

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**For more information please email
awn@agingcareconnections.org**

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8:00am-10:00am
Senior Walking Club - Summit
10:30am-12:30pm
Tech Class - Lyons

5

11:15am-12:15pm
Chair Yoga - Summit
12:30am-1:30pm
Chair Yoga - Bridgeview
1:05pm-2:00pm
Boot Camp for Bone Density - Westchester or remote via Zoom

6

8:00am-10:00am
Senior Walking Club - Summit

7

9:30am-10:30am
Mindful Movement - Western Springs
10:30am-11:30am
Chair Yoga - Summit

8

10:30am-12:30pm
Movie Watch Party: Little Miss Sunshine (2006) - ACC La Grange
**Limited space*

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8:00am-10:00am
Senior Walking Club - Summit
10:30am-12:30pm
Tech Class - Lyons

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10:30am-11:30am
Zumba Gold Toning - Summit
1:30pm-2:30pm
Help Us Hear - La Grange Park

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8:00am-10:00am
Senior Walking Club - Summit
10:30am-11:30am
Café y Arte - Summit
11:15am-1:00pm
Lunch & Learn with Mindful Movement - Westchester
1:00pm-2:00pm
Body & Brain Tai Chi - Norridge
2:00pm-3:00pm
Qi Gong - ACC in La Grange
**Limited space*

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9:30am-10:30am
Mindful Movement - Western Springs
10:30am-11:30am
10 Warning Signs of Alzheimer's by Alzheimer's Association - Bellwood
10:30am-2:00pm
Lunch & Learn: Presentation on Decluttering - Summit

15

12:00pm-2:00pm
Lunch & Learn: Healthy Heart Healthy Mind by Rush Alzheimer's Disease Center - Norridge

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8:00am-10:00am
Senior Walking Club - Summit
10:30am-12:30pm
Tech Class - Lyons
11:00am-1:00pm
Tabletop Tomato Gardening - Brookfield
12:30pm-1:30pm
Book Club: Still Alice by Lisa Genova - Countryside

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11:30am-1:30pm
Movie Watch Party: Up (2009) - Summit
1:05pm-2:00pm
Chair Aerobics - Westchester or remote via Zoom

20

8:00am-10:00am
Senior Walking Club - Summit
11:15am-1:00pm
Mindful Movement - Countryside

21

9:30am-10:30am
Mindful Movement - Western Springs
10:30am-2:00pm
Lunch & Learn: Presentation on Decluttering - Indian Head Park
10:30am-11:30am
Dance Class - Summit

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10:30am-2:30pm
ACC Health Fair - Summit

ACC Closed 25



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11:15am-12:15pm
Chair Yoga - Summit

27

8:00am-10:00am
Senior Walking Club - Summit
10:30am-11:30pm
Bilingual Book Club - Summit
10:30am-11:30pm
Art & Ice Cream - Bellwood
2:00pm-3:00pm
Qi Gong - ACC in La Grange
**Limited space*

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9:30am-10:30am
Mindful Movement - Western Springs

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