

**Chicago Department of Family & Support Services
SENIOR SERVICES AREA AGENCY ON AGING**

LIFE ENRICHMENT PROGRAMS
For Chicagoans 60 Years and Better
Autumn 2018



**Mayor Rahm Emanuel
City of Chicago**



**Lisa Morrison Butler
Commissioner**



Fall 2018

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A Note from the Commissioner

Dear Friends:

Autumn is here, ushering in a new season of possibility. It presents a perfect opportunity to do something new, something bold, and what better place to explore the possibilities than your local senior center. Come join us this Fall, we have planned a wide array of programs and activities just for you. There are engaging classes, exciting holiday events, and as always, opportunity to access information and resources on available programs, benefits and community services.

Do not forget to take advantage of the Flu Shot Clinic scheduled at your local senior center. Stay well and have a wonderful holiday season.

Sincerely,

Lisa Morrison Butler, Commissioner
Chicago Department of Family and Support Services

A Note from the Executive Director

Dear Fellow Seniors:

Welcome to the last quarter of 2018! We have some great programs this year and hope you approve. Thank you for coming out and participating in Senior Fest 2018, it was wonderful to see all of you. Take time this Fall to celebrate family, welcome new friends, delight in opportunities to grow, and pay attention to all that is changing around you.

I wish you and your loved ones a wonderful holiday season and hope to see you soon.

Blessings,

Joyce

*Programs
and Services*
• • •

*Benefits Eligibility
Checkup*

*Caregiving
Resources*

*Care Coordination
Services*

Chicago Fitness Plus

*Chore /
Housekeeping*

*Adult Protective
Services Program*

*Foster Grandparent
Program*

*Golden Diners
Nutrition Program*

*Home Delivered
Meals*

*Health & Wellness
Program*

*Older Relatives
Raising Children*

*Ombudsman
Program*

Respite Care

*Senior Companion
Program*

Chicago Department of Family & Support Services – Senior Services Area Agency on Aging

Chicago Department of Family and Support Services - Area Agency on Aging is designated by the United States government under the Older Americans Act, and by the Illinois Department on Aging, as the "Area Agency on Aging" for the City of Chicago. Area Agencies on Aging are part of a nationwide network of State and local programs that help older people to plan and care for their life long needs. With the goal of keeping seniors living independently in their own homes for as long as possible, Senior Services- Area Agency on Aging provide a wide range of options that allow older adults, ages 60 and over, access to services and programs that allow them to remain healthy, safe, and independent.

Information & Assessment Services

Information and Assessment is the key element to accessing all programs and services for senior citizens, and is a "one stop link" to elder care service providers in the city of Chicago and throughout the nation. By placing a call to **(312)744-4016**, an older person or caregiver receives information about the services offered by the Chicago Department of Family and Support Services and the aging network. Central Information and Assessment is located in City Hall, 121 North LaSalle St., Room 100, with five (5) community locations in the Regional Senior Centers.

Regional and Satellite Senior Centers

DFSS Senior Centers offer a variety of social, educational, cultural, recreational activities for seniors and their informal caregivers. There are twenty-one (21) senior centers located throughout the city. Contact information for each of the centers is listed on the back page of the brochure. Each center is tailored to the needs and interests of the local community. All centers offer resources for caregivers, Life Enrichment activities, computer learning centers including internet access, fitness programming, congregate dining, and more.

DFSS Senior Services Programs and Services: At a Glance

Benefits Eligibility Checkup	Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including; prescription drug coverage, weatherization, energy assistance, & financial assistance. Staff then works with seniors in applying for identified benefits.
Caregiving Resources	Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.
Care Coordination Services	Through a referral from I&A, trained and certified care coordinators provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.
Chicago Fitness Plus	Award-winning fitness program that boosts endurance, strength, balance and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.
Chore/ Housekeeping: Heavy Duty & Short-Term	Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.
Adult Protective Services Program	Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.
Foster Grandparent Program	Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.

FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016

DFSS Senior Services Programs and Services: At a Glance

Golden Diners Nutrition Program	Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.
Home Delivered Meals	Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.
Health & Wellness Program	Health promotion and disease prevention programming provided at all DFSS senior centers through monthly presentations, health screenings, and one-on-one consultations with wellness nurses, dietitians, pharmacists, and social workers.
Older Relatives Raising Children	For seniors who have primary caregiving responsibility of a child, from birth to age 18 or those caring for their severely-disabled adult children. Short-term one-on-one counseling and support groups are available. Emergency financial assistance can be accessed for one-time emergency rent payment, school uniform and equipment, medication, and other basics.
Ombudsman Program	Ombudsmen protect, defend and advocate for residents in long term care facilities such as nursing homes and assisted living facilities. Utilizing staff and volunteers, they inform residents and their families of their rights, resolve complaints, provide information on residents needs/concerns to families, facility staff and the department, and advocate for quality individualized care for the residents.
Respite Care	Allows family caregivers caring for a senior, time for themselves. Respite provides professional trained staff to care for a frail senior, who has a familial caregiver, on a temporary basis. This care can be provided in home or in a nursing facility. Respite can be used in an emergency, such as the illness of a caregiver or for planned time away; such as a vacation, special event, appointment or just some time for themselves.
Senior Companion Program	Opportunity for seniors to make a difference in the lives of lonely, frail and homebound seniors by reading, engaging in conversation, preparing light meals and more. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
Senior Medicare Patrol	The SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. Program staff and volunteers help people with Medicare and Medicaid to: educate, detect, and report possible Medicare and Medicaid fraud, waste, and abuse.
Senior Employment Training	Employment training and job placement for seniors (at least 55 years old) for re-entry into the job market.

FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016

LEGAL ASSISTANCE SERVICES FOR OLDER ADULTS

CARPLS is the legal aid hotline for Cook county. Each year, CARPLS conducts over 54,000 legal consultations with low and modest means clients. CARPLS has dedicated a new hotline for addressing the legal needs of older adults in the City of Chicago through a grant award from the Chicago Department of Family & Support Services—Senior Services Division.

CARPLS will assist with a wide range of legal issue areas including:

- **Housing**
- **Family Law**
- **Consumer Debt**
- **Probate and Estates**
- **Immigration**
- **Civil Rights**
- **Public Benefits & Taxes**
- **Other**



CARPLS attorneys provide brief legal services, which includes legal analysis of the client's situation, legal advice and strategy, legal counseling on the best course of action, review of court documents or other legal documents, and in appropriate situations, drafting of legal pleadings and letters.

CARPLS attorneys do not provide direct representation in court on behalf of clients; if a client needs an in court attorney, CARPLS tries to refer the client to a network of 40 legal aid programs in Cook county.

To make a referral for services call DFSS Senior Services Information and Assistance Telephone Line at (312)744-4016. Or, you can email your legal services request to: Aging@cityofchicago.org and include your name, address, telephone number, and date of birth.



CEDA

ENERGY SERVICES

Low-Income Home Energy Assistance Program (LIHEAP)

— LIHEAP PROGRAM DATES —

Priority Period

1

October 1

Households with a senior member age 60+
Households with a person receiving Social Security Disability Benefits

Furnace Program Begins

Priority Period

2

November 1

Households with one or more disconnected utilities
Households with children age 5 and under

All Households Eligible to Apply

December 3

Available program benefits open to all eligible low-income households

A LIHEAP benefit is a one time payment made directly to the utility company on behalf of the household.

Additional Energy Services Programs:

- ComEd Residential Hardship Program
- Peoples Gas - Share the Warmth
- Home Weatherization (IHWAP)

For more information or to find the nearest Intake Partner Site call the Toll-free Hotline:
(800) 571-CEDA (2332) or visit www.cedaorg.net

Documents Needed to Apply:

- Proof of current 30-day gross income from all household members.
- Copy of most recent heat and electric bills. (Must provide entire bill)
- Proof of Social Security Numbers of all household members. (Must provide a hard-copy of SSN card, printout, SSA 1099, qualifying Medicare card)
- Applicants that have all their utilities included in the rent must bring proof of rental agreement stating monthly rental amount, that utilities are included and landlord contact information.

CEDA LIHEAP LOCATIONS

<u>AGENCY NAME</u>	<u>ADDRESS</u>	<u>CITY</u>	<u>ST</u>	<u>ZIP</u>	<u>PHONE</u>
Spanish Coalition for Housing (Appointment Only) (No WX)	1915 S. Blue Island	Chicago	IL	60608	(312) 850-2660
Workers Education (Appointment only)	3339 S. Halsted St.	Chicago	IL	60608	(773) 446-9925
New Eclipse Community Alliance	715 W. 51st Street	Chicago	IL	60609	(773) 538-4957
Marillac Social Center	212 S. Francisco Ave.	Chicago	IL	60612	(773) 584-3244
Lakeview Pantry (No WX)	3945 N. Sheridan Rd.	Chicago	IL	60613	(773) 525-1777
Cathedral Missionary Baptist Church	4821 S. Wabash	Chicago	IL	60615	(872) 244-3725
New Eclipse Community Alliance	2335 E. 100th St.	Chicago	IL	60617	(773) 336-5081
Centro Comunitario Juan Diego	8812 S. Commercial Ave.	Chicago	IL	60617	(773) 731-0109
Spanish Coalition for Housing (No WX) (Appointment Only)	9010 S. Commercial	Chicago	IL	60617	(773) 933-7575
Trinity Resurrection United Church	9046 S. Mackinaw Ave.	Chicago	IL	60617	(773) 768-9645
Hana Center (Appointment only)	4300 N. California Ave.	Chicago	IL	60618	(773) 583-5501
Central United Community Church (Can only take 40 applicants per day)	8246 S. Cottage Grove Ave.	Chicago	IL	60619	(312) 771-8212
Faith Works Pavilion Community Development Corporation	437 E. 71st St.	Chicago	IL	60619	(773) 224-9264
Universal Prayer Tower	1335 E. 76th St.	Chicago	IL	60619	(773) 437-3203
New Eclipse Community Alliance	1318 W. 87th St.	Chicago	IL	60620	(773) 952-4847
Action Coalition of Englewood Inc.	1140 W. 79th	Chicago	IL	60620	(312) 747-0200
Community Care Outreach	1819 W. 87th St.	Chicago	IL	60620	(773) 881-9007
Universal Prayer Tower	7545 S Vincennes	Chicago	IL	60620	(773) 874-6103
Action Coalition of Englewood Inc.	6455 S. Peoria St.	Chicago	IL	60621	(773) 846-0080
The Public Outreach Agency	6202 S. Halsted St.	Chicago	IL	60621	(773) 424-8656
Spanish Action Committee of Chicago (can only serve 100 applicants a day)	2452 W. Division St.	Chicago	IL	60622	(773) 292-1052
Universal Prayer Tower	4540 W. Washington Blvd.	Chicago	IL	60624	(773) 378-3464
Howard Area Community Center	7648 N. Paulina St.	Chicago	IL	60626	(773) 262-6622
Christ Cathedral Baptist Church	445-449 W. 111th St.	Chicago	IL	60628	(773) 660-4296
Faith Works Pavilion Community Development Corporation	11004 S. Michigan Ave.	Chicago	IL	60628	(773) 443-7959
Fernwood United Methodist Church	10105 S. Wallace St.	Chicago	IL	60628	(773) 881-0800
Latino Organization of the Southwest	4051 W. 63rd St.	Chicago	IL	60629	(773) 581-1900
SANAD	3302 W. 63rd St.	Chicago	IL	60629	(773) 436-7989
Brighton Park Neighborhood Council (Daily Capacity 60 applicants)	4477 S. Archer Ave.	Chicago	IL	60632	(773) 523-7110
Hearst Community Organization	5036 W. 47th St.	Chicago	IL	60638	(773) 838-8146
Northwest Side Housing Center	5233 W. Diversey Ave.	Chicago	IL	60639	(773) 283-3888
Spanish Coalition for Housing (No WX)	1922 N. Pulaski	Chicago	IL	60639	(773) 342-7575
Chinese Mutual Aid Association (Appointment Only)	1016 W. Argyle St.	Chicago	IL	60640	(773) 784-2900
South-East Asia Center	5120 N. Broadway St.	Chicago	IL	60640	(773) 989-6927
CRDCC (Chetwyn Rodgers Drive Development Center)	25 N. Cicero Ave.	Chicago	IL	60644	(773) 261-6098
St. Luke's	2914 W. North Ave.	Chicago	IL	60647	(773) 227-5747
Because I Care Inc.	5811 W. Chicago Ave.	Chicago	IL	60651	(773) 261-0555

8/27/2018 DD

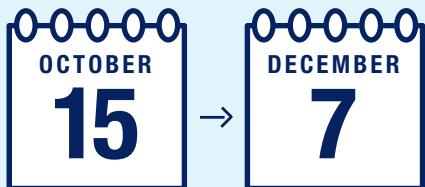
M E D I C A R E OPEN ENROLLMENT

October 15 – December 7

*Open to lower premiums,
extra benefits?*

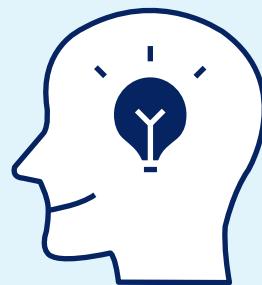
OPEN ENROLLMENT IS HERE.

This is your chance to look at all of your Medicare plan choices like prescription drug plans and Medicare Advantage plans from private insurers.



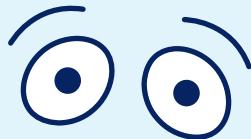
BE OPEN-MINDED.

