

Aging Well Neighborhood Programs

March 2023

Hello Neighbors! Below is our March schedule. Join us all month long for aging well activities, fitness, life-long learning, entertainment, and more!

We encourage you to share our class schedule with friends, family, and neighbors, near & far, of any age – everyone is welcome to join us. Thank you all for being a part of the Aging Well Neighborhood! Today is a good day to age well. **For questions about the programs listed below, please email AWN@agingcareconnections.org.**

ALL MONTH LONG! | Walking Club | Every Monday, Wednesday, & Friday | Drop by anytime between 9:00am-11:00am | In-Person & Indoors

Enjoy a walk regardless of the weather! Walk in comfort inside the Summit Park District Gym. Walking is an easy way to boost your physical and emotional health. Benefits of walking include: Improved sleep, Better endurance, Stress relief, Improvement in mood, Increased energy and stamina, Reduced tiredness that can increase mental alertness, Weight loss, Reduced cholesterol, and improved cardiovascular (heart) health. The more you do it, the more positive effects you'll experience. Bring your friends! All ages are welcome.

Where: Summit Park District, 5700 S Archer Rd, Summit, IL

Questions? Contact Ray Cerino at (708) 603-2275 or rcerino@agingcareconnections.org

Wednesday March 1 | 10:15-11:15am | Total Mind and Body Workout | Zoom

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and cognitive function. Join us for this special series that is designed to take you through movements of different variations of walking and balance to improve your coordination (mind) and stability (body) as well as strengthen your upper and lower body and core. All movements and exercises help stimulate the brain to keep the mind and the body active.

Supplies needed: A sturdy chair with no arm rests and no wheels. Light hand weights or water bottles for a challenge. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Class Instructor: Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

Click this link to join:

<https://us02web.zoom.us/meeting/register/tZErcuiprTkvHdy3UCpiB75OatkIRMUdyNxw>

Password: awn123 | Meeting ID: 856 5113 2578

Wednesday March 1 | 12:30-1:00pm | Blood Pressure Readings | In-Person

Hosted by the MCCOOK / HODGKINS Aging Well Team

Where: Village of McCook, 5000 Glencoe Ave., McCook

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Wednesday March 1 | 1:00-3:00pm | Movie time! — Jerry & Marge Go Large (2022) | In-Person

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

Stars: Bryan Cranston, Annette Bening, Rainn Wilson

PG-13 | 1h 36m | Biography, Comedy, Drama

Hosted by the MCCOOK / HODGKINS Aging Well Team

Where: Village of McCook, 5000 Glencoe Ave., McCook

Questions? Contact Alyson at awn@agingcareconnections.org or 708-603-2259.

Viernes Marzo 3 | 8:00-8:45am | Ejercicio Para Personas Mayores (Exercise for Seniors In Spanish) | En Persona

¡Ven a mejorar tu fuerza, flexibilidad, equilibrio y resistencia a través de clases de ejercicio divertidas y variadas! Se proporcionarán opciones sentado y de pie. ¡Contáctenos hoy para registrarse! ¡Invita a tus amistades!

Cuando: Los Viernes

Fechas: Marzo 3 & 17

Ubicación: Summit Park District, 5700 S Archer Rd, Summit, IL

Se Requiere Registro: Contacte Ray Cerino: (708) 603-2275 / rcerino@agingcareconnections.org

Los espacios son limitados. Fechas sujetas a cambios

Monday March 6 | 11:30am - 12:10pm | Act II Creative Writers' Discussion | Zoom

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers to share your writing and listen to others. Writing themes are your choice — fact, fiction or fractured fairy tales. Some write memoirs or journals. There is reminiscing, laughter and nostalgia — Just fun! New participants are always welcome. Meets on the first and third Monday of each month. *Virtual program.*

Facilitator: Gina Millette – Act II Seniors Club

Click this link to join:

<https://us04web.zoom.us/j/72319751795?pwd=THJXSTYwTWNWckl4KzVNVN5ZEN5dz09>

Passcode: fLA7kC | Meeting ID: 723 1975 1795

Los Jueves | Marzo 9 - Abril 13 | 10:30am-1:00pm | Tomando Control De Su Diabetes (Take Charge of Your Diabetes - In Spanish) | En Persona

