



We support and enrich aging  
through community building and advocacy.

## COMMUNITY CONNECT

**Monday, October 26- November 1, 2020**

**Free Online and Call-in Events**

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](mailto: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 smart phone, 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](mailto: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) Check each day to see if there is something of interest (from sing-a-longs and meditation to storytelling) **Register with Mather for free call-in or zoom classes at 855-880-1246; enter meeting ID when prompted: 386 399 7030#**

[Click [here](#) to learn about their new partnership with **Chautauqua Institution**; go to bottom of the page for a free subscription to their online programming]

### **For Exercise:**

**Park District of Oak Park** has online virtual exercise classes. Click on pre-taped classes [anytime](#). Visit Dole Center [here](#) to learn about their Active Adult/Seniors programming.

**Senior Planet** M- F from 9:00-9:30 am and 3:00-3:30 pm for morning and afternoon stretch (check [here](#) for weekly schedule). [zoom link](#) Meeting ID: 170 0361 0931

View **YMCA** videos [here](#).

See page 4 for podcasts, videos and other events.

<p><b><u>Monday, October 26</u></b>  <b>12:00 pm- 12:50 pm</b></p> <p><b>1:30 pm- 2:30 pm</b></p> <p><b>1:30 pm- 2:30 pm</b></p>	<p><b>Senior Planet, Introduction to Hosting on Zoom.</b> Learn how to host a meeting on zoom. For more information and zoom link go <a href="#">here</a>.</p> <p><b>19<sup>th</sup> Century Charitable Association, Nocturnes: A Science and Symphony Film:</b> Dr. Salgado will talk about the creative process behind Nocturnes, his latest film with music by Claude Debussy. Register <a href="#">here</a> for webinar. \$15 donation suggested for non-members.</p> <p><b>Virtual Zumba Gold</b> through <b>Rush Hospital</b>; Call Lashone Brown at 312-942-8182 or email her at <a href="mailto:Lashone.Brown@rush.edu">Lashone.Brown@rush.edu</a> to register. There is a small fee for classes, which may be waived based on your financial situation.</p>
<p><b><u>Tuesday, October 27</u></b>  <b>12:00 pm- 1:00 pm</b></p> <p><b>1:00 pm- 2:00 pm</b></p> <p><b>2:00 pm- 3:00 pm</b></p> <p><b>7:00 pm- 8:00 pm</b></p> <p><b>7:00 pm- 9:00 pm</b></p>	<p><b>The Life and Times of Ruth Bader Ginsburg, Illinois Holocaust Museum/Council for Jewish Elderly (CJE):</b> Take a virtual tour of the life and times of RBG at the Holocaust Museum. For zoom link click <a href="#">here</a>.</p> <p><b>Levy Senior Center Foundation Presents: From Miniskirt to Hijab: A Discussion. Jacqueline Saper</b> will talk about her comfortable childhood in Iran, which ended in an uprising of social clashes in 1978. In 1979, a revolution: the Shah was exiled and Ayatollah Khomeini returned. Iran was now an Islamic theocracy. You will hear about life before and after the revolution. For more information, to register and for zoom link, click <a href="#">here</a>.</p> <p><b>Berwyn Library, Senior Yoga:</b> Click <a href="#">here</a> to join via zoom just before 2:00.</p> <p><b>Oak Park Public Library, Virtual: Adult Improv;</b> Looking for a way to let your inner comedian run free? Want to improve your quick-learning skills? Register <a href="#">here</a> for zoom link.</p> <p><b>Virtual Grief Support Group, Grace Lutheran Church:</b> A special weekly seminar and support group designed to help you rebuild your life after losing a loved one. Call to register at 708-366-6900 or email <a href="mailto:gracechurch@graceriverforest.org">gracechurch@graceriverforest.org</a>. (goes through January 12)</p>
<p><b><u>Wednesday, Oct. 28</u></b>  <b>10:00 am- 11:00 am</b></p> <p><b>10:20 am- 11:00 am</b></p> <p><b>2:00 pm- 3:00 pm</b></p> <p><b>3:00 pm- 4:00 pm</b></p>	<p><b>River Forest Public Library, Social (Distance) Stitching:</b> Do you enjoy knitting, crochet, cross-stitching or sewing? Join us every 4<sup>th</sup> Wednesday of the month to socialize while you stitch. For zoom link and to register, click <a href="#">here</a>.</p> <p><b>Virtual Bingo with Kristin Norman, Oak Park Township.</b> Register in advance by calling Kristin at 708-613-1112 Call Kristin for a bingo card or click <a href="#">here</a> for a virtual card.</p> <p><b>Telephonic Support Group: Coping and Connection in the time of Covid-19, Rush Generations.</b> Facilitated by a social worker to help and guide individuals with any questions or concerns related to the pandemic; Call-in information: 312-535-8110 and enter Access Code: 928 919 117.</p> <p><b>Marc Blesoff and “Aging in the Age of Pandemic”:</b> A weekly safe drop-in space for older people. Join via zoom <a href="#">here</a>.</p>

