

Season's Greetings



OAK PARK
TOWNSHIP

November | December 2025



The Season of Giving: Simple Ways to Give Back Locally

As the season of giving arrives, **we invite our community to come together in the spirit of generosity and service.** Every act of giving—big or small—helps strengthen the connections that make Oak Park a place of care, compassion, and belonging.

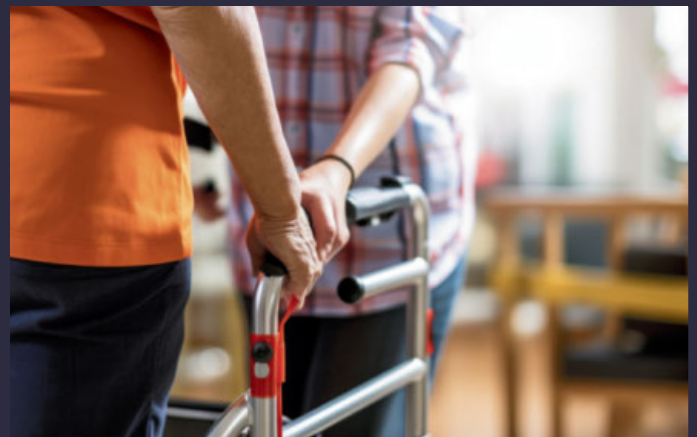
Support Our Neighbors in Need

Our **Medical Lending Closet** continues to provide medical equipment—such as walkers, wheelchairs, and crutches—to **residents in need, free of charge.** Donations of clean, functional equipment and incontinence products are always appreciated and directly benefit neighbors. *(Read more on page 16.)*

Youth and Family Services is hosting a **Community Hygiene Donation Drive** this season! Items such as shampoo, soap, toothpaste, deodorant, and other personal care essentials are needed to help support our **Youth Hygiene Closet** for youth in Oak Park and River Forest. *(Read more on page 18.)*



Home Delivery Meal Driver



Continued on page 2



Oak Park Township

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

Business Hours

Monday - Friday
9:00 am - 5:00 pm

Appointments outside of business hours available upon request.

CLOSED: November 11, 27 & 28
December 24 & 25

Senior and Disability Services

130 S. Oak Park Avenue
Oak Park, IL 60302
(708) 383-8060
seniors@oakparktownship.org

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



FOLLOW US:
@OakParkTownship

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The Season of Giving, cont. from page 1

Volunteer Opportunities

If you're looking to give your time, consider joining one of our volunteer teams:

- **Home Delivered Meal Driver:** Deliver nutritious meals and a friendly smile to homebound residents in Oak Park and River Forest.
- **Greeter Desk Volunteer:** Welcome participants to the nutrition site and help manage donations.
- **Benefits Support Volunteer:** Assist our Benefits team with appointments for programs such as SHIP, SHAP, and LIHEAP.
- **Money Management Volunteer:** Help older adults manage bills, balance checkbooks, and develop budgets through the Illinois Volunteer Money Management Program.

Together, we can **make this season brighter for those who need it most.** To learn more or get involved, call 708-383-8005 or visit oakparktownship.org.

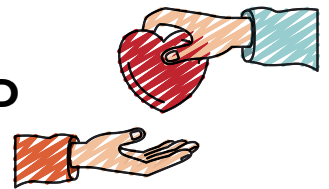


A Message from Township Supervisor, Tim Thomas

November | December



A SEASON OF GIVING AND COMMUNITY SUPPORT



As we enter into the holiday season, we celebrate the joy of neighbors supporting neighbors. This is the perfect time to **share the gift of kindness**—donate to our **Medical Lending Closet** or **Hygiene Closet**, or **volunteer** to **bring comfort and care** to those in need.

Every contribution helps ensure that **support, care, and opportunity** are always within reach for every resident.

Thank you for helping make this season one of warmth, compassion, and community spirit.

Thank You for Your Support!

