



Spring into Community Action!

As we step into a new season, we're reminded of the power of community and service. In this issue, we highlight ways you can give back, from volunteering with our Home Delivered Meals Program to participating in the upcoming blood drive. We also share valuable resources, including emergency assistance, youth job skills training, and emergency service benefits to help residents stay supported.

For our older adults, we're featuring programs that enhance health and well-being, including behavioral health services and transportation options.

Plus, we're asking for your input—take the CMHB Community Needs Survey and help shape future programs in our township!

Community Hygiene Drive: A Success Thanks to Our Partners!

Youth & Family Services would like to extend our heartfelt gratitude to everyone who contributed to the Community Hygiene Drive.

With the generous support of our partners and donors, we successfully collected essential hygiene items to benefit youth and families.

Continued on page 10!



Contact Us

Oak Park Township

105 S. Oak Park Avenue
Oak Park, Illinois 60302
(708) 383-8005
oakparktownship.org

All offices are open Monday through Friday, from 9:00 AM to 5:00 PM, except on national holidays.

f Follow us on Facebook
@OakParkTownship

Senior and Disability Services

130 S. Oak Park Avenue
Oak Park, IL 60302
(708) 383-8060

*Appointments outside of normal business hours available upon request.

Youth and Family Services

(708) 445-2727
youth@oakparktownship.org

Community Mental Health Board

229 Madison St.
2nd Floor
Oak Park, IL 60302
(708) 358-8855

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OAK PARK TOWNSHIP

**SEEKING
VOLUNTEERS**



Are you looking to make a meaningful impact in your community?

Join Oak Park and River Forest Townships in making a difference in your community! We are seeking compassionate individuals who can dedicate just a little of their time to make a big impact on the lives of our senior community members.

Use the QR Code to about all the opportunities to volunteer!



A Message from Township Supervisor Tim Thomas:

March/April



Dear Oak Park and River Forest Community,

March is National Nutrition Month, a perfect time to celebrate the Township Nutrition Program and the vital role it plays in supporting our seniors. Good nutrition isn't just about food—it's about wellness, connection, and care. Through our Dine-In Lunch Program, seniors can enjoy nutritious, dietitian-approved meals while engaging in social activities,

educational programming, and entertainment. No reservations are needed—just drop by, grab a meal, and connect with others!

For those who can't easily get out, our Home Delivered Meals Program ensures that seniors receive a balanced meal and a friendly check-in from a trusted volunteer or staff member. Our meals accommodate various dietary needs, including medically tailored meals, so all recipients can eat well and stay healthy.

Looking ahead, April is National Volunteer Month, and I want to recognize the incredible volunteers who make our Home Delivered Meals Program possible. Their commitment ensures that homebound seniors have access to nourishing food and a compassionate visit. If you're looking for a meaningful way to give back, we always welcome more volunteers—a small time commitment can make a huge difference in someone's life. Use the QR Code on page 2 to learn more about all the ways you can help.

Thank you for being part of a caring and connected community!

Tim Thomas, Township Supervisor

ENERGY SERVICE BENEFITS

GETTING HELP WITH YOUR UTILITIES



We understand that there are moments in life where you can use a little help. As a certified partner of the Community and Economic Development Association of Cook County (CEDA), Oak Park Township can assist qualifying residents with their gas, electric, and other bills by applying for current available energy benefits.

Low Income Energy Assistance Program (LIHEAP)

This program is available to income-qualifying households and can assist households on their gas and electric bills by paying an amount of the utility company through a Direct Vendor Payment (DVP). This program is available from October 1st, 2024, to August 15th 2025 or until funds are exhausted.

Emergency Furnace

This benefit is available to LIHEAP-eligible homeowners whose heating systems are not operational or have been determined unsafe by their utility company or HVAC company.

Weatherization Program

This benefit helps eligible homeowners and renters reduce their heating and cooling bills by sealing cracks, adding insulation, checking drafts, and doing a furnace safety check to make the home more energy efficient.

