

CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES  
SENIOR SERVICES AREA AGENCY ON AGING

# LIFE ENRICHMENT PROGRAMS FOR CHICAGOANS 60 YEARS AND BETTER



## FALL 2019



CITY OF CHICAGO  
LORI LIGHTFOOT, MAYOR



CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES  
LISA MORRISON BUTLER, COMMISSIONER



# FALL 2019

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## *A Note from the Commissioner*

Dear Friends:

I hope you had an enjoyable and fun-filled summer. Fall is always a special time of year, a transition marked by beautiful autumn colors, cooler days and the wonderful programming awaiting your participation at DFSS Regional and Satellite Senior Centers. So in this spirit, we invite you to join us at any of our Department of Family and Support Senior Centers. We have planned a wide array of programs and activities that you are sure to enjoy including: engaging classes, wonderful holiday events, access to information and resources on available programs and services, and opportunities to stay involved with the community.

Remember 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 2019! We have some great programs this year and hope you approve. Thank you for coming out and participating in Mayor Lori Lightfoot's Senior Fest 2019, 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's changing around you.

I wish you and your loved ones a wonderful holiday season and hope to see you at your events during this quarter.

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 & Assistance Services*

Information and Assistance 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

<b>Benefits Eligibility Checkup</b>	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.
<b>Caregiving Resources</b>	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.
<b>Care Coordination Services</b>	Through a referral from I&A, trained and certified care coordinators from the Illinois Department on Aging Community Care Program will 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.
<b>Chicago Fitness Plus</b>	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.
<b>Chore/ Housekeeping: Heavy Duty &amp; Short-Term</b>	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.
<b>Adult Protective Services Program</b>	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.
<b>Foster Grandparent Program</b>	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

<b>Golden Diners Nutrition Program</b>	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.
<b>Home Delivered Meals</b>	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.
<b>Health &amp; Wellness Program</b>	Evidence based 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.
<b>Grandparents and Older Relatives Raising Children</b>	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.
<b>Ombudsman Program</b>	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.
<b>Respite Care</b>	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.
<b>Senior Companion Program</b>	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.
<b>Senior Medicare Patrol</b>	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.
<b>Senior Employment Training</b>	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**

# LIFE ENRICHMENT INSTRUCTORS: CALL FOR PROPOSAL

The Chicago Department of Family and Support Services (DFSS), Senior Services Area Agency on Aging is seeking instructors to offer a variety of classes to inspire Older Chicagoans and get them out and engaged in activities that will enhance their life, mind, body, and spirit. Classes and activities will be held at the 21 DFSS Senior Centers located throughout Chicago.

**The Required Electronic Application is available  
online at:**

<http://www.cityofchicago.org/fss>

We will be accepting application until the close of business on  
Friday, November 15, 2019.

Examples of Class and Activity Types Listed below:

- Arts & Crafts
- Computer Instruction
- Dance
- Karaoke
- Educational
- Job Training Skills
- Language
- Personal Development
- Culinary Arts
- Creative Writing

**\*\*BI-LINGUAL INSTRUCTORS NEEDED\*\***

Questions should be directed to Yolanda Curry  
at [yolanda.curry@cityofchicago.org](mailto:yolanda.curry@cityofchicago.org) or  
(312)743-1503.



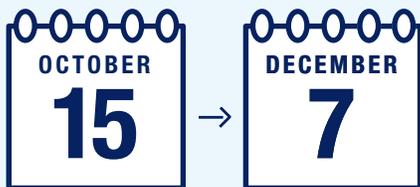
# MEDICARE OPEN ENROLLMENT

## OCT. 15 – DEC. 7

*Open to lower  
premiums,  
extra benefits?*

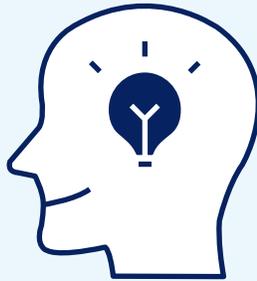
### OPEN ENROLLMENT IS HERE.

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](http://medicare.gov) and use the Plan Finder and other tools to make comparing plans easier. Or, visit [medicare.gov/contacts](http://medicare.gov/contacts) to find free help at your State Health Insurance Assistance 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 (like wheelchairs, walkers, hospital beds, and other equipment and supplies)
- Many preventive services (like screenings, shots, and yearly “Wellness” visits)

**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

# Your Medicare options

When you first enroll in Medicare and during certain times of the year, you can choose how you get your Medicare coverage. There are 2 main ways to get Medicare:

## Original Medicare

- Original Medicare includes Medicare Part A (Hospital Insurance) and Part B (Medical Insurance).
- If you want drug coverage, you can join a separate Part D plan.
- To help pay your out-of-pocket costs in Original Medicare (like your 20% coinsurance), you can also shop for and buy supplemental coverage.
- Can use any doctor or hospital that takes Medicare, anywhere in the U.S.

**Part A**



**Part B**



You can add:

**Part D**



You can also add:

**Supplemental coverage**



(Some examples include coverage from a Medicare Supplement Insurance (Medigap) policy, or coverage from a former employer or union.)

## Medicare Advantage

(also known as Part C)

- Medicare Advantage is an “all in one” alternative to Original Medicare. These “bundled” plans include Part A, Part B, and usually Part D.
- Plans may have lower out-of-pocket costs than Original Medicare.
- In most cases, you’ll need to use doctors who are in the plan’s network.
- Most plans offer extra benefits that Original Medicare doesn’t cover— like vision, hearing, dental, and more.

**Part A**



**Part B**



Most plans include:

**Part D**



**Extra benefits**

Some plans also include:

**Lower out-of-pocket costs**

## 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](http://shiptacenter.org), or call 1-800-MEDICARE to get the phone number for your local SHIP.

**Visit the Eldercare Locator at [eldercare.gov](http://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, like large print, Braille, or audio. You also have the right to file a complaint if you feel you’ve been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](http://Medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

Paid for by the Department of Health & Human Services.



## The Theme for National Family Caregivers Month November 2019 is

# BeCareCurious

NATIONAL  
FAMILY CAREGIVERS  
MONTH  
November 2019

Family caregivers want their loved ones to have the best care possible – at the doctor’s office, at the hospital, and at home. We encourage family caregivers across the country to ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones.

## # BeCareCurious About

### Your Loved One's Goals

You know your loved one better, and spend more time with them, than anyone else does. Talk to them about what their goals are for treatment and their care in general. It can be hard to talk about goals when facing a disease. But these talks help make sure your loved ones are getting the care they want.

### Treatment Options

Is your loved one responding well to treatment? If not, ask your doctor if there are other options. New treatments are available every day. Whether it’s a different dose, a new medication, or a new procedure, speak up and ask your doctor if there are options you and your loved one should consider.

### Research

The internet is a great research tool, but it can also be full of conflicting, and even dangerous, advice – so don’t stop there! Be curious about that article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one’s condition.

### The Care Plan

If your loved one is in the hospital, be sure to ask what happens next. Will they need home care after being discharged? Are there new medications or procedures you will need to manage at home? Will you be trained on what to do and how to do it? A lot of care happens at home and you need to be prepared to provide that care.

### Coverage

Don’t be shy about asking questions about insurance coverage. Is your parents’ Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because your insurance no longer covered it? If coverage was denied, what can you do to change their minds?

Family caregiving is stressful, but the more you know, the more confident and capable you will be when providing care. Remember – knowledge is power!

So this November, during National Family Caregivers Month, take time to

# BeCareCurious

about your loved one's care!

CaregiverAction.org

CAREGIVER  
ACTION  
NETWORK

CAN



# *Need Support to Assist in your Caregiving Duties?*

## *DFSS Caregiver Program: Counseling & Support Services*



- Are you an unpaid caregiver who lives with a frail Older Chicagoan at least 60 years of age and provides assistance with their daily activities?
- Are you the unpaid caregiver who lives with an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction and you assist them with their daily activities?
- Do you need to speak to a counselor or therapist?
- Would you like to meet and interact with fellow caregivers?

The Chicago Department of Family and Support Services Counseling and Support program may be able to provide you with needed assistance. We will have a case manager come to your home and conduct an in-home assessment to determine your eligibility for the Counseling & Support program and provide you with additional information on Caregiving resources.

The Caregiver Counseling Program provide Family/Individual Counseling, Therapy, Support Groups and Gap Filling services.

**For further information or to make a service request, please call (312)744-4016 or email [aging@cityofchicago.org](mailto:aging@cityofchicago.org)**

# 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*  
*27th Annual Senior Prom*



*Thursday, November 14, 2019*  
*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

**Lori Lightfoot,  
Mayor**



**Lisa Morrison Butler,  
Commissioner**



**Chicago Department of  
Family & Support Services**  
**HOLIDAY DANCE PARTY**

**Monday, December 9, 2019**

**11:00 a.m.—3:00 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! Come dressed in your most festive holiday attire. Box lunches will be available for a \$2.00 suggested donation.**



**Chicago Cultural Center**  
**Preston Bradley Hall, 2nd Floor**  
**78 East Washington Street**  
**(enter on the Washington Street side)**

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

**Lori Lightfoot, Mayor**  
**City of Chicago**



**Lisa Morrison-Butler**  
**Commissioner**



# WELLNESS PROGRAM

## OCTOBER - DECEMBER 2019

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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 several times each month by appointment for private, one-on-one consultations. See the Social Worker for advice and information on resources for those times when you are faced with life's challenging issues. The 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 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

### Vaccine Awareness

"Immunizations/vaccines can protect you and others from getting diseases such as pneumonia, tetanus, flu, or pertussis (whooping cough). It has been estimated that diseases that could be prevented by vaccines cause more deaths each year in the United States than AIDS, breast cancer, or automobile accidents. That means 56,000 deaths could be avoided each year if people were immunized as recommended. In this talk, we review four needed immunizations, the illnesses they are preventing, and the differences between cold, flu, allergies and pneumonia."