Plans change every year; so can your health needs. Don't assume your current plan is still your best choice. Compare and see.



OPEN YOUR EYES TO THE POSSIBILITIES.

You could find better coverage, extra benefits or lower costs. It's worth taking a few minutes to explore your options.



OPEN YOUR LAPTOP.

Go to medicare.gov and use the Plan Finder and other tools to make comparing plans easier. Or, visit medicare.gov/contacts to find free help at your State Health Insurance Program (SHIP).



WE'RE OPEN 24/7 AT 1-800-MEDICARE.

Prefer to talk it over? We're here to help.
TTY Users: **1-877-486-2048**



 Like Medicare? 'Like' us on Facebook.

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Paid for by the U.S. Department of Health & Human Services



What is Medicare?

Medicare is health insurance for:

- People 65 or older
- Certain people under 65 with disabilities
- People of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant)

What are the different parts of Medicare?

Medicare Part A (Hospital Insurance) helps cover:

- Inpatient care in hospitals
- Skilled nursing facility care
- Hospice care
- Home health care

Medicare Part B (Medical Insurance) helps cover:

- Services from doctors and other health care providers
- Outpatient care
- Home health care
- Durable medical equipment
- Many preventive services

Medicare Part C (Medicare Advantage):

- Includes all benefits and services covered under Part A and Part B
- Run by Medicare-approved private insurance companies that follow rules set by Medicare
- Usually includes Medicare prescription drug coverage (Part D) as part of the plan
- Plans have a yearly limit on your out-of-pocket costs for medical services
- May include extra benefits and services that aren't covered by Original Medicare, sometimes for an extra cost

Medicare Part D (Medicare prescription drug coverage):

- Helps cover the cost of prescription drugs
- Run by Medicare-approved drug plans that follow rules set by Medicare
- May help lower your prescription drug costs and help protect against higher costs in the future

What are my Medicare coverage choices?

There are 2 main ways to get your Medicare coverage — Original Medicare or a Medicare Advantage Plan.

Option 1: Original Medicare

This includes Part A and B.



Part A Hospital Insurance



Part B Medical Insurance

You can add:



Part D Medicare Prescription Drug Coverage

You can also add:



Medigap Medicare Supplement Insurance

(Medigap policies help pay your out-of-pocket costs in Original Medicare.)

Option 2: Medicare Advantage (Part C)

These plans are like HMOs or PPOs, and typically include Part A, B, and D.



Part A Hospital Insurance



Part B Medical Insurance



Part D Medicare Prescription Drug Coverage

(Most plans cover prescription drugs. If yours doesn't, you may be able to join a separate Part D plan.)

Get the help you need



Call 1-800-MEDICARE (1-800-633-4227) to get general or specific Medicare information and important phone numbers. If you need free help in a language other than English or Spanish, say “Agent” to talk to a customer service representative. TTY users can call 1-877-486-2048.

Visit Medicare.gov to get detailed information about the Medicare health and prescription drug plans in your area, find participating health care providers and suppliers, get quality of care information, and more.

Look at your most recent “Medicare & You” handbook to learn what’s new, find out your Medicare costs, and get information about what Medicare covers.

Contact your local State Health Insurance Assistance Program (SHIP) to get free personalized counseling on Medicare coverage, claims, appeals, and help for people with limited income and resources. Visit shiptacenter.org, or call 1-800-MEDICARE to get the phone number for your local SHIP.

Visit the Eldercare Locator at eldercare.gov to find local resources, check for benefits, and plan for long-term care.

You have the right to get Medicare information in an accessible format. You also have the right to file a complaint if you feel you’ve been discriminated against. Visit CMS.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html, or call 1-800-MEDICARE for more information.

ABOUT OUR TRIPS AND EVENTS

WAIVERS: Every trip/event participant must register by completing and signing a Senior Services Emergency Contact/Waiver.

RESERVATIONS: Reservations are not guaranteed until the ticket is paid for. Please do your best to register as early as possible, since many of our trips and events fill up quickly.

REFUNDS: In order to make programs available to as many people as possible, we do our best to keep costs low. We base the cost per person by dividing the cost of the outing by the number of people we expect on the bus. We therefore regret we are unable to give refunds or discounts. However, if we have a waiting list and are able to sell your seat on or before the day of the trip, we will be happy to refund your money. Otherwise, we suggest you give your ticket to a friend as an "early" birthday or holiday present. Naturally we will refund your money if an event is canceled or significantly altered by Senior Services.

WHEELCHAIRS: If you use a wheelchair and would like to participate, please contact us at (312) 746-4798 to discuss arrangements.

TELEPHONE NUMBERS: When you register, make sure that you provide us with your phone number. Sometimes, in order to fill buses, we need to combine two locations. This can result in a change in the date of your program. If we have your phone number, we can contact you to work out these details.

PROMPTNESS: Most of our events and trips are on tight time schedules, and it is our policy to leave promptly at the stated departure time. This makes us unable to wait for latecomers. We regret that no refunds can be given to tardy participants who miss a bus.

NAME TAGS: We require participants to wear name tags as identifiers as part of our safety procedures.

COURTESY: Participants who go on our outings are expected to cooperate with group leaders, bus drivers and staff, as well as key persons in charge at the point of destinations. Any seniors or group leaders who are uncooperative - by being late, refusing to accommodate reasonable requests, or showing rude or anti-social behavior will be denied access to future trips, programs and events for the safety and comfort of the rest of the participants.

ABOUT OUR TRIPS AND EVENTS CONT...

GROUP ISSUES: Group leaders must obtain reservation numbers to register for trips. Payment must be made by the Money Due Date given at time of registration. Unless otherwise designated, Group leaders are given one complimentary ticket when leading 19 or more participants. When two groups share a bus, the first group boarding the bus should fill in the driver's side of the bus, leaving the passenger side for group two. Front seats by the driver are reserved for the group's leader or Family & Support Services staff. Group leaders are responsible for taking attendance to make sure everyone is accounted for and for bringing emergency forms for each participant. Group leaders must immediately let staff know of any accidents or incidents that occurs during the trip. (We salute the energy and dedication of our group leaders! We couldn't host these programs without them).

ACCOMMODATIONS FOR PERSONS WITH HEARING IMPAIRMENTS: If you need a sign language interpreter for any of our lectures, programs or classes, please let us know as soon as possible so we can make the necessary arrangements. You can let us know by either calling your center on your TTY, writing a letter, stopping in or asking a friend to contact us. We welcome your participation.

PARKING: The five Regional Senior Centers have adjacent free parking. Regrettably, Renaissance Court has NO free parking, but plenty of public transportation options.

PREPARATION: Since some of our outings require walking, climbing or varying amounts of stamina, participants are responsible for learning about programs and trips before signing up for them, paying close attention to all trip details and any trip advisories or cautions. Proper footwear and clothing are the participant's responsibility.

Diabetics may want to consider bringing their own snacks should they have concerns about an event's meal service time.

EXTREME WEATHER WARNING: In case of severely hot, cold or extreme weather please call centers to confirm trips and events.

DISCLAIMER: Senior Services is not responsible for opinions or recommendations of vendors or facilitators.

Chicago Department of Family & Support Services
Along with
The Westside Coalition for Seniors
26th Annual Senior Prom



*Thursday, November 15, 2018
11:00 a.m. until 4:00 p.m.
Hyatt Regency at McCormick Place
2233 South Dr. King Drive
Cost \$50.00*

For More Information, Please Contact
Mary Futrell (773)742 – 4455

**Rahm Emanuel,
Mayor**



**Lisa Morrison Butler,
Commissioner**



Chicago Department of
Family & Support Services

HOLIDAY CELEBRATION

Tuesday, December 11, 2018
10:00 a.m.—2:00 p.m.

Come celebrate the holiday with us. There will be a DJ, live R&B Band performance, plenty of fun, and of course, dancing, dancing, dancing! Wear your most creative holiday outfit & do not forget to take your picture with Santa. Box lunches will be available for a \$2.00 suggested donation.



Chicago Cultural Center, Gar Hall
78 East Washington Street

Please call (312)744-4550 for additional details.

Rahm Emanuel,
Mayor
City of Chicago



Lisa Morrison-Butler
Commissioner



WELLNESS PROGRAM

OCTOBER - DECEMBER 2018

The most important component of the Wellness Program is YOU! Healthy living helps to prevent chronic disease and certain disabilities. It can ensure that today's older persons as well as future generations not only live longer, but also live better. It's never too late to adopt healthy lifestyle habits. The Wellness Program can help you start a personal wellness program or provide you the support you need to maintain your wellness goals.

- The Wellness Program at Central West, Southeast (Atlas) and the Southwest Senior Centers is provided by the Bowman Center/Rush University Medical Center.
- The Wellness Program at the Northeast (Levy) Senior Center, Northwest (Copernicus) Senior Center, and Renaissance Court is provided by White Crane Wellness Center.

At each senior center, the latest information on healthy living and disease prevention is provided through monthly talks with the wellness nurse, social worker, dietitian, and pharmacist.

Take a look at the wellness schedule at the center nearest you and meet the wellness team. It is the first step to a healthier lifestyle.

WELLNESS TEAM OF PROFESSIONALS

WELLNESS NURSE

The Wellness Nurse is available weekly at each center. The Wellness Nurse is knowledgeable about health issues and provides education, guidance and insight. The Wellness Nurse provides blood pressure and other health screenings, support groups, and monthly health talks to help you manage your health.

SOCIAL WORKER

The Social Worker is available one half day several times each month by appointment for private, one-on-one consultations. See the Wellness Social Worker for advice and information on resources for those times when you are faced with life's challenging issues. The Wellness Social Worker also leads a discussion group on a variety of topics focusing on contemporary issues of aging.

DIETITIAN

The Dietitian is available monthly to assist you in achieving your nutritional goals with one-on-one consultations, nutritional health talks, and discussion groups. The Wellness Dietitian shares insights about dietary needs, strategies to make positive lifestyle changes as well as the relationship between nutrition and your health.

PHARMACIST

A Pharmacist is available at each center one half-day each month. In addition to informative presentations and question and answer sessions on medications and health-related issues, the pharmacist is available by appointment for private, one-on-one consultations to address your concerns. Make an appointment for a "brown-bag" medication review (bring all of your medications into the pharmacist for review) to receive help with timing your medications or bring in your lab results for discussion. See each center's postings for available appointment times.

OCTOBER PRESENTATIONS

NURSE PRESENTATIONS

Safeguard Your Health: Immunize to Maximize Your Resistance to Disease

The presentation will cover updates on the seasonal immunization for influenza (the flu) with emphasis on the higher dose option recommended for seniors. It will also address an overview of additional appropriate vaccinations based on individual health history and exposure including pneumonia immunizations, shingles, diphtheria, and tetanus.

Central West	Thursday	October 11	10:00 - 11:00 A.M.
Northeast	Thursday	October 11	9:30 - 10:15 A.M.
Northwest	Tuesday	October 9	9:30 - 10:15 A.M.
Southeast	Tuesday	October 16	9:30 - 10:30 A.M.
Southwest	Tuesday	October 23	10:00 - 11:00 A.M.
Renaissance Court	Monday	October 1	10:30 - 11:30 A.M.

DIETITIAN PRESENTATIONS

Vaccines

Keeping up with getting vaccines is an important part of taking care of your health. In addition to getting vaccinated, being mindful of what you eat can help you keep your natural immune system strong. Learn what foods can help you build and maintain your immune system to prevent or fight getting sick or contracting a disease.

Central West	Thursday	October 4	10:00 – 11:00 A.M.
Northeast	Friday	October 12	1:00 – 2:00 P.M.
Northwest	Monday	October 29	*9:00 A.M – 1:00 P.M.
Southeast	Friday	October 12	10:00 – 11:00 A.M.
Southwest	Monday	October 15	10:00 – 11:00 A.M.
Renaissance Court	Tuesday	October 9	3:00 – 4:00 P.M.

PHARMACIST PRESENTATIONS

Vaccination Update 2018

By the time you are 65 years old, you have probably been exposed to or immunized against most of the common infectious diseases. But sometimes that protection decreases, which is why certain immunizations are recommended in the elderly community. In this session, the pharmacist will review the most up-to-date recommendations for immunizations, what vaccines you should consider based on your age or any illnesses you have, why these immunizations are important and who can give them to you.

Central West	Tuesday	October 23	10:00 - 11:00 A.M.
Northeast	Tuesday	October 23	10:00 - 11:00 A.M.
Northwest	Friday	October 19	10:30 - 11:30 A.M.
Southeast	Thursday	October 4	10:15 - 11:15 A.M.
Southwest	Thursday	October 18	10:15 - 11:15 A.M.
Renaissance Court	Thursday	October 25	1:30 - 2:30 P.M.

* Note: change in regular schedule

NOVEMBER PRESENTATIONS

NURSE PRESENTATIONS

Taking Control of Diabetes

Diabetes is one of the leading health problems for older adults. Although it is a serious condition, there are things that you can do to take control of diabetes and prevent its problems. Also, if you are worried about getting diabetes, there are things you can do to lower your risk. This talk provides an important overview of Type 2 Diabetes including risk factors, strategies to reduce the risk of diabetes, current treatments and way to “take control” of diabetes.

