



RIVER FOREST TOWNSHIP

Caring | Connection | Community

River Forest Township and River Forest Public Library keep on Celebrating Seniors™ All Year Long!*

- **Saturday, January 8, 2:00 pm- 3:00 pm-** Join Rhonda Fentry for Yoga Meditation using sounds and vibrations, tapping into your subconscious and awakening new energy. (She will return on Saturday **February 12** for a Gentle Yoga Class and **March 12** for All Levels Yoga from 2:00 pm- 3:00 pm)
- **Sunday, January 16, 2:00 pm- 3:30 pm-** Explore the turbulent 1960's and 70's through the lens of the Peace Corps. Learn the story of a nursing school for girls in Afghanistan, the Peace Corps, and life before the Taliban.
- **Friday, January 28, 7:00 pm- 8:30 pm-** Calling all Trivia Buffs! Teams are invited to participate in a fun evening of family friendly trivia. Pizza will be provided. Advanced registration is required.
- **Sunday, February 6, 2:00 pm- 3:30 pm-** Dr. Michelle Mishur examines Jacqueline Kennedy's impact on culture in America during her time as first lady. (This will be a Virtual Event: register through the library for your Zoom link)
- **Sunday, February 20, 2:00 pm- 3:30 pm-** Dr. Ada Cheng explores the meaning of home(land), racial profiling, the image of the perpetual foreigner and Anti-Asian racism under the pandemic. Q & A follow the discussion.
- **Sunday, March 6, 2:00 pm- 3:30 pm-** Betty Crocker and How her Cookbook changed how America Cooks. Join Leslie Goddard as she shares the history.
- **Sunday, April 2, 2:00 pm- 3:00 pm-** Raices Gitanas Flamenco Ensemble. Learn the story of Flamenco through song, dance and music.
- **Sunday, April 10, 2:00 pm- 3:30 pm-** Nina Koziol shares the story of Victory Gardens, the first "war gardens" stemming from the World Wars to present day.