Energy Efficiency Kits

CEDA's Energy Services provides two kits to eligible customers: ComEd I.E. Kits and Nicor Energy Efficiency Kits. These kits come with a wide variety of resources to make your home more energy efficient.

Additional Benefit Information

Currently, the PIPP and ComEd Hardship benefits are currently unavailable.

HOW TO GET STARTED

Find out more about each benefit.
Confirm whether you qualify.
Get help with applying for benefits.

OAK PARK TOWNSHIP
Certified CEDA Partner

Call (708) 383-8005
to schedule an appointment.

For income qualifications, contact us.

Please be sure to have the following documentation on hand for your appointment:

- Proof of 30-day income for all household members age 18 and older.
- Social Security Numbers for all household members. Undocumented individuals may also apply using their ITIN. If you do not have an SSN or ITIN, you are still eligible to apply.
- Your most recent gas/electric utility bills.
- Proof of wages (including cash), unemployment, General Assistance, TANF, Social Security benefits, AABD, child support/alimony, self-employment, rental income, and/or Veteran assistance.



Oak Park River Forest TOWNSHIPS

JOB SKILLS AND READINESS PROGRAM



Contact:
Jacob Matson, MPP
Community Justice Manager
Phone: (708) 434-9753
Email: jmatson@oakparktownship.org



Free service for teens under age 18
Must be Oak Park or River Forest Resident

SUPPORT FOR YOUTH Substance Counseling

We understand that navigating the challenges of substance use can be overwhelming for teens. Our supportive environment is here to welcome you with open arms. Whether you are seeking guidance, understanding or a safe place to talk, we are committed to helping you find the tools and resources needed for a healthier happier life.



Contact Us:

- Angela Aggen, CADIC Prevention Coordinator (708)-445-2727 x2120
- aaggen@oakparktownship.org
- 105 S. Oak Park Avenue

Our Services:

- Individual Counseling
- Groups
- Workshops
- Educational Programs

Confidential and Free

- Confidential, safe space for teens to discuss their feelings and thoughts on substance use and misuse
- Service is free of charge and available to Oak Park and River Forest youth only



Youth and Family Services






**Reach out today - support is
just a conversation away!**








OAK PARK
TOWNSHIP

Older Adult Behavioral Health Care Program

Supportive Services ● **Case Management** ● **Coordination of Care**

-  Visit you in your home
-  Discuss your specific needs
-  Complete a comprehensive assessment
-  Offer options for care
-  Coordinate and collaborate with other providers to ensure comprehensive continuity of care

How We Can Help

-  Develop your individualized care plan with identified goals
-  Identify and develop current and potential support systems
-  Assist in identifying risk factors
-  Teach and reinforce life skills and adaptive strategies
-  Work with you to develop a crisis management plan



Your mental health matters!

Reach out to us today if you need support!



708-383-8060



oakparktownship.org



130 S. Oak Park Avenue, Oak Park, IL 60302

EMERGENCY ASSISTANCE

HELP WITH EXPENSES AND BILLS



Sudden financial hardship can be incredibly stressful on a family or individual when you can't pay living expenses such as rent, mortgage, utilities, and others. At these times, **Oak Park and River Forest residents can apply for Emergency Assistance** – a one-time financial benefit to help cover a cost that solves challenges such as potential eviction or utility shutdown.