Wine Tasting

WITH COOPER'S
HAWK WINERY





OAK PARK
TOWNSHIP



NOVEMBER 2025 Older Adult Programs & Lunch Menu

**Dining Room
Lunch Hours:**

11:00 am - 1:00 pm

Dining Room: 130 S. Oak Park Ave. | **Program & Nutrition Hotline:** 708-725-9129

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Zumba Gold Held at River Forest Community Center 9:30 - 10:30 am Register Tai Chi 2:00 - 3:00 pm Register Menu: Meatloaf & Gravy, cauliflower mashed potatoes, vegetables, pineapple bits	4 Movie Day! 1:30 - 3:30 pm Menu: Potato & Sausage Chowder, peas, carrots, mixed greens, corn bread, apple crumble	5 Bingo 10:00 - 11:00 am Tai Chi 2:00 - 3:00 pm (Register) Menu: Miso Chicken, scalloped potatoes, baked bean casserole, fruit jello	6 Mad 4 Mats 10:00 am - 1:00 pm Game Day! 10:00 - 11:00 am Matter of Balance 1:30 - 3:30 pm Register Menu: Cheese Omelette, hash browns, biscuit, juice, yogurt, orange	7 Fall Concert! 11:30 am - 12:30 pm Line Dancing Beginner: 1:30 - 2:30 pm Advanced: 2:30 - 3:30 pm Menu: Swedish Meatballs (beef) & Gravy, mashed potatoes, broccoli, melon
10 Zumba Gold Held at River Forest Community Center 9:30 - 10:30 am Register Tai Chi 2:00 - 3:00 pm Register Menu: Roast Pork & Gravy, Au Gratin Potatoes, vegetables, apple	11 CLOSED Happy Veterans Day VETERANS DAY ★ ★ ★ ★ ★	12 Bingo 10:00 - 11:00 am Veterans Day Celebration! 2:00 - 4:00 pm **NO Tai Chi Menu: Salisbury Steak & Gravy, mashed potatoes, corn, pineapple bits	13 Mad 4 Mats 10:00 am - 1:00 pm Game Day! 10:00 - 11:00 am Matter of Balance 1:30 - 3:30 pm Register Menu: Hot Dog & Bun, oven fries, bean casserole, banana, melon	14 Line Dancing Beginner: 1:30 - 2:30 pm Advanced: 2:30 - 3:30 pm Menu: Lasagna w/ Meat Sauce, broccoli, Chef's vegetable, cookie

PULL ←

November 2025 Programs & Lunch Menu

PULL ←

17

Tai Chi

2:00 - 3:00 pm Register

Menu: Hot Roast Beef, mashed potatoes w/ gravy, vegetables, orange

18

Gratitude Tree Making

11:30 am - 1:00 pm

Movie Day!

1:30 - 3:30 pm

Memory Cafe

2:00 - 3:30 pm Register

Menu: Spaghetti & Meatball Maranara, mixed greens, peach cobbler, fruit cup

19

Bingo

10:00 - 11:00 am

Wonder Works Presents

12:30 - 1:30 pm

Tai Chi

2:00 - 3:00 pm Register

Menu: Hamburger & Bun, potato salad, green beans, applesauce

20

Mad 4 Mats

10:00 am - 1:00 pm

Game Day!

10:00 - 11:00 am

Matter of Balance

1:30 - 3:30 pm Register

Menu: Chicken Vesuvio, mashed potatoes, cauliflower, oranges, bean salad

21

Line Dancing

Beginner: 1:30 - 2:30 pm

Advanced: 2:30 - 3:30 pm

Menu: Citrus Pollock, rice pilaf, vegetables, chickpea salad, melon

24

Friendsgiving Pie Tasting

11:30 am - 1:00 pm

****NO Tai Chi**

Menu: Turkey & Gravy, baked sweet potatoes, green bean casserole, stuffing, dessert

25

Blood Drive

2:30 - 6:00 pm Register

Menu: BBQ Riblet & Bun, oven fries, broccoli, apple

26

Bingo

10:00 - 11:00 am

****NO Tai Chi**

Menu: Chicken Tortilla Soup, brown rice, black beans & corn, chips, oatmeal cookie, fruit