Central West	Thursday	October 10	10:00 - 11:00 A.M.
Northeast	Thursday	October 10	9:30 - 10:15 A.M.
Northwest	Tuesday	October 8	9:30 - 10:15 A.M.
Southeast	Tuesday	October 15	9:30 - 10:30 A.M.
Southwest	Tuesday	October 1*	10:00 - 11:00A.M.
Renaissance Court	Monday	October 7	11:00 A.M. - 12:00 P.M.

## DIETITIAN PRESENTATIONS

### Diet, Food Safety and Immune Health

Despite the number of foodborne illnesses reported each year and the fact that most of us know our immune systems weaken as we age, too many older adults do not practice safe food handling or make sure to eat foods that help strengthen their immune system. Learn what you can do to make sure you are choosing foods to fuel your immune system. Additionally, learn how to avoid common food handling mistakes to ensure your food is safe and does not put extra burden on your immune system.

Central West	Thursday	October 3	10:00 – 11:00 A.M.
Northeast	Friday	October 11	1:00 – 2:00 P.M.
Northwest	Monday	October 28	9:00 – 10:00 A.M.
Southeast	Friday	October 11	10:00 – 11:00 A.M.
Southwest	Monday	October 21	9:45 – 10:45 A.M.
Renaissance Court	Tuesday	October 8	3:00 – 4:00 P.M.

## PHARMACIST PRESENTATIONS

### Vaccination Update 2019

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 22	10:00 - 11:00 A.M.
Northeast	Tuesday	October 24	10:00 - 11:00 A.M.
Northwest	Friday	October 18	10:30 - 11:30 A.M.
Southeast	Thursday	October 3	10:15 - 11:15 A.M.
Southwest	Thursday	October 17	10:15 – 11:15A.M.
Renaissance Court	Thursday	October 24	1:30 - 2:30 P.M.

\* Note: change in regular schedule

# NOVEMBER PRESENTATIONS

## NURSE PRESENTATIONS

### Life Transitions: Preparation Can Help Make Them Smooth

Robbie Shell writes, “transitions in life can offer opportunities of discovery.” Major changes that we experience as we grow older include retirement, relocation, personal loss, and changes in health and mobility. Anticipating and planning for some of these significant transitions help to assure what you value in these later years are honored. This health talk discusses the broad topic of advanced care planning as it relates to care transitions, planning for when it is difficult to get around and end of life conversation starters. Learn how planning ahead for inevitable transitions can make things easier on you and those you care for.

Central West	Thursday	November 14	10:00 – 11:00 A.M.
Northeast	Thursday	November 14	9:30 – 10:15 A.M.
Northwest	Tuesday	November 12	9:30 – 10:15 A.M.
Southeast	Tuesday	November 19	9:30 – 10:30 A.M.
Southwest	Tuesday	December 3*	10:00 – 11:00 A.M.
Renaissance Court	Monday	November 4	11:00 A.M. – 12:00 P.M.

## DIETITIAN PRESENTATIONS

### Depression and Diet

Did you know that what you eat or even don't eat can greatly affect your mood? Learn what foods can help boost your emotions. Make sure you stay away from foods that might bring your emotions down. Little tweaks in your diet may go a long way to help keep you staying happy and healthy.

Central West	Thursday	November 7	10:00 - 11:00 A.M.
Northeast	Friday	November 8	1:00 - 2:00 P.M.
Northwest	Monday	November 25	9:00 - 10:00 A.M.
Southeast	Friday	November 8	10:00 - 11:00 A.M.
Southwest	Monday	November 18	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	November 12	3:00 - 4:00 P.M.

## PHARMACIST PRESENTATIONS

### Care Transitions – Medication Awareness

Hospital discharge can be a perilous process. Many patients have unintended adverse events after discharge, with an estimated 20% of patients being readmitted to the hospital within 30 days. Because patients are transitioning from not only their location of care but also from most of their health care providers, it is critical to ensure that the quality and timeliness of communication among health care providers are monitored and improved. In this session, the pharmacist will discuss the importance of reviewing and monitoring all your medications when transitioning from one care environment to another.

Central West	Tuesday	November 19*	10:00 - 11:00 A.M.
Northeast	Tuesday	November 26	10:00 - 11:00 A.M.
Northwest	Friday	November 15	10:30 - 11:30 A.M.
Southeast	Thursday	November 7	10:15 - 11:15 A.M.
Southwest	Thursday	November 21	10:15 - 11:15 A.M.
Renaissance Court	Thursday	November 21*	1:30 - 2:30 P.M.

\* Note: change in regular schedule

# DECEMBER PRESENTATIONS

## NURSE PRESENTATIONS

### Take Control - Living Your Best Life with Diabetes

A Diabetes diagnosis can be overwhelming and scary, especially as we get older. However, living a healthy life with Diabetes is achievable! Take back control and don't let Diabetes rule you or your loved ones life. At this talk we will discuss how you can manage Diabetes, learn risk factors for Diabetes, and tips to stay healthy with a Diabetes Diagnosis.

Central West	Thursday	December 12	10:00 - 11:00 A.M.
Northeast	Thursday	December 12	9:30 - 10:15 A.M.
Northwest	Tuesday	December 10	9:30 - 10:15 A.M.
Southeast	Tuesday	December 17	9:30 - 10:30 A.M.
Southwest	Tuesday	December 17*	10:00 - 11:00 A.M.
Renaissance Court	Monday	December 2	11:00 A.M. - 12:00 P.M.

## DIETITIAN PRESENTATIONS

### Prediabetes, Diabetes and Diet

Though Prediabetes and Diabetes are both common diagnoses many people do not understand what they actually mean or how to change their lifestyle to best manage them. Whether you have been told you have Prediabetes or Diabetes or not, come learn ways to eat healthy for the rest of your life. Diet and lifestyle choices and changes you make today just might mean the difference of being diagnosed or not!

Central West	Thursday	December 5	10:00 - 11:00 A.M.
Northeast	Friday	December 13	1:00 - 2:00 P.M.
Northwest	Monday	December 30	9:00 - 10:00 A.M.
Southeast	Friday	December 13	10:00 - 11:00 A.M.
Southwest	Monday	December 16	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	December 10	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	December 17*	10:00 - 11:00 A.M.
Northeast	Tuesday	December 17*	10:00 - 11:00 A.M.
Northwest	Friday	December 20	10:30 - 11:30 A.M.
Southeast	Thursday	December 5	10:15 - 11:15 A.M.
Southwest	Thursday	December 19	10:15 - 11:15 A.M.
Renaissance Court	Thursday	December 19*	1:30 - 2:30 P.M.

\* Note: change in regular schedule

# Northeast (Levy) Regional Center Wellness Schedule

## **WELLNESS TEAM**

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**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 22, November 26, December 17\*)

**DIETITIAN:** Jim Coogan, RD, LDN

Second Fridays, 1:00 P.M. - 3:00 P.M. (October 11, November 8, December 13)

## **BLOOD PRESSURE SCREENING**

First Thursdays, 9:00 A.M. - 12:00 P.M. (October 3, November 7, December 5)

## **SUPPORT GROUPS**

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### **HEALTH MATTERS**

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

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - October 17
  - November 21
  - December 19

### **FOOD 4 THOUGHT**

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

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**WELLNESS NURSE:** Cynthia Jones, RN

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

**SOCIAL WORKER:** Sandy Rubovits, LCSW

First, Second, Third Wednesdays, 8:30 A.M. - 12:00 P.M.

**PHARMACIST:** James Lee, PharmD

Third Fridays, 9:00 A.M. - 12:00 P.M. (October 18, November 15, December 20)

**DIETITIAN:** Trishna Joshi, RDN, LD/N

Last Mondays, 9:00 A.M. - 1:00 P.M. (October 28, November 25, December 30)

## **BLOOD PRESSURE SCREENING**

First Tuesdays, 9:00 A.M. - 12:00 P.M. (October 1, November 5, December 3)

## ***SUPPORT GROUPS***

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### **HEALTH MATTERS**

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

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - October 15
  - November 19
  - December 17

### **TOO MUCH ON YOUR PLATE?**

First, Second, Third Wednesdays, 10:00 A.M. - 11:00 A.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*

# Renaissance Court Wellness Schedule

## **WELLNESS TEAM**

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**WELLNESS NURSE:** Marcia Cody, RN

Mondays, 10:15 A.M. - 1:15 P.M. (Except October 14, November 25, December 23 & 30)

**SOCIAL WORKER:** Deborah Deyhle, LCSW

Mondays, 1:00 P.M. - 4:00 P.M. (Except October 14, November 11 & 18, December 23 & 30)

**PHARMACIST:** Erika Hellenbart, PharmD

Fourth Thursdays, 12:00 - 3:00 P.M. (October 24, November 21\*, December 19\*)

**DIETITIAN:** Jim Coogan, RD, LDN

Second Tuesdays, 3:00 P.M. - 4:00 P.M. (October 8, November 12, December 10)

**BLOOD PRESSURE SCREENING**

Second Mondays, 10:15 A.M. - 1:15 P.M. (October 21\*, November 11, December 9)

## **SUPPORT GROUPS**

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**HEALTH MATTERS**

Third Mondays, 11:00 A.M. - 12:00 P.M.

