

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	10:00am-11:00am Help Us Hear: Addressing and Demonstrating InnoCaption - LaGrange Park Library 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 10:30am-11:30am 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	

The Brookfield Aging Well Team presents:
First Responders and Fire Prevention Presentation
*by Brookfield Deputy Police Chief Jim Mihalik
and Interim Fire Chief Matt Dubik*



Tuesday, September 15th



11:00am - 12:30pm



Cantata Wye Valley
8700 31st St., Brookfield, IL 60513

REGISTER NOW: (708) 485-2000
or email info@hitzemanfuneral.com

****Must RSVP by September 8th***

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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