Aging Well Neighborhood - November Events 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Please contact Barb Kohley at bkohley@agingcareconnections.org to register		*Events listed in red are either bilingual events or in Spanish*		1
4 12:30-1:30 pm | Congregate Book Club: Manhattan Beach by Jennifer Egan | ACC	5 10:00-11:00am | Wills and Estate Planning Seminar | ACC 10:30-12:30pm | Café y Arte – Painting Pumpkins | Summit 1:05-2:00pm | Core Exercise | Impulse Rehab, Westchester 1:30-2:30pm | Help Us Hear | ACC	6 12:30-1:00pm |Blood Pressure Screening | Village of McCook 1:00-3:00pm | Movie – Beyond the Sea | Village of McCook 1:30-2:30pm | Qi Gong | ACC	7 	8 2:30-3:30pm | Art and Ice Cream – Cinnamon Candle Stick Making | ACC
11 AGING CARE CONNECTIONS BUILDING IN LA GRANGE WILL BE CLOSED TODAY! 8:00-10:00am | Senior Walking Club | Summit Park District	12 11:00-12:00pm | Mujeres Latinas en Accion | Summit Public Library District	13 8:00-10:00 am | Senior Walking Club | Summit Park District 1:30-2:30pm |Art and Ice Cream |SAC Norridge	14 10:00-11:00am |Online Shopping Scams| ACC	15 CHECK OUT A SPECIAL WEEKEND EVENT THIS SUNDAY SUNDAY NOV 17th 1:00-3:00pm | Holiday Music Bingo | Cantata Adult Life Services, Brookfield
18 8:00-10:00am | Senior Walking Club | Summit Park District 10:30-11:30am |Boost Your Brain Power |ACC 1:30-3:30pm |Movie – For the Love of Chocolate | ACC	19 1:05-2:00pm | Cardio Fitness| Impulse Rehab Westchester 1:00-2:00pm |Circulo de lectura – Padre Rico, Padre Pobre de Robert T Koyasaki | Summit Library	20 8:00-10:00am | Senior Walking Club | Summit Park District 10:15-11:00am |Chair Yoga | Justice Park District 11:15-12:15pm |Chair Yoga | Summit Library 12:30pm-1:30pm|Chair Yoga | Bridgeview Park District 1:30-2:30pm | Happy Hearing Hour | SAC Norridge 1:30-2:30pm | Qi Gong |ACC	21 1:30-3:30pm | Lunch and Entertainment "Acapella Fellas" | Indian Head Park Village Hall	22
25 8:00-10:00am | Senior Walking Club | Summit Park District	26 11:15-12:15pm |Chair Yoga | Summit Library	27 8:00-10:00am | Senior Walking Club | Summit Park District	28 	29 AGING CARE CONNECTIONS BUILDING IN LA GRANGE WILL BE CLOSED THURSDAY THE 28th and FRIDAY THE 29th!

AGING CARE CONNECTIONS | 111 W. HARRIS AVE | LA GRANGE, IL 60525
708-354-1323 | WWW.AGINGCARECONNECTIONS.ORG | AWN@AGINGCARECONNECTIONS.ORG