







We support and enrich aging through community building and advocacy.








# Arbor West Neighbors

## AWN March April 2020 Events

<p><b>1. Oak Park Multigenerational Cohousing Public Meeting</b> Tuesday, March 3, 2020 The Buzz Café 905 S Lombard Ave Oak Park More information at <a href="http://oakparkcohousing.org">oakparkcohousing.org</a> Come learn about the Cohousing community that AWN has launched in Oak Park</p>	
<p><b>2. Mix of Minds Discussion Group</b> Monday, March 9, 2020 3:00-4:30 pm Oak Park Public Library 2<sup>nd</sup> Floor Book Discussion Room 834 Lake Street Oak Park Contact Alex Matthews, <a href="mailto:msalexmatt@gmail.com">msalexmatt@gmail.com</a>, or 708-848-1584, to sign up and for information. Article: Stop medicalizing loneliness: history reveals that it's society that needs mending". <a href="https://fit.thequint.com/mind-it/stop-medicalising-loneliness-its-society-that-needs-mending">https://fit.thequint.com/mind-it/stop-medicalising-loneliness-its-society-that-needs-mending</a> Karin Grimes, facilitator</p>	
<p><b>3. Oak Park Township Memory Café</b> Tuesday, March 17, 2020 2:00-4:00 pm 130 S Oak Park Ave Oak Park RSVP to <a href="mailto:memorycafe@oakparktownship.org">memorycafe@oakparktownship.org</a> or 1-708-383-8060</p>	
<p><b>4. Narrative Genealogy-Where Memoir Writing Meets Genealogy</b> Wednesday, March 18, 2020 9:30 am-12:00 pm Krentz Center-100 Board room Concordia University 7400 Augusta St River Forest For more information contact Cathaleen Roach, River Forest Township Senior Outreach Coordinator at 708-771-6159 Ext. 234 or <a href="mailto:croach.rftownship@gmail.com">croach.rftownship@gmail.com</a></p>	

## AWN March April 2020 Events Cont'd

<p><b>5. March AWN Member Meet-up</b> Thursday, March 26, 2020 10:30 am-12:30 pm 435 William St Unit 203 River Forest Hosted by Meg and Gil Herman RSVP to <a href="mailto:arborwestneighbors@gmail.com">arborwestneighbors@gmail.com</a> or <a href="mailto:mherman@managinghorizons.com">mherman@managinghorizons.com</a> or 1-708-217-2343 AWN members welcome to bring guests who are ready to become members!</p>	
<p><b>6. Oak Park Multigenerational Cohousing Public Meeting</b> Tuesday, April 6, 2020 7:00-8:00 pm Oak Park Public Library 2<sup>nd</sup> floor Social Meeting Room 834 Lake Street Oak Park More information at <a href="http://oakparkcohousing.org">oakparkcohousing.org</a> Come learn about the Cohousing community that AWN has launched in Oak Park</p>	
<p><b>7. AWN Movie Discussion Group-Select Pix at the Lake Theatre</b> Tuesday, April 7, 2020 1:00 pm Lake Theatre 1022 Lake Street Oak Park Afterwards, join us for a facilitated discussion over tea at Delia's Restaurant. Watch for more details and how to sign up thru SignUp Genius in the coming weeks! This will be a monthly opportunity. Contact Meg Herman at <a href="mailto:mherman@managinghorizons.com">mherman@managinghorizons.com</a> or 1-708-217-2343 for more information.</p>	
<p><b>8. Mix of Minds Discussion Group</b> Monday, April 13, 2020 3:00-4:30 pm Oak Park Public Library 2<sup>nd</sup> Floor Book Discussion Room 834 Lake Street Oak Park Contact Alex Matthews, <a href="mailto:msalexmatt@gmail.com">msalexmatt@gmail.com</a>, or 708-848-1584, to sign up and for information. Article: "Evangelical Fear Elected Trump" <a href="https://www.theatlantic.com/ideas/archive/2018/06/a-history-of-evangelical-fear/563558/">https://www.theatlantic.com/ideas/archive/2018/06/a-history-of-evangelical-fear/563558/</a> Mamie Andry facilitator</p>	
<p><b>9. Oak Park Township Memory Café</b> Tuesday, April 15, 2020 2:00-4:00 pm 130 S Oak Park Ave Oak Park RSVP to <a href="mailto:memorycafe@oakparktownship.org">memorycafe@oakparktownship.org</a> or 1-708-383-8060</p>	

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### 10. April Member meet-up is in planning stages, details to be determined.

We are seeking volunteers to host future Meet-ups! If you have

- Space for about 20 guests
- Time to set the table with coffee cakes or appetizers (many members offer to bring food and provide other kinds of help)
- A wish to share your home with lovely neighbors for a few hours, please contact Sunny Hall at [sunnytom3039@gmail.com](mailto:sunnytom3039@gmail.com), or 708-609-2894



### Additional senior events and resources can be found at:

Forest Park:

<http://www.forestpark.net/dfp/sites/default/files/back/September%20October%202019%20Senior%20news%20letter.pdf>

Oak Park Township <http://oakparktownship.org/senior-services>

River Forest Township <http://riverforestownship.org/seniorservices.asp>

SCCOPRF Life Long Senior Center <https://www.sccoprf.com/>