

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For more information please email awn@agingcareconnections.org</p>		1	2	3
		9:00am-10:30am Senior Walking Club - Summit 1:00pm-2:00pm Body & Brain Tai Chi - Norridge		ACC Closed
6	7	8	9	10
9:00am-10:30am Senior Walking Club - Summit	12:30pm-1:30pm Chair Yoga - Justice <i>*Temporary location for July & August</i> 1:05pm-2:00pm Cardio & Strength Exercise - Westchester or remote via Zoom	9:00am-10:30am Senior Walking Club - Summit 10:30am-12:30pm Café y Arte - Summit 11:15am-1:00pm Lunch & Medicare Presentation - Westchester 2:00pm-3:00pm Qi Gong - ACC La Grange	10:30am-11:30am Dancing Class - Summit	10:30am-12:30pm Movie Watch Party: Philomena (2013) - ACC La Grange
13	14	15	16	17
9:00am-10:30am Senior Walking Club - Summit 10:30am-11:30am Chair Yoga - Summit	10:30am-11:30am Zumba Gold Toning - Summit	9:00am-10:30am Senior Walking Club - Summit 10:30am-2:00pm Lunch & Learn: Nutrition Presentation - Summit	9:30am-10:30am Mindful Movement - Western Springs 10:00am-11:00am Art & Ice Cream - Norridge 10:30am-11:30am Dance Class - Summit 1:30pm-3:30pm Lunch & Learn: Medicare Presentation - Indian Head Park	12:00pm-2:00pm Lunch & Learn: Parkinson's Presentation - Norridge
20	21	22	23	24
9:00am-10:30am Senior Walking Club - Summit	10:30am-12:30pm Movie Watch Party: Up (2009) - Summit 1:05pm-2:00pm Balance & Strength Exercise - Westchester or remote via Zoom	9:00am-10:30am Senior Walking Club - Summit 10:30am-11:30am Bilingual Book Club - Summit 2:00pm-3:00pm Qi Gong - ACC La Grange	10:30am-11:30am Dance Class - Summit 12:00pm-1:00pm Art & Ice Cream - Bellwood	11:00am-2:00pm ACC Health Fair - Seniors Assistance Center in Norridge
27	28	29	30	31
9:00am-10:30am Senior Walking Club - Summit 10:30am-11:30am Chair Yoga - Summit 12:30pm-1:30pm Book Club - Countryside	12:00pm-2:00pm Lunch & Learn: Nutrition Presentation - Bridgeview			



Summer Health Fair: Save The Date!

***Vendor spots are available.
Join us this summer and connect with our community!***



Friday, July 24th



10:30AM - 2:30PM



**SENIORS ASSISTANCE CENTER
7774 W IRVING PARK RD
NORRIDGE, IL 60706**

**For more info on how to become a vendor please email
awn@agingcareconnections.org or
call Brisa at (708) 603-2277**

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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