<b><u>Wed., Oct. 28 cont.</u></b> <b>5:30 pm</b>	<b>The Anti-Racist Book Group.</b> A new collaboration between Oak Park Public Library and Austin Branch of Chicago Public Library. The first meeting will discuss <b>Hood Feminism: Notes from the Women that a Movement Forgot</b> , by Mikki Kendall. For more information and to register for zoom link click <a href="#">here</a> .
<b><u>Thursday, Oct. 29</u></b> <b>10:00 am- 11:30 am</b>	<b>RTA Group Transit Orientation Presentation, Aging Care Connections, LaGrange:</b> RTA Mobility Outreach Coordinators will talk about trip planning, accessibility on the CTA, Pace and Metra, local options and RTA's Travel Training, Reduced Fare, and Ride Free Program. Join program via zoom <a href="#">here</a> . Password awn123 (Meeting ID: 821 3749 2054)
<b>1:00 pm- 2:00 pm</b>	<b>Gentle Chair Yoga, Rush Hospital;</b> Call Lashone Brown to register at 312-942-8182 or email her at <a href="mailto:Lashone.Brown@rush.edu">Lashone.Brown@rush.edu</a> There may be a small charge based on your financial situation. (class goes through Oct. 29 <sup>th</sup> )
<b>2:00 pm- 3:00 pm</b>	<b>Famous Haunted Locations, Brookdale, Oak Park, Presenter: Historian Tim Wilsey;</b> You will visit some of the most haunted locations in Chicagoland, including the Oak Park House where gangster Sam Giancana was killed. <b>Call Patrick Carroll at Brookdale to register for this virtual and/or call-in event. 708-383-1111.</b>
<b>6:30 pm</b>	<b>Nineteenth Century Charitable Association, Mind Boggle Presents: Domestic Violence Awareness;</b> Aileen Bhandari from the Cook County States Attorney Office will give a presentation on the Cycle of Domestic Violence. To register for this virtual event click <a href="#">here</a> .
<b>6:30 pm- 9:00 pm</b>	<b>Oak Park Public Library, The No Shush Salon Presents: Kenesha Williams, author, screenwriter and speaker;</b> Open mike afterwards. Each person will have 10 minutes to present their latest creative endeavor. Spectators welcome and appreciated. Click <a href="#">here</a> for zoom link.
<b>8:00 pm</b>	<b>Berwyn Library, Yoga for Relaxation;</b> Click <a href="#">here</a> and join via zoom just before 8:00 pm.
<b><u>Friday, October 30</u></b>	<b>See Mather events on page 1 or podcasts on page 4.</b>
<b><u>Saturday, October 31</u></b> <b>7:00 am- 8:00 am</b>	<b>The Doris Davenport Show</b> WCPT (820 AM) "all local all the time"
<b>9:00 am- 10:00 am</b>	<b>Garfield Park Conservatory, Yoga with Amber.</b> Pre- register for zoom link <a href="#">here</a> . Class is free, but donations are welcome.
<b><u>Sunday, November 1</u></b> <b>1:30 pm- 4:30 pm</b>	<b>Oak Park Public Library, Writers' Word Feast;</b> It is National Novel Writing Month. To register and get zoom link click <a href="#">here</a> .

### **Other Events, Videos, Podcasts and Articles for anytime:**

**The Foundation for Art and Healing, [The Unloneley Film Festival](#)** (short films to inspire, engage and inform).

**LeverAGE**, the newest podcast from the American Society on Aging (ASA) is about the politics of aging. Listen [here](#).

**Scene on Radio** is a Peabody-nominated broadcast that dives deeply into issues central to American society, exploring who we were and who we are. Click [here](#) to listen to podcasts.

### **Racial Relations:**

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

Videos and articles from **Chicago Beyond** [here](#); an organization that was created to deal with the inequities that are pervasive in Chicago's Communities.

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

**Article: 103 Things White People Can Do for Racial Justice** [click here](#).

**Pre-recorded ASA/Future Proof: Equity and Justice** [events](#).

**The Science of Well-Being**, offered by **Yale University**, **Laurie Santos**, Instructor; **Free 10 week Course**, designed to increase your own happiness and build more productive habits. [Click here](#) for more information and free classes.

“Get your weekly dose of Inspiration” from the **Good Life Project** Podcast; listen to Jonathon Fields’ interview many inspirational people. Click [here](#) to choose one of his many inspirational interviews (scroll down and choose).

**AARP** “We need social connections to thrive.” See how connected you are [Connect2Affect](#).

Learn about **Livable Communities** and watch their Transportation two-day workshop if you missed it in September. Go to AARP’s newsletter [here](#).

**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 (same link).

### **Music:**

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

Arbor West Neighbors 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 Arbor West Neighbors does not control and cannot guarantee the relevance, timeliness, or accuracy of these outside materials.