

Aging Well Neighborhood Events

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00am-10:30am Senior Walking Club - Summit 10:30am-11:30am Chair Yoga - Summit	4 12:30pm-1:30pm Chair Yoga - Justice <i>*Temporary location for August</i> 1:05pm-2:00pm Impulse Exercise: Boot Camp for Bone Density with Beth - Westchester or remote via Zoom	5 9:00am-10:30am Senior Walking Club - Summit	6 9:30am-10:30am Mindful Movement - Western Springs	7
10 9:00am-10:30am Senior Walking Club - Summit	11 10:30am-11:30am Zumba Gold Toning - Summit	12 9:00am-10:30am Senior Walking Club - Summit 10:30am-12:30pm Café y Arte - Summit 11:15am-1:00pm Lunch & Bingo - Westchester <i>*Limited seating</i> 2:00pm-3:00pm Qi Gong - ACC La Grange	13 10:30am-11:30am Dancing Class - Summit 12:30pm-1:30pm 10 Warning Signs of Alzheimer's by Alzheimer Association - North Riverside	14 10:30am-12:30pm Movie Watch Party: Taken (2009) - ACC La Grange
17 9:00am-10:30am Senior Walking Club - Summit 10:30am-11:30am Chair Yoga - Summit	18 10:30am-12:30pm Movie Watch Party: I Know Why the Caged Bird Sings (1979) - Summit 1:05pm-2:00pm Impulse Exercise: Chair Aerobics with Mary Ann - Westchester or remote via Zoom	19 9:00am-10:30am Senior Walking Club - Summit 10:30am-2:00pm Lunch & Learn: Presentation by AgeOptions- Summit	20 9:30am-10:30am Mindful Movement - Western Springs 10:00am-11:00am Art & Ice Cream - Norridge 1:30pm-3:30pm Lunch & Learn: Health & Posture Presentation by Dr. Petrak - Indian Head Park	21 12:00pm-2:00pm Lunch & Learn: Body & Brain Tai Chi Exercise - Norridge
24 9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge	25 12:00pm-2:00pm Lunch & Learn: Caregiver Presentation by ACC - Bridgeview <i>*Limited seating</i>	26 9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge 10:30am-11:30am Bilingual Book Club - Summit 2:00pm-3:00pm Qi Gong - ACC La Grange	27 10:30am-11:30am Dance Class - Summit 12:00pm-1:00pm Art & Ice Cream - Bellwood	28
31 9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge 12:30pm-1:30pm Book Club - Countryside	For more information please email awn@agingcareconnections.org			