27

CLOSED

Happy Thanksgiving



28

CLOSED

MINIMUM AGE FOR ALL PROGRAMS: 60+
JOIN US FOR LUNCH!
AGE 60+
SUGGESTED DONATION:
\$1.50
GUEST FEE:
\$8.50 (under 60)



Need a ride? Call Transportation: 708-383-4806 | Monday - Friday | 8:30am - 1:30pm



OAK PARK
TOWNSHIP



DECEMBER 2025 Older Adult Programs & Lunch Menu

**Dining Room
Lunch Hours:**

11:00 am - 1:00 pm

Dining Room: 130 S. Oak Park Ave. | **Program & Nutrition Hotline:** 708-725-9129

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tai Chi 2:00 - 3:00 pm <i>Register</i> Menu: Bratwurst & Rye Bread, diced potatoes, carrots, melon	2 Winter Concert! 11:30 - 12:30 pm Movie Day! 1:30 - 3:30 pm Menu: Chicken, mashed potatoes, broccoli, orange, chocolate pudding	3 Bingo 10:00 - 11:00 am Holiday Decor & Cocoa 12:00 - 1:00 pm Tai Chi 2:00 - 3:00 pm (<i>Register</i>) Menu: Texas Chili, mac & cheese, vegetables, fruit cup	4 Mad 4 Mats 10:00 am - 1:00 pm Game Day! 10:00 - 11:00 am Menu: Veal Marsala, scalloped potatoes, tomatoes, pears, beets	5 Line Dancing Beginner: 1:30 - 2:30 pm Advanced: 2:30 - 3:30 pm Menu: Pollock Piccata, baked potato, mixed vegetables, lemon pudding
8 Tai Chi 2:00 - 3:00 pm <i>Register</i> Menu: Beef Vegetable Soup, corn, green beans, pears, cookie	9 Wonder Works Presents 12:30 - 1:30 pm Movie Day! 1:30 - 3:30 pm Menu: Turkey Pot Roast & Gravy, baked potato, vegetables, fruit, banana	10 Bingo 10:00 - 11:00 am Holiday Ornament Making 12:30 - 1:30 pm Tai Chi 2:00 - 3:00 pm <i>Register</i> Menu: Spaghetti & Meatball Marinara, broccoli, peaches	11 Mad 4 Mats 10:00 am - 1:00 pm Game Day! 10:00 - 11:00 am Menu: Chicken Tenders & Gravy, stuffing, mashed sweet potatoes, vegetables, apple, salad	12 Holiday Cookie Decoration 11:30 - 1:00 pm Line Dancing Beginner: 1:30 - 2:30 pm Advanced: 2:30 - 3:30 pm Menu: Crab Alfredo w/ Penne, zucchini, vegetables, fruit cup

PULL ←

December 2025 Programs & Lunch Menu

PULL ←

15

Tai Chi

2:00 - 3:00 pm Register

Menu: Baked Meatloaf & Gravy, cauliflower mashed potatoes, vegetables, pineapple bits

16

Memory Cafe

2:00 - 3:30 pm Register

Movie Day!

1:30 - 3:30 pm

Menu: Potato & Sausage Chowder, vegetables, mixed greens, corn bread, apple crumble

17

Bingo

10:00 - 11:00 am

Holiday Sing Along

11:30 am - 1:00 pm

Tai Chi

2:00 - 3:00 pm Register

Menu: Miso Chicken, scalloped potatoes, bean casserole, fruit jello

18

Mad 4 Mats

10:00 am - 1:00 pm

Game Day!

10:00 - 11:00 am

Menu: Cheese Omelette, hash browns, biscuit, juice, yogurt, orange

19

Line Dancing

Beginner: 1:30 - 2:30 pm

Advanced: 2:30 - 3:30 pm

Menu: Swedish Meatballs (beef) & Gravy, mashed potatoes, broccoli, melon

22

Tai Chi

2:00 - 3:00 pm Register

Menu: Baked Ham & Sauce, baked potato, vegetables, dessert

23

Movie Day!

