


# Aging Well Neighborhood Events

## FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8am-10am <b>Senior Walking Club - Summit</b>	3 12:30am-1:30pm <b>Chair Yoga - Bridgeview</b>  1:05pm-2:00pm <b>Boot Camp for Bone Density - Westchester &amp; remote via Zoom</b>	4 8am-10am <b>Senior Walking Club - Summit</b>  1:00pm-2:00pm <b>Body &amp; Brain Exercise - Seniors Assistance Center in Norridge</b>	5 9:30am-10:30am <b>Mindful Movement - Western Springs</b>	6
9 8am-10am <b>Senior Walking Club - Summit</b>	10 11:15am-12:15pm <b>Chair Yoga - Summit</b>  1:00pm-2:30pm <b>Café y Arte - Summit</b>  1:30pm-2:30pm <b>Help Us Hear - La Grange Park</b>	11 8am-10am <b>Senior Walking Club - Summit</b>  11:15am-1:00pm <b>Lunch - Westchester</b> <i>*Limited seating!</i>  2:00pm-3:00pm <b>Qi Gong - ACC in La Grange</b> <i>*Limited space!</i>	12 9:30am-10:30am <b>Mindful Movement - Western Springs</b>	13
16  <b>ACC Closed</b>	17 10:00am-12:00pm <b>Mamma Mia! Movie Watch Party - ACC La Grange</b> <i>*Limited space!</i>  1:05pm-2:00pm <b>Chair Aerobics - Westchester &amp; remote via Zoom</b>	18 8am-10am <b>Senior Walking Club - Summit</b>  10:30am-11:30am <b>Art &amp; Ice Cream - Bellwood</b>	19 9:30am-10:30am <b>Mindful Movement - Western Springs</b>  10:00am-11:00am <b>Art &amp; Ice Cream - Seniors Assistance Center in Norridge</b>  1:30pm-3:30pm <b>Lunch &amp; Learn - Indian Head Park</b> <i>*Limited space!</i>	20
23 8am-10am <b>Senior Walking Club - Summit</b>  9:00am-11:30am <b>Take Charge of Your Health - Bellwood</b> <i>*Limited space!</i>  12:30pm-1:30pm <b>Book Club: House of Glass by Sarah Pekkanen</b> <b>La Bella Events in Countryside</b>	24 11:15am-12:15pm <b>Chair Yoga - Summit</b>  1:00pm-2:00pm <b>Bilingual Book Club: The Radium Girls by Kate Moore - Summit</b> <i>*Limited space!</i>	25 8am-10am <b>Senior Walking Club - Summit</b>  2:00pm-3:00pm <b>Qi Gong - ACC in La Grange</b> <i>*Limited space!</i>	26 9:30am-10:30am <b>Mindful Movement - Western Springs</b>  11:30am-2:00pm <b>Lunch &amp; Bingo - Summit</b>	27

For more information please email  
[awn@agingcareconnections.org](mailto:awn@agingcareconnections.org)