

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For more information please email awn@agingcareconnections.org			HAPPY New Year ACC CLOSED	
8am-10am Senior Walking Club - Summit	11:15am-12:15pm Chair Yoga - Summit 12:30am-1:30pm Chair Yoga - Bridgeview 1:05pm-2pm Cardio & Strength Exercise - Westchester	8am-10am Senior Walking Club - Summit		10:30am-11:30am Arthritis Exercise by White Crane - Summit
8am-10am Senior Walking Club - Summit		8am-10am Senior Walking Club - Summit 11:15am-1:00pm Lunch & Learn - Westchester 2:00pm-3:00pm Qi Gong - ACC La Grange	1:30pm-3:30pm Lunch - Indian Head Park *Limited Seating. Register now!	10:30am-11:30am Arthritis Exercise by White Crane - Summit
MLK DAY ACC CLOSED	11:15am-12:15pm Senior Chair Yoga - Summit 1:05pm-2pm Balance & Strength Exercise - Westchester	8am-10am Senior Walking Club - Summit 10:30am-11:30am Art & Ice Cream - Bellwood 11:30am-2:00pm Lunch & Bingo - Summit	11:00am-12:00pm Bingo with ITAC - Bellwood	
8am-10am Senior Walking Club - Summit 12:30pm-1:30pm Book Club: The Ten Thousand Doors in January - La Bella Events in Countryside		8am-10am Senior Walking Club - Summit 10:30am-12:30pm Café & Arte - Summit 2:00pm-3:00pm Qi Gong - ACC La Grange	10:30am-11:30am Presentation on Trusts by Cloud Gate Realty - Summit	