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.

- October 28\*
- November 18
- December 16

**BALANCING YOUR LIFE**

Mondays, 2:00 P.M. - 3:00 P.M. (Except October 14, November 11 & 18, December 23 & 30)

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**

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**WELLNESS NURSE:** Margaret Coyle RN, BSN, CMSRN (No Nurse November 28 and December 26).

Every Thursday, 8:30 A.M. - 12:15 P.M.

### **BLOOD PRESSURE SCREENING**

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

October 3, November 7, December 5

**SOCIAL WORKER:** Jeaneane Quinn, LSW

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

9:30 – 10:00 am: Individual Consultations with Social Worker

10:00 am – 11:00 am: “Table Talk”: Informative group discussion on topics related to health and aging

11:00-11:30 am: Individual Consultations with Social Worker

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

**PHARMACIST:** Michele Martin, PharmD

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

October 22, Nov 19\*, December 17\*

**DIETITIAN:** Kristin Gustashaw, MS, RD, CSG

First Thursdays, 9:30 A.M. – 11:30 A.M. Both Kristin Gustashaw and Devora Collins (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)

October 3, November 7, December 5

## **SUPPORT GROUPS**

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### **STILL GOING STRONG (NURSE)**

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

October 17, November 21, December 19

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

**TABLE TALK: Informative group discussion on topics related to health and aging (SOCIAL WORKER)**

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

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

# Southeast (Atlas) Regional Center Wellness Schedule

## **WELLNESS TEAM**

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### **WELLNESS NURSE:**

Jameese Sykes

Every Tuesday, 8:30 A.M. - 12:00P.M.

### **BLOOD PRESSURE SCREENING**

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

October 1 and 22, November 5 and 26, and December 3 and 24

### **SOCIAL WORKER:** Daniela Mitchem, MSW, LCSW

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

October 7 and 21, November 4 and 18, December 2 and 16

### **PHARMACIST:** Amina Gassam, PharmD

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

July TBD, August 1, September 5

### **DIETITIAN:** Kristin Gustashaw, MS, RD, CSG

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

October 11, November 8, and December 13

## ***SUPPORT GROUPS and SPECIAL WORKSHOPS***

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### **WHAT'S ON YOUR PLATE? (SOCIAL WORKER)**

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

October 7 and 21, November 4 and 18, December 2 and 16

This group helps people cope with everyday events.

### **Take Charge of your Health: Live Well Be Well (Student Nurse)**

Tuesdays starting September 17th through October 29, 8:30-11:00 am

Take Charge of Your Health is a free 6-week health workshop for people with ongoing health conditions. Learn how to build skills and gain confidence in managing your health and leading an active, fulfilling life. Some of the topics covered include: managing emotions, the importance of exercise for maintaining and improving strength, appropriate use of medications and health monitoring. Sign-up is required with Jameese Sykes, nurse practitioner at the Atlas Center.

# Southwest Regional Center Wellness Schedule

## **WELLNESS TEAM**

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### **WELLNESS NURSE:**

Cindy Nissen MSN, CWCN

Every Tuesday, 8:30 A.M. – 11:30 A.M.

**NO NURSE DECEMBER 24 AND DECEMBER 31**

### **BLOOD PRESSURE SCREENING**

Tuesdays, 9:00 A.M.–11:30 A.M.

**November 5**

*Remember to bring your blood pressure card*

### **SOCIAL WORKER:** Jeaneane Quinn, LSW

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

9:15-10:15 am: Individual Consultations with Social Worker

10:15-11:15 am: "Table Talk": Informative group discussion on topics related to health and aging

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

October 3 and 17, November 7 and 21, December 5 and 19

### **PHARMACIST:** Aimee Chevalier, PharmD

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

July 18, August 15, September 19

### **DIETITIAN:** Kristin Gustashaw, MS, RD, CSG

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

October 21, November 18, and December 16

## **SUPPORT AND WEIGHT LOSS GROUPS**

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

**Tuesdays October 8 at 10:00 am, November 12 at 11:00 am\* and December 10 at 10:00 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 15 at 10:00 am and November 19 at 11:00 am \***

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

**"Let's Talk About Medicine!"**

**Tuesdays, October 22 and 29 and November 5,12,19 and 26 from 10:00-11:00 am. Sign up with Chelsea at the Center or register with her by phone at 847-656-6246**

"Let's Talk About Medicine! Beginning Tuesday, October 22, there will be six one-hour sessions starting at 10 AM to talk about medicine. Sessions will be every Tuesday for six weeks. We will discuss how to manage illness, reasons why we take medicine, side effects, and where to go when we need more information. Each participant will get a personalized card with their medicine list at the end of the last session. Join us for a fun learning experience! Sign up by October 15<sup>th</sup> for this six-week session.

"Hablamos sobre Medicina! A partir del martes 22 de octubre, habrá sesiones de una hora a las 10 de la mañana en cuarto 1 para hablar sobre el cuidado de la salud. Las sesiones serán todos los martes durante seis semanas. Hablaremos de cómo manejar su enfermedad, las razones por las cuales tomamos medicamentos, los efectos secundarios y dónde ir cuando necesitamos más información. Cada participante recibirá una tarjeta personalizada con su lista de medicamentos al final de la última sesión. ¡Participa con nosotros para una experiencia de aprendizaje divertida!"

**TABLE TALK: Informative group discussion on topics related to health and aging (SOCIAL WORKER)**

First and Third Thursdays, 10:15 A.M. – 11:15 A.M.

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

October 3 and 17, November 7 and 21, December 5 and 19

# 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

<b>Austin Senior Center</b> 5071 W. Congress Parkway	October 8 and 22, 2019 November 5 and 19, 2019 December 3 and 17, 2019	10:00 a.m. to 12:30 p.m.
<b>Levy Senior Center</b> 2019 W. Lawrence Avenue	October 8 and 17, 2019 November 5 and 19, 2019 December 3 and 17, 2019	12:30 to 1:30 p.m.
<b>Northwest Senior Center</b> 3160 N. Milwaukee Avenue	October 9 and 23, 2019 November 6 and 20, 2019 December 4 and 18, 2019	12:30 to 2:30 p.m.
<b>Atlas Senior Center</b> 1767 E. 79th Street	October 10 and 23, 2019 November 6 and 20, 2019 December 4 and 18, 2019	1:00 to 2:00 p.m.
<b>Southwest Senior Center</b> 6117 S. Kedzie Avenue	October 8 and 22, 2019 November 5 and 19, 2019 December 3 and 17, 2019	1:00 to 2:00 p.m.
<b>Englewood Satellite Center</b> 653-657 W. 63rd Street	October 10 and 24, 2019 November 7 and 21, 2019 December 5 and 19, 2019	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](http://chicagosfoodbank.org)*



# Golden Diners

## Halloween Holiday Meal

**October 31, 2019**

*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.

**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 21, 2019



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.

*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, 2019**

*SERVING OLDER CHICAGOANS SINCES 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 Salad, Wheat Roll,  
Double Layer Carrot Cake**

**\$2.00 suggested contribution. Reservations required.**

**Contact your Center to make your reservation.**



# 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](http://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.

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



**CHICAGO FITNESS PLUS  
Fall 2019  
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	10:15 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 PM - 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	10:15 AM	Yoga
Tuesday	1:00 PM	Latin Rhythm
Wednesday	9:30 AM	SFP
Thursday	10:00 AM	Balance
Thursday	1:00 PM	Latin Rhythm
Friday	9:15 AM	SFP
Saturday	10:00 AM	Fit Mix

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	8:30 AM - 9:30 AM	
Tuesday	11:00 AM - 12:30 PM	10:00 AM - 12:15 PM
Wednesday	8:30 AM - 9:30 AM	10:00 AM - 12:15 PM
Thursday	11:00 AM - 12:30 PM	

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National Council on Aging's 10 Best Practices Program**



**CHICAGO FITNESS PLUS  
Fall 2019  
Regional Centers**



**RENAISSANCE COURT 78 E. Washington Street 60602**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:15 AM	SFP
Monday	11:00 AM	Fresh Start
Wednesday	10:15 AM	SFP
Wednesday	11:00 AM	Fresh Start

**GROUP EXERCISE CLASSES**

Day	Time	Class
Friday	10:15 AM	Weights
Saturday	10:15 AM	SFP

**SOUTHEAST (ATLAS) 1767 E. 79th Street 60649**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	9:00 AM	SFP
Monday	12:45 PM	Fit & Strong
Tuesday	10:30 AM	Arthritis
Wednesday	9:00 AM	SFP
Wednesday	12:45 PM	Fit & Strong
Thursday	10:30 AM	Arthritis
Friday	9:00 AM	SFP
Friday	10:45 AM	Yoga
Saturday	10:00 AM	SFP

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	10:00 AM - 12:00 PM	2:15 PM- 2:30 PM
Tuesday	9:00 AM - 10:15 AM	11:15 AM - 2:00 PM
Wednesday	10:00 AM - 12:00 PM	2:15 PM- 2:30 PM
Thursday	9:00 AM - 10:15 AM	11:15 AM - 12:00 PM
Saturday	9:00 AM - 10:00 AM	11:00 AM - 12:00 PM