Central West	Thursday	November 8	10:00 – 11:00 A.M.
Northeast	Thursday	November 8	9:30 – 10:15 A.M.
Northwest	Tuesday	November 13	9:30 – 10:15 A.M.
Southeast	Tuesday	November 27*	9:30 – 10:30 A.M.
Southwest	Tuesday	November 27	10:00 – 11:00 A.M.
Renaissance Court	Monday	November 5	10:30 - 11:30 A.M.

DIETITIAN PRESENTATIONS

Diabetes

Diabetes is a household word but it should not be a household problem! Learn ways to prevent Diabetes and/or ways to control your disease if you already have it! Self-health care including changing your diet is the best way to help you manage risks associated with Diabetes.

Central West	Thursday	November 1	10:00 - 11:00 A.M.
Northeast	Friday	November 9	1:00 - 2:00 P.M.
Northwest	Monday	November 26	*9:00 A.M. - 1:00 P.M.
Southeast	Friday	November 9	10:00 - 11:00 A.M.
Southwest	Monday	November 26*	10:00 - 11:00 A.M.
Renaissance Court	Tuesday	November 13	3:00 - 4:00 P.M.

PHARMACIST PRESENTATIONS

Diabetes in the Older Adult – Remembering What Is Important

Diabetes, or high blood sugar, is a growing problem in our population. Estimates of 10%-20% of older adults over 70 years of age will develop diabetes. Complications from untreated diabetes can lead to damage in the eyes, kidneys, heart, nerves and skin. In this session, the pharmacist will review the symptoms of diabetes, how to best manage diabetes and the safe use of medications currently available in the older adult, and why it is important to keep your diabetes under control.

Central West	Tuesday	November 27	10:00 - 11:00 A.M.
Northeast	Tuesday	November 27	10:00 - 11:00 A.M.
Northwest	Friday	November 16	10:30 - 11:30 A.M.
Southeast	Thursday	November 1	10:15 - 11:15 A.M.
Southwest	Tuesday	November 15	10:15 - 11:00 A.M.
Renaissance Court	Thursday	November 15*	1:30 - 2:30 P.M.

- Note: change in regular schedule

DECEMBER PRESENTATIONS

NURSE PRESENTATIONS

Depression

Feeling Sad and Blue? Here's What You Can Do! It is estimated that between 5-20% of older adults living in the community have depression. Often it is not diagnosed and people are not getting the treatment they need. Learn about chronic health problems associated with depression as well as medications that can cause depression. Evidence-based treatments such as cognitive behavioral therapy, medications, exercise, electroconvulsive therapy will be reviewed.

Central West	Thursday	December 13	10:00 - 11:00 A.M.
Northeast	Thursday	December 13	9:30 - 10:15 A.M.
Northwest	Tuesday	December 11	9:30 - 10:15 A.M.
Southeast	Tuesday	December 18	9:30 - 10:30 A.M.
Southwest	Tuesday	December 18*	10:00 - 11:00 A.M.
Renaissance Court	Monday	December 3	10:30 - 11:30 A.M.

DIETITIAN PRESENTATIONS

Depression

Feeling blue is a natural part of life. However, depression is a disease that is best managed with the help of your health care team. Learn what foods can help your brain naturally feel more upbeat and ready to deal with your depression or any other situation that comes your way.

Central West	Thursday	December 6	10:00 - 11:00 A.M.
Northeast	Friday	December 14	1:00 - 2:00 P.M.
Northwest	Monday	December 31	*9:00 A.M. - 1:00 P.M.
Southeast	Friday	December 14	10:00 - 11:00 A.M.
Southwest	Monday	December 17	10- 11:00 A.M.
Renaissance Court	Tuesday	December 11	3:00 - 4:00 P.M.

PHARMACIST PRESENTATIONS

Depression and Mood Disorders – Striving for Mental Fitness

As we grow older, we may face many challenges that can lead to changes in mood. Retirements, the loss of friends and loved ones, medical problems or even increased isolation can all lead to changes in mood. Left untreated, these changes may lead to depression and can affect more than just your mood. In this program the pharmacist will help to identify the various steps you can take to optimize your mental fitness, including drug therapies, allowing you to live a more enjoyable and positive life.

Central West	Tuesday	TBD	10:00 - 11:00 A.M.
Northeast	Tuesday	December 18*	10:00 - 11:00 A.M.
Northwest	Friday	December 21	10:30 - 11:30 A.M.
Southeast	Thursday	December 6	10:15 - 11:15 A.M.
Southwest	Thursday	December 20	10:15 - 11:15 A.M.
Renaissance Court	Thursday	December 27	1:30 - 2:30 P.M.

* Note: change in regular schedule

Northeast (Levy) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cynthia Jones, RN

First, Second, Third Thursdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Mary Ellen Withers, LCSW

First, Second, Third Wednesdays*, 12:45 P.M. - 3:45 P.M.*

PHARMACIST: Beatrice Drambarean, PharmD

Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (October 23, November 27, December 18*)

DIETITIAN: Jim Coogan, RD, LDN

Second Fridays, 1:00 P.M. - 3:00 P.M. (October 12, November 9, December 14)

BLOOD PRESSURE SCREENING

First Thursdays, 9:00 A.M. - 12:00 P.M. (October 4, November 1, December 6)

SUPPORT GROUPS

HEALTH MATTERS

Third Thursdays, 9:30 - 10:15 A.M.

- Join this group to discuss relevant health topics and to share your experiences among peers. Share a little or share a lot – it is up to you! This is an open group, so you are welcome to attend at any time.
 - October 18
 - November 15
 - December 20

FOOD 4 THOUGHT

First, Second, Third Wednesdays*, 1:00 - 2:00 P.M.*

Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule

Northwest (Copernicus) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cynthia Jones, RN

First, Second, Third Tuesdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Enid Fefer, LCSW

Wednesdays, 8:30 A.M. - 11:30 A.M. (Except October 24 & 31, November 28, December 26)

PHARMACIST: James Lee, PharmD

Third Fridays, 9:00 A.M. - 12:00 P.M. (October 19, November 16, December 21)

DIETITIAN: Trishna Joshi, RDN, LD/N

Last Mondays, 9:00 A.M. – 1:00 P.M.* (October 29, November 26, December 31)

BLOOD PRESSURE SCREENING

First Tuesdays, 9:00 A.M. - 12:00 P.M. (October 2, November 6, December 4)

SUPPORT GROUPS

HEALTH MATTERS

Third Tuesdays, 9:30 - 10:15 A.M.

- Join this group to discuss relevant health topics and to share your experiences among peers. Share a little or share a lot – it is up to you! This is an open group, so you are welcome to attend at any time.
 - October 16
 - November 20
 - December 18

TOO MUCH ON YOUR PLATE?

Wednesdays, 10:15 - 11:15 A.M. (Except October 24 & 31, November 28, December 26)

Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule

Renaissance Court Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Phyllis Reynolds, MSN, APN/CNP

Mondays, 9:15 A.M. - 12:15 P.M.* (Except October 8 & 29, November 12, December 24 & 31)

SOCIAL WORKER: Enid Fefer, LCSW

Mondays, 1:00 - 4:00 P.M. (Except October 8 & 22, November 12, December 24 & 31)

PHARMACIST: Erika Hellenbart, PharmD

Fourth Thursdays, 12:00 - 3:00 P.M. (October 25, November 15*, December 27)

DIETITIAN: Jim Coogan, RD, LDN

Second Tuesdays, 3:00 P.M. - 4:00 P.M. (October 9, November 13, December 11)

BLOOD PRESSURE SCREENING

Second Mondays, 10:30 - 11:30 A.M. (October 15*, November 19*, December 10)

SUPPORT GROUPS

HEALTH MATTERS

Fourth Mondays, 10:30 - 11:30 A.M.

- Join this group to discuss relevant health topics and to share your experiences among peers. Share a little or share a lot – it is up to you! This is an open group, so you are welcome to attend at any time.
 - October 22
 - November 26
 - December 17*

BALANCING YOUR LIFE

Mondays, 2:00 - 3:00 P.M (Except October 8 & 22, November 12, December 24 & 31)

Keeping your life in balance is always a challenge. Later in life, it seems, there are even more factors that can trip you up. This series gives you the tools to keep balance in various parts of your life: social, spiritual and mental. Learn information that expands your life strategies, share ideas and feelings, and gain support of others.

* Note: change in regular schedule

Central West Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:

Joanne Miller, PhD, APN/GNP-BC (**NO Nurse Thanksgiving**)

Every Thursday, 8:15 A.M. - 12:15 P.M.

November 1* (8:15A.M-10:00A.M)

SOCIAL WORKER: Jeaneane Quinn, LSW

First and Third Tuesdays, 9:15 – 11:15 A.M.

9:15 – 9:45 am: Individual Consultations with Social Worker

9:45 am – 10:45 am: Group Discussion with Social Worker about Various Educational topics

10:45-11:15 am: Individual Consultations with Social Worker

October 2 and 16 November 6 and 20, December 4 and 18

PHARMACIST: Michele Martin, PharmD (No pharmacist on Christmas**)**

Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.

October 23 and November 27

DIETITIAN: Kristin Gustashaw, MS, RD, CSG

First Thursdays, 9:30 – 11:30 A.M.

October 4, November 1, and December 6

BLOOD PRESSURE SCREENING

First Thursdays, 8:30 - 9:30 A.M.

October 4, November 1, December 6

SUPPORT GROUPS

STILL GOING STRONG (NURSE)

Third Thursdays, 10:00 - 11:00 A.M.

October 18, November 22, and December 20

This group uses a prayer-focused environment to support one another in dealing with contemporary issues of aging.

Stroke Warrior Program (NURSE)

Starts Tuesday, October 2nd (10 am - 11:30 am) for 4 class. October 9, 16, and 23 classes are from 10 am - 11 am.

This program raises stroke awareness and gives individuals a fighting chance to survive stroke if symptoms arise. These interactive classes focus on risk factors, prevention, treatment, and what actions to take if someone experiences stroke symptoms. Register at the center front desk.

Group Discussion with Social Worker about Various Educational Topics (SOCIAL WORKER)

First and Third Tuesdays – 9:45– 10:45 A.M.

October 2 and 16 November 6 and 20, December 4 and 18

Southeast (Atlas) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: (NO Nurse 11/20/18 and Christmas)

Marcia Murphy, DNP, APN/ANP-BC

Every Tuesday, 8:30 A.M. - 12:30 P.M.

SOCIAL WORKER: Daniela Mitchem, MSW, LCSW

First and Third Mondays, 9:30 – 11:30 A.M.

October 1 and 15 November 5 and 19, December 3 and 17

PHARMACIST: Amina Gassam, PharmD

First Thursdays, 9:30 - 11:30 A.M.

October 4, November 1, December 6

DIETITIAN: Kristin Gustashaw, MS, RD, CSG

Second Fridays, 9:30 - 11:30 A.M. (Both Kristin Gustashaw and Sharon Williams (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)

October 12, November 9, and December 14

BLOOD PRESSURE SCREENING

First and Fourth Tuesdays, 10:30- 11:30 A.M.

October 2 and 23, November 6 and 27, and December 4

SUPPORT GROUPS

WHAT'S ON YOUR PLATE? (SOCIAL WORKER)

First and Third Mondays, 10:00 – 11:00 A.M.

October 1 and 15 November 5 and 19, December 3 and 17

This group helps people cope with everyday events.

Southwest Regional Center

Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: (No nurse on Christmas)

Cindy Nissen MSN, CWCN

Every Tuesday, 8:30 A.M. – 12:30 P.M.

SOCIAL WORKER: Jeaneane Quinn, LSW

First and Third Thursdays, 9:00 A.M – 11:00 A.M.

9-10 am: Individual Consultations with Social Worker

10-11 am: Bi-Monthly Group Discussion with Social Worker/Various Educational topics

(First Thursday of the month in English/Third Thursday of the month in Spanish)

October 4 and 18, November 1 and 15, December 6 and 20

PHARMACIST: Aimee Chevalier, PharmD

Third Thursdays, 10:00 A.M. - 12:00 P.M.

October 18, November 15, December 20

DIETITIAN: Kristin Gustashaw, MS, RD, CSG

Third Mondays, 9:30 A.M. - 11:30 A.M. (Both Kristin Gustashaw and Sharon Williams (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)

October 15, November 26*, and December 17

BLOOD PRESSURE SCREENING

Tuesdays, 9:00 A.M.–12:00 P.M.

October 2, November 6, and December 4

Remember to bring your blood pressure card

SUPPORT AND WEIGHT LOSS GROUPS

WE'LL EAT BETTER...TOGETHER SUPPORT GROUP (NURSE)

Tuesdays, October 9, November 13 and December 11 at 10:10 am

- A support group for older adults to share tips and tricks for healthier eating to maintain, gain, or lose a few pounds.

RELAX AND RENEW (NURSE)

Tuesdays, October 16 and November 20 only at 10:00 am

- Explore a variety of relaxation techniques with your Wellness Nurse for the health of it!

LOOK & LEARN: BOOKS CAN CHANGE YOUR LIFE

Tuesday, October 30

At this program, we will chat about the book, Being Mortal: Medicine and What Matters in the End by Atul Gawande, MD talks about ways to have a good life to the very end of our lives by talking about what means the most to you , as it relates to care at the end of your life and those you love.

*** date change

Bi-Monthly Group Discussion with Social Worker/Various topics (SOCIAL WORKER)

First and Third Thursdays, 10:00 – 11:00 A.M.

Bi-Monthly Group Discussion with Social Worker/Various Educational topics

(First Thursday of the month in English/Third Thursday of the month in Spanish)

October 4 and 18, November 1 and 15, December 6 and 20



Senior Health Insurance Program - SHIP

800-252-8966

[www.illinois.gov/
aging](http://www.illinois.gov/aging)

What is SHIP?

