



RIVER FOREST TOWNSHIP

Caring | Connection | Community

Celebrating Seniors Week Returns May 12-19!

Celebrating Seniors Week returns to River Forest/Oak Park/Forest Park in-person, May 12-19! Here is the lineup of free events co-sponsored by River Forest Township. All are welcome to attend!

Wednesday, 5/11 (preview event): *Healthy Aging Fair*, 11:15am-2pm, Grace Lutheran Church, Fellowship Hall, RF (with RF Police & Fire Depts, CJE/Northwestern, Township Senior Services, Grace Lutheran Church).

Thursday, 5/12: *Pickleball Social*, 6-7pm, Washington Square Tennis Courts, RF (with RF Park District).

Friday, 5/13: *Tai Chi*, 1-2 pm, River Forest Community Center, RF (with RF Park District).

Saturday, 5/14: *Housing Forum: Aging in our Communities: Housing Affordability, Accessibility and Possibilities*, 9am-1pm, Concordia University, Kretzmann Hall, Room 225 (with Arbor West Neighbors, Concordia Gerontology Dept and the Kott Foundation).

Sunday, 5/15: *Why Mindfulness Matters*, 2-3:30pm, RF Public Library (with RF Public Library).

Monday, 5/16: *IL Secretary of State "Super Senior Day" (Rules of the Road, drivers licenses, etc.)*, 10am-2pm, River Forest Community Center, RF (with Township Senior Services).

Tuesday, 5/17: *Chair Yoga*, 1-2pm, River Forest Community Center, RF (with RF Park District).

Tuesday, 5/17: *Memoir Writing with Cathaleen Roach*, 2-4 pm, River Forest Community Center, RF.

Tuesday, 5/17: *Bocce Ball*, 6-7:30pm, Memorial Parkway, Lake Street, RF (with RF Park District).

Friday, 5/20 (post event): *Pancake Breakfast and ICE Packet event*, 8-11am, The Sheridan, RF (with RF Fire Dept).

For more info, contact Betsy Kelly at bkelly.rftownship@gmail.com or 708.366.2029 x13. For a listing of all events, visit www.celebratingseniors.net.