**SOUTHWEST 6117 S. Kedzie Avenue 60629**

**GROUP EXERCISE CLASSES**

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

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	10:00 AM - 12:30 PM	
Tuesday	10:30 AM - 11:00 AM	12:00 PM- 3:15 PM
Wednesday	10:00 AM - 12:30 PM	
Thursday	10:30 AM - 11:00 AM	12:00 PM- 3:15 PM
Friday	10:00 AM - 1:00 PM	
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 2019**  
**Satellite Centers**

**ABBOTT PARK 49 E. 95th Street. 60619**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Tuesday	8:30 AM	Yoga
Tuesday	1:00 PM	Arthritis
Wednesday	10:30 AM	Yoga
Thursday	1:00 PM	Arthritis
Friday	9:00 AM	Limbercize
Friday	10:00 AM	Fitness Plus

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Tuesday	12:00 PM - 1 PM	2:00 PM - 4:00 PM
Wednesday	11:30 AM - 1:00 PM	
Thursday	2:00 PM - 4:00 PM	

**AUBURN GRESHAM 1040 W. 79th Street. 60620**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Tuesday	12:30 PM	Arthritis
Wednesday	10:30 AM	Fitness Plus
Thursday	12:30 PM	Yoga

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	11:15 AM - 12:15 PM	
Tuesday	11:45 PM - 12:30 PM	1:15 PM - 1:45 PM
Wednesday	11:15 AM - 12:15 PM	
Thursday	1:15 PM - 2:30 PM	

**AUSTIN 5071 W. Congress Pkwy. 60644**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	11:15 AM	Fitness Plus
Wednesday	11:15 AM	Fitness Plus
Friday	11:15 AM	Balance

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	12:15 PM - 2:30 PM	
Wednesday	12:15 PM - 2:30 PM	
Friday	10:00 AM - 11:00 AM	12:15 PM - 1:30 PM

**CHATHAM 8300 S. Cottage Grove Ave. 60619**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Monday	12:30 PM	Fit & Strong
Wednesday	10:30 AM	Fitness Plus
Wednesday	12:30 PM	Fit & Strong
Friday	10:30 AM	Limbercize

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	10 AM - 10:30 AM	
Monday	11:30 AM - 12:30 PM	2:00 PM - 3:00 PM
Wednesday	10 AM - 10:30 AM	
Wednesday	11:30 AM - 12:30 PM	2:00 PM - 3:00 PM



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## CHICAGO FITNESS PLUS Fall 2019 Satellite Centers

### EDGEWATER 5917 N. Broadway St. 60660

#### 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

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

#### FITNESS CENTER TRAINING HOURS

Day	Hours
Tuesday	10:00 AM - 1:00 PM
Thursday	10:00 AM - 1:00 PM

### GARFIELD RIDGE 5674-B S. Archer Ave. 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 Ave. 60639

#### GROUP EXERCISE CLASSES

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Monday	11:15 AM	Weights
Wednesday	10:30 AM	Fitness Plus
Wednesday	11:15 AM	Weights
Friday	10:30 AM	Fitness Plus
Friday	11:15 AM	Yoga

#### FITNESS CENTER TRAINING HOURS

Day	Hours
Monday	12:00 PM - 1:00 PM
Wednesday	12:00 PM - 1:00 PM
Friday	12:00 PM - 1:00 PM

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



**CHICAGO FITNESS PLUS**  
**Fall 2019**  
**Satellite Centers**

**NORTH CENTER 4040 N. Oakley Ave. 60618**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	9:00 AM	Get Fit!
Monday	2:00 PM	Chair Yoga
Tuesday	9:00 AM	Fit Mix
Wednesday	9:00 AM	Core

**GROUP EXERCISE CLASSES**

Day	Time	Class
Wednesday	1:30 PM	Zumba
Thursday	9:00 AM	Body Alive
Friday	12:15 PM	Arthritis

**NORWOOD PARK 5801 N. Natoma Ave. 60631**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	8:15 AM	Core Strength
Monday	9 & 10 AM	Fitness Plus
Monday	1:00 PM	Arthritis
Wednesday	8:15 AM	Core Strength
Wednesday	9 & 10 AM	Fitness Plus
Wednesday	1:00 PM	Arthritis
Friday	8:15 AM	Core Strength
Friday	9 & 10 AM	Fitness Plus
Friday	1:00 PM	Balance

**FITNESS CENTER TRAINING HOURS**

Day	Hours
Monday	11:00 AM - 1:00 PM
Wednesday	11:00 AM - 1:00 PM
Thursday	9:30 AM - 2:30 PM
Friday	11:00 AM - 1:00 PM

**PILSEN 2021 S. Morgan Ave. 60608**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:00 AM	Fitness Plus
Monday	1:00 PM	Fit & Strong
Wednesday	10:00 AM	Fitness Plus
Wednesday	1:00 PM	Fit & Strong
Friday	10:00 AM	Fitness Plus
Friday	1:00 PM	Fit & Strong

**FITNESS CENTER TRAINING HOURS**

Day	Hours
Monday	11:00 AM - 12:45 PM
Wednesday	11:00 AM - 12:45 PM
Friday	9:00 AM - 10:00 AM
Friday	11:00 AM - 12:45 PM



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



## CHICAGO FITNESS PLUS Fall 2019 Satellite Centers

### PORTAGE PARK 4100 N. Long Ave. 60641

#### GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:45 AM	Fitness Plus
Tuesday	10:30 AM	Balance
Tuesday	1:00 PM	Yoga
Wednesday	9:45 AM	Fitness Plus
Thursday	10:30 AM	Fitness Plus
Friday	10:45 AM	Fitness Plus
Friday	2:00 PM	Yoga

#### FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	8:30 AM - 9:30 AM	10:30 AM - 2:30 PM
Tuesday	9:30 AM - 2:30 AM	
Wednesday	8:30 AM - 9:30 AM	10:30 AM - 2:30 PM

### ROSELAND 10456 S. Michigan Ave. 60628

#### GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:00 AM	Fitness Plus
Monday	10:00 AM	Fit & Strong
Wednesday	9:00 AM	Fitness Plus
Wednesday	10:00 AM	Fit & Strong
Friday	9:15 AM	Yoga

#### FITNESS CENTER TRAINING HOURS

Day	Hours
Monday	11:00 AM - 1:00 PM
Wednesday	11:00 AM - 1:00 PM

### SOUTH CHICAGO 9233 S. Burley Ave. 60617

#### GROUP EXERCISE CLASSES

Day	Time	Class
Monday	10:00 AM	Fitness Plus
Wednesday	10:00 AM	Fitness Plus
Thursday	9:45 AM	Fitness Plus
Thursday	10:45 AM	Arthritis

#### FITNESS CENTER TRAINING HOURS

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

### WEST TOWN 1613 W. Chicago Ave. 60622

#### GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:30 AM	Weights
Tuesday	10:30 AM	Fitness Plus
Wednesday	9:30 AM	Zumba
Wednesday	10:15 AM	Yoga
Thursday	9:15 AM	Yoga
Thursday	10:30 AM	Fitness Plus

#### FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Tuesday	9:00 AM - 10:30 AM	11:15 AM - 1:00 PM
Thursday	9:00 AM - 10:30 AM	11:15 AM - 1:00 PM

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



**Regional Director: Shavette Lovemore**

**Programs: Sharron Williams**

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**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**

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### **CENTRAL WEST CHOIR**

**3<sup>rd</sup> 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 3<sup>rd</sup> Thursday of the month at 10:00 a.m.

### **CENTRAL WEST BOOK CLUB**

**3<sup>rd</sup> Mondays, October 15<sup>th</sup>; November 19<sup>th</sup>; December 17<sup>th</sup>**

**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 Wedding Gift** by Marlen Suyapa Bodden (October Book), **Saved in the City** by Jacquelin Thomas (November Book) and **no book is assigned for December as the group partakes in an outing.**

### **EMPOWERMENT SESSION**

**Every 4<sup>th</sup> Thursday**

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

Every 4<sup>th</sup> Thursday of the month an empowerment session will be held at 10:00 a.m. These sessions will review, discuss,

and offer resources specific to senior needs.

## **CLASSES**

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### **SEE MARGARET**

**Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday**

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

Margaret Coyle 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, Margaret will be available to listen and talk with you.

### **STEPPING CLASS**

**Wednesdays,**

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

Dr. Loretta Martin will teach you how to step 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.

## **CHICAGO FITNESS PLUS**

**Tuesday & Thursdays**

**9:00 a.m.**

Instructor Loretta Horton will help you strengthen and tone your body through the use of cardio, weights, and core exercises. All are welcome as low and intermediate moves will be provided.

## **SENIOR TAP DANCE**

**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. The class 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.

## **LINE DANCING**

**Fridays,**

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

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

## **UPCOMING EVENTS**

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### **BID WHIST TOURAMENT**

**Friday, October 4, 2019**

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

If cards are your thing, come join us for fun and a good game of Bid Whist.

Suggested Donation: \$5.00

## **SNAP OUTREACH**

**Thursday, October 19, 2019**

**10:30a.m - 12:30 p.m.**

GCFD will assist all those who qualify, to apply for **SNAP** benefits. For more information, please call 312-746-5300.

## **PROPERTY AFTER DEATH**

**Tuesday, October 22, 2019**

**10:30 a.m. - 12:00 p.m.**

This presentation will explain homeowner's property options after death, without having a will in place.

## **HALLOWEEN DANCE**

**Friday, October 25, 2019**

**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. Suggested Donation: \$5.00

## **THANKSGIVING CELEBRATION**

**Tuesday, November 21, 2019**

**11:30 a.m. - 2:00 p.m.**

Come and enjoy good food, entertainment, music, and company as we give thanks for 2019.

