



We support and enrich aging
through community building and advocacy.



COMMUNITY CONNECT

Connecting with Each Other through Shared Opportunities

Monday, October 18- October 24, 2021
Free Online and Call-in Events and More

Welcome to **Community Connect**, a listing of online or call-in events that you can attend. **For most of the below events you will have to register prior to the event day.** Let Betsy Kelly know if you need help logging into any events. If you need assistance in accessing these events, you may call Betsy at (708) 221-3814 OR email at communityconnectmail@gmail.com (preferably 30 minutes prior to event time) for assistance. Please share with someone who does not have computer access who you think would benefit from these events. You can often access the events from your phone (for the audio portion, or if you have a smartphone, video and audio). Here is a [Zoom tutorial](#) for those that need help getting on to zoom events.

Please share your comments or suggestions with Betsy through our **Community Connect** email address at communityconnectmail@gmail.com. We welcome your event suggestions as well.

Every Day:

Telephone Topics Mather: Mather has about four or five call-in [topics](#) /day (M-F) **Register by adding the classes you are interested in to your shopping cart.** (You can join any topic for free, simply by calling 855-880-1246 for audio only and then entering Meeting ID: 386 399 7030, or by logging onto Zoom through your computer, tablet, or smartphone to see the visual part of the program too.) Not every program has a visual component. [Click [here](#) to learn about Mather's partnership with Chautauqua Institution; scroll to the bottom of the website page for a free subscription to their online programming.]

For online Exercise:

Senior Planet M- F from **9:00-9:30 am** and **3:00-3:30 pm** for morning and afternoon stretch. Join through this [zoom link](#). Meeting ID: 170 361 931 For all upcoming Fitness and Wellness Events at **Senior Planet** click [here](#).

Other:

Visit **Park District of Oak Park's Active Adult/Seniors** website [here](#) to learn more about their programming for Oak Park residents and those in surrounding communities. (When in the website, scroll down to **Active Adult Memberships**).

<p><u>Monday, October 18</u> 7:00 am- 7:45 am (In Person)</p> <p>10:00 am- 11:00 am (In Person)</p> <p>2:00 pm- 3:30 pm</p>	<p>Join Tina Birnbaum, a Certified Tai Chi Instructor, at Rhem Park in the Northeast Corner (by Gunderson and Garfield) under the Ginkgo Tree or on the pickleball court if you need a sturdier surface (every Monday and Wednesday). All levels are welcome.</p> <p><i>Gentle Yoga at Mills Park</i> (On the south end of the park, M & F). Bring your own chair or mat. (W, Th Tai Chi and Sat. a combination of Yoga and Tai Chi).</p> <p>Aging Care Connections presents <i>Joe Vitacco presents: Drag the River - A Virtual Tour and History of famous and infamous homes in River Forest.</i> Register here. Meeting ID: 854 8854 7496 Password: awn123</p>
<p><u>Tuesday, October 19</u> 12:00 pm- 12:30 pm</p> <p>2:00 pm- 3:00 pm</p> <p>2:00 pm- 4:00 pm</p>	<p>Oak Park Public Library presents <i>Virtual: Chair Yoga with DuShaun Branch</i>. Click here to register and for more details.</p> <p>Berwyn Public Library presents <i>Virtual Senior Yoga</i>. Join Ann Rinderer of Ahimsa Yoga Studio in Berwyn for this class. Register here.</p> <p>Oak Park and River Forest Townships and Oak Park Public Library and River Forest Public Library present <i>Memory Cafe</i>, a program for those with memory changes and their caregivers. Register here for this virtual event.</p>
<p><u>Wednesday, Oct. 20</u> 7:00 am- 7:45 am</p> <p>10:20 am- 11:20 am (In Person)</p> <p>1:00 pm (In Person)</p> <p>3:00 pm- 4:00 pm</p> <p>5:30 pm</p> <p>7:00 pm- 8:00 pm</p>	<p>(see Monday <i>Tai Chi</i>)</p> <p>Senior Services of Oak Park and River Forest Townships offer <i>Bingo with Kristin Norman</i>. Come to the Senior Services parking lot and play bingo. Stay after today for <i>Spooky Tai Chi</i> from 11:30 am- 12:30 pm. (130 S. Oak Park Ave., in the back). Call Kristin Norman at (708) 613-1112.</p> <p>Trailside Museum presents <i>Wellness Walk with Roberta Jannsen</i>, a University of Illinois Extension Volunteer. Register by calling 708-366-6530.</p> <p>Marc Blesoff presents <i>Aging in the Age of Pandemic</i>, a weekly safe drop-in space for older people. Join via Zoom here.</p> <p>Oak Park-River Forest Community Foundation/ Women Leaders in Philanthropy present <i>An Evening with Dr. Donna Carroll, President Emerita of Dominican University</i>. Reflecting on her nearly 30 years of leadership at Dominican University, Donna will address the unique aspects of women in leadership, community engagement, and philanthropy. Register here for this virtual event.</p> <p>Oak Park Public Library presents <i>Virtual: Awesome Australia with Brian Michalski</i>. To Register and for more details, click here.</p>
<p><u>Thursday, October 21</u> 2:00 pm- 3:00 pm</p>	<p>Aging Care Connections presents <i>Trivia! Featuring Brands, Logos, & Slogans</i>. Join for a low-key game of trivia featuring brands, logos, and advertising slogans! Register here. Meeting ID: 878 2804 7079 Password: awn123</p>

