

May- June 2018 Newsletter



At Home in Community

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Phone: (708) 613-0152

Website: www.arborwestneighbors.org

Facebook: www.facebook.com/ArborWestNeighbors



AWN Walking Group is..

Outside Again - exploring new spaces
Austin Gardens - the Trilside Museum
Join Us -Monday mornings at 8am.
Email Liz Swan for meetup destination.
easwan@gmail.com



Encore!!

Love to sing? I encourage you to join the Oak Park/ River Forest Encore Chorale.

Susan Stall, Board member, AWN

Targeted for singers 55+ the chorale includes folks who want to return to singing, have sung their entire lives, or would love to begin the adventure of singing. Do you fall into any of these categories?

The nonprofit **Encore Creativity for Older Adults** chorale program is the largest in the country for people over 55. Originating in Washington DC, Encore ensembles have now spread across the US. With seven chorales, Chicago is now the largest Encore affiliate. Encore shares research which has found that singing in a choral organization provides the opportunity for older persons to stay mentally and social engaged. While a recent 3-year study of 150 singers over 55 found that "participants in professionally led choral programs take fewer medications, experience less depression and make fewer visits to doctors."

<https://www.nytimes.com/2018/02/25/business/retirement/singing-chorus.html>

I was inspired to join the OP/RF chorale after attending their 2017 Holiday Performance. The ensemble's vitality and joy was contagious. Their professional conductor, Linda Powell, was impressive. I learned that all that was required was just a desire to sing and participate.

In addition to myself, there are other Arbor West Neighbors connections in the OPRF Encore Chorale. Rich White (AWN Board Treasurer) and his spouse, Susan Beach have been singing with the chorale since it first formed in the Fall, 2016.

Skills Into Action

AWN Volunteer Open House

Wednesday May 9, 4-6pm.

Oak Park Library

1st Floor Community Space

RSVP AWN: 708-613-0152

AWN Member Meet Up ..for New & Prospective Members

Wednesday May 23, 4-6pm

Oak Park Library

Veterans Room

RSVP AWN: 708-613-0152

AWN Celebrates Seniors

Celebrating Seniors Week April 26- May 3

**Tuesday , May 1, 5-6 pm. Happy
Hour Improv Fun and Games**

River Forest Community Center

Wednesday May 2 , 6-7pm

Olive Oil Tasting

Olive and Well, 133 N. Oak Park Ave., Oak Park.

Attendee Bonus 10% off

Register at hauri751@gmail.com

Thursday, May 3, 9:30- 11:30 am Turning Memories into Stories

Find your storytelling voice

Oak Park Library Veterans Room

Thursday, May 3, 2pm.

Al Gini- Why We Need More Humor
in our Lives-RF Community Center

Susan shared: *No matter how I feel when I leave the house, when I arrive at Encore and begin singing, my outlook improves 100%. I joined because I wanted to stretch myself after retirement. I always liked to sing but hadn't done any singing in a long time. I was nervous about my ability. I needn't have been; Encore welcomes all skills and levels. It is a joy for me.*



Larry Hagen, spouse of Mary Hagen (AWN Advisory Council), observed: *I joined Encore because I learned that it was designed for my age group and there was no audition to join. I have been in many choruses over the years and this director is the most inspiring. It's a lot of fun to sing mostly familiar songs. Members are an enthusiastic group. We all try to help each other*

The Fall and Winter/Spring sessions are each 15-weeks. In our weekly 1½ hour rehearsals on Tuesday mornings at Trinity High School we sing a delightful repertoire with 3 and 4-part singing, including basic instruction in proper breathing and vocal technique. Tuition is \$175.00. To participate contact Jonathan Miller at encoreillinois@gmail.com

You have the opportunity to hear the fruits of our labor at the—

Oak Park/River Forest Encore Chorale Concert
Saturday, May 12, 2018
4:00 pm
Concordia University Chapel
Cost: Free!

Join the Great Neighbors Partnership



**Oak Park & River Forest
Townships
Senior Services**

We are partnering to mobilize community members to help prevent older adults from becoming isolated from their neighborhood and to stay socially connected.

Friendly Neighbor Orientation:

Monday, May 7, 2018

5:30 to 6:30 pm - Oak Park Township Office - 130 S. Oak Park Avenue

Please let us know that you will be joining us ([RSVP](#))

You can take the first step to volunteer by signing up on the Great Neighbors website: www.great-neighbors.org

SKILLS INTO ACTION

**Present Volunteers and Potential Volunteers are invited to an Open House
May 9, 4-6 pm, Oak Park Library, 1st floor Community Space**

You are interested in volunteering but ---How? Doing what?
How much time is expected?

- Find out about available AWN Volunteer opportunities.
- Choose a specific role that fits your interests and desired time commitment.
- Make suggestions! Have fun ! Get started!

Help transform aging and your community. **RSVP- 708-613-0152**

Member Meet up- New and Old

May 23, 2-4 pm, Oak Park Library, Veterans Room

You

Are the key to a vibrant grass roots organization. Come make new connections

Share your ideas for Arbor West Neighbors

RSVP- 708-613-0152

Become an AWN Member

Our annual membership donation (\$50 for individuals; \$75 for couples) helps us further develop our interest groups, programs, advocacy activities, and events. If you are interested in supporting our work by becoming an Arbor West Neighbors member, please email arborwestneighbors@gmail.com or call (708) 613-0152

THANK YOU TO OUR PARTNERS



**Oak Park & River Forest
Townships Senior Services**



North Berwyn
Park District's