## **Westside Coalition for Seniors and Chicago Department of Family and Support Services**

### **27th ANNUAL SENIOR PROM**

**Thursday, NOVEMBER 14, 2019**

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

27th Annual Senior Prom tickets will be available on **Monday, July 1, 2019**. Make sure you get your ticket(s) for this event.

Ticket cost is \$50.00.

## **CHRISTMAS CELEBRATION**

**December 20, 2019**

**11:30 a.m. - 2:00 p.m.**

Come and enjoy good food, entertainment, music, raffles and company.

## Central West Satellite Centers Program Highlights

<b>Austin Satellite Center</b> <b>5071 West Congress, 60644</b> <b>(312)743-1538</b>	
<b>QUILTING CLASS</b> Fridays, 1:00 p.m. – 3:00 p.m.	Quilting class taught by a professional quilter. This is a wonderful class with even better company.
<b>LINE DANCE CLASS</b> Every Tuesday & Thursday 9:00 a.m. -11:00 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.
<b>TRICK OR TREAT HALLOWEEN EVENT</b> October 31, 2019 1:00 p.m.	Austin Satellite Center will celebrate Halloween with Leland Elementary School. The kindergarten and 1 <sup>st</sup> grade classes will stop by to trick or treat. This intergenerational gathering will be a blast.
<b>Pilsen Satellite Center</b> <b>2021 South Morgan, 60608</b> <b>(312)743-0493</b>	
<b>AGE-FRIENDLY VILLAGE MEETING</b> 2 <sup>nd</sup> Wednesdays at 11:30 a.m.	Come join us every 2 <sup>nd</sup> Wednesday of the month to give your input and to volunteer to assist older persons in the community. Guest speakers, lunch, activities, and information on community resources are available at the meetings.
<b>West Town Satellite Center</b> <b>1613 West Chicago, 60622</b> <b>(312)743-1016</b>	
<b>CITY KEY CARD</b> Office of the City Clerk Wednesday, Oct. 9, 2019 9:30 a.m. – 11:30 a.m.	The City Key Card is an optional valid, government-issued ID, library card and Ventra Card. It also offers additional benefits, such as discounts at sports games, cultural events, local businesses and prescription benefits.
<b>HALLOWEEN PARTY</b> Thursday, Oct. 31, 2019 12:30 p.m. – 4:00 p.m.	Put on your best or scariest costume as we celebrate Halloween with karaoke and dancing! Prizes for the best, the scariest and most original costume.
<b>DIA DE LOS MUERTOS</b> Day of the Dead Event November 1, 2019	A joyous occasion remembering ancestors and celebrating the continuity of life. Together we will build an Ofrenda or Altar in honor of loved ones that have departed. Bring photos, memorabilia, candles and marigold flowers so we can build the most colorful altar.

**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**



**Regional Director: Sean Dolan**

**Programs: 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**

### **MONSTER MASH**

**Wednesday, October 30, 2019**

**1:00 p.m. – 3:00 pm.**

Come in costume and enjoy the music of the talented Dancemates. Refreshments served. **FREE**

### **“CELEBRATION OF THANKS”**

**Thursday, November 14, 2019**

**1:00 p.m. – 3:00 p.m.**

Celebrate the season of “Thanksgiving” as you dance the afternoon away with the vibrate sounds of DJ Johnny Wonder. Refreshment served. **FREE**

### **HOLIDAYJOLLY HOLIDAY PARTY**

**Thursday, December 19, 2019**

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

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

### **BINGO – BINGO – BINGO**

**Thurs., Oct. 24 10:00 a.m.- 11:30 a.m.**

**Friday, Nov.15 1:00 p.m. - 2:30 p.m.**

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

**Donation \$.50 (per card )**

Stop by for quick game of Bingo with Meals on Wheels volunteers, great prizes and fun people!

## **CLASSES**

### **AARP DRIVER SAFETY**

**Thursday, Nov. 21<sup>st</sup> & Friday, Nov. 22<sup>nd</sup>**

**Thursday, Jan. 9<sup>th</sup> & Friday, Jan. 10<sup>th</sup>**

**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.** Please make all checks payable to AARP. Class fee can be paid on the first day of class, cash or check only. For more information, call (312) 744-0784.

### **ZUMBA FITNESS GOLD**

**Tuesdays & Saturdays**

**NEW!!! 9:00 a.m - 10:00 a.m. FEE: \$1**

**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.

## **BASIC LINE DANCE**

**Tuesdays, 1:00 p.m. – 2:00 p.m.**

**Instructor: Ms. Georgia**

Let Ms. 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. Donation: \$1

## **SPANISH I**

**Thursdays, 3:00 p.m. - 4:00 p.m.**

**Instructor: Marvin Childress**

Come learn basic Spanish all are welcomed.

## **SPANISH II**

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

**Instructor: Marvin Childress**

Come learn conversational Spanish at an advanced level.

## **KNITTING & CROCHETING CLUB**

**Wednesdays, 10:00 a.m. - 11:30 a.m.**

**Instructor: Bessie**

Learn how to crochet at any level - beginner, intermediate, or expert! All skill levels are welcome to learn how to create masterpieces.

## **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.

## **VIBE (Visualize, Imagine, Breathe & Energize)**

**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.

## **WESTERN LINE DANCE**

**Fridays, 1:00 p.m. – 2:00 p.m.**

**Instructor: Louie Stallone Fee: \$1**

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.

## **SHUFFLE N' SLIDE DANCING**

**Fridays, 2:30 p.m.**

**Instructor: Ms. Georgia Fee: \$5**

For advanced line dancers enjoy the afternoon with music and organized group choreography.

## **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.

## **GCFD CHOICE FOOD PANTRY**

**Tuesdays, 12:30 p.m.**

*Early arrival is suggested!!!*

October 8 & 22, 2019, November 5 & 19, 2019 & December 3 & 17, 2019

## **COMPUTER CLASSES:**

Here at Northeast (Levy) Senior Center we have a state-of-the-art computer lab with the most updated technology. We offer classes Basic Computer classes. For more information call 312-744-0784.

## **WEEKEND PROGRAMS**

### **LATIN & SWING DANCE LESSONS**

**Saturdays, 12:30 p.m. – 1:30 p.m.**

**Instructor: Norman**

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

### **BELLY DANCE**

**Saturdays, 10:15 a.m. – 11:15 a.m.**

**Instructor: Dianne Hodges**

Dianne will teach you balance, core strength, breathing techniques and much more! **FREE. Classes will resume November 2, 2019.**

# Northeast Satellite Centers

## Program Highlights

<b>Edgewater Satellite Center</b> <b>5917 North Broadway, 60660</b> <b>(312)742-5323</b>	
<b>NEW CLASS*</b> <b>SOCIAL PARTNER &amp; GREEK DANCE</b> Tuesdays, starting October 1, 2019 12:30 p.m. to 1:30 p.m.	Integrate different parts of your brain such as coordination, rhythm and strategy! Learn to dance to beautiful music for swing, salsa, and Greek dances. No partner needed!
<b>"HONOR FLIGHT" FILM &amp; VETERANS RECOGNITION</b> Monday, November 4, 2019 12:30 p.m. to 2:30 p.m.	A heartwarming documentary about four WWII veterans and the community that enables them to participate in an Honor Flight to Washington D.C. We will also be honoring our senior center Veterans.
<b>POETRY DISCUSSION</b> Six-Week Series Edgewater Village Every Tuesday, October 15 to November 19, 2019 1:30 p.m. to 3:00 p.m.	This popular poetry discussion series focuses on fun poems including limericks, Ogden Nash, T.S. Eliot, W.H. Auden and many others. Led by Dr. Forrest Ingram, retired Chair of the Dept. of English and Communicative Arts at Roosevelt University.
<b>North Center Satellite Center</b> <b>4040 North Oakley, 60618</b> <b>(312)744-4015</b>	
<b>FRAN-ERCISE</b> 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.
<b>VETERAN'S DAY CELEBRATION</b> Monday, Nov. 11, 2019 11:00 a.m. – 12:00 p.m.	All Veterans and community members are invited to this wonderful event commemorating all veterans and current active military. No Charge. Parking on the street.  This program is part of the North Center Village.
<b>DROP-IN TECH CLINIC MONDAYS</b> (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**



**Regional Director: Rafael Gonzalez**

**Programs: Chandra Thompson**

**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**

### **ILLINOIS SECRETARY OF STATE MOBILE PHOTO ID SERVICE**

**Friday, October 25, 2019**

**10:00 a.m. – 2:00 p.m.**

Staff from the Secretary of State will be onsite to provide photo ID cards for senior citizens. Required documentation: two acceptable forms of identification that provide your name, date of birth, residency and signature. Driver's license \$30 (ages 21- 68), \$5 (ages 69- 80), \$2 (ages 81- 86); State ID \$20 (ages 18- 64), FREE (ages 65 and up, disabled, and homeless). Cash is not accepted at mobile unit.

### **HALLOWEEN COSTUME CELEBRATION**

**Wednesday, October 30, 2019**

**12:30 p.m. – 3:30 p.m.**

Join us as we celebrate Halloween with treats and fun. Contest for best and ugliest costumes. Following our lunch, we will be entertained by DJ Chico. **FREE**

### **SPOOKTACULAR SUPER BINGO**

**Thursday, October 31, 2019**

**9:30 a.m. – 3:00 p.m.**

You asked for it and you have it. ALL DAY Bingo. Participants must come dressed in Halloween attire (mask, headband, fangs, claws, etc). Special lunch menu: Cornish Hen, Au Gratin Potatoes, Collard Greens, Coleslaw, Corn Bread and Apple Cobbler.