The Senior Health Insurance Program (SHIP) is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers.

SHIP is provided by the Illinois Department of Insurance and is a volunteer driven program to assist consumers in making informed health insurance decision.

SHIP and their volunteer counselors do not sell or solicit insurance.

They are trained to:

- Educate the consumer and answer questions about Medicare, Medicare Supplement, Medicare Prescription Drug Coverage, Medicare HMO, PPO, Private-Fee-For-Service and other health plans;
- Organize and assist in filing Medicare claims; and
- Analyze Medicare Supplement and Long Term Care policies.

Here's what SHIP counselors do

Medicare beneficiaries and their families who need help will make an appointment with a local SHIP volunteer site to meet with a volunteer for one-on-one counseling. The volunteer counselor helps the client understand their health care choices, such as HMO's and Medigap or they can help in correcting Medicare claims.

As a SHIP counselor, a volunteer might talk to small groups or help out at health fairs and enrollment events to assist those who can't navigate the Medicare system on their own.

Training and Preparation

SHIP will provide trainees with the knowledge and basic skills they will need to be a successful counselor. SHIP will support volunteers with information from experts and guide them through providing this information to beneficiaries. Volunteers will be required to participate in ongoing routine volunteer meetings and other opportunities to deal with the needs of beneficiaries. Licensed insurance agents and financial planners are not eligible to be trained as SHIP volunteers due to the potential appearance of a conflict of interest.

Interested in volunteering for SHIP?

Qualifications:

We are seeking people who want to help Medicare beneficiaries and their families to better understand their Medicare health insurance choices and rights.

If you are reliable, able to maintain confidentiality, have a sensitive and caring attitude, can communicate well with others, provide information without conflict of interest and want to make a real difference, contact SHIP today!

**For an application to become a SHIP volunteer counselor,
Please contact Martha Romero at 312-745-1282.**

Illinois Department on Aging, Senior Health Insurance Program (SHIP)

1 Natural Resources Way Suite 100, Springfield IL 62702-1271

Fight Fraud in Your Community



Medicare fraud steals billions of dollars from U.S. taxpayers every year.

Here's what YOU can do as a Senior Medicare Patrol volunteer:

- Put your experience and skills to work
- Learn how to spot Medicare scams and errors
- Educate and empower consumers

Contact AgeOptions for information about volunteering with SMP.

(800)699-9043
www.illinoisSMP.org

AGEOPTIONS
Connecting Older Adults with
Community-based Resources and Options



PROTECT
Medicare & Medicaid

PREVENT
Scams & Errors

FIGHT
Fraud, Waste & Abuse

Older Adult Community Market

Free fresh fruit, vegetables and non-perishable groceries



WHAT In partnership with community-based agencies serving older adults, the Food Depository provides free, nutritious food—including fresh produce—to older adults and households in the community.

WHO Ages 60+

CENTER LOCATIONS	DATES	TIME
Austin Senior Center 5071 W. Congress Parkway	October 2 and 16, 2018 November 6 and 20, 2018 December 4 and 18, 2018	10:00 a.m. to 12:30 p.m.
Levy Senior Center 2019 W. Lawrence Avenue	October 2 and 16, 2018 November 6 and 20, 2018 December 4 and 18, 2018	12:30 to 1:30 p.m.
Northwest Senior Center 3160 N. Milwaukee Avenue	October 3 and 17, 2018 November 7 and 21, 2018 December 5 and 19, 2018	12:30 to 2:30 p.m.
Atlas Senior Center 1767 E. 79th Street	October 3 and 17, 2018 November 7 and 21, 2018 December 5 and 19, 2018	1:00 to 2:00 p.m.
Southwest Senior Center 6117 S. Kedzie Avenue	October 2 and 16, 2018 November 6 and 20, 2018 December 4 and 18, 2018	1:00 to 2:00 p.m.
Englewood Satellite Center 653-657 W. 63rd Street	October 4 and 18, 2018 November 8, 2018 December 6 and 20, 2018	12:30 to 1:30 p.m.

For more information about additional food resources in our community, please contact the Greater Chicago Food Depository at 773-247-FOOD or visit their website at chicagosfoodbank.org



Golden Diners

Halloween Holiday Meal

October 31, 2018

SERVING OLDER CHICAGOANS SINCE 1969 FOOD, FUN AND FRIENDS



Come and join your neighbors at your local Golden Diners location. There are nearly 60 locations throughout the city, and there is sure to be one near your home. Most locations serve a hot meal at lunchtime and are open Monday through Friday. Some are open on the weekend. Golden Diners are open to individuals 60 years of age and older and their spouses of any age. In addition to American style cuisine, ethnic foods are served in specific ethnic communities. These include Southeast Asian, Indian, Korean, and Chinese. Special programs and activities are also provided at Golden Diners locations. Nothing is as rewarding as the friendship and companionship that the program has to offer. Exercise programs, educational lectures, and fun outings are also available. For more information, please call (312) 744-4016.

Cornish Hen

Au Gratin Potatoes

Collard Greens

Coleslaw

Corn Bread

Apple Cobbler

**\$2.00 suggested contribution. Reservations required.
Contact your Regional Center to make your reservation.**

Golden Diners

Thanksgiving Holiday Meal

November 15, 2018

Come and join your neighbors at your local Golden Diners location. There are nearly 60 locations throughout the city, and there is sure to be one near your home. Most locations serve a hot meal at lunchtime and are open Monday through Friday. Some are open on the weekend. Golden Diners are open to individuals 60 years of age and older and their spouses of any age. In addition to American style cuisine, ethnic foods are served in specific ethnic communities. These include Southeast Asian, Indian, Korean, and Chinese. Special programs and activities are also provided at Golden Diners locations. Nothing is as rewarding as the friendship and companionship that the program has to offer. Exercise programs, educational lectures, and fun outings are also available. For more information, please call (312) 744-4016.

SERVING OLDER CHICAGOANS SINCE 1969 FOOD, FUN AND FRIENDS



Roasted Turkey Breast/Gravy	Corn Bread Stuffing
Peas and Pearl Onions	Mashed Sweet Potatoes
Rosemary Dinner Roll	Pumpkin Pie

\$2.00 suggested contribution. Reservations required.

Golden Diners

Christmas Holiday Meal

December 20, 2018

SERVING OLDER CHICAGOANS SINCE 1969 FOOD, FUN AND FRIENDS

Come and join your neighbors at your local Golden Diners location. There are nearly 60 locations throughout the city, and there is sure to be one near your home. Most locations serve a hot meal at lunchtime and are open Monday through Friday. Some are open on the weekend. Golden Diners are open to individuals 60 years of age and older and their spouses of any age. In addition to American style cuisine, ethnic foods are served in specific ethnic communities. These include Southeast Asian, Indian, Korean, and Chinese. Special programs and activities are also provided at Golden Diners locations. Nothing is as rewarding as the friendship and companionship that the program has to offer. Exercise programs, educational lectures, and fun outing are also available. For more information, please call (312) 744-4016.



Chicken Cordon Bleu, Wild Rice, Asparagus,
Chef's Salad w/Assorted Dressings, Wheat Roll,
Double Layer Carrot Cake

\$2.00 suggested contribution. Reservations required.
Contact your Center to make your reservation.

**Harvard University Innovations in Government Semi-Finalist
National Council on Aging's 10 Best Practices Program**



**CHICAGO FITNESS PLUS
Fall 2018
Regional Centers**

CENTRAL WEST 2102 W. Ogden Avenue 60612

GROUP EXERCISE CLASSES

Day	Time	Class
Tuesday	9:00 AM	SFP
Wednesday	10:00 AM	Yoga
Thursday	9:00 AM	SFP

FITNESS CENTER TRAINING HOURS

Day	Hours
Tuesday	9:45 - 10:15 AM
Thursday	9:45 - 10:15 AM

NORTHEAST (LEVY) 2019 W. Lawrence Avenue 60625

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	10:00 AM	Arthritis
Monday	1:30 PM	Fit & Strong
Tuesday	2:00 PM	SFP
Wednesday	10:00 AM	Arthritis
Wednesday	1:30 PM	Fit & Strong
Thursday	10:15 AM	SFP
Friday	10:15 AM	SFP
Saturday	9:15 AM	Aerobics

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	9:00 - 10:00 AM	11:00 AM - 1:00 PM
Tuesday	11:30 AM - 2:00 PM	3:00 - 4:00 PM
Wednesday	9:00 - 10:00 AM	11:00 AM - 1:00 PM
Thursday	11:30 AM - 2:30 PM	
Friday	11:00 AM - 12:00 PM	
Saturday	10:00 AM - 12:00 PM	

NORTHWEST (COPERNICUS) 3160 N. Milwaukee Avenue 60618

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:30 AM	SFP
Tuesday	10:00 AM	Yoga
Tuesday	1:00 PM	Latin Rhyth
Wednesday	9:30 AM	SFP
Thursday	10:00 AM	Balance
Thursday	1:00 PM	Latin Rhyth
Friday	9:30 AM	SFP
Saturday	10:00 AM	Fit Mix

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	10:30 AM - 3:00 PM	
Tuesday	9:30 - 10:00 AM	11:00 AM - 1:00 PM
Wednesday	10:30 AM - 3:00 PM	
Thursday	9:30 - 10:00 AM	11:00 AM - 1:00 PM

**Harvard University Innovations in Government Semi-Finalist
National Council on Aging's 10 Best Practices Program**



**CHICAGO FITNESS PLUS
Fall 2018
Regional Centers**



RENAISSANCE COURT 78 E. Washington Street 60602

GROUP EXERCISE CLASSES

Day	Time	Class	Day	Time	Class
Monday	9:15 AM	SFP			
Monday	10:15 AM	Fresh Start	Friday	9:15 AM	Weights
Wednesday	9:15 AM	SFP	Saturday	10:15 AM	SFP
Wednesday	10:15 AM	Fresh Start			

SOUTHEAST (ATLAS) 1767 E. 79th Street 60649

GROUP EXERCISE CLASSES

Day	Time	Class	Day	Hours	Hours
Monday	9:00 AM	SFP	Monday	10:00 AM - 12:00 PM	2:15 PM- 2:30 PM
Monday	12:45 PM	Fit & Strong			
Tuesday	10:30 AM	Arthritis	Tuesday	9:00 AM - 10:15 AM	11:15 AM - 2:00 PM
Wednesday	9:00 AM	SFP			
Wednesday	12:45 PM	Fit & Strong	Wednesday	10:00 AM - 12:00 PM	2:15 PM- 2:30 PM
Thursday	10:30 AM	Arthritis	Thursday	9:00 AM - 10:15 AM	11:15 AM - 12:00 PM
Friday	9:00 AM	SFP			
Friday	10:45 AM	Yoga			

SOUTHWEST 6117 S. Kedzie Avenue 60629

GROUP EXERCISE CLASSES

Day	Time	Class	Day	Hours	Hours
Monday	9:00 AM	SFP	Monday	10:00 AM - 12:30 PM	
Monday	12:30 PM	Fit & Strong			
Tuesday	11:00 AM	SFP	Tuesday	10:30 AM - 11:00 AM	12:00 PM- 3:15 PM
Wednesday	9:00 AM	SFP	Wednesday	10:00 AM - 12:30 PM	
Wednesday	12:30 PM	Fit & Strong			
Thursday	11:00 AM	Weights	Thursday	10:30 AM - 11:00 AM	12:00 PM- 3:15 PM
Friday	9:00 AM	SFP	Friday	10:00 AM - 1:00 PM	
Saturday	10:00 AM	Arthritis	Saturday	11:00 AM - 12:00 PM	

Harvard University Innovations in Government Semi-Finalist
 National Council on Aging's 10 Best Practices Program



CHICAGO FITNESS PLUS
Fall 2018
Satellite Centers

ABBOTT PARK 49 E. 95th Street 60619

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours
Monday	10:30 AM	Fitness Plus			
Tuesday	8:30 AM	Yoga	Tuesday	12:00 PM - 1 PM	2:00 PM - 4:00 PM
Tuesday	1:00 PM	Arthritis			
Wednesday	10:30 AM	Yoga	Wednesday	11:30 AM - 1:00 PM	
Thursday	1:00 PM	Arthritis	Thursday	2:00 PM - 4:00 PM	
Friday	9:00 AM	Limbercize			
Friday	10:00 AM	Fitness Plus			

AUBURN GRESHAM 1040 W. 79th Street 60620

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	
Monday	10:30 AM	Fitness Plus	Monday	11:15 AM - 12:15 PM	
Tuesday	12:30 PM	Arthritis	Tuesday	11:45 PM - 12:30 PM	1:15 PM - 1:45 PM
Wednesday	10:30 AM	Fitness Plus	Wednesday	11:15 AM - 12:15 PM	
Thursday	12:30 PM	Yoga	Thursday	1:15 PM - 2:30 PM	

AUSTIN 5071 W. Congress Parkway 60644

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	Hours
Monday	11:15 AM	Fitness Plus	Monday	12:15 PM - 2:30 PM	
Wednesday	11:15 AM	Fitness Plus	Wednesday	12:15 PM - 2:30 PM	
Friday	11:15 AM	Balance	Friday	10:00 AM - 11:00 AM	12:15 PM - 1:30 PM