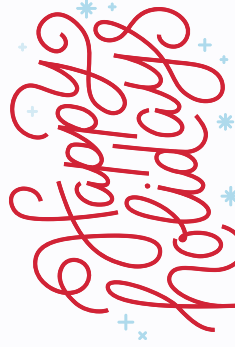
1:30 - 3:30 pm

Menu: Broccoli & Chicken Casserole, cauliflower, pear & cranberry crumble, pea salad

24

CLOSED

Happy Holidays



25

CLOSED

Happy Holidays



26

Line Dancing

Beginner: 1:30 - 2:30 pm

Advanced: 2:30 - 3:30 pm

Menu: Lasagna w/ Meat Sauce, broccoli, vegetables, oatmeal cookie

29

Menu: Roast Turkey & Gravy, baked sweet potatoes, vegetables, stuffing, fruit

30

Movie Day!

1:30 - 3:30 pm

Menu: Spaghetti & Meatball Marinara, mixed greens, peach cobbler, fruit cup

31

Bingo

10:00 - 11:00 am

Decorative Garland Making ***Watch Us Thrive in 2026!

Menu: Hamburger & Bun, potato salad, green beans, applesauce



MINIMUM AGE FOR

ALL PROGRAMS: 60+

JOIN US FOR LUNCH!

AGE 60+

SUGGESTED DONATION:

\$1.50

GUEST FEE:

\$8.50 (under 60)

Need a ride? Call Transportation: 708-383-4806 | Monday - Friday | 8:30am - 1:30pm

River Forest Civic Center Building

8020 Madison Street, River Forest

Pickleball - Gym

November 21 & December 12

1:00 - 3:00 pm *Instructor present.*

Dominoes - Room 202

Every Monday | 1:00 - 3:00 pm

Beginning Chess - Room 202

Every Tuesday | 3:00 - 5:00 pm

Instructor present.

Mahjong - Room 202

Every Thursday | 1:00 - 3:00 pm

Instructor present.

NOTE: Zumba will resume at the Civic Center Building in 2026.

RIVER FOREST TOWNSHIP
Caring | Connection | Community

Pickleball

Older Adults 60+

River Forest Civic Center
8020 Madison Street, River Forest

Fridays | 1:00-3:00 pm
November 21, December 12, January 23,
February 27, March 20 & April 10

- ✓ Free of charge
- ✓ Instructional Classes
- ✓ Equipment provided

REGISTER NOW >

708-366-2029 x13
Seniors@RiverForestTownship.org

RFT Programs at River Forest Public Library | 735 Lathrop, River Forest
Barbara Hall Meeting Room | 708-366-5205 | riverforestlibrary.org/adults



River Forest Public Library
Your journey starts here.

Coffee Monday | November 3

10:00 - 11:00 am with Oak Street Health -
Learn about offerings for older adults.

Silent Reading Party | November 6

6:30 - 8:30 pm at Black Fodder Coffee.
Registration required. Optional pre-social.

Gentle Yoga | November 8

2:00 - 3:00 pm with Rhonda Fentry.
Registration required.

This is Really War: The True Story of Navy Nurse POWS in WWII | November 9

2:00 - 3:30 pm with local journalist Emilie Lucchesi.

Film Lover Fridays | November 21

1:00 - 3:30 pm *The Fortune Cookie*

Coffee Monday | December 1

10:00 - 11:00 am *Learn about the best books of the year and enjoy bingo.*

Holiday Cookie Exchange | December 3

7:00 - 8:00 pm with Mary DiSomma.
Registration required.

Winter Legends & Lore | December 7

2:00 - 3:30 pm with paranormal researcher Chad Lewis.