**Cost: \$2 for 4 cards**

### **VETERAN'S DAY CELEBRATION**

**Thursday, November 7, 2019**

**10:00 a.m. – 11:00 a.m.**

Come watch one of the City of Chicago's Public High School Jr ROTC perform with colors and drill. Performance may be outdoor if the weather permits. **FREE**

### **THOSE FUNNY LITTLE PEOPLE**

**Thursday, November 21, 2019**

**12:00 p.m. - 1:00 p.m.**

We will have a special lunch followed by a spectacular performance from Those Funny Little People. Those Funny Little People is a one-of-a-kind entertainment company with life-sized puppets who dance, sing and make people laugh. **FREE**

### **CHRISTMAS PARTY**

**Thursday, December 19, 2019**

**12:30 p.m. – 3:00 p.m.**

Join us to celebrate the most wonderful time of the year with the most wonderful people. Copernicus invites you to our Christmas party. Come dressed in festive garments. Mr. & Mrs. Claus may stop by if you've been nice. Entertainment by DJ Chico

## **CLASSES**

### **AARP DRIVER SAFETY**

**Wednesday, October 9<sup>th</sup> & Thursday, October 10<sup>th</sup>, Wednesday, December 11<sup>th</sup> & Thursday, December 12<sup>th</sup>**

**9:00 a.m. – 1:00 p.m.**

This approved two day/ four hour course is facilitated by AARP trained and state

approved instructors. You must attend class both days to be eligible for the certification. **\$15 for AARP members and \$20 for non-members.** Call 312-744-6681 to register.

## **PILATES CLASS**

**1<sup>ST</sup> & 2<sup>ND</sup> Mondays**

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

Our instructor, Bonnie Pobgee, will teach you how to strengthen your body's core muscle groups and increase your flexibility. **FREE**

## **V.I.B.E. Visualize, Imagine, Breath, Energize**

**3rd & 4th Mondays**

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

Please join Bonnie Pobgee in an Arthritis Foundation approved Tai-Chi and Qi Gong, easy to learn slow graceful movements, often called "meditation in motion", that will balance your mind and body.

## **LINE DANCE**

**1<sup>st</sup> & 2<sup>nd</sup> Mondays**

**12:30 p.m. – 1:30 p.m.**

Frances Strain fires up your enthusiasm for learning how to line dance. **\$1.00 suggested donation.**

## **INDOOR GARDENING**

**3<sup>rd</sup> & 4<sup>th</sup> Mondays**

**12:30 p.m. – 1:30 p.m.**

Have you always wanted to grow your own flowers, fruits, vegetables, herbs? Join Nelson Fluker in this new exciting class.

**FREE**

## **MANUAL CRAFTS**

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays**

**10:00 a.m. – 11:30 a.m.**

Please join our volunteer Marta Ortiz in learning how to do fun manual craft projects for your personal use or for gifts for your love ones. **FREE**

## **SNACKING AROUND THE WORLD**

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays**

**12:00 p.m. – 2:00 p.m.**

Learn recipes from around the world. Experience a new world in this class. Chef Brazley teaches great healthy lifestyle choices. **FREE**

## **BEADS & BAUBLES CLASS**

**1<sup>st</sup> & 3<sup>rd</sup> Fridays**

**10:15 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. **Suggested Donation \$1.00**

## **WEEKEND CLASSES & EVENTS**

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### **ZUMBA CLASS**

**1st, & 2nd Saturdays**

**12:15 p.m. – 1:15 p.m.**

This fun Latin inspired dance program includes Merengue, Salsa, Cha cha, Cumbia, Belly Dance and more.

### **COMPUTER BASICS**

**10/5/19, 10/12/19, 10/19/19, 11/2/19, 11/9/19**

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

Basic introduction to computers. Designed for beginners with little or no knowledge of computers. **FREE**

### **“AT THE MOVIES”**

**4th Saturday of each month, 12:30 p.m.**

4th Saturday each month come see some of the older classic titles released by Hollywood! **FREE**

# Northwest Satellite Centers

## Program Highlights

<b>Kelvyn Park Satellite Center</b> <b>2715 North Cicero,60639</b> <b>(312)744-3350</b>	
<b>BINGO</b> 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.
<b>ZUMBA GOLD</b> 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!
<b>Norwood Park Satellite Center</b> <b>5801 North Natoma,60631</b> <b>(773)775-6071</b>	
<b>MELLO-TONES SENIOR CHORUS</b> Thursday, Dec. 5, 2019 11:30 a.m.	Join us for a holiday concert. Lunch at 12:30. The concert is free. Suggested donation for lunch is \$2.00 Call 773-775-6071 to register.
<b>AARP DRIVER SAFETY CLASS</b> Tuesday & Thursday, November 5&7, 2019 12:45 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.
<b>Portage Park Satellite Center</b> <b>4100 North Long,60641</b> <b>(312)744-9022</b>	
<b>HALLOWEEN PARTY</b> Thursday, July 31, 2019 11:00 a.m. – 3:00 p.m.	Bring your dancing shoes as we celebrate Halloween with music (from DJ Chico), a costume contest, raffles, and lunch! \$3.00 suggested donation
<b>AARP DRIVER SAFETY CLASS</b> Friday, Nov. 1 & 8, 2019 12:15 p.m. - 4:15 p.m.	Come and learn about safe driving! Cost: \$15 (Members) & \$20 (Non-Members)! After completing the course, you may be eligible for a discount on your insurance!
<b>THANKSGIVING CELEBRATION</b> Thursday, Nov. 21, 2019 11:00 a.m.- 3:00 p.m.	Join us for music (from the Revolutionary Swing Orchestra), raffles, and lunch during our Thanksgiving celebration! \$3.00 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**



**Regional Director: Crystal Warren**

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

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

## **SPECIAL EVENTS & PROGRAMS**

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### **HOLIDAY LINE DANCE PARTY**

**Chicago Cultural Center**  
**Preston Bradley Hall, 2<sup>nd</sup> Floor**  
**Monday, Dec 9, 2019**  
**11:00 a.m. – 3:00 p.m.**

Come line dance with DJ Chico and listen to The soulful musical band Return 2 Soul. Box lunch available for a suggested contribution: \$2.00 . Reservation is not required

### **MEDICARE PATROL FRAUD**

**Tuesday, October 8, 2019**  
**12:30 p.m. – 2:00 p.m.**

Free presentation regarding the Do's and Don't of Medicare. Come with your Questions.

### **DOMESTIC VIOLENCE "BE AWARE"**

**Tuesday, October 15, 2019**  
**12:00 p.m. – 1:30 p.m.**

Join us for a free presentation on domestic violence awareness.

### **FLU SHOTS**

**Tuesday, October 22, 2019**  
**10:30 a.m. – 1:00 p.m.**

### **AARP DRIVER SAFETY**

**Wednesday, November 6 &**  
**Thursday, November 7, 2019**  
**12:30 p.m. – 4:30 p.m.**

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

### **LADIES & GENTS WHO LUNCH**

**Every 3<sup>rd</sup> Tuesday**

**11:30 a.m.**

If you love dining at Chicago's most famous restaurants while enjoying great socialization, then you will love to be a part of this dynamic group of Ladies & Gents. This group meets every 3<sup>rd</sup> Tuesday at a different restaurant of choice. You can become a "Foodie" or expert cuisine critic. Call us at 312/ 744-4550 to reserve your seat at the table. Reservations are free but lunch and transportation are on you. So join us! This quarter we will visit:

<b>October</b>	<b>Uncle Julio's</b>
<b>November</b>	<b>Del Frisco's Double Eagle Steakhouse</b>
<b>December</b>	<b>TBD</b>

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## RENAISSANCE COURT GALLERY

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

**Richard Katz**  
Sept 13 – Nov 8  
Photography and Acrylic

**Vicky Tesmer**  
Nov 15 – Jan 10, 2020  
“Portrait of Chicago”  
Opening Reception  
Nov 15, 2019  
5:00 p.m. – 7:00 p.m.

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## CLASSES

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### MEDITATION & RELAXATION

Wednesdays,  
3:15 p.m. – 4:45 p.m.

Facilitator: Rev. Kongxin

A Chinese Mahayana Buddhist nun for over 15 years, Rev. Kongxin has been practicing meditation for over 30 years, participating in Intensive guided Chan meditation retreats in Malaysia, Taiwan, and the U.S.

- Techniques to relax the body and mind
- Mindfulness with breathing and breathing techniques
- Contemplation techniques

Wear loose comfortable clothes. Registration is not required. Fee: \$3 per class

### HOOP FITNESS

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 required**

### HATHA YOGA

Tuesdays,  
11:00 a.m. – 12:00 p.m.

Instructor: Peggy Figiel

This class is a great introduction to Hatha Yoga. Instruction focuses on breath work, alignment, modified poses, balanced sequencing and integrating the philosophy of yoga BODY! You will enjoy the benefits of this class which include building strength, increasing flexibility; improving balance and calming the mind wear loose, comfortable clothing and refrain from eating before class. **FREE. Registration is not required**

### CONVERSATIONAL FRENCH

Thursdays,  
10:00 a.m. – 11:30 a.m.