CHATHAM 8300 S. Cottage Grove Avenue 60619

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	
Monday	10:30 AM	Fitness Plus	Monday	10 AM - 10:30 AM	
Monday	12:30 PM	Fit & Strong		11:30 AM - 12:30 PM	2:00 PM - 3:00 PM
Wednesday	10:30 AM	Fitness Plus	Wednesday	10 AM - 10:30 AM	
Wednesday	12:30 PM	Fit & Strong		11:30 AM - 12:30 PM	2:00 PM - 3:00 PM
Friday	10:30 AM	Limbercize			

Harvard University Innovations in Government Semi-Finalist
 National Council on Aging's 10 Best Practices Program



CHICAGO FITNESS PLUS Fall 2018 Satellite Centers

EDGEWATER 5917 N. Broadway Street 60660

GROUP EXERCISE CLASSES

GROUP EXERCISE CLASSES

Day	Time	Class
Tuesday	10:30 AM	Balance
Thursday	10:30 AM	Fitness Plus

ENGLEWOOD 653-657 W. 63rd Street 60621

GROUP EXERCISE CLASSES

FITNESS CENTER TRAINING HOURS

Day	Time	Class	Day	Hours
Monday	10:00 AM	Limbercize	Monday	10:45 AM - 1:30 PM
Tuesday	9:30 AM	Fitness Plus		
Tuesday	1:00 PM	Arthritis		
Wednesday	10:00 AM	Fitness Plus	Wednesday	10:45 AM - 1:30 PM
Thursday	9:30 AM	Limbercize		
Thursday	1:00 PM	Arthritis		
Friday	9:45 AM	Limbercize	Friday	10:30 AM - 12:45 PM

GARFIELD RIDGE 5674-B S. Archer Avenue 60638

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	8:45 AM	Fitness Plus
Wednesday	8:45 AM	Fitness Plus
Friday	8:45 AM	Fitness Plus

KELVYN PARK 2715 N. Cicero Avenue 60639

GROUP EXERCISE CLASSES

FITNESS CENTER TRAINING HOURS

Day	Time	Class	Day	Hours
Monday	9:30 AM	Fitness Plus	Monday	9:00 AM - 9:30 AM
Monday	10:30 AM	Weights	Monday	11:30 AM - 1:00 PM
Wednesday	9:30 AM	Fitness Plus	Wednesday	9:00 AM - 9:30 AM
Wednesday	10:30 AM	Weights		11:30 AM - 1:00 PM
Friday	9:30 AM	Fitness Plus		
Friday	10:30 AM	Yoga		

Harvard University Innovations in Government Semi-Finalist
 National Council on Aging's 10 Best Practices Program



CHICAGO FITNESS PLUS
Fall 2018
Satellite Centers

NORTH CENTER 4040 N. Oakley Avenue 60618

GROUP EXERCISE CLASSES			GROUP EXERCISE CLASSES		
Day	Time	Class	Day	Time	Class
Monday	9:00 AM	Get Fit!	Wednesday	1:30 PM	Zumba
Monday	1:45 PM	Chair / Mat Yoga	Thursday	9:00 AM	Body Alive
Tuesday	9:00 AM	Fit Mix	Friday	12:30 PM	Arthritis
Wednesday	9:00 AM	Core			

NORWOOD PARK 5801 N. Natoma Avenue 60631

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	
Monday	8:15 AM	Core Strength	Monday	11:00 AM - 1:00 PM	
Monday	9 & 10 AM	Fitness Plus			
Monday	1:00 PM	Arthritis			
Wednesday	8:15 AM	Core Strength	Wednesday	11:00 AM - 1:00 PM	
Wednesday	9 & 10 AM	Fitness Plus	Thursday	9:30 AM - 2:30 PM	
Wednesday	1:00 PM	Arthritis			
Friday	8:15 AM	Core Strength	Friday	11:00 AM - 1:00 PM	
Friday	9 & 10 AM	Fitness Plus			
Friday	1:00 PM	Balance			

PILSEN 2021 S. Morgan Avenue 60608

GROUP EXERCISE CLASSES			FITNESS CENTER TRAINING HOURS		
Day	Time	Class	Day	Hours	
Monday	10:00 AM	Fitness Plus	Monday	11:00 AM - 12:45 PM	
	1:00 PM	Fit & Strong			
Wednesday	10:00 AM	Fitness Plus	Wednesday	11:00 AM - 12:45 PM	
	1:00 PM	Fit & Strong			
Friday	10:00 AM	Fitness Plus	Friday	9:00 AM - 10:00 AM	
	1:00 PM	Fit & Strong		11:00 AM - 12:45 PM	



CHICAGO FITNESS PLUS Fall 2018 Satellite Centers

PORTAGE PARK 4100 N. Long Avenue 60641

<u>GROUP EXERCISE CLASSES</u>			<u>FITNESS CENTER TRAINING HOURS</u>		
Day	Time	Class	Day	Hours	Hours
Monday	9:45 AM	Fitness Plus	Monday	8:30 AM - 9:30 AM	10:30 AM - 2:30 PM
Tuesday	10:30 AM	Balance	Tuesday	9:30 AM - 2:30 AM	
Tuesday	1:00 PM	Yoga			
Wednesday	9:45 AM	Fitness Plus	Wednesday	8:30 AM - 9:30 AM	10:30 AM - 2:30 PM
Thursday	10:30 AM	Fitness Plus			
Friday	10:45 AM	Fitness Plus			
Friday	2:00 PM	Yoga			

ROSELAND 10426 S. Michigan Avenue 60628

<u>GROUP EXERCISE CLASSES</u>			<u>FITNESS CENTER TRAINING HOURS</u>		
Day	Time	Class	Day	Hours	
Monday	9:15 AM	Fitness Plus	Monday	11:00 AM - 12:30 PM	
	12:30 PM	Fit & Strong			
Wednesday	9:00 AM	Fitness Plus	Wednesday	11:00 AM - 12:30 PM	
	12:30 PM	Fit & Strong			
Friday	9:15 AM	Yoga			

SOUTH CHICAGO 9233 S. Burley Avenue 60617

<u>GROUP EXERCISE CLASSES</u>			<u>FITNESS CENTER TRAINING HOURS</u>		
Day	Time	Class	Day	Hours	Hours
Monday	10:00 AM	Fitness Plus	Monday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Wednesday	10:00 AM	Fitness Plus	Wednesday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Thursday	9:45 AM	Fitness Plus	Thursday	9:00 AM - 9:45 AM	11:30 AM - 1:00 PM
	10:45 AM	Arthritis			

WEST TOWN 1613 W. Chicago Avenue 60622

<u>GROUP EXERCISE CLASSES</u>			<u>FITNESS CENTER TRAINING HOURS</u>		
Day	Time	Class	Day	Hours	Hours
Monday	9:30 AM	Weights	Monday	9:00 AM - 9:30 AM	10:30 AM - 11 AM
Tuesday	10:30 AM	Fitness Plus	Tuesday	9:00 AM - 1:00 PM	
Wednesday	9:30 AM	Zumba	Wednesday	9:00 AM - 9:30 AM	10:30 AM - 11 AM
Thursday	9:15 AM	Yoga	Thursday	11:15 AM - 1:00 PM	
Thursday	10:30 AM	Fitness Plus			

**Central West Regional Senior Center
2102 W. Ogden Ave. Chicago, IL 60612
(312) 746-5300 TTY: (312) 744-0321**



Director: Shavette Lovemore

Come to the Central West Regional Senior Center and meet old friends, make new friends and become a part of the Central West family!

SPECIAL EVENTS & PROGRAMS

CENTRAL WEST CHOIR

3rd Thursdays

10:00 a.m.

Come join Lucille Steele, Choir Director for the Central West Choir. We are looking for new members to join and share your gift of music with us. We meet the 3rd Thursday of the month at 10:00 a.m.

CENTRAL WEST BOOK CLUB

3rd Mondays, October 15th; November

19th; December 17th

1:00 p.m.

Come and join the Central West's monthly book club discussion. We have wonderful selections, great company and even better discussion. This quarter our selections include: **The Note to Self** By Gayle King (October Book), **Barracoon** By Zora Neale Hurston (November Book). **No Book for December as the group partakes in an outing.**

SEE Ethan

Every 1st and 3rd Tuesdays

10:00 a.m. until 12:00 p.m.

Ethan Powe, from Rush University Medical Center is our new Social Worker. She is available to talk with you. If you are worried about your health changes or

recent loss of a loved one or if you just need someone to talk to, Erin will be available to listen and talk with you.

CLASSES

STEPPING CLASS

Wednesdays,

9:00 a.m. - 10:00 a.m.

Dr. Loretta Martin will teach you how to step Dance while you enjoy the company of friends.

YOGA

Wednesdays,

10:00 a.m.

Sensei Chester Digby is available every week to help you improve your flexibility and muscle tone.

COMPUTER CLASSES

Wednesdays,

1:00 p.m. – 3:00 p.m.

Linda Moore, our computer instructor leads beginning and intermediate computer class for seniors who would like to learn how to access the internet and send email. If you are interested in keeping up with technology, you need to register to attend this class. Call (312)746-5300 to register today.

CROCHETING

**Wednesdays,
12:00 p.m. until 2:00 p.m.**

Johnetta Philpotts, our volunteer is now teaching seniors how to crochet. The class will cover basic stitches and techniques. The class is FREE, but you must provide your own supplies.

Tap Class

**Tuesdays,
1:00 p.m. - 2:00 p.m.**

Seniors Tap is a positive aging chair tap class designed to strengthen muscles and improve flexibility. Can also be done standing for increased aerobic workout.

Suggested Donation: \$5.00 per class

ARTS & CRAFTS

**Thursdays,
10:30 a.m. – 11:30 a.m.**

Eric Tillman – Instructor

Join our wonderful class and make items for yourself or to give as gifts.

ZUMBA

**Fridays,
10:15 a.m. - 11:15 a.m.**

Aura Alvarez- Instructor

Zumba is an aerobic workout of Latin and other cultural rhythms, with simple to follow instructions. Come and join us in this new exercise program which will quicken your exercise movements.

LINE DANCING

**Fridays,
9:00 a.m. - 10:00 a.m.**

Come and join **Dr. Loretta Martin** and learn all the latest line dancing steps.

UPCOMING EVENTS

Halloween Dance

Friday

October 26, 2018

12:00 p.m. - 4:00 p.m.

Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves. Cost \$5.00

Thanksgiving Celebration

Tuesday

November 13, 2018

11:30 a.m. - 1:30 p.m.

Come and enjoy good food, music, and company as we give thanks for 2018.

Christmas Celebration

December 20, 2018

11:30 a.m. - 1:30 p.m.

Come and enjoy good food, music, and company

Westside Coalition for Seniors and Chicago Department of Family and Support Services 25th ANNUAL SENIOR PROM

Thursday

NOVEMBER 15, 2018

11:00 a.m. UNTIL 4:00 p.m.

26th Annual Senior Prom tickets will be available on **Monday, July 1, 2018**. Make sure you get your ticket(s) for this event. Ticket cost is \$50.00.

Empowerment Session

Every 4th Thursday

10:00 a.m. -11:30 a.m.

Every 4th Thursday of the month an empowerment session will be held at 10:00. These sessions will review, discuss, and offer resources specific to senior needs.

Central West Satellite Centers

Program Highlights

Austin Satellite Center
5071 West Congress, 60644
(312)743-1538

COMPUTER CLASSES Every Tuesday 1:00 p.m.- 3:00 p.m.	Beginning and intermediate computer class for seniors who would like to learn how to access the internet and send email. If you are interested in keeping up with technology, plan on attending.
LINE DANCE CLASS Every Tuesday & Thursday 9:00 a.m. -10:00 a.m.	Put on your dancing shoes and join us on the Austin Dance Floor. You are sure to have a good time. All are welcome.
CHAIR YOGA Every Thursday 10:00 a.m. – 11:00 a.m.	Come join us at our newest class offering, Chair Yoga. In this class you will have a MIND, BODY, and soul experience. What's stopping you from giving this a try.

Pilsen Satellite Center
2021 South Morgan, 60608
(312)743-0493

MEDICARE OPEN ENROLLMENT Kick Off Monday, October 15, 2018 11:00 a.m. – 12:00 p.m.	Come and learn about the changes in Medicare for 2019. Spanish – English bilingual Senior Health Insurance Program Counselors will be on hand to provide highlights about 2019 Medicare Options. Provided at no cost. Everyone is welcome.
DIA DE LOS MUERTOS Friday, November , 2018 11:00 a.m. – 1:00 p.m.	Ofrendas, rememberances, cultural activities and light Mexican refreshments. Provided at no cost. Please RSVP a week in advance.
HOLIDAY PARTY Thursday, Dec. 20, 2018 11:00 a.m. – 2:00 p.m.	Special holiday luncheon, sharing of stories and traditions in the United States, Mexico and other countries of the Americas. Provided at no cost. Please RSVP a week in advance.

West Town Satellite Center
1613 West Chicago, 60622
(312)743-1016

EL DIA DE LOS MUERTOS Wednesday, Oct. 31, 2018 12:30 p.m. – 3:30 p.m.	Mexican celebration , is a day to celebrate , remember and prepare special foods in honor of those who have departed. Help create an 'Ofrenda' (Altar) to celebrate life, your loved ones and will be exhibit through November.
FLORAL ARRANGEMENT Thursdays, 12:30 p.m. – 2:30 p.m.	Participants will create floral arrangements, swags, centerpieces, and much more with this hands-on craft class. Space is limited. Call to sign up. All materials are included.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR

Northeast Regional Senior Center
2019 W. Lawrence Ave. Chicago, IL 60625
(312) 744-0784 TTY: (312) 744-0320



Programming: Alicia Henry

Come to the Northeast Regional Senior Center and meet old friends, make new friends and become a part of the Northeast Regional family!