Craft & Chat | December 11

7:00 - 8:00 pm *Register early, spots go fast!*

The Roaring Twenties on Film | October 12

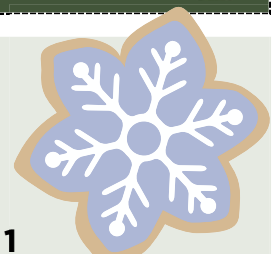
2:00 pm with Annette Bochenek

All Levels Yoga | December 13

2:00 - 3:00 pm *Registration required.*

Film Lover Fridays | December 19

1:00 - 3:30 pm *The Front Page*



***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.



The Season of Giving Starts with Partnerships

This season, we are reminded that **strong communities are built on collaboration**. Join us as we highlight key partnerships that **enhance our community involvement** and allow us to **extend reach and deepen impact**.



New Pop-Up Library Shelf Arrives!



The Pop-Up Library now features a **new, permanent shelf** located right in the 105 Lobby. This shelf offers books for kids and teens, highlighting how **OPPL** and the Township continue to be vital partners in engagement.

Location Update: The previous book bin has been relocated to the 130 Senior Center.

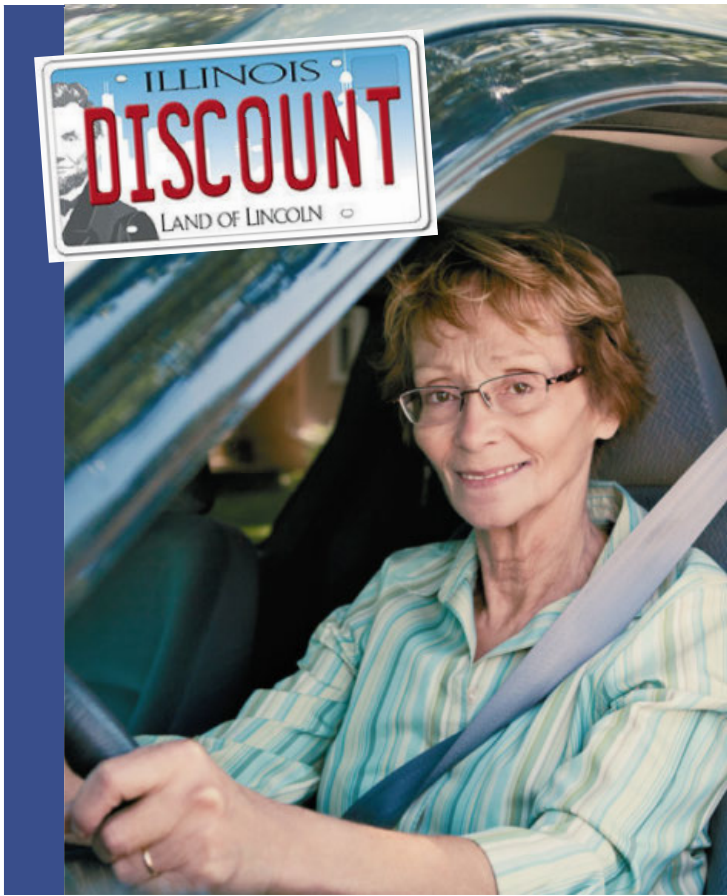


We've teamed up with **Rush Generations** to help older adults stay steady on their feet! At the **Matter of Balance Screenings**, professionals and doctoral students lead exercises to **test fall risk factors**. Participants receive personalized results with a community health worker and **get recommendations to improve balance**.



Our recent **Beyond Hunger Cooking Class** was a great success! This partnership allowed residents to connect, have fun, and gain confidence in the kitchen. Thank you to Beyond Hunger for joining us to deliver this vital program and strengthening our **shared commitment to community health and education**.





BENEFIT ACCESS PROGRAM

Savings for Eligible Older Adults & Persons with Disabilities

Receive helpful savings and transportation benefits such as:

- **Seniors Ride Free Transit Benefit**
- **Persons with Disabilities Ride Free Transit Benefit**
- **Secretary of State License Plate Discount**

Applications must be submitted **online** through the **Illinois Department on Aging**.