- TALLER PRESENCIAL DE SEIS SEMANAS - Para adultos mayores de 60 años y sus cuidadores!
- Conoce el NUEVO MÉTODO DEL PLATO y como preparar comidas saludables | Nutrición para personas con diabetes | Como leer las etiquetas de los productos | Como manejar mejor el estrés, la fatiga y la depresión u otras emociones difíciles | Diferentes tipos de actividad física | Como ser un cuidador saludable | Maneras de solucionar problemas | Aprende a establecer metas realizables | Como trabajar de la mano con tu proveedor de cuidados medicos | Técnicas de relajación y cuidado personal
- Ubicación: Summit Public Library District, 6233 S Archer Rd, Summit, IL
- Se Requiere Registro: Contacte Ray Cerino-(708) 603-2275; rcerino@agingcareconnections.org

Tuesday March 7 | 1:00-2:00pm | Boot Camp for Bone Density | Zoom

Bones are constantly remodeling and making new bone. Various factors such as age, gender (women), diet lacking Calcium, physical inactivity and long-term use of certain medications can slow the process of bone growth, which can lead to low bone density, osteoporosis or higher risk for fractures. Exercise is a key ingredient in promoting the formation of new bone. One of the best types of activity for bone health is weight-bearing or high-impact exercise. Our Boot Camp exercise class includes low and high impact exercises to strengthen and “load your bones” to help improve your bone density.

Supplies needed: A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Instructor: Beth Gorman, Co-Owner and MSPT from Impulse Rehab and Wellness

Please read the waiver at the bottom of this email before joining this exercise class

Click this link to

join: https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmkAd1H1xm3

Password: awn123 | Meeting ID: 848 9248 1554

Thursday March 9 | 11:00am-12:00pm | Qi Gong Fitness | Zoom

Qi Gong is a combination of chair and standing exercises that promote mobility and flexibility through all the joints in the body. It has been referred to as “oiling the joints.” These movements create suppleness and youthful vitality throughout the body. ***This new series of Qi Gong is every Second and Fourth THURSDAY of the month.***

Supplies needed: A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Instructor: Tom Wilkens, Owner – Dancing Cranes

Click this link to join: <https://us02web.zoom.us/meeting/register/tZEufu-hrzlpHtMBHnC8ro1ixiEaqWVkfHR>

Password: awn123 | Meeting ID: 853 9691 9347

Friday March 10 | 11:15am-12:15pm | Senior Strong Fitness | Zoom

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

Supplies needed: A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Instructor: Just Lift Fitness LLC

Please read the waiver at the bottom of this email before joining this exercise class

Click this link to join:

<https://us02web.zoom.us/meeting/register/tZUqceGppjgoHdfpri2WrppZMa8k8UqAS6GV>

Password: awn123 | Meeting ID: 817 6818 3273

Wednesday March 15 | 10:15-11:15am | Total Mind & Body Workout | Zoom

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and cognitive function. Join us for this special series that is designed to take you through movements of different variations of walking and balance to improve your coordination (mind) and stability (body) as well as strengthen your upper and lower body and core. All movements and exercises help stimulate the brain to keep the mind and the body active.

Supplies needed: A sturdy chair with no arm rests and no wheels. Light hand weights or water bottles for a challenge. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Warm-up & Cool-Down: Led by Renata Vitali – Aging Care Connections

Class Instructor: Brad LaRocque, B.S | Fitness Manager | Loyola Center for Fitness

Click this link to join:

<https://us02web.zoom.us/meeting/register/tZErcuiprTkvHdy3UCpiB75OatkIRMUdYNxw>

Password: awn123 | Meeting ID: 856 5113 2578

Viernes Marzo 17 | 8:00-8:45am | Ejercicio Para Personas Mayores (Exercise for Seniors In Spanish) | En Persona

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¡Contáctenos hoy para registrarse! ¡Invita a tus amistades!

