

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>LABOR DAY</div> <div>CLOSED</div>	<div>2</div> <div>1:05pm-2:00pm</div> <div>Chair Yoga with Beth - Westchester</div>	<div>3</div> <div>8am-10am</div> <div>Senior Walking Club - Summit</div>	<div>4</div> <div>10:30am-11:30am</div> <div>Boost Your Brain Power - Schiller Park</div>	<div>5</div>
<div>8</div> <div>8am-10am</div> <div>Senior Walking Club - Summit</div> <div>10am-11am</div> <div>White Crane Arthritis Exercise Program - Norridge</div> <div>12:30pm-1:30pm</div> <div>Book Club: The Road from Gap Creek by Robert Morgan - ACC La Grange</div>	<div>9</div> <div>10:00am-11:00am</div> <div>Nutrition Cooking by IL Extention - Bellwood</div> <div>11:15am-12:15pm</div> <div>Senior Chair Yoga - Summit</div>	<div>10</div> <div>8am-10am</div> <div>Senior Walking Club - Summit</div> <div>10am-11am</div> <div>Silver Sneakers - Bellwood</div> <div>11:15am-1pm</div> <div>Art & Ice Cream Luncheon - Westchester</div>	<div>11</div>	<div>12</div> <div>10am-11am</div> <div>Arthritis Exercise by White Crane - Summit</div> <div>10am-11am</div> <div>Help Us Hear - Norridge</div>
<div>15</div> <div>8am-10am</div> <div>Senior Walking Club - Summit</div> <div>10am-11am</div> <div>Arthritis Exercise by White Crane - Norridge</div>	<div>16</div> <div>1:05pm-2pm</div> <div>Core Conditioning with Mary Ann - Westchester or remote via Zoom</div>	<div>17</div> <div>8am-10am</div> <div>Senior Walking Club - Summit</div> <div>11:30am-2:00pm</div> <div>Bingo Lunch by IL Extension - Summit</div> <div>12:30pm-1:30pm</div> <div>Senior Chair Yoga - Bridgeview</div>	<div>18</div> <div>1:30pm-3:30pm</div> <div>Luncheon - Indian Head Park</div> <div>*Limited availability</div>	<div>19</div> <div>10am-11am</div> <div>Arthritis Exercise by White Crane - Summit</div> <div>6pm-10pm</div> <div>Sports Ball Gala - Elmwood Park</div> <div>*Paid Fundraising Event</div>
<div>22</div> <div>8am-10am</div> <div>Senior Walking Club - Summit</div> <div>10am-11am</div> <div>Arthritis Exercise by White Crane - Norridge</div>	<div>23</div> <div>11:15am-12:15pm</div> <div>Senior Chair Yoga - Summit</div>	<div>24</div> <div>8am-10am</div> <div>Senior Walking Club - Summit</div> <div>10:30am-11:30am</div> <div>Cafe & Arté (Line Dancing) - Summit</div> <div>10:30am-11:30am</div> <div>Art and Ice Cream - Bellwood</div>	<div>25</div>	<div>26</div> <div>10am-11am</div> <div>Arthritis Exercise by White Crane - Summit</div> <div>12:30pm-1:30pm</div> <div>Art & Ice Cream - Norridge</div>
<div>29</div> <div>8am-10am</div> <div>Senior Walking Club - Summit</div> <div>10am-11am</div> <div>Arthritis Exercise by White Crane - Norridge</div>	<div>30</div>	<div>For more information please email</div> <div>awn@agingcareconnections.org</div>		