How It Works

If you do not qualify for General Assistance, you are invited to apply for Emergency Assistance – a needs-based service that offers financial assistance for unpaid bills and expenses that alleviate a health and safety issue such as disconnected utility, or a work-related expense, to obtain or maintain employment, such as a car repair. The Emergency Assistance Program can help with the following bills and expenses:

- Job-related expenses such as transportation, work boots, uniforms
- Rent, mortgage, and security deposits
- Utilities such as gas, electric, Wi-Fi, and cell phone bills
- Appliances such as washer, dryer, refrigerator, stove, water heater
- Repairs, including car repairs and/or minor home repairs
- Handyman services
- Medical bills and medicine, or medical equipment not covered by health insurance
- Dentures and/or Eyeglasses
- Storage and/or Moving fees (truck or packing company)
- Pest Extermination, including bed bugs

Assistance is available one time per household within a program year (April 1-March 31). To apply, you must have less than \$5,000 in cash on hand or in a bank account. The program can assist up to \$1,600. If the request is greater than \$1,600 the client is responsible for paying the difference before being approved.

Checks are made payable through the Emergency Assistance program to the business owed by an applicant for a bill or expense. The Township will mail checks directly to the vendors, and it can take up to 2 weeks to receive.

Restrictions Due to Other Assistance

If you are already receiving or have applied for General Assistance, SSI (Social Security Income), or TANF (Temporary Assistance for Needy Families), you cannot apply for Emergency Assistance. However, you can contact Oak Park Township for other financial assistance resources and referrals that may be available at (708) 383-8005.

HOW TO GET STARTED

Find out more about each covered expense.

Confirm whether you qualify.

Get help with applying.

OAK PARK TOWNSHIP

Call (708) 383-8005
to schedule an appointment.

**For income qualifications and
required documentation, contact us.**

If you need financial assistance:

- Contact the Oak Park Township at (708) 383-8005 to determine eligibility.
- A caseworker will call you and schedule an appointment, if you qualify. Walk-ins are not accepted.
- Please have all documentation required for the appointment ready and available for the caseworker. (See reverse side.)
- Financial assistance is based on household needs and funds available at the time of application. Emergency Assistance is available one time per household per program year.
- You must have a valid recent hardship and provide proof of the hardship that occurred within the last 90 days to qualify.



To better serve the community, the Community Mental Health Board of Oak Park Township (CMHB) and the River Forest Township Mental Health Committee (RFT) are interested in hearing from YOU!

Please take our survey and share your thoughts and experiences with services related to mental health, substance use, and intellectual/developmental disabilities in Oak Park and River Forest. Your feedback will be used to help us better understand your needs and the needs of those around you, and to plan for investment in services that meet those needs.

TO TAKE THE SURVEY, PLEASE VISIT:
bit.ly/CMHB-RFT-Survey

Para obtener ayuda con la traducción, comuníquese con Yazmin Morales (ymorales@oakparktownship.org o 708-383-8060).



***1-in-5 older adults
experience symptoms
of depression.***

Explore this **free** program that helps

REDUCE DEPRESSION AND FEEL BETTER



The Program to Encourage Active, Rewarding Lives (PEARLS) is a free program available to older adults age 60+ living in Oak Park or River Forest who are encountering different kinds of depression.

This program is designed to reduce depressive symptoms in older adults through confidential, high-quality wellness care. Over a six-month period, including 6-8 sessions total held at home, phone, or virtually, a coach works directly with the participant to explore pathways to improved quality of life by focusing on personal goals, increased social and physical activities, problem-solving skills, and more.

For more information, call (708) 383-8060 or email seniors@oakparktownship.org

Oak Park Township Senior Services • 130 S. Oak Park Ave, Oak Park, IL 60302 • oakparktownship.org

Senior Services programs are made possible by funding, in whole or in part, from AgeOptions, the Older Americans Act, Illinois Department on Aging, private donations, and monies from Oak Park and River Forest Townships. Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act; The Americans with Disabilities Act; The Illinois and U.S. Constitutions.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Oak Park Township, Oak Park, IL

A 4C 01-1669

Blood Drive

In partnership with Vitalant and the
Village of Oak Park Public Health Department.

