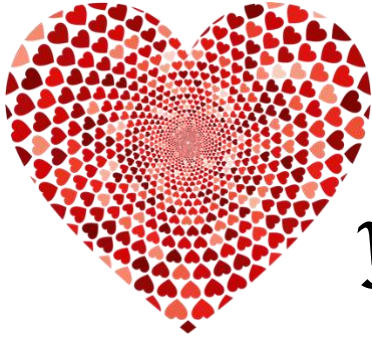


WE



you!



.....We support and enrich aging through community building and advocacy

ARBOR WEST NEIGHBORS

Midlife and Beyond: "Rewire" to Make Your Life Electric!

Dr. Janis Johnston, Oak Park psychologist, therapist and author

When: Sunday, February 24th, 2:00-4:00 pm **Note this is a revised time**

Where: Oak Park Public Library, Veteran's Room, 2nd Floor

Many people look forward to their retirement years, but others find the changes in their daily life difficult. Retirement signals a "loss" for them. Come join Arbor West Neighbors for a workshop based upon Dr. Janis Johnston's book, *Midlife Maze: A Map to Recovery & Rediscovery after Loss*. Dr. Johnston will outline key developmental characteristics of individuals in midlife and the "Golden" Years. What does it take to make golden years? Participants will make a "map" of their current personality and discover how to "rewire" their day-to-day functioning for optimal results in midlife and beyond.

Let your voices be heard!

**Moderated Community Discussion
Aging in Oak Park**

with **Oak Park Trustee Candidates**

What are the issues important to us?

When: Monday, February 25th from 6:00 to 8:00pm

Where: Township Senior Center, 130 S. Oak Park Ave.

Rides available

Contact Susan Stall stallsusan@gmail.com

Mix of Minds Discussion Group

Discussing "The Real Roots of American Rage", by Charles Duhigg, January/Feb, 2019 issue of .

It is the untold story of how anger became the dominant emotion in our personal lives

Monday, February 11, 3 p.m. to 4:30pm

OPRF Library, Small meeting room on the 2nd floor.

Home Sharing: Aging Together ♥ Join us for a Panel on Home Sharing Options

Saturday, March 2 from 10:00am to Noon Oak Park Library, Community Engagement Room- 1st Floor

Panelists: Lydia Manning, Associate Professor of Gerontology and Program Leader Concordia University
Gail Schechter, Executive Director, H.O.M.E. (Housing Opportunities and Maintenance for the Elderly)
Mary Kastler, Home Sharing Program Coordinator, Center of Concern

For more information contact: Betsy Kelly betsyk121@gmail.com



More...ARBOR WEST NEIGHBORS



Play and Wine and Cheese Event! Thursday, March 14th

16th Street Theater's Production "Good Enough" and Wine & Cheese Event

When: Thursday, March 14th

Wine and Cheese at 6pm. Play at 7:30

Cost of Play: \$20.00; Wine and Cheese free for AWN Members (\$5.00 for nonmembers)

Location: New Theater Space at 1520 S. Harlem

"Good Enough"- *How good is good enough? Sometimes life's biggest questions confront you in seemingly mundane spaces—one women's funny and brutally honest attempt to do right. Because you can be all about your community and the greater good, but when push comes to shove, you look out for your kid first.*

RSVP: Susan Stall stallsusan@gmail.com

Oak Park Multigenerational CoHousing Group (OPMCG)

All are Welcome

Tuesday, March 5th, 7:00-8:30 pm
Eastgate Cafe , 102 Harrison Street-
in the Oak Park Arts district

Further information: stallsusan@gmail.com

See our new website: oakparkcohousing.org

Great Neighbor Program

AWN is looking for a photography enthusiast to share their interest with an older adult –

also a photography buff!

The mission of Great Neighbors is to alleviate isolation for older adults through friendship and social interactions.

For more information contact:

Barbara Bodner bodsail@gmail.com

IN OUR NEIGHBORHOOD

MEMORY CAFÉ-

a welcoming place for individuals living with memory changes, and their families and friends

Sponsored by Senior Services of Oak Park and River Forest Townships

The Memory Café will take place the third Tuesday of each month beginning February 19th.

For more information contact Senior Services of Oak Park and River Forest, (708) 383-8060, or

memorycafe@oakparktownship.org

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