**SPECIAL EVENTS &
PROGRAMS**

SPOOKTACULAR BASH

Thursday, October 25, 2018

1:00 p.m. – 3:00 p.m.

Come in costume and enjoy the music of talented DJ Chico. Refreshments served – **FREE**

HARVEST BALL

Thursday, November 15, 2018

1:00 p.m. – 3:00 p.m.

Celebrate the autumn season as you dance the afternoon away with the Soothing sounds of Bert Jonson. Refreshment served – **FREE**

UGLY SWEATER HOLIDAY PARTY

Thursday, December 13, 2018

1:00 p.m. - 3:00 p.m.

'Tis the season to be jolly, join the holiday party while sporting your **UGLIES** holiday sweater. Enjoy the sounds of holiday tunes with Tony Bernard! Refreshments served – **FREE**

BINGO – BINGO- BINGO!!!

Mondays, 1:00 p.m. - 3:00 p.m. starting

9/10/18, Fri - Sep 21st, Tue – Sep 25th,

Thu - Sep 27th & Thu- Oct 4th

10:00 a.m. - 11:30 a.m.

Stop by for quick game of Bingo with volunteers – great prizes and fun people!

CLASSES

RULES OF THE ROAD

Monday, Sept.17, 2018

12:30 p.m. – 2:30 p.m.

Secretary of State's driving test review course. This course is designed to assist you with taking your driving test and highway safety review. Handouts will be available. Bring your driver's license or State I.D. to attend class. **FREE!!!**

AARP DRIVER SAFETY

Thursday, 9/13 & Friday, 9/14

Thursday, 11/15 & Friday, 11/16

9:00 a.m. - 1:00 p.m.

This approved two day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes. **You must attend class both days to be eligible for the certification.** The cost of the class is **\$15.00 for AARP members and \$20.00 for non-members.** Class fee can be paid on the first day of class, cash or check ONLY. For more information, call (312) 744-0784.

SPANISH I

Thursdays, 2:00 p.m. - 4:00 p.m.

Instructor: Marvin Childress

Seek all beginner learners that are interested in learning the basics of Spanish with instructor Marvin. **FREE**

SPANISH II

Wednesdays, 2:00 p.m. - 4:00 p.m.

Instructor: Marvin Childress

Come join the conversation for Spanish intermediate/ advance level participants with instructor Marvin. **FREE**

YOGA FIT W/ BONNIE

Wednesdays, 12:30 p.m. – 1:30 p.m.

Yoga is for Everybody! Learn the foundations of yoga so you can begin to experience its transformational effects. Explore body alignment and deep breathing while developing strength, flexibility, and balance in a supportive environment. This class is **FREE**...but please come with your Yoga mat.

BELLY DANCE

Thursdays, 1:00 p.m. – 2:00 p.m.

Instructor: Dianne Hodges

Belly dancing is a lifelong ancient fitness alternative designed to enhance and improve your health. Dianne will teach you balance, core strength, breathing techniques and much more! **FREE**

TAI CHI (VIBE)

Fridays, 12:30 p.m. – 1:30 p.m.

Instructor: Bonnie Pobgee

VIBE is an interactive mind and body class designed to relieve fear, anxiety and depression through yoga breathing, creative imagery, and Qi Gong as a way to detox and rebalance the nervous system.

SEWING I & II

Mondays, 9:45 a.m. - 2:45 p.m.

Instructor: Sandy Gooden

This class is for beginners newer and electronic sewing machines used. **MUST BE REGISTERED for more info**

312-744-0784

ZUMBA FITNESS GOLD

Tuesdays & Saturdays

10:00 a.m. - 11:00 a.m.

Instructor: Mari Jane Dare

If you like to dance along to lively music, this class is for you. This class is a fusion of aerobic exercise and Latin movements designed to strengthen and tone.

Suggested Donation: \$1

ITALIAN WITH DARIO

Fridays, 9:00 a.m.

Learn the language of romance from the Italian naïve Dario. All are welcome. **FREE**.

COUNTRY WESTERN LINE DANCE

Fridays 1:00 p.m. – 2:00 p.m.

Instructor: Louie Stallone

If country and traditional line dancing is your forte...this is the class for you. Let Louie show you how to glide on the dance floor....join the fun. **Suggested Donation: \$1**

KARAOKE

Tuesdays, 12:30 p.m. – 3:30 p.m.

Learn how to improve your vocal chords and memory at the same time, when you sing all the best songs both in English and Spanish.

Suggested Donation: \$1

BASIC LINE DANCE

Tuesdays, 1:00 p.m. – 2:00 p.m.

Instructor: Mz. Georgia

Let Mrs. Georgia guide you through the basics of line dancing via music and organized group choreography. Don't be afraid...this class is for the movers and shakers.

Suggested Donation: \$1

ADVANCE LINE DANCE

Fridays, 2:30 p.m. - 3:30 pm

Suggested Donation: \$5

Instructor: Mz. Georgia

CHOICE MARKET FOR OLDER

ADULTS

Food Pantry

1st & 3rd Tuesdays, 12:30 p.m.

Early arrival is suggested!!!

October 2 & 6, November 6 & 20 and December 4 & 18, 2018.

WEEKEND PROGRAMS

SALSA & SWING DANCE LESSONS

Saturdays, 12:30 p.m. – 1:30 p.m.

Instructor: Fran Strain

Come learn instructional dance with a Latin flare. **FREE!!!**

Northeast Satellite Centers

Program Highlights

Edgewater Satellite Center

5917 North Broadway, 60660

(312)742-5323

TIMELY CLASSES- IMPORTANT TOPICS October 2018	The Edgewater Senior Village is sponsoring these great classes: Walking on Egg Shells.....Dealing with our Adult Children: Wednesdays, 10/3, 10/10, and 10/17 at 1:30. Center for Disability & Elder Law: Thursdays, 10/4 and 10/18 at 12:30. Health Presentations from the Community Nursing Department of Loyola University: Thursdays, 10/11 and 10/25 at 12:30 p.m. Senior Bullying: Monday, 10/29 at 12:30 p.m.
MEMOIR WRITING Thursdays, Nov. 1, 8, 15 & 29, 2018 1:30 p.m. – 3:00 p.m.	Join the Edgewater Village for lessons in writing your own story. Neither fiction nor documentary, learn how to present in written form the life stories you most want to share.
HOLIDAY MOVIE & POPCORN Tuesday, December 11, 2018 12:30 p.m. – 2:30 p.m.	Get out of the cold, come for lunch, and then enjoy the delightful romantic comedy <i>Love The Coopers</i> while snacking on pop and popcorn.
<h3>North Center Satellite Center</h3> <h4>4040 North Oakley, 60618</h4> <h4>(312)744-4015</h4>	
FRAN-ERCISE Fridays, 10:00 a.m.	Enjoy a fabulous workout and great fun. A mix of stretch, aerobics, weights, bands and balls, tai chi and yoga wonderful music, even singing and more! No cost – 1 hour class. No reservation needed, Make your endorphins HAPPY.
VETERANS DAY COMMEMORATION Mon., November 12, 2018 11:00 a.m.	Let's thank our veterans for their service. Procession and honor guard with veterans and ROTC. All veterans and community invited. No admission cost. Children welcome with adult.
DROP-IN TECH CLINIC MONDAYS (except holidays) 10:00 a.m. – 1:00 p.m.	Drop-In training for smart phones, tables, laptops and pads. Learn how to get the most out of your device(s) with Mary Ann, Nancy and Joel. Just bring your device and your questions – they will find the answers. Did you know you could set up your address/phone book, keep an appointment calendar read and answer email and much more? No fee – No appointment.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

**Northwest Regional Senior Center
3160 N. Milwaukee Ave. Chicago, IL 60618
(312) 744-6681 TTY: (312) 744-0321**



Director: Rafael Gonzalez

Come to the Northwest Regional Senior Center and meet old friends, make new friends and become a part of the Northwest family!

**SPECIAL EVENTS &
PROGRAMS**

**2ND ANNUAL POLISH HERITAGE
DAY**

October 5, 2018

11:30 a.m. - 2:30 p.m.

Please join us on this date to celebrate Polish Culture and Heritage. We will enjoy a Polish meal and listen to polish music.

FREE

**4th ANNUAL SENIOR HEALTH
FAIR AND FLU SHOT DAY**

Friday, October 12, 2018

10:00 a.m.. – 2:00 p.m.

Numerous health and resource providers will be on hand to provide you with referrals, such as screenings for both blood pressure, diabetes, as well as information for Dementia and Alzheimer's. This also is our annual Flu Shot Day, please bring your ID and insurance information or Medicare/Medicaid ID.

FREE

HALLOWEEN DANCE

Wednesday, October 30, 2018

10:30 a.m. – 3:30 p.m.

Join us in by dressing up in your favorite costume attire. We will choose the scariest, the weirdest and the most imaginative custom. Then will dance to the music of DJ Chico. **Free**

VETERAN'S DAY CELEBRATION

Thursday, November 8, 2018

9:30 a.m. – 10:30 a.m.

The Northwest Copernicus Center and it's Auxiliary proudly salutes all of our veterans in a ceremony that includes a color guard display and the singing of patriotic songs by the Lane Tech ROTC cadets. We will conclude with a remembrance at our eternal memorial display (weather permitting). Refreshments will be served. **FREE**

THANKSGIVING CELEBRATION

Friday, November 16, 2018

9:30 a.m. until 12:30 p.m.

Join us as we're reminded of all the good things that have happened in our lives and how grateful we have been. Celebrate and share warmth of Thanksgiving with each other. A delicious Thanksgiving meal, surprise raffles and refreshments will be served. **Suggested Donation: \$1.00**

HOLIDAY LIGHTS PARTY

Thursday, December 20, 2018

12:30 p.m. - 3:00 p.m.

Let's enjoy celebrating the holiday season, one of the most beautiful times of the year by dressing in Red, White and Green and participate in the best holiday sweater contest. There will be music and dancing hosted by DJ Chico. Refreshments will be served. **Suggested Donation: \$1.00**

CLASSES

AARP DRIVER SAFETY PROGRAM

**Wednesday, October 10 & 11, 2018 and
Wednesday, December 12 and 13, 2018
9:00 a.m. – 1:00 p.m.**

This two-day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes. Please make all checks payable to AARP. Class fee can be paid on the first day of class. Please call the center to register 312-744-6681. **Cost is \$15.00 for AARP members, \$20.00 for non-members.**

MASSAGES

Every Monday

By appointment only!

\$25.00 for a full hour massage. Must make an appointment and pay at the time of the appointment.

MANUAL CRAFTS

2nd & 4th Wednesday of the month

10:00 a.m. – 11:30 a.m.

Please join our volunteer instructor Marta Ortiz in learning how to do fun and easy manual crafts projects for your personal use or for gifts for your loved ones. **FREE!**

BEADS & BAUBLES CLASS

1st and 3rd Friday of the month

10:00 a.m. - 11:15 a.m.

Marta Ortiz, our instructor for our jewelry making class, will teach you how to create bracelets, necklaces and other pieces of jewelry. Maximum number of students is 15. **FREE**

PILATES

1ST and 2ND Monday of the month

10:30 a.m. – 11:30 a.m.

Our instructor will teach you this type of exercise that will help you strengthen your body's core muscle groups and increase your flexibility. **FREE**

LINE DANCE

1st, 2nd and 3rd Monday of the month

12:30 p.m. – 1:30 p.m.

It is a lot of fun and good exercise all at once! 3rd Monday of the month, is optional and a self-pay class, see your instructor for more details. **Donation: \$1.00**

LATIN RHYTHM AEROBICS

Tuesday and Thursday,

1:00 p.m. – 2:00 p.m.

This class helps tone your muscles, help you lose weight and move to the rhythm of Latin music. **FREE**

WEEKEND EVENTS

ZUMBA GOLD

1ST and 2ND Saturday of the month

12:30 p.m. – 1:30 p.m.

Melt your pounds away while having fun dancing to music and learning new dance moves. **FREE**

LATIN DANCING

1st and 3rd Saturday of the month

1:00 p.m. – 2:00 p.m.

You are invited to join open, formal instructional session of Latin dance including Bachata, Merengue and Salsa.

FREE

SPANISH FOR BEGINNERS

Saturdays, 1:30 p.m. – 3:00 p.m.

Conversational Spanish class is available to students with all levels of fluency.

Enrollment will be conducted quarterly.

Suggested Donation: \$2.00 per class (covers materials).

Northwest Satellite Centers

Program Highlights

Kelvyn Park Satellite Center 2715 North Cicero, 60639 (312)744-3350
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BINGO Tuesdays at 10:00 a.m. & Fridays at 1:00 p.m.	Join the best game of BINGO at Kelvyn Park Satellite Senior Center. Every Tuesday 10:00 a.m. and Friday at 1:00 p.m. Come and socialize with friends .50 cent per card.
ZUMBA GOLD Tuesdays & Thursdays, 1:00 p.m. – 2:00 p.m.	Come join Mari Jane at Kelvyn Park for Zumba Gold. This action packed, fun –filled exercise program is sure not to disappoint. Ditch the workout and come join the party!