LEARN MORE >>



Volunteer Opportunity: Seniors to Engage with Young Children in Art and Play-Based Activities.

WonderWorks' mission is to transform the lives of children through creative play.

To volunteer at Wonder Works Children's Museum, contact **Christine Khaledan** at: info@wonder-works.org or visit: wonder-works.org/join2025-2/

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Oak Park Township, Oak Park, IL

B 4C 01-1669

Need a Ride? Contact Our Transportation Team!


**Keep
Calm**

**AND LEAVE THE
DRIVING TO US!**

✓ **Are you age 60+
or 18–59 with a
disability?**

- ✓ **Friendly, Safe Team**
- ✓ **Convenient Appointments**
- ✓ **Professional Drivers**
- ✓ **Lift-Equipped Vehicles**
- ✓ **Curb-to-Curb Service**

Scan Me!



Call to register TODAY
708-383-4806

Know Who to Call in a Mental Health Crisis

Imagine this: you're at home after dinner when your spouse suddenly clutches their chest in pain. You don't hesitate—you call 911. **But what if the emergency isn't physical?** What if your teenage granddaughter tells you she feels hopeless and is thinking about suicide?



RESOURCES AVAILABLE 24/7:

- **National Suicide & Crisis Lifeline:** **988** (call or text) providing confidential phone support
- **Thrive Counseling Center:** **(708) 383-7500, option 1** (mobile crisis response available) offering on-site help

KEY FACTS:

- Suicide is rising—but preventable.
- Trained professionals are ready to **listen and support** you or a loved one.
- Immediate danger? Always call 911.

Crisis & Emergency Hotline Guide



988

**Suicide Prevention
& Mental Health
Crisis Lifeline**

Free, confidential, and available
24/7/365



911

**Medical & Public
Safety Emergencies**

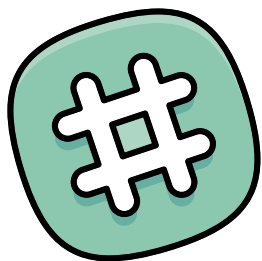
Free and available 24/7/365



**Thrive
Crisis Team
708-383-7500**

**Community Mental
Health Center**

Free, confidential, and
available 24/7/365



YOU MATTER

OP

HOW YOU CAN HELP:

- Listen **compassionately**
- Respond **supportively**
- Know **who to call**



Program these numbers into your phone, share with family, and post them where visible. Help is always within reach.



Save on Energy Bills! Energy Assistance Programs Available

Our General Assistance Department is **now accepting applications for residents interested in Energy Service Benefits**. Last year, we helped 583 households save on their energy bills — and we're here to help you, too!

As a certified partner with **CEDA**, the Township offers four programs to assist eligible Oak Park and River Forest residents with their **gas and electric bills and other energy-saving benefits**.



LIHEAP (Low Income Home Energy Assistance Program):

Provides financial assistance to low-income households to help with **ComEd** and **Nicor** bills. Payments are made directly to the utility company by CEDA.



Emergency Furnace Program:

Available to **LIHEAP-eligible homeowners** whose heating systems need repairs or replacement, as determined by the utility company or an HVAC professional.



Weatherization Assistance:

Helps eligible homeowners and renters **reduce heating and cooling costs** by making their homes more energy-efficient — lowering gas and electric bills in the process.

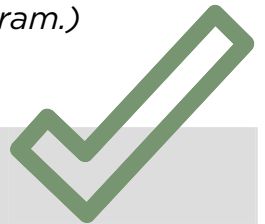


Reconnection Assistance:

Aims to **prevent service disruption** and supports residents in restoring service if it has been disconnected. *(You must apply for LIHEAP to be eligible for this program.)*



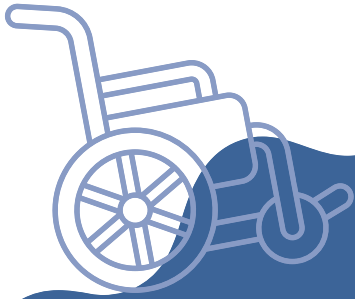
HOW TO APPLY



These programs are available through **August 15, 2026**, or until funds are depleted.