Come learn the language of love “French” from Yvonne Fawell, an educator who lived in Paris, Helsinki and Beijing. This fun class will have you speaking French very fast. Registration is not required. Fee: \$5.00 per class

### CHORUS FALL CONCERT

Friday, November 1, 2019

2:00 p.m. – 3:00 p.m.  
**FREE**

### CHORUS CHRISTMAS CONCERT

Friday, December 13, 2019

2:00 p.m. – 3:00 p.m.

### CHAIR YOGA

Tuesdays,  
12:30 - 1:30 p.m.

Instructor: Peggy Figiel

Breath, stretch, explore your inner self. This yoga class is for the students who are not comfortable getting down on the floor to exercise on a yoga mat. A chair or wheelchair based practice is known to improve balance, increase energy, and relieve stress and tension. Learn techniques that ease tension and stress in the face and body; improve range of motion, strength, and flexibility. All will benefit your general well-being through conscious breathing and stretching. No yoga experience required. **Registration is not required. FREE.**

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



**Regional Director: Robin Tillotson**

**Programs: Kalyna Pomirko**

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**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**

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### **OPEN ENROLLMENT MEDICARE BRUNCH**

**Wednesday, October 9, 2019**

**9:30 a.m. – 12:00 p.m.**

Are you confused about your Medicare Plan? Come out to hear our Open Enrollment Education Specialists and receive assistance in identifying the appropriate plan for you! Hosted by Rose Sturghill Bradford and Joan Hollingsworth and sponsored by The Atlas Village Interdependent Collaborative. **FREE.**

### **ANNUAL ATLAS CHRISTMAS PARTY**

**Friday, December 13, 2019**

**12:00 p.m. to 4:00 p.m.**

Join us and dance to the tunes of D.J. Chico. Lunch Provided.

**NOTE: Tickets go on sale Friday, November 1, 2019 \$15.00**

### **MUSIC BY TOBIAS**

**Monday, Wednesday, and Fridays**

**11:30 a.m. to 1:30 p.m.**

D.J. Tobias plays your favorite songs taking you back to those magical days of magical music! **FREE**

### **ABSOLUTE BEGINNING LINE DANCE CLASS (NEW)**

**Mondays, October 14, 21, & 29, 2019**

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

Instructor: Marvella Ross

This class is only for people who **DO NOT** know any line dance steps. Join this class and soon you'll be on the dance floor with ease. **COST: \$5.00 per class**

### **ATLAS FALL LINE DANCE PARTY**

**Thursday, October 17, 2019**

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

Dance the afternoon away with D.J. Chico at the helm. Line dance instruction provided. Admission is **\$5.00** at the door. A limited number of chicken salad box lunches will be available for purchase for \$2.00.

## **WEEKEND CLASSES & EVENTS**

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### **SATURDAY MUSIC GROOVERS WITH TOBIAS**

**Saturdays, October 5, November 2 &**

**December 7, 2019**

**11:30 a.m.**

Start your weekend off with D.J. Tobias as he plays tunes that kindles great memories. **FREE.**

## **MUSICAL NOTES**

**Saturdays October 12, November 9, and December 14, 2019**

**11:30 a.m.**

Andre Miles brightens your weekend with vocals and keyboard. **FREE.**

## **SATURDAY LINE DANCE CLASS**

**Saturdays, October 19 and December 21, 2019.**

**10:00 a.m.**

Instructor Marvella Ross will teach you the latest line dance steps in time for the Holiday parties. **FREE.**

## **WE SING KARAOKE**

**Saturdays, October 26, November 23 and December 28, 2019**

**11:30 a.m.**

Be-Bop wants you to join her in Karaoke. Fun Times! **FREE.**

## **KY'NORA & THE ENCHANTERS**

**Saturday, December 21, 2019**

**12:00 p.m.**

Join us for this wonderful holiday musical program featuring vocals, piano and harmonica. **FREE.**

## **CLASSES**

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### **KNIT/CROCHET**

**Mondays, 12:30 p.m. – 2:30 p.m.**

Instructor: Jo-Ann McKelphin

Join us for a good time knitting and crocheting. You can start from scratch, rekindle an old hobby or get support on a current project! **\$3.00**

### **T A I—C H I**

**Tuesdays, 12:45 p.m. – 2:00 p.m.**

Instructor: Craig Harris

Tai Chi is an effective physical fitness exercise that can improve strength, flexibility, balance, and aerobic conditioning. Practicing Tai Chi has been clinically proven to boost immune system and improve many health conditions including stress, heart disease, high blood pressure, Parkinson's Disease,

Arthritis, and low bone density. **Suggested Donation: \$3.00**

### **LINE DANCE**

**Tuesdays, 9:00 a.m. – 10:00 a.m.**

Instructor: Marvella Ross **\$3.00**

### **STEPPIN'**

**Tuesdays, 10:00 a.m. – 11:30 a.m.**

Instructor: James Drake **\$5.00**

### **BRIDGE CLUB**

**Thursdays, 10:00 a.m. – 3:00 p.m.**

**FREE.**

### **QUILTING ARTS**

**Fridays, 1:00 p.m. – 2:30 p.m.**

Instructor: Tamara Laville **FREE.**

### **PAINTING/DRAWING**

**Tuesdays & Wednesdays**

**9:30 a.m. – 2:30 p.m.**

**(SEE INSTRUCTOR FOR CLASS FEE)**

### **MASSAGE THERAPY**

**(By Appointment Only)**

**Wednesdays, 9:30 a.m. to 3:30 p.m.**

Massage your stress away! Experience all the benefits of this treatment. Please call Robin Tillotson, 312/747-0189 for appointment.

### **AARP DRIVER SAFETY**

#### **EDUCATION**

**Wednesday & Thursday, October 23 & 24, 2019**

**9:00 a.m. to 1:00 p.m.**

Instructor: Lois Travis

Please register with instructor at (773) 568-7261 (day time hours only)

### **CONVERSATIONAL SPANISH RETURNING SOON!**

# Southeast Satellite Centers

## Program Highlights

<b>Abbott Park Satellite Center</b> <b>49 East 95<sup>th</sup> Street, 60619</b> <b>(312)745-3493</b>	
<b>LINE DANCE &amp; OPEN MIC PERFORMANCE</b> Fridays, 11:00 a.m. – 2:00 p.m.	Spend your Fridays at Abbott Park Senior Satellite Center with Beginners Line Dancing at 12:00 p.m. – 2:00 p.m. But, don't leave and join us for Open Mic from 1:00 p.m. – 3:00 p.m. All talents are welcome, Karaoke Sing-A-Long, Poetry, Spoken Word & Dancing.
<b>YOGA</b> Beginners, Tuesdays 8:30 a.m. - 9:30 a.m. Advanced, Wednesdays 10:30 a.m. -11:30 a.m.	Come join Tony Stevens Tuesday and Wednesday at Abbott Park Senior Satellite Center Tony will show you step by step with each Yoga pose to take you from Beginner to Advanced!
<b>Chatham Satellite Center</b> <b>8300 South Cottage Grove, 60619</b> <b>(312)745-0401</b>	
<b>BINGO WITH JOHN</b> Wednesdays, 1:30 p.m. - 3:00 p.m.	Everyone is welcome to play Bingo with John. "Special" games, surprise "raffles" with some of the games. A good time will be had by all.
<b>ICE CREAM SOCIAL</b> 3 <sup>rd</sup> Thursdays 1:30 p.m. – 3:00 p.m.	EVERYONE IS WELCOME at Chatham Satellite's <b><i>Dancing Singing, and Socializing with Friends</i></b> . Have a cup of ice cream and try your hand at Karaoke with Stefon. If you would like to dance, feel free.
<b>Roseland Satellite Center</b> <b>10426 South Michigan, 60628</b> <b>(312)745-1500</b>	
<b>YOGA</b> Fridays, 9:00 a.m. – 10:00 a.m.	Come join us at the Roseland to enhance your quality of life in health and wellness.
<b>LINE DANCE CLASS</b> Mondays, 11:00 a.m. – 12:00 p.m.	Do you want to learn how to line dance? Summer holiday gatherings are just around the corner. Come join us to learn the latest moves in line dancing at Roseland Senior Satellite Center.
<b>South Chicago Satellite Center</b> <b>9233 South Burley, 60617</b> <b>(312)745-1282</b>	
<b>ZUMBA WITH ERIKA</b> Tuesdays, 10:00 a.m. – 11:00 a.m.	Ditch the workout and join the party with Ms. Erika. You are sure to have a Zumba good time.
<b>IT'S NOT OVER YET HALLOWEEN PARTY!</b> Friday, November 1, 2019 5:00 p.m. – 8:30 p.m.	The South Chicago VIC is hosting a Halloween Costume party on Friday, November 1, 2019. DJ Chico will be on the wheels of steel. Please call the center for additional details.

**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**



**Regional Director: Jewel D. Wilson**

**Programs: Felipe Sanchez**

**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**

### **HALLOWEEN PARTY**

**Thursday, October 31, 2019**

**11:30 a.m. – 1:00 a.m.**

Get up and join the seniors at the center for an afternoon of fun. Come out and wear your favorite costume. Dance music and refreshments will be provided. Trick or Treat. Entertainment will be provided by "Cat Daddy." **FREE**

### **LOTERIA**

**Mondays, 2:00 p.m. – 4:00 p.m.**

Come join us in playing an all-time family favorite game "La Lotería". It is a traditional Hispanic game of chance, similar to Bingo, but using images on a deck of cards. Cards will be provided for \$1.00 each with proceeds going to the purchase of prizes for the games.

### **BINGO**

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

**Saturdays, 1:00 p.m. - 3:00 p.m.**

Join us for a Bingo good time. Come for fun-filled games and enjoy the company of new friends. Cards will be provided for \$1.00 each with proceeds going to the purchase of prizes for the games.