When:

Tuesday, March 25th
2:00 PM-5:30 PM

Where:

130 S Oak Park Ave.

Scan here to
register



Or call: (708) 383-8060 for more information

Join Us for the 2025 Annual Meeting: April 8th at 7:00pm in the 130 S Oak Park Ave Meeting Room

Every year, we host our Annual Meeting, an essential gathering where residents can engage with local leadership, learn about the Township's activities, and participate in discussions on important community initiatives. This meeting is a valuable opportunity for civic engagement, for community members to voice concerns, ask questions, and stay informed!



Community Hygiene Drive Continued

This initiative would not have been possible without the dedication of our incredible community partners: Oak Park Fire Department, Brooks Middle School, Irving Elementary, Lincoln Elementary, and Willard Elementary.



Community Collaboration at Its Best

Their efforts have helped us stock hygiene closets, which provide essential personal care items such as soap, shampoo, toothpaste, deodorant, and more. These resources ensure that students in need have access to basic hygiene products, promoting their confidence, well-being, and academic success.

We appreciate every individual and organization that contributed to this effort. Your generosity makes a difference!

Do you want to ensure you get the latest Oak Park Township News?

For a digital subscription or a print copy delivered to your home or business:

**GRAB
YOURS
TODAY**

- Email newsletter@oakparktownship.org
- Scan here



- Call 708-383-8060



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other promotions.



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For ad info. call 1-800-950-9952 • www.lpicomunities.com

Oak Park Township, Oak Park, IL

B 4C 01-1669



SENIOR LUNCH PROGRAM MENU

MARCH 2025

OUR DINING ROOM IS LOCATED AT
130 S. OAK PARK AVENUE, OAK PARK
NUTRITION & PROGRAM HOTLINE: (708) 725-9129

Monday		Tuesday	Wednesday	Thursday	Friday
3	BEEF SLOPPY JOE, BUN, STEAMED VEGGIES, SALAD, JUICE	4	5	6	7
		TURKEY POT ROAST / GRAVY, BAKED POTATO, PEAS & CARROTS, MULTI GRAIN BREAD, CHEF'S FRUIT, BANANA	CHEESE RAVIOLI W/ ROASTED, BUTTERNUT SQUASH CREAM SAUCE, BROCCOLI, SLICED CINNAMON APPLES, WHEAT VIENNA ROLL, PEACHES	CHICKEN TENDERS IN COUNTRY CHICKEN GRAVY, BREAD STUFFING, SWEET POTATO MASH, NORTHERN BEAN & TOMATO MEDLEY, APPLE, PEA SALAD	SURIMI CRAB ALFREDO, PENNE PASTA, ZUCCHINI W RED PEPPERS & ONIONS, CHEF'S VEGETABLE, WHEAT ROLL, FRUIT CUP
10		11	12	13	14
CAPRESE CHICKEN, TOMATO, MOZZARELLA, BASIL, BRUSSELS & MUSHROOMS, PEPPERS & ONIONS, ROLL, SALAD, JUICE		BBQ RIBLET OVEN FRIES, BLACK BEANS & CORN, WHEAT BUN, APPLE, CHEF'S CHOICE	TURKEY SHEPHERD'S PIE MIXED VEGGIES, WHEAT ROLL, SALAD, JUICE	SWEDISH MEATBALLS/GRAVY, MASHED POTATOES, BROCCOLI, MULTI GRAIN BREAD, MELON	CHEESE OMELETTE, HASH BROWNED POTATOES, WHOLE WHEAT BISCUIT, APPLE JUICE, FRUIT YOGURT, ORANGE
17		18	19	20	21
IRISH STEW W/ PEAS, ONIONS, CARROTS & CELERY, WHOLE IRISH POTATOES, STEAMED CABBAGE, DINNER ROLL, LEPRECHAUN PISTACHIO PUDDING		CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE, CAULIFLOWER, WHEAT ROLL, WARM PEAR AND CRANBERRY CRUMBLE, PEA SALAD	BIRTHDAY CELEBRATIONS! CLASSIC BEEF CHEESEBURGER & BUN, LETTUCE, TOMATO, PICKLE, ONION, POTATO SALAD, JUICE	HOT DOG, OVEN FRIES, BEAN CASSEROLE, WHOLE WHEAT HOT DOG BUN, BANANA, FRESH MELON	CLASSIC LASAGNA W/ MARINARA, BROCCOLI, CHEF'S CHOICE VEGETABLE, MULTI GRAIN BREAD, OATMEAL RAISIN COOKIE
24		25	26	27	28
ROAST TURKEY & GRAVY, BAKED SWEET POTATOES, MIXED VEGETABLES, BREAD STUFFING, CHEF'S FRUIT		SPAGHETTI & MEATBALL MARINARA, MIXED SALAD GREENS, MULTI GRAIN BREAD, WARM PEACH COBBLER, FRUIT CUP	CREAMY LEMON HERBED CHICKEN, STEAMED VEGGIE BLEND, RICE, WHEAT ROLL, SALAD, JUICE	CHICKEN VESUVIO, MASHED POTATOES, CAULIFLOWER & RED PEPPERS, MULTI GRAIN BREAD, MANDARIN ORANGES, CHEF'S CHOICE	CITRUS ALASKAN POLLOCK, VEGETABLE RICE PILAF, COUNTRY VEGETABLE, WHEAT ROLL, CHICKPEA SALAD, MELON
31					
MEATBALL MARINARA SUB SANDWICH, ITALIAN POTATOES AND GREEN BEANS, WHEAT FRENCH ROLL, ORANGE			VEGETARIAN MENU AND NUTRITIONAL ANALYSIS AVAILABLE UPON REQUEST.	MENU ITEMS SUBJECT TO CHANGE. ALL MEALS SERVED WITH 2% OR SKIM REQUEST.	SUGGESTED DONATION (Age 60 +): \$1.50 Guests Welcome Guest Fee: \$8.50