Norwood Park Satellite Center 5801 North Natoma, 60631 (773)775-6071

WHAT'S NEW FOR MEDICARE IN 2019 Wednesday, October 10, 2018 10:45 a.m.	Medicare Open Enrollment begins October 15, 2018. Come and learn about the Medicare changes for the coming year. No charge or advance registration required.
AARP DRIVER SAFETY CLASS November 6 & 8, 2018 12:30 p.m.	The class helps you to be a better driver and may decrease your insurance cost, Check with your agent for eligibility. \$20 per person, \$15 for AARP members. Call to register (773) 775-6071

Portage Park Satellite Center 4100 North Long, 60641 (312)744-9022

HALLOWEEN PARTY Wednesday, October 31, 2018 11:00 a.m. – 3:00 p.m.	Bring your dancing shoes as we celebrate Halloween with music (from Tony Bernard), a costume contest, raffles, and lunch! \$3.00 suggested donation!
THANKSGIVING LUNCHEON Thursday, November 15, 2018 11:00 a.m. – 3:00 p.m.	Join us for music (from the Revolutionary Swing Orchestra), raffles, and lunch during our annual luncheon! \$3.00 suggested donation!
HOLIDAY PARTY Thursday, December 20, 2018 11:00 a.m. – 3:00 p.m.	Enjoy a day filled with music, raffles, an ugly sweater contest, lunch, and holiday cheer! \$2.50 suggested donation!

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

Renaissance Court
78 E. Washington Street, Chicago, IL 60602
(312) 744-4550 TTY: (312) 744-6777



Director: Crystal Warren

Please Note: Wheelchair accessible entrance at 77 E. Randolph St.

Come to Renaissance Court and meet old friends, make new friends and explore the cultural arts!

SPECIAL EVENTS & PROGRAMS

ART OF SURVIVAL & BEAUTY

Monthly Every 3rd Wednesday

2:30 p.m. – 4:00 p.m.

Facilitator: Tim Andrews

FREE. Registration is not required

TOPICS:

OCTOBER 17: FRANKENSTEIN and BIG SCIENCE - It is 200 years since the book appeared. How has our image of science changed?

NOVEMBER 21: WORLD WAR I - 1918: THE END - 100 years ago this month! How it ended, how the world has pondered.

DECEMBER 19: THE GREAT LONDON STINK OF 1858 - 150 years ago! Dickens, Darwin & Disraeli felt hot & unhealthy!

AARP DRIVER SAFETY

Wednesday, November 7 &

Thursday, November 8

12:00 p.m. – 4:00 p.m.

\$15 AARP Members and \$20 for Non-Members. Must attend both days to receive a certificate. Call 312/ 744-4550 for more information or to sign –up.

MASSAGE THERAPY

Mondays & Fridays (Appointments Only)

10:00 a.m. – 3:30 p.m.

Licensed Therapist: Tisa Williams

One (1) Hour - Massage - \$30

Must pay at the time of booking. Call for additional details at 312/ 744-4550.

This service is sponsored by the Friends of Renaissance Court Auxiliary.

RENAISSANCE TRAVEL CLUB

Wednesday, Oct 24; Nov 28; Dec 19, 2018

12:30 p.m. – 1:30 p.m.

Facilitator: Sharon Carter

If you are interesting in traveling but don't want to travel by yourself...come join the travel club. At each monthly meeting, bring places/events you have discovered (places to go, cost and date). The group will review all events and create a calendar. Most travels will be in Chicago and neighboring areas. The group will collectively decide the event and meet at the location. If you know of other groups that are sponsoring trips or events, please bring in that information as well. No trip/event is too big or too small. Please remember **FREE** events are the best!

NOT TOO OLD FOR IMPROV

Tuesdays,

1:00 p.m. – 2:30 p.m.

Facilitator: Ron Tolisano

The members of the improvisation group cultivate listening skills, connect to free-flowing ideas and learn to think on their feet and to trust their intuition as well as support each other. The goal is to have lots of fun! No experience necessary to join. **FREE**.

Registration is not required Class Canceled on: Oct 16; Nov 20; Dec 18

RENAISSANCE COURT GALLERY

Renaissance Court Gallery features professional artist age 55 and over. Featured in the gallery this quarter:

MATTHEW HAGEMANN

Art Exhibition

Sept 14 – Nov 9th

“Nature, The Glorious Handiwork of the Creator

Lekki (LieHue) Chua

Art Exhibition

Nov 16 – Jan 11, 2019

“Now And Then”

CLASSES

(HOOP FITNESS NEW)

Saturdays,

12:00 p.m. – 1:00 p.m.

Instructor: Andrea Mattson

Hula hooping is all the craze and Renaissance Court is elated to host **HOOP FITNESS** with Andrea Mattson. Hoop Fitness can strengthen your core, help your balance and isolate muscle movement. Hoop Fitness is a fun way to total fitness. **Free...Registration is not required**

CHICAGO SENIOR CLOWN TROUPE CLASS

Every 1st & 3rd Wednesday

1:30 p.m. – 3:30 p.m.

Facilitator: Karen Hoyer

Laugh and have fun -- and learn to spread joy as a clown! Learn juggling, mime, puppetry, make up and costuming, gag writing, joke telling, magic, improvisation -- everything you need to become a clown.

FREE Registration is not required. Class canceled on:

ASTRONOMY & SCIENCE LECTURE

Sponsored by the Kavli Institute for Cosmological Physics (KICP) The University of Chicago

Thursday, 10/4/2018 @ 1:30 p.m.

“Listening to the Universe with Gravitational Waves”

Facilitator: Reed Essick

Thursday 10/11/2018 @ 1:30 p.m.

“Dark Matter: Looking for Hay in a Needle Stack”

Facilitator: Daniel Baxter

Thursday 10/18/2018 @ 1:30 p.m.

“Searching for Cosmic Particles with Radio Detectors in Antarctica”

Facilitator: Eric Oberla

Thursday 10/25/2018 @ 1:30 p.m.

“Tides: From the Seas to the Stars”

Facilitator: Philippe Landry

Thursday 11/1/2018 @ 1:30 p.m.

“Cosmic Rays - The Highest Energy Particles in the Universe”

Facilitator: Max Malacari

RENAISSANCE COURT CHORUS

Fridays,

1:15 p.m. - 3:15 p.m.

Musical Director: Tim Andrews

FREE. Registration is not required.

SAVE THE DATE

Beginning January 1st 2019,

Renaissance Court will open at

10:00 a.m. – 2:00 p.m.

Monday – Saturday. Please adjust your program schedule accordingly.

Southeast Regional Senior Center
1767 E. 79th Street
Chicago, IL 60649
(312) 747-0189 TTY: (312) 744-0322



Director: Robin Tillotson

Program Contact: Kalyna Pomirko

Come to the Southeast Regional Senior Center and meet old friends, make new friends and become a part of the Southeast family

**SPECIAL EVENTS &
PROGRAMS**

**COME CELEBRATE ATLAS'
35TH ANNIVERSARY WITH MUSIC,
SONG & DANCE**

**ATLAS CENTER LINE DANCE
PARTY, "STEPPING INTO FALL"**

Tuesday, October 9, 2018

12:00 p.m. – 3:00 p.m.

Music by D.J. Chico with Instructor Marvella Ross. Ticket price \$5.00 (includes admission & chicken salad box lunch). Tickets are now available until September 28, 2018.

**MEDICARE OPEN ENROLLMENT
LUNCHEON**

Monday, October 15, 2018

11:30 a.m.

Sponsored by the Atlas VIC & SHIP Programs. Have lunch with us and learn about Medicare and how to sign up for the health insurance tailored to your needs.

"ATLAS SWINGS"

**Friday, October 19, 2018
11:30 a.m. – 1:30 p.m.**

Musical performance of contemporary jazz and blues by the MYRON MILLS PROJECT.
FREE.

"ATLAS SWINGS"

**Friday, December 7, 2018
11:30 a.m. – 1:30 p.m.**

Musical performance of holiday & pop music, and more by the MYRON MILLS PROJECT.
FREE.

ANNUAL CHRISTMAS PARTY

Friday, December 21, 2018

12 p.m. – 4 p.m.

The Center is hosting this winter party with D.J. Chico and our steppers and line dancers. Holiday fare will be served. Sponsored by the SOUTHEAST AUXILIARY. Tickets are \$15.00 each and on sale by November 1, 2018.

WEEKEND CLASSES & EVENTS

TUNES WITH ANDRE

Saturdays, October 13, November 10, and December 8, 2018

11:30 a.m. – 1:30 p.m.

Come enjoy great music performed by Andre Miles, while enjoying lunch. **FREE**.

KARAOKE

Saturdays, October 27, November 24, and December 22, 2018

11:30 a.m. – 1:30 p.m.

Warm up those vocal cords and join us for Karaoke fun with Be-Bop. **FREE**.

SATURDAY LINE DANCE CLASS

Saturdays, October 20 and December 15, 2018

10:00 a.m. – 11:30 a.m.

Line dance instructor, **Marvella Ross**, teaches **FREE** line dance classes. Come join the fun.

KONORA AND THE ENCHANTERS

Saturday, December 15, 2018

12:00 p.m.

Their special blend of vocals, piano, and harmonica make this holiday performance very special **FREE**.

THE ELEMENTS OF SOUND

Saturday, November 17, 2018

11:30 a.m. – 1:30 p.m.

All are invited to this **FREE** music concert performed by Andre Miles and his band.

CLASSES

AARP DRIVER SAFETY

EDUCATION

Wednesday & Thursday, October 17 & 18

9:00 a.m. – 1:00 p.m.

Instructor: Lois Travis (new)

Please register with instructor at (773)568-7261 (daytime hrs.)

RULES OF THE ROAD

Wednesday, December 5 2018

10:30 a.m. – 12:30 p.m.

Please call (312)747-0189 x 103 to register.

SPANISH

Wednesdays, 1:30 p.m. – 3:00 p.m.

Instructor: Senora Lula Rucker

Suggested donation: \$2.00

KNIT/CROCHET

Mondays, 12:30 p.m. – 2:30 p.m.

Instructor: Jo-Ann McKelphin

T A I –C H I

Tuesdays, 12:45 p.m. – 2:00 p.m.

Instructor: Craig Harris

Suggested donation: \$3

LINE DANCE

Tuesdays, 9:00 a.m. – 10:00 a.m.

Instructor: Marvella Ross

STEPPING

Tuesdays, 10:00 a.m. – 11:30 a.m.

Instructor: James Drake

Wii: BOWLING

Mondays & Thursdays

9:30 a.m. – 10:30 a.m.

Instructor: Marie Sims

Also available

MASSAGE THERAPY (by appt.)

Wednesdays, 10:00 a.m.-2:45 p.m.

Massage Therapist: Tisa Williams

Massage relieves stress, reduces various pains. Please call (312) 747-0189 for further information.

VISIT OUR WEBSITE:

79thSTREETSENIORS.COM

Southeast Satellite Centers

Program Highlights

Abbott Park Satellite Center 49 East 95th Street, 60619 (312)745-3493	
STRETCH & TONE CHAIR EXERCISES Fridays, 9:00 a.m. – 9:45 a.m.	Join us every Friday in the Month of October, November & December. Love to exercises but can't get on the floor this is the class for you. This class will help eliminate strain on your joints while increasing balance, done while siting.
BID WHIST Tuesday & Thursday 1:00 p.m. – 4:00 p.m.	Bid whist is a partnership trick-taking and bidding variant of the classic card game whist . It is generally accepted that the game of bridge came from the game of whist . All skill levels play.
Chatham Satellite Center 8300 South Cottage Grove, 60619 (312)745-0401	
BRIDGE CLASS Every Monday & Thursday 1:30 p.m. – 3:00 p.m.	Come join Richard Boyd as he leads us in an exciting game of bridge. Great fun and great company. Beginners are welcome. Richard is a very patient instructor; why not give Bridge a try...
ICE CREAM SOCIAL 3 rd Thursdays 1:30 p.m. – 3:30 p.m.	EVERYONE IS WELCOME at Chatham Satellite's Dancing Singing, and Socializing with Friends . Have a cup of ice cream and try your hand at Karaoke with Stefon. If you would like to dance, feel free.
Roseland Satellite Center 10426 South Michigan, 60628 (312)745-1500	
ROSELAND BAZAAR Friday, Oct 12, 2018 10:30 a.m. - 2:30 p.m.	Come join us at the Roseland for you chance to purchase great items made and sold by seniors in the community!
HOLIDAY PARTY Friday, Dec. 14, 2018 1:00 p.m. – 2:00 p.m.	Come to Roseland for great food, music and fellowship at our Holiday Celebration! Cost \$5.
South Chicago Satellite Center 9233 South Burley, 60617 (312)745-1282	
ARTS & CRAFTS WITH MARIA Thursdays, 12:30 p.m. – 2:30 p.m.	Are you a crafter? Looking for a creative outlet? You enjoy great company? Consider joining the South Chicago Arts & Crafts class, you will be sure to enjoy yourself.
SMART PHONE HELP Fridays, 9:30 a.m. – 11:30 a.m.	In need of a little help with your cell phone, come learn to save your contacts, take pictures, send text messages, search the internet and more.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

Southwest Regional Senior Center
6117 S. Kedzie Ave.
Chicago, IL 60629
(312) 747-0440 TTY: (312) 744-6777



**Come to the Southwest Regional Senior Center and meet old friends,
make new friends and become a part of the Southwest family!**

SPECIAL EVENTS & PROGRAMS

MONSTER MASH BASH

Tuesday, October 23, 2018

11:30 a.m. - 3:30 p.m.