Appointments are required — walk-ins cannot be accepted.

To schedule an appointment, please call **708-383-8005**.



STAFF SPOTLIGHT

NAYELI



Our team works every day to provide simple solutions that make a big difference. Nayeli with Resident Services, recently delivered one of those moments when a local Oak Park Chamber of Commerce member broke her ankle and urgently needed a knee scooter.

With equipment backordered elsewhere, she was in a tough spot. Thanks to Nayeli, the solution was simple: she immediately received a scooter from our Medical Lending Closet. The business owner was able to move safely and carry items—something crutches don't allow—getting her back to managing her business and home seamlessly.

This story perfectly illustrates how our services support everyone in the community, helping people stay mobile and independent. Nayeli's dedication proves that our staff goes above and beyond to make life easier for our neighbors.

NEED ASSISTANCE?

Contact us Monday -
Friday, 9 am to 5 pm
at (708) 383-8005



Way to go!

READ MORE:



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Youth and Family Services



PREVENTION IN ACTION

October marked **National Substance Use Prevention Month**, and the Community Justice Team—**Jacob Matson, MPP**, and **Angela Aggen, CADC**—advanced local prevention and harm-reduction efforts.

Aggen led the **new sharps disposal program**, safely collecting over 15 pounds of needles, and organized **Red Ribbon Week** activities to promote youth drug prevention.

The month concluded with a successful **Prescription Take Back Day** coordinated through the **Opioid Task Force**, facilitated by Aggen, with partners **Live4Lali**, **Way Back Inn**, and the **Cook County Sheriff's Office**, helping residents safely dispose of unused medications.

These initiatives continue to build a safer, healthier community.



Seeking Donations!

Personal Care Items for
Youth Hygiene Closet



Our Wishlist

To receive our current wishlist of items, email youth@oakparktownship.org. You can also scan the QR code to see our wishlist on Amazon and have your donations shipped directly to us!



Hygiene Closet Drop-off Location

Please **drop off** your donation at the following location:

Oak Park Township
105 S. Oak Park Avenue
Oak Park, IL 60302
(708) 445-2727



Would you like to host a location?

Oak Park and River Forest Townships are always **seeking partners** to open up more Hygiene Closets to make it easier for youth to get the items they need. If you're interested in hosting a location, please contact Oak Park Township Youth and Family Services at (708) 445-2727 or youth@oakparktownship.org.



Caring | Connection | Community

8020 Madison St.
River Forest, IL 60305
708-366-2029

RiverForestTownship.org

Scan the QR code
to stay connected



River Forest Township enhances the health and well-being of residents through the funding and delivery of human and assessor services... providing a sense of caring, connection and community.



ASSESSOR



SENIORS



YOUTH & FAMILY



MENTAL HEALTH



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Dr. Cynthia Chow

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The Pincham Law Office

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Oak Park, IL 60302

pinchamlaw@gmail.com

(708) 439-3703

Fadge Flowers Pincham, Esq.

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- Real Estate, including Sellers' and Buyers' Closings, Land Trusts, and Quit Claim Deeds

• Probate, including Letters of Office and Small Estate Affidavits
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").

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert



800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵ /mo.



Welcome to Marion Street Services

Oak Park & River Forest Remodeling and Renovation Experts

Marion Street Services has provided the Oak Park & River Forest area with expert craftsmanship and outstanding customer service for over thirty years.

Our friendly team offers everything from handyman repairs to general contracting services for both residential and commercial clients.

312.925.6032 www.marionstsvs.com



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a difference in your
community?



#AmeriCorpsSeniorsWorks

*Join the AmeriCorps Seniors
Retired and Senior Volunteer
Program (RSVP) at Triton College.
We can help you identify a volunteer
match in your community.*



Call (708) 456-0300, ext. 3599 or
email: rsvp@triton.edu

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