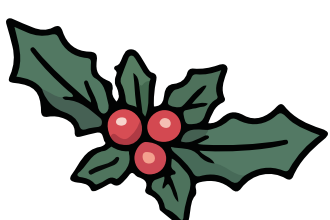


Aging Well Neighborhood Events

DECEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am-10am Senior Walking Club - Summit 1 10am-11am Arthritis Exercise Program - Norridge 10am-12pm Matter of Balance - Bellwood 12:30pm-1:30pm Book Club: The Seven Days of Us - La Bella Events in Countryside	11:15am-12:15pm Senior Chair Yoga - Summit 2 12pm-2pm Tech Class - Bridgeview 1:05pm-2pm Impulse Chair Yoga - Westchester	8am-10am Senior Walking Club - Summit 3	9:30am-10:30am Mindful Movement by OptWell - Western Springs 4	5
8am-10am Senior Walking Club - Summit 8 10am-12pm Matter of Balance - Bellwood	12pm-2pm Tech Class - Bridgeview 9 1:30pm-2:30pm Help Us Hear - La Grange Park	8am-10am Senior Walking Club - Summit 10 10:30am-12:30am Cafe & Art� (Line Dancing) - Summit 12:30pm - 1:30pm Chair Yoga - Bridgeview	10:00am-11:00am Bilingual Book Club: Before the Mess Became Sacred - Summit Park District 11 12:00pm-2:00pm Holiday Party - Summit 3:00pm-4:00pm Art & Ice Cream - Northlake	10:30am-11:30am Arthritis Exercise by White Crane - Summit 12
8am-10am Senior Walking Club - Summit 15 10am-12pm Matter of Balance - Bellwood	11:15am-12:15pm Senior Chair Yoga - Summit 16 1:05pm-2pm Impulse Core Conditioning - Westchester	8am-10am Senior Walking Club - Summit 17 11:30am-2pm Lunch & Learn - Summit	9:30am-10:30am Mindful Movement by OptWell - Western Springs 18 1:30pm-3:30pm Lunch - Indian Head Park	10:30am-11:30am Arthritis Exercise by White Crane - Summit 19 12:30pm-1:30pm Art & Ice Cream - Norridge
8am-10am Senior Walking Club - Summit 22	23	Christmas Eve ACC CLOSED 24	MERRY CHRISTMAS ACC CLOSED 25	26
29	30	NEW Year's EVE ACC CLOSED 31	For more information please email awn@agingcareconnections.org	