

FEBRUARY AWN EVENTS

Feb. 3 - Senior Walking Club

When: 8am -10am

Where: Summit Park District, 5700 S. Archer Rd., Summit.

No rsvps needed. Come join us!

Feb. 3 – Book Club - Amy & Isabelle by Elizabeth Strout

When: 12:30 -1:30pm

Where: Aging CareConnections, 111 W. Harris Ave, La Grange 60525

Registration Required: barteaga@agingcareconnections.org 708-603-2277

Feb. 4 & 18– Chair Aerobics

When: 1 :05-2:00pm | In Person at IMPULSE in Westchester or Zoom

Where: Impulse Rehab & Wellness, 3075 S. Wolf Rd, Westchester

Registration Required: Bkohley@agingcareconnections.org 708-603-2259

Click this link to join:

https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmkAd1H1xm3 Password: awn123 | Meeting ID: 89248 1554

Feb 5 - Senior Walking Club

When: 8am -10am

Where: Summit Park District, 5700 S. Archer Rd., Summit.

No rsvps needed. Come join us!

Feb 5 – Art & Ice Cream NEW LOCATION!

When: 10:30am -11:30am

Where: West Suburban Senior Services, 439 Bohland Ave, Bellwood

Registration Required: barteaga@agingcareconnections.org 708-603-2277

Feb. 5 & 19 - Qi Gong

When: 1:00 -2:00pm

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

Where: Aging Care Connections, 111 W. Harris Ave, La Grange 60525

Registration Required: Bkohley@agingcareconnections.org
or 708-603-2259

Feb. 7 – Addressing Legal Services with CDEL (Center for Disability & Elder Law)

When: 1:00pm -2pm

Where: Aging Care Connections, 111 W. Harris Ave, La Grange 60525

Registration Required: barteaga@agingcareconnections.org 708-603-2277

Feb. 10 - Senior Walking Club

When: 8am -10am

Where: Summit Park District, 5700 S. Archer Rd., Summit.

No rsvps needed. Come join us!

Feb. 11 - HUH Help Us Hear -NOTE NEW LOCATION and TIME!

When: 3:30 -4:30pm

Support and learning group for those with hearing loss and those that support loved ones with hearing loss.

Facilitator: Carol Johnson

Where: La Grange Park Library. 555 N. La Grange Road

Registration Required: barteaga@agingcareconnections.org 708-603-2277

Feb. 11 – Rosalyn Williams, IRS Presents on TAX PREPARATIONS

When: 10:30am -11:30am

Where: West Suburban Senior Services, 439 Bohland Ave, Bellwood

Registration Required: barteaga@agingcareconnections.org 708-603-2277

Feb. 11 – Café & Arte

When: 10:30am -11:30am

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

No experience necessary. All supplies provided!

Feb. 13 - BINGO!

When: 1pm -3pm

Where: Summit Park District, 5700 S. Archer Rd., Summit.

Registration Required: agarcia@agingcareconnections.org

Feb. 13 - Addressing Legal Services with CDEL

(Center for Disability & Elder Law)

When: 10:30am -12:30pm

Where: West Suburban Senior Services, 439 Bohland Ave, Bellwood

Registration Required: barteaga@agingcareconnections.org 708-603-2277

Feb. 19 - Happy Hour – NEW! (No alcohol will be served)

Come hear some good news for a change. Every month will be filled with things to laugh about, be grateful for and heartwarming stories from around the world. We can even share good news with each other. It's cold outside come in and feel warm!

When: 11:30am -12:30pm Lunch is optional \$3. **LIMITED CALL EARLY**

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

Registration Required : bkohley@agingcareconnections.org 708-603-2259

Feb. 12 , 17 & 19, 24 & 26- Senior Walking Club

When: 8am -10am

Where: Summit Park District, 5700 S. Archer Rd., Summit.

No rsvps needed. Come join us!

Feb 20 – Lunch & Education – Officer Rob presents Don't Get Scammed!

When: 1:30 – 3:30 PM

LIMITED SEATING of 50. Register early! Delicious lunch and Learn!

Where: Indian Head Park Village Hall, 60525

Registration Required: Barb Kohley, bkohley@agingcareconnections.org

Feb. 24 - Movie Matinee | When Harry Met Sally

When: 12:30pm -2:30pm

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

Registration Required : bkohley@agingcareconnections.org 708-603-2259

Feb. 26 - Art & Ice Cream

When: 11:30am -12:30pm

Where else can you relax with friends, create a masterpiece and get served ice cream?

Aging Care Connections, of course!

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

Registration Required: barteaga@agingcareconnections.org 708-603-2277

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.

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.

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.