

Aging Well Neighborhood Events

OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

For more information please email
awn@agingcareconnections.org

1

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

2

10:00am-11:00am
Arthritis Exercise Class - Norridge

5

9:00am-10:30am
Senior Walking Club - Summit

10:00am-11:00am
Arthritis Exercise Class - Norridge

10:30am-11:30am
Chair Yoga - Summit

6

12:30pm-1:30pm
Chair Yoga - Bridgeview

1:05pm-2:00pm
Impulse Exercise: Cardio & Strength with Beth - Westchester or remote via Zoom

7

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

8

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

10:30am-11:30am
Dancing Class - Summit

9

10:30am-12:30pm
Movie Watch Party: Hocus Pocus (1993) - ACC La Grange

12



ACC Closed

13

10:30am-11:30am
Zumba Gold Toning - Summit
11:00am-12:30pm
Enjoying our Forest Preserves Presentation - Brookfield
**Limited seating - Register by October 6th*
1:30pm-2:30pm
Help Us Hear Presentation - LaGrange Park

14

9:00am-10:30am
Senior Walking Club - Summit
10:30am-12:30pm
Café y Arte - Summit
11:15am-1:00pm
Lunch & Bingo - Westchester
2:00pm-3:00pm
Qi Gong Exercise - ACC La Grange

15

9:30am-10:30am
Mindful Movement - Western Springs
10:00am-11:00am
Art & Ice Cream - Norridge
1:30pm-3:30pm
Lunch & Learn: Parkinson's Disease Presentation - Indian Head Park
**Limited seating*

16

19

9:00am-10:30am
Senior Walking Club - Summit
10:30am-11:30am
Chair Yoga - Summit
12:00pm-2:00pm
Tech Class - Hodgkins

20

10:30am-12:30pm
Movie Watch Party: Coat of Many Colors (2015) - Summit
1:05pm-2:00pm
Impulse Exercise: Balance & Strength with Mary Ann - Westchester or remote via Zoom

21

9:00am-10:30am
Senior Walking Club - Summit
10:30am-2:00pm
Lunch & Learn: Access Community Health Network - Summit

22

9:30am-10:30am
Mindful Movement - Western Springs
10:30am-11:30am
Dance Class - Summit
12:00pm-1:00pm
Art & Ice Cream - Bellwood

23

26

9:00am-10:30am
Senior Walking Club - Summit
12:00pm-2:00pm
Tech Class - Hodgkins
12:30pm-1:30pm
Book Club - Countryside

27

12:00pm-2:00pm
Lunch & Learn: Presentation by Panorama PACE - Bridgeview
**Limited seating*

28

9:00am-10:30am
Senior Walking Club - Summit
10:30am-11:30am
Bilingual Book Club - Summit
12:30pm-1:15pm
Mindful Movement - Countryside
2:00pm-3:00pm
Qi Gong Exercise - ACC La Grange

29

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

12:00pm-1:00pm
Art & Ice Cream - Bellwood

30

11:00am-2:00pm
Aging Care Connections Health Fair - Countryside

Aging Care Connections Annual Health Fair

Connect with our community, enjoy a delicious lunch,
discover over 20 local resources and vendors,
access health screenings, and more!



Friday, October 30th



11:30am - 2:00pm



La Bella Events

5412 S La Grange Rd Countryside, IL, 60525

REGISTER NOW: (708) 603-2275

or email awn@agingcareconnections.org

***Make the most of this event and register for lunch, too! Call 708-603-2269 to reserve your meal.
Reservations are required for lunch; walk-ins will not be accepted.***

\$5 donation suggested for lunch.

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

111 W. Harris Ave., La Grange, Illinois 60525 | P: 708-354-1323

W: AgingCareConnections.org | E: info@agingcareconnections.org



aging care
connections

Because Aging Well Matters



The Brookfield Aging Well Team presents: Enjoying our Forest Preserves Presentation

by Kenyon Duner - Accessibility Coordinator for the Forest Preserve District of Cook County



Tuesday, October 13th



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 October 6th***

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

111 W. Harris Ave., La Grange, Illinois 60525 | P: 708-354-1323

W: AgingCareConnections.org | E: info@agingcareconnections.org