Need a ride? Please call **Transportation:**
(708) 383-4806
Monday-Friday 8:30am-1:30pm

**NUTRITION &
PROGRAM HOTLINE:**
(708) 725-9129

**Oak Park Township Senior
& Disability Services**
130 S. Oak Park Ave.

MARCH 2025
PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LUNCH 11:00am-1:00pm Zumba 9:00 – 10:00am	4 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required)	5 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am 📞 OR 📞 (425) 436-6398 Access Code: 506198# Art Class 1:00-2:00pm	6 LUNCH 11:00am-1:00pm MAD 4 MATS Join any time 10:00am-1:00pm Game Day! 10:00-11:00am	7 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required) LINE DANCING w/ Elena 1:15-2:15pm-Beginner 2:15-3:15pm-Advanced
10 LUNCH 11:00am-1:00pm Zumba 9:00 – 10:00am	11 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required) Empowering Caregivers Presentation 1:30 – 2:30pm	12 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am 📞 OR 📞 (425) 436-6398 Access Code: 506198# Irish Performance 12:00pm-1:00pm Art Class 1:00pm-2:00pm	13 LUNCH 11:00am-1:00pm MAD 4 MATS Join any time 10:00am-1:00pm Game Day! 10:00-11:00am	14 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required) LINE DANCINGw/ Elena 1:15-2:15pm-Beginner 2:15-3:15pm-Advanced
17 LUNCH 11:00am-1:00pm Zumba 9:00 – 10:00am 	18 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required) MEMORY CAFÉ 2:00-3:30pm (Please call to register)	19 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am 📞 OR 📞 (425) 436-6398 Access Code: 506198# “ELVIS PRESENTATION” 12:00-1:00pm Art Class 1:00-2:00pm	20 LUNCH 11:00am-1:00pm MAD 4 MATS Join any time 10:00am -1:00pm Game Day! 10:00 -11:00am	21 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required) LINE DANCING w/ Elena 1:15-2:15pm-Beginner 2:15-3:15pm-Advanced
24 LUNCH 11:00am-1:00pm Zumba 9:00 – 10:00am	25 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required) Blood Drive 2:00 – 5:30pm (Registration Requested)	26 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am 📞 OR 📞 (425) 436-6398 Access Code: 506198# Art Class 1:00 - 2:00 pm	27 LUNCH 11:00am-1:00pm MAD 4 MATS Join any time 10:00am-1:00pm Game Day! 10:00-11:00am	28 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required) LINE DANCING w/ Elena 1:15-2:15pm-Beginner 2:15-3:15pm-Advanced
31 LUNCH 11:00am-1:00pm Zumba 9:00 – 10:00am			MINIMUM AGE FOR ALL PROGRAMS: 60+ JOIN US FOR LUNCH!	
V = Virtual Event/Program = In-person - Dining Room = 📞 Call-In=				



