

Presenter: Leslie Goddard. PhD

Click this link to join:

<https://us02web.zoom.us/meeting/register/tZUtdOGgqzgpHtwKjjomARPJ4WRocn2QHkG>

Password: awn123

Meeting ID: 810 3885 3348

****If you have any questions about these programs, please email**

AWN@agingcareconnections.org**

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.

- Offering Awn classes using Zoom is new to us and to most of our instructors. We welcome you to join us on this adventure of using new ways to connect and to learn! Please be patient as we work through any technical glitches that may arise.