Cuando: Los Viernes

Fechas: Marzo 3 & 17

Ubicación: Summit Park District, 5700 S Archer Rd, Summit, IL

Se Requiere Registro: Contacte Ray Cerino: (708) 603-2275 / rcerino@agingcareconnections.org

Los espacios son limitados. Fechas sujetas a cambios

Monday March 20 | 11:30am - 12:10pm | Act II Creative Writers' Discussion | Zoom

Calling all aspiring writers and seasoned wordsmiths! Join fellow writers to share your writing and listen to others. Writing themes are your choice — fact, fiction or fractured fairy tales. Some write memoirs or journals. There is reminiscing, laughter and nostalgia — Just fun! New participants are always welcome. Meets on the first and third Monday of each month. *Virtual program.*

Facilitator: Gina Millette – Act II Seniors Club

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Passcode: fLA7kC | Meeting ID: 723 1975 1795

Tuesday March 21 | 1:00-2:00pm | Chair Aerobics | Zoom

Get your heart rate going with exercises that will improve your cardiovascular system and strength. Light hand weights or water bottles/cans recommended.

Supplies needed: Light hand weights or water bottles for a challenge. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Instructor: Maryann Hilsen, Co-Owner and MSPT from Impulse Rehab and Wellness

Please read the waiver at the bottom of this email before joining this exercise class

Click this link to

join: https://us02web.zoom.us/meeting/register/tZAlfuuspjovH9ARX8N2wS_I5OmkAd1H1xm3

Password: awn123 | Meeting ID: 848 9248 1554

Thursday March 23 | 11:00am-12:00pm | Qi Gong Fitness | Zoom

Qi Gong is a combination of chair and standing exercises that promote mobility and flexibility through all the joints in the body. It has been referred to as “oiling the joints.” These movements create suppleness and youthful vitality throughout the body. ***This new series of Qi Gong is every Second and Fourth THURSDAY of the month.***

Supplies needed: A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Instructor: Tom Wilkens, Owner – Dancing Cranes

Click this link to join: <https://us02web.zoom.us/meeting/register/tZEufu-hrzlpHtMBHnC8ro1ixiEaqWVkfHR>

Password: awn123 | Meeting ID: 853 9691 9347

Friday March 24 | 11:15am-12:15pm | Senior Strong Fitness | Zoom

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

Supplies needed: A couple of hand weights or alternative weights such as two full water bottles. A sturdy chair with no arm rests and no wheels. Please make sure your chair is on a flat and stable surface, and there is space around you for the exercises.

Instructor: Just Lift Fitness LLC

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Click this link to join:

<https://us02web.zoom.us/meeting/register/tZUqceGppjgoHdfpri2WrppZMa8k8UqA56GV>

Password: awn123 | Meeting ID: 817 6818 3273

Wednesday March 29 | 11:00-1:00pm | Lunch and Learn: Nutrition, Essential Oils, Dementia and Lifestyle in Older Adults | In-Person

Nutrition and how it relates to the most prevalent diseases in older adults. Learn about the risk factors for diseases like diabetes and high blood pressure and the ways nutrition can change your health for the positive. We will also discuss how essential oils can be a benefit in your life. Also, find out how to make your home a better place to live in with dementia, for you or your loved ones. And lastly, discover many lifestyle changes that can change your life span and create more happiness.

**** As a celebration of National Nutrition Month and the anniversary of the Federal Congregate Meal Program, a special nutritious lunch will be served after the presentation. On the menu: Julienne salad, bread, fruit cup and a cookie!****

Presenter: Trish Smithing, Speaker and educator.