<u>Thur., October 21 cont.</u> 5:30 pm- 8:30 pm (In Person and Virtual)	One Earth Film Festival and The Austin Eats Initiative present <i>Can You Dig This? Screening and Discussion</i> . As part of an urban gardening movement taking root in South LA, people are planting to transform their neighborhoods and are changing their own lives in the process. View this in person (priority goes to Austin residents) or virtually. Click here to register.
<u>Friday, October 22</u> 9:00 am- 10:30 am 10:00 am- 11:15 am (In Person and Virtual) 11:00 am 11:30 am- 12:30 pm 11:45 am- 12:45 pm 1:00 pm- 2:00 pm	<p>Health & Medicine Policy Research Group is convening Illinois Aging Together, a statewide movement for aging equity. This campaign seeks to have the State of Illinois demonstrate a new level of commitment to supporting Illinois' rapidly aging population, families and caregivers, and equitable aging across the life course. (Part 2 will be presented next Friday.) Register here.</p> <p>Garfield Park Conservatory presents <i>Tree ID Walk- Fall</i>. You can join in person or virtually. For more information, click here.</p> <p>Citizens Utility Board (CUB) presents <i>Coffee with CUB</i> live on Facebook.</p> <p>Senior Planet presents <i>Tai Chi</i>. Join this gentle exercise class to help maintain strength, flexibility, and balance. Join here by phone or Zoom.</p> <p>Age Options presents <i>Sounds Good Choir</i>. Lift your heart singing songs that you love via Zoom or on your phone. Register here in advance (through December 17th).</p> <p>Age Options presents <i>Virtual Sing Along Cafe</i> for those going through memory changes and their family members. Register here in advance for suburban Cook County and here for Chicago residents. Contact Beth Kozak with any questions at 708-383-0258 or bethany.kozak@ageoptions.org.</p>
<u>Saturday, October 23</u> 7:00 am- 8:00 am 9:00 am- 10:00 am 10:30 am- 1:00 pm (In Person) 11:00 am- 12:00 pm (In Person) 2:00 pm- 3:00 pm (In Person) 1:00 pm- 5:00 pm	<p><i>The Doris Davenport Show</i> WCPT (820 AM) <i>All Local All the Time</i>.</p> <p>Garfield Park Conservatory presents <i>Virtual Yoga with Natalie</i>. Register here. Classes are free, but donations are accepted.</p> <p>Garfield Park Conservatory presents <i>U of I Extension, Ask A Master Gardener</i>. This service is provided at the Conservatory to answer your questions about plants. Due to Covid, you will have to register for a spot. To learn more, click here.</p> <p>Newberry Library presents <i>A Woman Ahead of Her Time: Katherine Dunham and Afro-Caribbean Dance</i>. Called the "Matriarch of Black Dance," Dunham fused modern, balletic, and Afro-Caribbean elements into her groundbreaking choreography. Click here to register and for more information.</p> <p>River Forest Public Library and River Forest Township present <i>Gentle Yoga</i>. Register here.</p> <p>College of DuPage Radio presents <i>Those Were the Days</i> with Steve Darnell. Enjoy old-time radio classics and music on 90.9 FM WDCB or listen live here</p>

Other Events, Videos, Podcasts and Articles for Anytime:

Join a wide range of events at AARP's *Virtual Community Center* [here](#).

Listen to the *People's Pharmacy Podcasts* [here](#). "Empowering you to make wise decisions about your health." You can also do a search on any health topics.

Racial Relations:

Listen to the **Code Switch** podcast from NPR [here](#) for Fearless Conversations about Race.

Disrupt Disparities [website](#) is a collaborative bringing about systematic and policy changes to older adults of color.

Chicago Beyond, an organization created to deal with the inequities that are pervasive in Chicago's Communities, offers videos and articles [here](#). See their *Unpacking Series* [here](#).

Join veteran Black journalists Mara Schiavocampo, Wesley Lowery, and Keith Reed as they seek to provide true perspective on race in their *Run Tell This* podcast [here](#).

Momentum: A Race Forward Podcast features movement voices, stories, and strategies for racial justice. Click [here](#) and scroll to the middle of the page to listen to podcasts.

Listen to Alicia Garza, founder of Black Lives Matter *Lady Don't Take No* podcast [here](#).

Medium: 106 Things White People Can Do for Racial Justice [click here](#).

Watch webcasts and listen to podcasts through [ASA Studios](#) meant to drive conversations, dig deep into topics, and introduce new voices and leaders in aging. (LeverAge, Legacy Interviews and more.)

The Science of Well-Being with Laurie Santos is a free 10 week course through Yale University designed to increase your own happiness and build more productive habits. [Click here](#) for details. Laurie Santos also has a podcast called the *Happiness Lab*. Click [here](#) to listen to the podcasts.

AARP Foundation presents *Tools to Overcome Social Isolation*. See how connected you are at [Connect2Affect](#). Watch AARP's **Livable Communities Webinar Series** [here](#).

"Get your weekly dose of Inspiration" from the **Good Life Project** podcast. Click [here](#) to choose one of Jonathan Fields many inspirational interviews (scroll down and choose).

[Unlocking Us](#) offers podcasts with Brene Brown. They are conversations that unlock the deeply human part of who we are, so that we live, love and parent, and lead with more courage and heart.

Richard Harwood's *Turning Outward Together: Staying Grounded During Challenging Times*. View [pre-taped](#) talks on Facebook or view a live presentation on Wednesdays at 3:00 pm.

Music and Art:

Listen to mini concerts from home and discover new artists: [tiny desk concerts/ NPR](#)

Art Institute Essential Tours: Click [here](#).

Arbor West Neighbors (AWN) and River Forest Township share this information for your consideration. While the information in this communication has been verified to the best of our abilities, some of the information may contain links to sites created and maintained by other organizations. Please note that AWN and River Forest Township do not control and cannot guarantee the relevance, timeliness, or accuracy of these outside materials.