

Aging Well Neighborhood Events

FEBRUARY 2026

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

For more information please email
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