



We support and enrich aging
through community building and advocacy.



COMMUNITY CONNECT

Connecting with Each Other through Shared Opportunities

Monday, November 22- November 28, 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, November 22</u> 10:00 am- 11:00 am (In Person)</p> <p>1:15pm- 2:30 pm (In Person and cost)</p> <p>4:00 pm- 5:30 pm</p>	<p><i>Fitness Fellowship: Gentle Yoga</i> at Mills Park in Oak Park (On the south end of the park, M & F). Bring your own chair or mat.</p> <p>Nineteenth Century Club presents <i>Mary Magdalene</i>. For more information, click here. This is free to members and there is a \$15 donation suggested for non-members. There is also a lunch beforehand for those interested (\$25 fee). Contact Erin Payton for more details at 708-386-2729 or epayton@nineteenthcentury.org</p> <p>Aging Care Connections presents <i>A Virtual Cooking Class: Featuring Recipes from the “Murder She Wrote Cookbook”</i>. A great program for mystery buffs. Register here. Meeting ID: 862 1528 3517 Password: awn123</p>
<p><u>Tuesday, November 23</u> 10:30 am- 11:00 am (In Person)</p> <p>12:00 pm- 12:30 pm</p> <p>2:00 pm- 3:00 pm</p> <p>2:00 pm- 3:00 pm</p> <p>4:30 pm- 6:00 pm</p> <p>5:30 pm- 6:30 pm</p>	<p>Oak Park and River Forest Senior Services presents <i>“Eat a Cranberry” Demonstration</i>. Come to the back parking lot of the Senior Service Building (130 S. Oak Park Ave.)Call Kristin Norman for more details at (708)383-8060.</p> <p>Oak Park Public Library presents <i>Virtual: Chair Yoga</i>. Register here.</p> <p>Berwyn Public Library presents <i>Virtual Senior Yoga</i>. Join Ann Rinderer of Ahimsa Yoga Studio. Register here.</p> <p>Aging Care Connections presents <i>Brain Games: Interactive Brain Activities, Games and Trivia</i>. Register here. Meeting ID: 814 0625 8648 Password: awn123</p> <p>AARP Virtual Community Center presents <i>Surviving Tough Times: Growing Through Trauma, Loss, and Hardships</i>. Learn how you can overcome difficult experiences. Register here.</p> <p>AARP Virtual Community Center presents <i>Gourmet Tour of Italy: Food Historian Lecture</i>. Click here for more details and to register.</p>
<p><u>Wed., November 24</u> 10:00 am- 11:00 am (In Person)</p> <p>1:00 pm- 3:00 pm (In Person)</p> <p>3:00 pm- 4:00 pm</p> <p>5:30 pm- 6:30 pm</p>	<p><i>Fitness Fellowship: Tai Chi</i> at Mills Park in Oak Park (On the south end of the park right by Mills Tower). Bring your own chair or mat.</p> <p>Forest Park Public Library presents <i>Senior Movie: Detective Story</i>. Come to the Austin Room at the library. Register here in advance.</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>AARP Virtual Community Center presents <i>Cooking Class: Southwestern Cuisine- Tamales</i>. View on Facebook here or YouTube here.</p>

<p>Thursday, November 25 10:00 am- 11:00 am (In Person)</p>	<p><i>Fitness Fellowship: Gentle Tai Chi/Martial Arts</i> at Mills Park (on the south end of the park right near Mills Tower). Bring your own chair or mat.</p> <p>POSSIBLY NOT GOING ON DUE TO THANKSGIVING</p>
<p>Friday, November 26 10:00 am- 11:00 am (In Person)</p> <p>11:00 am- 12:00 pm</p> <p>11:45 am- 12:45 pm</p> <p>1:00 pm- 2:00 pm</p> <p>1:00 pm- 2:00 pm (In Person)</p> <p>3:30 pm- 4:30 pm</p>	<p><i>Fitness Fellowship: Gentle Yoga</i> at Mills Park in Oak Park (on the south end of the park right by Mills Tower). Bring your own chair or mat.</p> <p>Citizens Utility Board (CUB) presents <i>Coffee with CUB</i> live on Facebook.</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> <p>Trailside Museum presents <i>Annual Turkey Trot Hike</i>. Take a post holiday hike on the trails by the Trailside Museum. Registration required; call 708-366-6530.</p> <p>AARP Virtual Community Center presents <i>Virtual Workshop: Resiliency</i>. Learn resilience skills for coping with life, to bolster wellness and mitigate isolation. Register here.</p>
<p>Saturday, November 27 7:00 am- 8:00 am</p> <p>10:00 am- 11:00 am (In Person)</p> <p>1:00 pm- 5:00 pm</p>	<p><i>The Doris Davenport Show</i> WCPT (820 AM) <i>All Local All the Time</i>.</p> <p><i>Fitness Fellowship: Gentle Tai Chi and Yoga</i> at Mills Park in Oak Park (on the east side of the park near Pleasant Home). Bring your own chair or mat.</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>
<p>Sunday, November 28 1:30 pm- 4:30 pm</p> <p>2:00 pm- 4:30 pm (In Person)</p> <p>6:00 pm- 8:00 pm</p>	<p>Oak Park Public Library presents <i>Virtual: Writers' Word Feast</i>. Register here.</p> <p>River Forest Public Library presents <i>Global Film Forum: The Hedgehog</i>. Come to the Barbara Hall Meeting Room with your mask and join in the discussion after the movie. No registration needed.</p> <p><i>The Doris Davenport Show</i> WPNA (1490 AM) Live on Facebook.</p>

Websites, Videos, Podcasts and Articles for Anytime:

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

Browse **The People's Pharmacy** website [here](#). "Empowering you to make wise decisions about your health." Learn about home remedies and more (as seen in the *Chicago Tribune*).

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: 105 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 & 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. Visit the Harwood Institute's webpage [here](#).

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.