



Connecting Older Adults with Community-based Resources and Options

Take Charge of Your Health Winter/Spring 2010 Workshops

West Provider	Host Site Location	Workshop Date and Time	Registration
West Suburban Senior Services	West Suburban Senior Center 439 Bohland Ave. Bellwood	Tues. April 20 – May 25, 2010 10:00a.m. – 12:30p.m.	708-547-5600
Stickney Township on Aging	WOMEN ONLY Louis Viverito Senior Center 7745 S. Leamington Burbank	Thurs. Feb. 25 – April 1, 2010 9:30a.m. – 11:00a.m.	708-636-8850
Progress Center for Independent Living	PCIL 521 Madison St. Forest Park	Fri. Feb. 19- March 26, 2010 2:00p.m. – 4:30p.m	708-209-1500 x 20 or 34
Mt. Carmel Church Tomando Control de su Diabetes	Mt. Carmel Church 1115 N. 23 rd Melrose Park	Fri. March 5 – April 9, 2010 9:30a.m. – 12:00p.m.	Call AgeOptions 708-383-0258
Aging Care Connections	North Riverside Commons 2401 Des Plaines Ave. North Riverside	Thurs. April 8 – May 13, 2010 1:00p.m. – 3:30p.m.	708-354-1323

North Provider	Host Site Location	Workshop Date and Time	Registration Phone Number
Arlington Heights Senior Center	Arlington Heights Senior Center 1801 W. Central Arlington Heights	Tues. March 23 – April 27 2:00p.m. – 4:30p.m.	847-253-5532
Village of Schaumburg	The Barn 231 S. Civic Drive, Schaumburg	Wed. March 31 – May 5 9:00a.m. – 11:30a.m.,	847-923-3730
North Shore Senior Center	North Shore Retirement Hotel 1611 Chicago Ave. Evanston	Wed. April 21 – May 26 2:15p.m. – 4:45p.m.	847-864-3721
Barrington Council on Aging	Good Shepard Hospital Community Room 450 W. Highway 22 Barrington	Fri. April 2 – May 7 10:00a.m. – 12:30p.m.	847-381-5030
South Provider	Host Site Location	Workshop Date and Time	Registration
Ingalls Hospital	Ingalls Wellness Center 2920 W. 183 rd St. Homewood	Wed. Feb. 17 – March 24	708-206-0072