

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am-10am 3 Senior Walking Club - Summit 10am-11am Arthritis Exercise with White Crane - Norridge 10am-12pm Matter of Balance - Bellwood	11:15am - 12:15pm 4 Senior Chair Yoga - Summit 12pm-2pm Tech Class - Bridgeview 1:05pm-2pm Boot Camp for Bone Density - Westchester	8am-10am 5 Senior Walking Club - Summit	9:30am-10:30am 6 Mindful Movement - Western Springs	10:30am-11:30am 7 Arthritis Exercise by White Crane - Summit
8am-10am 10 Senior Walking Club - Summit 10am-11am Arthritis Exercise with White Crane - Norridge 10am-12pm Matter of Balance - Bellwood	 ACC CLOSED 11	8am-10am 12 Senior Walking Club - Summit 10:30am - 12:30pm Café & Arte - Summit 11:15am - 1:00pm Lunch & Bingo - Westchester 12:30pm-1:30pm Chair Yoga - Bridgeview 12:30pm - 1:15pm Mindful Movement - La Bella Events in Countryside	1pm-2pm 13 Art & Ice Cream - Northlake 5pm-7pm Mindful Movement - Summit	10:30am-11:30am 14 Arthritis Exercise by White Crane - Summit
8am-10am 17 Senior Walking Club - Summit 10am-11am Arthritis Exercise with White Crane - Norridge 10am-12pm Matter of Balance - Bellwood	11:15am - 12:15pm 18 Senior Chair Yoga - Summit 12pm-2pm Tech Class - Bridgeview 1:05pm-2pm Chair Aerobics - Westchester	8am-10am 19 Senior Walking Club - Summit	9:30am-10:30am 20 Mindful Movement - Western Springs 1:30-3:30pm Luncheon - Indian Head Park	10:30am-11:30am 21 Arthritis Exercise by White Crane - Summit 11:30am-2pm Lunch & Learn - Summit 12:30pm-1:30pm Art & Ice Cream - Norridge
8am-10am 24 Senior Walking Club - Summit 10am-11am Arthritis Exercise with White Crane - Norridge 10am-12pm Matter of Balance - Bellwood	12pm-2pm 25 Tech Class - Bridgeview	26	 ACC CLOSED 27	ACC CLOSED 28

For more information please email
awn@agingcareconnections.org

See the next page for information on an event in Brookfield
on Sunday, November 23rd!



aging care
connections

Because Aging Well Matters



The Brookfield Aging Well Team presents...

Holiday Music Sing-Along Bingo



Enjoy a sing-along version of Bingo with desserts and hot chocolate!

We will play 3 rounds with 2 winners in each round.

The event features Brookfield's own Bingo caller, Brian Baginski!



Sunday, November 23rd



1pm - 3pm



Cantata Wye Valley

8700 31st St., Brookfield, IL 60513

REGISTER NOW: (708) 485-2000

or email info@hitzemanfuneral.com

***Please RSVP by November 18**

Limited space of 60 players

Anti Discrimination Statement

Aging Care Connections does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-354-1323.

Aging Care Connections

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