OAK PARK
TOWNSHIP



RIVER FOREST
TOWNSHIP

SENIOR LUNCH PROGRAM MENU

April 2025

OUR DINING ROOM IS LOCATED AT
130 S. OAK PARK AVENUE, OAK PARK
NUTRITION & PROGRAM HOTLINE: (708) 725-9129

Monday	Tuesday	Wednesday	Thursday	Friday
1 SUGGESTED DONATION (Age 60 +): \$1.50 Guests Welcome! Guest Fee: \$8.50	2 SALISBURY STEAK, MASHED POTATOES/ GRAVY, CABBAGE & CARROTS, MULTI-GRAIN BREAD, MIXED FRUIT, OATMEAL RAISIN COOKIE	3 ROASTED TURKEY BREAST & WISCONSIN CHEDDAR, WHOLE WHEAT KAISER, LETTUCE & TOMATO, PEA SALAD, PINEAPPLE TID BITS	4 LEMON BASIL CHICKEN, GARDEN VEGETABLES, CORN & BLACK BEANS, MULTI - GRAIN DINNER ROLL, APPLE SAUCE, BANANA	5 EGGPLANT PARMESAN, PENNE PASTA W/ MARINARA SAUCE, BROCCOLI, WHOLE WHEAT, VIENNA BREAD, FRESH MELON
7 TURKEY MEATLOAF/GRAVY, MASHED POTATOES, MIXED VEGGIES, WHEAT ROLL, SALAD, FRUIT JUICE	8 FRENCH DIP OF BEEF W/MUSHROOMS & ONIONS, OVEN FRIES, CORN, WHOLE WHEAT FRENCH ROLL, APPLE	9 CLASSIC LASAGNA W/MEAT SAUCE, SQUASH MEDLEY, ITALIAN GREEN BEANS, WHOLE WHEAT VIENNA BREAD, CHILLED PEARS	10 ALL BEEF HOT DOG, TWICE BAKE POTATO, CASSEROLE, PEAS & CARROTS, WHOLE WHEAT HOT DOG BUN, BANANA	11 SURIMI CRAB SALAD, MIXED SALAD GREENS W/TOMATO WEDGES, DILLED CUCUMBERS, CINNAMON APPLE MUFFIN, FRUIT CUP
14 BBQ RIBLET, SWEET POTATO MASHED, CHEF'S VEGETABLE , WHOLE WHEAT SANDWICH BUN, STRAWBERRY YOGURT	15 HAMBURGER, BEAN CASSEROLE, MIXED VEGETABLE, WHOLE WHEAT HAMBURGER BUN, FRUIT JELLO, MELON	16 *April Birthday Celebrations BEEF STEW, RICE, MIXED VEGGIES, WHEAT ROLL, SALAD, FRUIT JUICE	17 TURKEY SLOPPY JOE MASHED POTATOES, BUN, MIXED VEGGIES, SALAD, JUICE	18 BAKED POLLOCK BELLA VISTA, RED SKIN POTATOES, CALIFORNIA BLEND VEGETABLES, MULTI - GRAIN DINNER ROLL, APPLE
21 BAKED MEATLOAF W/ COUNTRY GRAVY, MASHED POTATOES, STEWED TOMATOES, MULTI-GRAIN BREAD, ORANGE	22 MEXICAN GROUND BEEF SKILLET, PEPPERS, ONIONS, CARROTS & POTATOES, WHEAT ROLL, SALAD, FRUIT, JUICE	23 SLOW ROASTED BEEF, AU GRATIN POTATOES, CARROTS & CHIVES, MULTI - GRAIN DINNER ROLL, MIXED FRUIT	24 ASIAN GLAZED CHICKEN, CITRUS BROWN RICE, BROCCOLI, MULTI-GRAIN BREAD, MANDARIN ORANGE JELLO, FORTUNE COOKIE	25 TURKEY PASTA SALAD W/SHELL RIGATE, LETTUCE/ TOMATO, TRI-BEAN SALAD, MULTI - GRAIN DINNER ROLL, PINEAPPLE TID BITS
28 CHICKEN CURRY, BASMATI RICE, MIXED VEGETABLES, WHEAT ROLL, SALAD, FRUIT JUICE	29 ITALIAN SAUSAGE/ MARINARA, SCALLOPED POTATOES, BRUSSELS SPROUTS, WHOLE WHEAT SAUSAGE BUN, MELON, JUICE	30 BBQ PULLED CHICKEN, CHEDDAR MASHED POTATOES, BROCCOLI, WHOLE WHEAT SANDWICH BUN, CHILLED PEARS	31 MENU ITEMS SUBJECT TO CHANGE. ALL MEALS SERVED WITH 2% OR SKIM MILK.	15 VEGETARIAN MENU AND NUTRITIONAL ANALYSIS AVAILABLE UPON REQUEST.