### **FLU SHOT CLINIC**

**Tuesday October 22, 2019**

**10:00 a.m. – 1:00 p.m.**

Be smart and stick it to the Flu before it sticks you. Stop in and get your Flu shot.

### **BID WHIST TOURNAMENT**

**Saturday, October 12, 2019**

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

Come join us for an afternoon of enjoyment in playing the trick taking variant of the classic card game "Whist." Decks of cards will be provided. The tournament will be set as a round robin. There will be prizes for the First and Second place finishers.

Participants will pay \$5.00 with proceeds going to purchase prizes for the winners. Please RSVP by October 10, 2019.

### **"LET'S TALK ABOUT MEDICINE"**

**with Chelsea Keenan**

**Tuesdays, Starting October 22, 2019**

**through November 26, 2019**

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

Many people ask themselves "What type of medication am I taking?" or "What are these pills for?" Chelsea Keenan, from Rush will be here to help you learn how to improve medication adherence. Please bring a list of your medications on the first day. **FREE**

### **NEW! LINE DANCE BOOTCAMP**

**3 Days Only! w/Hakeemah Shamsuddin**

**Saturdays, Oct. 19, Nov. 23, Dec. 21**

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

Why not? If you have never line danced before come out and see what it's all about. There is a \$10.00 sign-up fee for each day, with money orders to be made payable to the "Southwest Auxiliary".

## **STEPPING WORKSHOP**

**w/Dr. Loretta Martin Muhammed**  
**Saturday October 26, 2019**  
**1:00 p.m. - 2:00 p.m.**

Join us for an awesome opportunity to come out and learn a style of dancing where the footwork is the most important part of the dance.

## **DAY OF THE DEAD FIESTA**

**Saturday, November 2, 2019**  
**12:30 p.m. - 2:30 p.m.**

Come join us and enjoy one of the oldest Latin traditions. Dress up in your favorite costume. Entertainment will be provided by "Mr. Karaoke" himself, Harold Hall. **FREE**

## **THANKFEST**

**November 27, 2019**  
**12:30 p.m. - 3:30 p.m.**

Join us for afternoon of food and music by DJ Chico, to celebrate and reconnect with friends and family. **FREE**

## **WINTER HOLIDAY CELEBRATION**

**December 23, 2019**  
**12:30 p.m. - 3:30 p.m.**

Celebrate the start of the Holiday week with friends and family. Dance to some great music from DJ Chico and show off your dance moves. Refreshments will be provided. **FREE**

## **KARAOKE "SING INTO THE NEW YEAR"**

**December 31, 2019**  
**11:30 a.m. - 1:30 p.m.**

Come help us close out the year with fellowship, dancing and your best singing voice with "Mr. Karaoke" Harold. **FREE**

## **CLASSES**

### **AARP DRIVERS' SAFETY PROGRAM**

**Thursday, October 10, 2019 and**  
**Friday, October 11, 2019**

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

This approved course is taught by AARP for Accident Prevention. You must be at least 55 years old and a \$20.00 fee is required for the two day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited. \$15.00 for AARP members and \$20.00 for non-members (money orders payable to AARP)

## **TREASURES TO CHERISH**

**Wednesdays, 9:30 a.m. - 11:30 a.m.**

Have you wanted to learn to crochet, knit, or do plastic canvas? Every Wednesday we meet to learn and compare new creations. Participants must bring their own materials. Everyone is welcome. **FREE**

## **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 format is so easy that anyone at any age can do it! **FREE**

## **SALSA WORKSHOP w/EARL HALL**

**Saturday December 14, 2019**  
**1:00 p.m. - 2:00 p.m.**

Hey get ready for the holidays and learn some smooth Latin dance moves to impress your friends. There is a \$10.00 sign-up fee for the day, please make money orders payable to the "Southwest Auxiliary".

## **SPA DAY AT THE SOUTHWEST CENTER w/Trentz Beauty School**

**Friday November 22, 2019**

**1:00 p.m. - 4:00 p.m.**

The event will feature a presentation on grooming, and beauty tips. Participants may also receive courtesy manicure, grooming, and facial touch-ups from a group of local school interns. Please RSVP by November 20, due to space limitation. **FREE.**

# Southwest Satellite Centers

## Program Highlights

<p><b>Auburn Gresham Satellite Center</b>  <b>1040 West 79<sup>th</sup> Street, 60620</b>  <b>(312)745-4797</b></p>	
<p><b>DOUBLE FEATURE MONDAYS</b>            12:00 p.m. &amp; 2:00 p.m.</p>	<p>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. Movies start on time.</p>
<p><b>LINE DANCE WITH LISA</b>            Tuesdays,            9:30 a.m.</p>	<p>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.</p>
<p><b>Englewood Satellite Center</b>  <b>653 - 657 West 63<sup>rd</sup> Street, 60621</b>  <b>(312)745-3328</b></p>	
<p><b>WACKY, TACKY DAY DRESS CONTEST</b>            Friday, October 25, 2019            1:00 p.m.</p>	<p>Come join our Wacky, Tacky Day Dress Contest. The parade will start at 1:00 p.m. 1<sup>st</sup> and 2<sup>nd</sup> place winners will receive a prize. Refreshments will be served.</p>
<p><b>AFRICAN DANCE</b>            Wednesdays,            2:30 p.m. – 3:30 p.m.</p>	<p>Come join this class led by internationally acclaimed, Darlene Blackburn. She is the founder of the director of the Darlene Blackburn Dance Troupe!</p>
<p><b>Garfield Ridge Satellite Center</b>  <b>5674-B S. Archer, 60638</b>  <b>(312)745- 4255</b></p>	
<p><b>COOKING WITH CHEF GLORIA</b>            Most Wednesdays at 12:45 p.m.</p>	<p>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. Call the center for additional details.</p>
<p><b>BRAIN AEROBICS</b>            Wednesdays,            through October 23, 2019            10:00 a.m. -11:30 a.m.</p>	<p>Brain Aerobics is an interactive, informative and educational program of current research and topics on brain health. Joan teaches why and how to exercise your brain and keep your cognition intact. This session consists of six (6) classes that are 90 minutes each. The class is free* and open us and keep your brain in shape! <b>NOTE: No class on 10/2/19.</b></p>

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**

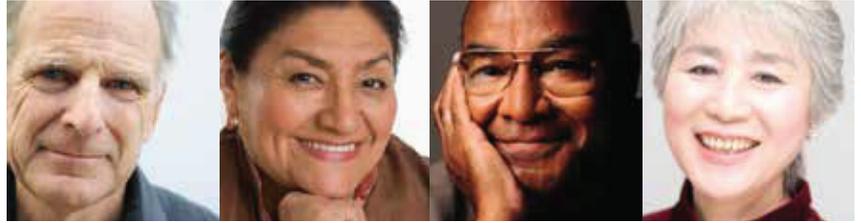
# DFSS FLU SHOT CLINICS

## 2019 FLU SHOT CLINICS SPONSORED BY WALGREENS

Site Name	Date	Location	Phone
Abbott Park Satellite	Thursday, October 10, 2019	49 E. 95th St. 60619	312-745-3493
Austin Satellite	Wednesday, October 9, 2019	5071 W. Congress Pkwy. 60644	312-743-1538
Northwest Regional Center	Friday, October 11, 2019	3160 N. Milwaukee Ave. 60618	312-744-6681
Kelvyn Park Satellite	Thursday, October 3, 2019	2715 North Cicero Ave. 60639	312-744-3350
Englewood Satellite	Thursday, October 24, 2019	653-657 W. 63rd St. 60621	312-745-3328
Northeast Regional Center	Wednesday, October 23, 2019	2019 West Lawrence, 60625	312-744-0784
Southeast Regional Center	Wednesday, October 23, 2019	1767 E. 79th St. 60649	312-747-0189
Roseland Satellite	Thursday, October 3, 2019	10426 South Michigan, 60628	312-745-1500
Garfield Ridge Satellite	Thursday, October 3, 2019	5674-B S. Archer Ave. 60638	312-745-4255
North Center Satellite	Wednesday, October 19, 2019	4040 N. Oakley Ave. 60618	312-744-4015
West Town Satellite Center	Wednesday, October 16, 2019	1613 West Chicago Ave. 60622	312-743-1016
Norwood Park Satellite	Tuesday, October 1, 2019	5801 N. Natoma 60631	773-775-6071
South Chicago Satellite	Thursday, October 17, 2019	9233 South Burley Ave. 60617	312-745-1282
Renaissance Court	Tuesday, October 22, 2019	78 East Washington, 60602	312-744-4550
Edgewater Satellite	Thursday October 3, 2019	5917 North Broadway, 60660	312-742-5323
Portage Park Satellite	Thursday, October 10, 2019	4100 N. Long Ave. 60641	312-744-9022
Central West Regional Center	Wednesday, October 15, 2019	2102 West Odgen, 60612	312-746-5300
Southwest Regional Center	Tuesday, October 22, 2019	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., 60619  
(312) 745- 3493

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

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

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

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

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

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

**Kelvyn Park Senior Satellite  
Center**  
2715 N. Cicero, 60639  
312-744-3350

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

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

**Pilsen Senior Satellite Center**  
2121 S. Morgan, 60608  
(312) 743-0493  
Operator: Alivio Medical Center

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

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

**Roseland Senior Satellite  
Center**  
10426 S. Michigan., 60628  
(312) 745 – 1500

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