

# MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For more information please email</b>  <b>awn@agingcareconnections.org</b></p>				
<p>8am-10am <b>5</b>  <b>Senior Walking Club - Summit</b>            11:00am-12:30pm  <b>Tech Workshop - Franklin Park</b>            1:30pm-2:30pm  <b>Book Club - The Art of Racing in the Rain, by Garth Stein- ACC</b></p>	<p>11am-12pm <b>6</b>  <b>Senior Chair Yoga - Summit</b>            11am-12pm  <b>Costco Hearing Loss Prevention - Bellwood</b>            1:05pm-2:00pm  <b>Bone Density Bootcamp - Westchester or virtual via Zoom</b></p>	<p>8am-10am <b>7</b>  <b>Senior Walking Club - Summit</b>            10:30am-11:30am  <b>Grief and Loss - Bellwood</b>            1pm-2pm  <b>Qi Gong - ACC</b></p>	<p><b>1</b>            10:30am-11:30am  <b>Nutrition with Illinois Extension - Bellwood</b></p>	<p><b>2</b>            10:00am-1:00pm  <b>ACC Feria De Salud (Health Fair) - Summit</b></p>
<p>8am-10am <b>12</b>  <b>Senior Walking Club - Summit</b>            11:00am-12:30pm  <b>Tech Workshop - Franklin Park</b></p>	<p>10:30am-12:30pm <b>13</b>  <b>Café &amp; Arte - Learn to Crochet! - Summit</b>            1:30pm-2:30pm  <b>Help Us Hear - La Grange Park Library</b></p>	<p>8am-10am <b>14</b>  <b>Senior Walking Club - Summit</b>            10:30am-11:30am  <b>Art &amp; Ice Cream, Flower Making! - Bellwood</b>            11:00am-2:00pm  <b>Spring Bingo - Summit</b>            11:30am-1:30pm  <b>Lunch &amp; a Movie! Twister - ACC</b></p>	<p><b>15</b>            1:30pm-3:30pm  <b>The many voices of John Truncali! - Indian Head Park</b></p>	<p><b>16</b></p>
<p>8am-10am <b>19</b>  <b>Senior Walking Club - Summit</b>            11:00am-12:30pm  <b>Tech Workshop - Franklin Park</b></p>	<p>11am-12pm <b>20</b>  <b>Senior Chair Yoga - Summit</b>            11:45am-1:00pm  <b>Support &amp; Care when living with a serious illness - ACC</b>            1:05pm-2:00pm  <b>Chair Aerobics - Westchester or virtual via Zoom</b></p>	<p>8am-10am <b>21</b>  <b>Senior Walking Club - Summit</b>            10:30am-11:30am  <b>Boost Your Brain Power - Bellwood</b>            12:30pm-1:30pm  <b>Chair Yoga - Bridgeview</b>            1pm-2pm  <b>Qi Gong - ACC</b></p>	<p><b>22</b>            1pm-2pm  <b>Art &amp; Ice Cream, new location - Northlake</b></p>	<p><b>23</b></p>
<p>8am-10am <b>26</b>  <b>Senior Walking Club - Summit</b>            11:00am-2:00pm  <b>ACC Presentation - Summit</b></p>	<p><b>27</b>            10:30am-11:30am  <b>Summit Library Garden Club - Summit</b></p>	<p>8:00am-10:00am <b>28</b>  <b>Senior Walking Club - Summit</b>            1pm-3pm  <b>Tech Workshop - Norridge</b></p>	<p><b>29</b>            10:30am-11:30am  <b>Nutrition with Illinois Extension - Bellwood</b></p>	