



RIVER FOREST TOWNSHIP

Caring | Connection | Community

May 2023- August 2023

River Forest Township and River Forest Public Library keep on Celebrating Seniors™ All Year Long! *(All Programming will be held at the Library in the Barbara Hall Meeting Room; no need for registration, unless otherwise noted)*

Co-sponsors: River Forest Township & River Forest Public Library

Friday, May 12, 1:00 pm- 2:00 pm* Join us for *Bingo*. Snacks and prizes provided.

Saturday, May 13, 2:00 pm- 3:30 pm*- Join the *Terri Sullivan Trio* for an intimate concert at the library. (Note: this is part of Celebrating Seniors Week)

Monday , May 15, 1:00 pm-2:00 pm* Dr. Kristen Vealey of Duly Health and Care will talk about *Nutrition for Aging*. (Note this is Part of Celebrating Seniors Week)

Sunday, May 21, 2:00 pm- 3:30 pm- Best Selling Author, William Hazelgrove joins us to talk about a Chicago Crime Story: *Al Capone and the 1933 Worlds Fair*

Saturday, June 3, 2:00 pm-3:30 pm: Historian Bruce Allardice takes a look at Baseball, the "National Pastime" during the 1850s and 1860s in Chicago.

Thursday, June 15, 6:30 pm- 8:00 pm: Craft and Chat: Soap Making. (registration required)

Saturday, June 17, 2:00 pm- 3:30 pm: Internationally Touring Folk Music Duo, *Hungrytown* performs at the library.

Saturday, July 22, 2:00 pm- 3:30 pm: An intimate concert with the *NEIU Flute Trio*.

Saturday, July 29, 2:00 pm- 3:30 pm: Join film historian, Dr. Annette Bochenek to learn about *Ladies of Laughter: Great Comediennes* from film, television and radio.

Saturday, August 19, 2:00 pm- 3:30 pm: Live Music at the library with the *Luciano Antonio Duo*

***Celebrating Senior Events** (Celebrating Senior Week is May 11-18) go to celebratingseniors.net for more events around town. [see back for ongoing events at the library]

Ongoing Events:

On *the Third Monday of the month* Come to the **Adult Coloring Club** at the Library from **11:00 am- 12:00 pm** (5/15, 6/19, 7/17 and 8/21)

On the *Third Friday of the month* Join us for *Film Lover Fridays* from **12:00 pm- 2:30 pm** (5/19- *The Adventures of Prince Achmed* , 6/16- *The Hitch-Hiker*, 7/21- *Wanda*, 8/18- *Girl Friends*)

Saturdays, 2:00 pm- 3:00 pm- Yoga with Rhonda Fentry of Rhonda's Rhythms. 5/6: *Meditation Soundbath*, 6/10: *Chair Yoga*, 7/15: *Gentle Yoga*, 8/12: *All Levels Yoga*

Register for yoga on-line with the library to reserve your spot or call (708) 366-5205