Need a ride? Please call *Transportation:*
(708) 383-4806
Monday-Friday 8:30am-1:30pm



**NUTRITION &
PROGRAM HOTLINE:**
(708) 725-9129

**Oak Park Township Senior
& Disability Services**
130 S. Oak Park Ave.

**APRIL 2025
PROGRAMS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MINIMUM AGE FOR ALL PROGRAMS: 60+ 	1 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required)	2 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am OR 📞 (425) 436-6398 Access Code: 506198# LINE DANCING with Elena 1:15-2:15pm	3 LUNCH 11:00am-1:00pm MAD 4 MATS Join any time from 10:00am-1:00pm Game Day! 10:00 -11:00am	4 LUNCH 11:00am-1:00pm Fit and Strong 9:00-10:30am (Registration Required)
7 LUNCH 11:00am-1:00pm	8 LUNCH 11:00am-1:00pm	9 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am OR 📞 (425) 436-6398 Access Code: 506198# LINE DANCING with Elena 1:15-2:15pm	10 LUNCH 11:00am-1:00pm MAD 4 MATS Join any time 10:00am-1:00pm Game Day! 10:00-11:00am Beyond Hunger Cooking Class 11:00am-Noon (OPT Seniors)	11 LUNCH 11:00am-1:00pm
14 LUNCH 11:00am-1:00pm Zumba 9:00 – 10:00am	15 LUNCH 11:00am-1:00pm Declutter Specialist 1:00-2:00pm MEMORY CAFÉ 2:00-3:30pm (Please call to register) 	16 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am OR 📞 (425) 436-6398 Access Code: 506198# LINE DANCING with Elena 1:15-2:15pm	17 LUNCH 11:00am-1:00pm MAD 4 MATS Join any time from 10:00am-1:00pm Game Day! 10:00-11:00am	18 LUNCH 11:00am-1:00pm
21 LUNCH 11:00am-1:00pm Zumba 9:00 – 10:00am	22 LUNCH 11:00am-1:00pm	23 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am OR 📞 (425) 436-6398 Access Code: 506198# LINE DANCING with Elena 1:15-2:15pm	24 LUNCH 11:00am-1:00pm MAD 4 MATS Join any time from 10:00am-1:00pm Game Day! 10:00 -11:00am	25 LUNCH 11:00am-1:00pm LINE DANCING with Elena 1:15-2:15pm-Beginner 2:15-3:15pm-Advanced 
28 LUNCH 11:00am-1:00pm Zumba 9:00 – 10:00am	29 LUNCH 11:00am-1:00pm Loteria (Mexican Bingo) 1:15-2:15pm 	30 LUNCH 11:00am-1:00pm BINGO 10:00-11:00am OR 📞 (425) 436-6398 Access Code: 506198# LINE DANCING with Elena 1:15-2:15pm	MINIMUM AGE JOIN US FOR LUNCH! AGE 60+ SUGGESTED DONATION: \$1.50 GUEST FEE: \$8.50 (under 60)	FOR ALL PROGRAMS: 60+ All programs in dining room unless otherwise specified V = Virtual Event/Program In-person - Dining Room = Call-In=