Come and join in on the Halloween celebration with costume, dance, music and food. Following lunch, there will be great dance music and refreshments. Wear your favorite Halloween costume for a chance to win a prize! **FREE!**

FREEDOM APPRECIATION DAY

Thursday, November 8, 2018

11:30 a.m. - 3:00 p.m.

This is an event to honor our veterans of all wars. Veterans are encouraged to wear their uniforms if still available and display their medals and decorations for the day. There will be a color guard ceremony, and dance music by a DJ will follow. Light refreshments will be served. **FREE**

MISTLETOE DANCE PARTY

Friday, December 14, 2018

11:30 a.m. - 3:30 p.m.

This is a day to celebrate the Christmas holiday season. There will be singing of Christmas carols by the Southwest Center's Seniors will sing Christmas carols, followed by a genre of music for the party by Refreshments will be served. **FREE!!**

CLASSES

SEWING FOR LEISURE

Tuesdays, 9:30 a.m. - 11:30 a.m.

Instructor: Mary Simmons

Come and join us to learn the art of sewing. A limited number of sewing machines will be available, so participants with sewing machines are encouraged to bring their own machines. Students will supply their own sewing materials for the class. Classes meet every Tuesday, except on holidays. The class size is limited to 15 students. Suggested Donation: **\$5.00 per person for each class**

ILLINOIS SECRETARY OF STATE PHOTO ID PROGRAM

Tuesday, October 9, 2018

10:00 a.m. - 2:00 p.m.

The staff from the Secretary of State office will be at the Southwest Regional Senior Center to provide photo I.D. cards for senior citizens. This service is free to seniors 65 years and older. Call and register today (312) 747-0440.

Required documents for issuance of a photo I.D. are:

- Social Security Card
- Two acceptable forms of identification that provide your name, date of birth, residency and signature.

ZUMBA GOLD

Thursdays

9:00 a.m. – 10:00 a.m.

Instructor: Myah Mckinnie

Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. The Zumba Gold format is designed for the active older adult or beginner participant and features dances from popular rhythms such as Meringue, Salsa, Cha Cha, Belly Dance, Flamenco, Tango, Rock and Roll and more. The format is so easy that anyone and any age can do it! Zumba is for people who like to exercise, dance, party, and have fun !!!

FREE

RULES OF THE ROAD

Friday, November 16, 2018

10:00 a.m. – 12:00 p.m.

Secretary of State Jessie White's Office is providing a Rules of the Road class, which will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your driver's license or state I.D. to attend. Handouts will be available.

TREASURE TO CHERISH

Wenesdays,

9:00 a.m. - 11:00 a.m.

If you are interested in world of knitting and crocheting, then this is the class for you!

Come learn famed techniques from elder pros in the craft. Please bring your own supplies to get started with easy to learn steps.

FREE !!

MOVIE MANIA! (NEW)

Wednesdays

1:00 p.m. – 2:30 p.m.

Come join the fun, madness and craze with Movies, Movies & More Movies. The best of current and great oldies. Come watch with us. Refreshments served when available. But please sign up at the center to make sure we have enough material for everyone.

FREE

TOO MUCH ON YOUR PLATE?

Thursdays, October 4, 18; November 1, 15;

December 6, 20, 2018

9:00 a.m. - 10:00 a.m.

Have you forgotten how to relax? Have you got too much to do and not enough time to do it? Do you feel overwhelmed? Do you want to handle stress better? Do you want to learn how to take better care of yourself? If you answer yes to any of these questions, this support group is for you. It will meet every other Thursday morning. A facilitator from Rush University Medical Center, Bowman Health Center will lead this discussion group.

FREE

SOUL LINE DANCE CLASS

Thursdays

1:00 p.m. – 2:00 p.m.

Instructor : Hakeemah Shamsuddin

Come join Hakeemah in this fun-filled class and learn all the latest line dances. See you on the dance floor.

FREE

Southwest Satellite Centers

Program Highlights

Auburn Gresham Satellite Center 1040 West 79th Street, 60620 (312)745-4797

BLUE MONDAY MOVIES 12:00 p.m. Sharp	Please join us on Mondays to enjoy light hearted movies (old and new) as well as a lovely critique conversation. Popcorn will be served upon request.
LINE DANCE WITH LISA Tuesdays, 9:30 a.m.	Come join Lisa and the Auburn Gresham dancers as you learn the latest line dances. This fun- filled class will not disappoint. A good time will be had by all.

Englewood Satellite Center 653 - 657 West 63rd Street, 60621 (312)745-3328

SEWING CLASS Wednesdays & Fridays, 9:30 a.m. – 11:30 a.m.	Mr. Joe Jackson is resuming his sewing class! Learn a skill that you pass on to your grandchildren!!! Call the center for further details (312)745-3328.
AFRICAN DANCE Wednesdays, 8:45 a.m. – 9:45 a.m.	Come join this class led by internationally acclaimed, Darlene Blackburn. She is the founder of the director of the Darlene Blackburn Dance Troupe!

Garfield Ridge Satellite Center 5674-B S. Archer, 60638 (312)745-4255

COOKING WITH CHEF GLORIA Wednesdays 12:45 p.m. Starting in October	Chef Gloria D. Hafer demonstrates easy recipes for seniors to make good, interesting and healthy meals at home. The first 25 people to sign up on the day of class are guaranteed tastings.
JEWELRY MAKING WITH MADIE Wednesdays at 9:45 a.m. October - December 12, 2018.	Instructor and jewelry designer, Madie Cannamore is back with this make and take jewelry making class. Madie teaches beginner and intermediate level students in the class You are responsible for your own supplies. The Senior Center has a limited amount of tools to be shared. Advance registration is required.
NEW YEAR'S PARTY @ THE MAYFIELD Friday, December 28 th 11:00 a.m. - 3:00 p.m.	Mark your calendar to join us for a New Year's Party at the Mayfield. A family style dinner will be served and entertainment will be provided. Details are still to be determined. Advance ticket purchase is required. Please call for more information (312) 745-4255.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

DFSS FLU CLINICS

2018 FLU SHOT CLINICS SPONSORED BY WALGREENS

Site Name	Date	Location	Phone
Abbott Park Satellite	Thursday, October 11, 2018	49 E. 95th St. 60619	312-745-3493
Austin Satellite	Wednesday, October 10, 2018	5071 W. Congress Pkwy. 60644	312-743-1538
Northwest Regional Center	Friday, October 12, 2018	3160 N. Milwaukee Ave. 60618	312-744-6681
Kelvin Park Satellite	Thursday, October 4, 2018	2715 North Cicero Ave. 60639	312-744-3350
Englewood Satellite	Thursday, October 25, 2018	653-657 W. 63rd St. 60621	312-745-3328
Northeast Regional Center	Wednesday, October 24, 2018	2019 West Lawrence, 60625	312-744-0784
Southeast Regional Center	Wednesday, October 24, 2018	1767 E. 79th St. 60649	312-747-0189
Roseland Satellite	Thursday, October 4, 2018	10426 South Michigan, 60628	312-745-1500
Garfield Ridge Satellite	Thursday, October 4, 2018	5674-B S. Archer Ave. 60638	312-745-4255
North Center Satellite	Wednesday, October 10, 2018	4040 N. Oakley Ave. 60618	312-744-4015
West Town Satellite Center	Wednesday, October 17, 2018	1613 West Chicago Ave. 60622	312-743-1016
Norwood Park Satellite	Tuesday, October 2, 2018	5801 N. Natoma 60631	773-775-6071
South Chicago Satellite	Thursday, October 18, 2018	9233 South Burley Ave. 60617	312-745-1282
Renaissance Court	Tuesday, October 23, 2018	78 East Washington, 60602	312-744-4550
Edgewater Satellite	Thursday October 4, 2018	5917 North Broadway, 60660	312-742-5323
Portage Park Satellite	Thursday, October 11, 2018	4100 N. Long Ave. 60641	312-744-9022
Central West Regional Center	Wednesday, October 16, 2018	2102 West Odgen, 60612	312-746-5300
Southwest Regional Center	Tuesday, October 22, 2018	6117 South Kedzie, 60629	312-747-0440

Flu + You

Protect. Learn. Understand. Safeguard.
Educating older adults about influenza and prevention
From the National Council on Aging and Sanofi Pasteur



Influenza (commonly known as “the flu”), is a serious and potentially life-threatening disease, especially in adults 65 years of age and older.

- Influenza, also known as “the flu,” is a common respiratory infection caused by several related viruses.
- The flu is easily passed from person to person through coughing, sneezing, or through contact with fluids from an infected person’s mouth or nose.
- Symptoms of the flu often include high fever, headache, tiredness, cough, sore throat, runny or stuffy nose, and body aches.
- As we get older, our immune system typically weakens. This generally makes it harder for us to fight disease and may also make us less responsive to vaccines. As a result, adults 65 years of age and older are at increased risk of flu and its complications. For example, the influenza virus can cause worsening of chronic conditions and it can lead to death.
- Each year in the United States, nine out of 10 flu-related deaths and more than six out of 10 flu-related hospital stays occur in people 65 years of age and older.

The flu can worsen other health problems.

- The flu is especially dangerous for people with certain conditions that commonly affect older adults, including heart disease, lung disease, diabetes, and cancer.
 - People with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.

The best way to help protect against the flu is vaccination.

- According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get an annual vaccination, which is recommended for everyone 6 months of age and older.
 - Despite these recommendations, immunization rates among adults 65 and older are still far below public health goals. The leading reason older adults do not get the flu shot is not being aware they need it.
- Receiving the flu vaccination each and every year is the best way and first step to help protect yourself from the flu and spreading it to friends and family.

There is a vaccine that is designed specifically for adults 65 years of age and older.

- Adults 65 years of age and older have vaccine options. In addition to the traditional flu vaccine (which helps protect against three strains of the flu virus), there is also a quadrivalent vaccine (which helps protect against four strains), and a higher dose vaccine.
 - By improving the production of antibodies in older patients, the higher dose vaccine can provide a stronger immune response to influenza than traditional vaccines.
- These vaccine options are widely available at a doctor’s office or local pharmacy. An annual flu shot is a Medicare Part B benefit – this means that the vaccine is covered with no copay for Medicare beneficiaries 65 years of age and older.

**Talk to your health care provider today about the dangers of the flu,
the benefits of vaccination, and the best vaccine option to meet your needs.**

REGIONAL SENIOR CENTERS

HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m. Many have weekend hours.

**Northeast (Levy)
Regional Senior Center**
2019 W. Lawrence Ave.
(312) 744 - 0784 (60625)
TDD: (312) 744 - 0320

**Northwest (Copernicus)
Regional Senior Center**
3160 N. Milwaukee Ave.
(312) 744 - 6681 (60618)
TDD: (312) 744 - 0321

**Southeast (Atlas)
Regional Senior Center**
1767 E. 79th St.
(312) 747 - 0189 (60649)
TDD: (312) 744 - 0322

**Southwest Regional
Senior Center**
6117 S. Kedzie Ave.
(312) 747 - 0440 (60629)
TDD: (312) 744 - 0323

**Central West Regional
Senior Center**
2102 W. Ogden Ave.
(312) 746 - 5300 (60612)
TDD: (312) 744 - 0319

Renaissance Court
At the Chicago Cultural Center
78 E. Washington St.
(312) 744 - 4550 (60602)
TDD: (312) 744 - 6777

SATELLITE SENIOR CENTERS

HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m.

**Abbott Park
Senior Satellite Center**
49 East 95th St.
(312) 745 - 3493 (60619)

**Auburn Gresham
Senior Satellite Center**
1040 W. 79th St.
(312) 745 - 4797 (60620)

Austin Senior Satellite Center
5071 W. Congress Pkwy.
(312) 743 - 1538 (60644)
Operator: South Austin Coalition
Community Council

**Chatham
Senior Satellite Center**
8300 S. Cottage Grove Ave.
(312) 745 - 0401 (60619)

**Edgewater Senior Satellite
Center**
5917 N. Broadway St.
(312) 742 - 5323 (60660)

**Englewood Senior Satellite
Center**
653 - 657 W. 63rd St.
(312) 745 - 3328 (60621)
Operator: Catholic Charities

**Garfield Ridge
Senior Satellite Center**
5674-B S. Archer Ave.
(312) 745 - 4255 (60638)
Operator: Southwest Side
Senior Services Org.

**Kelvyn Park Senior Satellite
Center**
2715 N. Cicero Ave.
(312) 744 - 3350 (60639)
Operator: Catholic Charities

**North Center Senior Satellite
Center**
4040 North Oakley Ave.
(312) 744 - 4015 (60618)
Operator: Catholic Charities

**Norwood Park
Senior Satellite Center**
5801 N. Natoma Ave.
(773) 775 - 6071 (60631)
Operator: Norwood
Crossing

Pilsen Senior Satellite Center
2021 S. Morgan St.
(312) 743 - 0493 (60608)
Operator: Alivio Medical Center

**Portage Park Senior
Satellite Center**
4100 N. Long Ave.
(312) 744 - 9022 (60641)

**Roseland Senior
Satellite Center**
10426 S. Michigan Ave.
(312) 745 - 1500 (60628)

**South Chicago Senior
Satellite Center**
9233 S. Burley Ave.
(312) 745 - 1282 (60617)

**West Town Senior
Satellite Center**
1613 W. Chicago Ave.
(312) 743 - 1016 (60622)