



Start the NEW YEAR with-



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

ARBOR WEST NEIGHBORS

Oak Park Multigenerational CoHousing Group (OPMCG)

All are Welcome

Tuesday, January 8th, 7:00-8:30 pm
Oak Park Main Library ,1st Floor Community Room

Further information: stallsusan@gmail.com

Our website:
<https://hochchas.wixsite.com/oakparkcohousing>

Shared Housing: Aging Together

Saturday, January 19th
1:00-3:00 pm, Oak Park Public Library, Community Engagement Room

Panel discussion on Home Sharing Options:

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
The Center for New Horizons

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

Dr. Janis Johnston

Sunday, February 24th, 1:00-3:30 pm
Oak Park Public Library, Veteran's Room



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*. 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.

Mix of Minds Discussion Group

Monday, January 14, at 3-4:30 p.m., Oak Park Public Library

Marilyn Thomas will lead discussion of an Atlantic Journal article, October 2018 issue entitled: [A Warning From Europe, The Worst is Yet to Come](#), by Anne Applebaum, who asks..."is democracy dying?" **Monday, February 11, 3 p.m.** discussion- topic TBA

IN OUR NEIGHBORHOOD

More Music in the New Year ...



Free CSO Chamber Concerts

Each season, members of the CSO perform a series of free chamber concerts in Orchestra Hall and in neighborhood venues throughout Chicago.

Tickets are **FREE** but required. See cso.org

Upcoming performance: **Orchestra Hall** **Wednesday, February 13, 2019,**
7:00 PM

More Exercise...

Community Yoga

Building Balance with Paul

Check out these free classes sponsored by West Suburban Hospital at River Forest Medical Campus, Building A, Community Room. Various days and times
See: westsuburbanmc.com – scroll to Events and Classes-for schedule and registration.

More Time in Nature...

Download A Guide to the Forest Preserves of Cook County
fpdcc.com click **Upcoming Events** then “download winter brochure”

Fulfill your resolution of being more active by taking a long guided walk at the
Trailside Museum, River Forest
Saturday, Jan 5 • 1 pm

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