Location: Aging Care Connections, 111 W. Harris Ave. La Grange

Advance Registration is Required: Contact Renata at rvitali@agingcareconnections.org. **Limited to first 20 people who RSVP.**

****If you have any questions about these programs, please email AWN@agingcareconnections.org****

How to Join AWN Classes via Zoom

Join by computer

1. A few minutes before your class is scheduled to start, click the **Zoom link** that is listed earlier in this email for the class you want to join.
2. Next, click the "Zoom...exe" link that will appear on your computer screen. Zoom should direct you to this link with an arrow in a **large orange box** on your screen. After you click the link, Zoom should automatically and quickly download the Zoom software to your computer. (Note – you only need to do this step the first time you use Zoom on your computer)
3. Click on the "Open Zoom Meetings" box
4. Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the class.
5. You should now be part of the class. Click the button that says "Join with Computer Audio"
6. Please make sure that your device's speaker is on, and the volume turned up so you can hear the instructors.

Join by tablet or smartphone

1. If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time.
2. Once you have downloaded the Zoom app, follow the "Join by computer" instructions above

NOTES for all of our new online classes

- **Please click on the link to join the sessions BEFORE the scheduled start time to allow time for your computer or device to connect.**
- We will open up our Zoom meeting rooms 5 minutes before each class is scheduled to start.
- When the class actually starts, we will mute everyone so we don't all hear each other's background noise or the sound of new people coming into the class. You will hear and see the instructor, however.

Waivers for Joining Fitness Classes

This Agreement is entered into between Aging Care Connections and all Aging Care Connection members/attendees with Just Lift Fitness (Studio) and Impulse Rehab and Wellness (Studio). ASSUMPTION OF RISK: You agree that if you engage in any physical exercise or activity, including personal training, group training, and virtual workouts, or enter our premises or use any facility or equipment on our premises for any purpose, you do so at your own risk and assume the risk of any and all injury and/or damage you may suffer, whether while engaging in physical exercise or not. This includes injury or damage sustained while and/or resulting from using any premises or facility, or using any equipment, whether provided to you by Studio or otherwise, including injuries or damages arising out of the negligence of Studio, whether active or passive, or any of Studio's affiliates, employees, agents, representatives, successors, and assigns. Your assumption of risk includes, but is not limited to, your use of any exercise equipment (mechanical or otherwise),, sidewalks, parking lots, stairs, or any equipment. You

assume the risk of your participation in any activity, class, program, instruction, or event, including but not limited to weightlifting, walking, jogging, running, aerobic activities, or any other sporting or recreational endeavor. You agree that you are voluntarily participating in the aforementioned activities and assume all risk of injury, illness, damage, or loss to you or your property that might result, including, without limitation, any loss or theft of any personal property, whether arising out of the negligence of Studio or otherwise. If you are engaged in online training, you acknowledge that you are not being monitored by any trainer and that there is no liability to the trainer, facility or studio if there is an injury sustained.

RELEASE: You agree on behalf of yourself (and all your personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge Studio (and Studio's affiliates, related entities, employees, agents, representatives, successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of the negligence of Studio, whether active or passive, or any of Studio's affiliates, employees, agents, representatives, successors, and assigns. This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) your use of any exercise equipment or facilities which may malfunction or break, (b) improper maintenance of any exercise equipment, premises or facilities, (c) negligent instruction or supervision, including personal training, (d) negligent hiring or retention of employees, and/or (e) slipping or tripping and falling while on any portion of a premises or while traveling to or from personal training, including injuries resulting from Studio's or anyone else's negligent inspection or maintenance of the facility or premises, (e) training you undertake that is online only without the supervision of a trainer. The trainer will provide step by step instruction on completing the exercise in a safe manner but cannot monitor you while you are completing these exercises. If you are unable to complete the exercise due to physical limitation or lack of understanding DO NOT attempt. If you do attempt, you will be liable for any injury sustained.

ACKNOWLEDGMENTS: You expressly agree that the foregoing release, waiver, assumption of risk agreement is intended to be as broad and inclusive as permitted by the law in the State of Illinois and beyond, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability, express assumption of risk. You are aware and agree that by executing this waiver and release, you are giving up your right to bring a legal action or assert a claim against the Studio's negligence, or for any defective product used while receiving personal training, group training, or virtual training from the Studio(s). You have read and verbally agree to the waiver and release and will allow the AWN Online Fitness Classes to be recorded and published for future use, and further agree that no oral representations, statements, or inducement apart from the foregoing verbal agreement have been made.