

Aging Well Neighborhood Events

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:30pm-1:30pm Chair Yoga - Bridgeview 1:05pm-2:00pm Impulse Exercise: Chair Yoga with Beth - Westchester or remote via Zoom	9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge 1:00pm-2:00pm Body & Brain Tai Chi - Norridge		
★ ★ ★ ★ ★ LABOR DAY ★ ★ ★ ★ ★ ACC Closed	10:30am-11:30am Zumba Gold Toning - Summit	9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge 10:30am-12:30pm Café y Arte - Summit 11:15am-1:00pm Lunch & Posture Presentation - Westchester *Limited seating	9:30am-10:30am Mindful Movement - Western Springs 10:30am-11:30am Dancing Class - Summit	10:30am-12:30pm Movie Watch Party: Soul Surfer (2011) - ACC La Grange
9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge 10:30am-11:30am Chair Yoga - Summit	10:30am-12:30pm Movie Watch Party: Beloved (1998) - Summit 1:05pm-2:00pm Impulse Exercise: Core Conditioning with Mary Ann - Westchester or remote via Zoom 12:30pm-1:30pm Building Brain-Health Habits Presentation by Alzheimer Association - North Riverside	9:00am-10:30am Senior Walking Club - Summit 10:30am-2:00pm Lunch & Learn - Summit	9:30am-10:30am Mindful Movement - Western Springs 10:00am-11:00am Art & Ice Cream - Norridge 1:30pm-3:30pm Lunch & Learn: Missed Medicare Benefits Checkup - Indian Head Park	12:00pm-2:00pm Lunch & Learn: Illinois Attorney General Presentation - Norridge
9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge	12:00pm-2:00pm Lunch & Learn: Medicare 101 Presentation by Medicare Mike - Bridgeview <i>*Limited seating</i>	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	9:30am-10:30am Mindful Movement - Western Springs 10:30am-11:30am Dance Class - Summit 12:00pm-1:00pm Art & Ice Cream - Bellwood	
9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge 10:30am-11:30am Chair Yoga - Summit 12:30pm-1:30pm Book Club - Countryside		9:00am-10:30am Senior Walking Club - Summit 10:00am-11:00am Arthritis Exercise Class - Norridge	For more information please email awn@agingcareconnections.org	