

# Aging Well Neighborhood Events

## NOVEMBER 2026

| MONDAY                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <p><b>2</b></p> <p>9:00am-10:30am<br/><b>Senior Walking Club - Summit</b></p> <p>10:30am-11:30am<br/><b>Chair Yoga - Summit</b></p> <p>12:00pm-2:00pm<br/><b>Tech Class - Hodgkins</b></p> | <p><b>3</b></p> <p>12:30pm-1:30pm<br/><b>Chair Yoga - Bridgeview</b></p> <p>1:05pm-2:00pm<br/><b>Impulse Exercise: Boot Camp for Bone Density with Mary Ann - Westchester or remote via Zoom</b></p>               | <p><b>4</b></p> <p>9:00am-10:30am<br/><b>Senior Walking Club - Summit</b></p> <p>1:00pm-2:00pm<br/><b>Body &amp; Brain Tai Chi - Norridge</b></p> <p>2:00pm-3:00pm<br/><b>Qi Gong Exercise - ACC La Grange</b></p> | <p><b>5</b></p> <p>9:30am-10:30am<br/><b>Mindful Movement - Western Springs</b></p> <p>10:30am-11:30am<br/><b>Line Dancing - Summit</b></p>                                                                                                                                                                     | <p><b>6</b></p>                                                                                                   |
| <p><b>9</b></p> <p>9:00am-10:30am<br/><b>Senior Walking Club - Summit</b></p> <p>10:30am-11:30am<br/><b>Zumba Exercise - Summit</b></p>                                                    | <p><b>10</b></p> <p>11:15am-1:00pm<br/><b>Lunch with Music Entertainment by Rick Pickern - Westchester</b></p> <p>1:30pm-2:30pm<br/><b>Help Us Hear Presentation - LaGrange Park</b></p>                           | <p><b>11</b></p>  <p><b>ACC Closed</b></p>                                                                                       | <p><b>12</b></p> <p>9:30am-10:30am<br/><b>Mindful Movement - Western Springs</b></p> <p>10:30am-12:30pm<br/><b>Café y Arte - Summit</b></p>                                                                                                                                                                     | <p><b>13</b></p> <p>10:30am-12:30pm<br/><b>Movie Watch Party: Joyful Noise (2012) - Summit</b></p>                |
| <p><b>16</b></p> <p>9:00am-10:30am<br/><b>Senior Walking Club - Summit</b></p> <p>10:30am-11:30am<br/><b>Chair Yoga - Summit</b></p>                                                       | <p><b>17</b></p> <p>1:00pm-3:00pm<br/><b>Movie Watch Party: My Girl (1993) - ACC La Grange</b></p> <p>1:05pm-2:00pm<br/><b>Impulse Exercise: Chair Aerobics with Mary Ann - Westchester or remote via Zoom</b></p> | <p><b>18</b></p> <p>9:00am-10:30am<br/><b>Walking Club - Summit</b></p> <p>10:30am-2:00pm<br/><b>Lunch - Summit</b></p> <p>2:00pm-3:00pm<br/><b>Qi Gong Exercise - ACC La Grange</b></p>                           | <p><b>19</b></p> <p>9:30am-10:30am<br/><b>Mindful Movement - Western Springs</b></p> <p>10:00am-11:00am<br/><b>Art &amp; Ice Cream - Norridge</b></p> <p>10:30am-11:30am<br/><b>Line Dancing - Summit</b></p> <p>1:30pm-3:30pm<br/><b>Lunch &amp; Learn: Stroke Prevention by Loyola - Indian Head Park</b></p> | <p><b>20</b></p> <p>12:00pm-2:00pm<br/><b>Lunch &amp; Learn: Presentation by Oak Street Health - Norridge</b></p> |
| <p><b>23</b></p> <p>9:00am-10:30am<br/><b>Senior Walking Club - Summit</b></p>                                                                                                             | <p><b>24</b></p> <p>12:00pm-2:00pm<br/><b>Bridgeview Lunch &amp; Learn: Stroke Prevention by Loyola - Bridgeview</b></p>                                                                                           | <p><b>25</b></p> <p>9:00am-10:30am<br/><b>Senior Walking Club - Summit</b></p> <p>12:30pm-1:15pm<br/><b>Mindful Movement - Countryside</b></p>                                                                     | <p><b>26</b></p> <p><i>Happy Thanksgiving</i></p> <p><b>ACC Closed</b></p>                                                                                                                                                                                                                                      | <p><b>27</b></p> <p><b>ACC Closed</b></p>                                                                         |
| <p><b>30</b></p> <p>9:00am-10:30am<br/><b>Senior Walking Club - Summit</b></p> <p>12:30pm-1:30pm<br/><b>Book Club - Countryside</b></p>                                                    | <p><b>For more information please email</b><br/><b>awn@agingcareconnections.org</b></p>                                                                                                                            |                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                 |                                                                                                                   |



aging care  
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Because Aging Well Matters



## The Brookfield Aging Well Team presents: Holiday Music Sing Along + Bingo



**Sunday, November 15<sup>th</sup>**



**1:00pm - 3:00pm**



**Cantata Wye Valley**  
**8700 31<sup>st</sup> St., Brookfield, IL 60513**

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

***\*Must RSVP by November 8<sup>th</sup>***

### 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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