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For more information call Betsy at
(708) 366-2029 x13 or
Seniors@RiverForestTownship.org



**River Forest Programs at River Forest Community Center (RFCC) -
8020 Madison St.**

NEW!! Chess for Beginners - Call Betsy for more details on time and date.

Every Thursday - 1-3:00 pm Mahjong @RFCC Dance Room (Room 202 as alternate)
A teacher is available for those new to the game!

March 3rd (First Monday) - 9:30 - 10:30 am Zumba for Seniors @RFCC Dance Room
(registration req'd (708) 725-9129 - Other Mondays at Oak Park Township)

March 14th, April 11 (Second Friday)- 10 am to 3 pm Benefit Counselors available.
River Forest Township Conference Room (registration required - call 708-383-8060)

April 25th - 10 am to 2 pm Medicare - SHIP Counselors available. River Forest
Township Conference Rm (registration required - call 708-383-8060)

April 7th (First Monday) - 9:30 - 10:30 am Zumba for Seniors @RFCC Dance Room
(registration req'd (708) 725-9129 - Other Mondays each month in Oak Park)



**River Forest Township Programs at River Forest Public Library (Barbara Hall Meeting
Room, 745 Lathrop) Visit riverforestlibrary.org/adults for more details.**

March 2 - 2-3:30 pm : Mary Todd Lincoln: A First-Person Portrayal

March 3 -10-11:00 am: Coffee Monday with Janis Johnston discusses her recent book:
Transforming Retirement: Rewire and Grow Your Legacy

March 8- 2-3 pm: Gentle Yoga Avance registration - library website/ call 708-366-5205

March 9 -2-3:30 pm: Women's History Hindsight: The Struggle for Suffrage with historian and
performer Ellie Carlson.

March 21- 1- 3:30 pm Film Lover Fridays: Paris Blues. Stay for discussion after movie.

March 23 - 2-3:30 pm : This Land is Your Land: The Folksongs of Woody Guthrie with folk
music historian, Bucky Halker.

April 6 - 2-3:30 pm: Death-Defying Acts: History of the Circus, magician & story teller William Pack.

April 7 - 10-11:30 am Coffee Monday with the Center for Disability and Elder Law (CDEL) on
Powers of Attorney (including people living alone and with dementia), Wills & TODs (Transfer
on Death Instruments). Session runs until 11:30 AM to allow questions.

April 10- 7-8 pm: Craft & Chat Registration req'd online/phone: 708-366-5205 (spots fill)

April 12- 2-3 pm All Levels Yoga. Registration required online or by phone: 708-366-5205

April 18- 1-3:30 pm: Film Lover Fridays: The Hud. Stay for discussion after the movie.

April 26 - 2-3 pm : Venti Wind Quintet Concert



Caring | Connection | Community

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Senior members of the community can contact the Oak Park and River Forest Townships Senior Services Office 708-383-8060 and ask for Fadge (rhymes with "wage").

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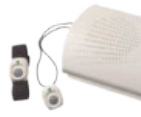
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