

Summer
2025
June-
August

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



Chicago Seniors Connected

Virtual and Telephonic Programming for Older Adults



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A Note from the Executive Director

Dear Friends,

Three cheers to older adults here in Chicago and across the state of Illinois!

The celebration and recognition of Older Americans Month (OAM) in May was a rousing success! Here in Chicago, we ***Flipped the Script on Aging***, in the following ways:

- Curation of an Art show at our Renaissance Senior Center featuring older adult artists from Atlas Senior Center discussing and exhibiting their work for sale to art lovers of all ages.
- Intergenerational social connections between older adults, graduate students and highschoolers through an array of special OAM events that included fun and spirited chess matches between the **Northeast Regional Senior Center and the Mount Carmel High School Chess team**, an intergenerational Sing-Along between **Chicago Hubbard High School and the Southwest Regional Senior Center** and a co-generational dance recital featuring the ***South Chicago Dance Theatre, Columbia College students and the Southeast Atlas Senior center!***
- Culminating Day of Action in support of Senior Services and a ***Mayoral Declaration of Older Americans Day throughout the city of Chicago!***

Researchers at Stanford University shared that a quarter of the US population is under 20 at the same time that a quarter of the population is 60 and above. Programming that strengthens intergenerational collaborations particularly around music and dance supports improved communication, understanding and relationships across the generations! Let's continue to bridge the generational gap and keep these connections going!

We also would like to thank older adults, legislators, family and friends who supported our statewide call to Action Day. From Carbondale to Champaign to Chicago including the surrounding suburbs within Cook County there were over 40 events occurring simultaneously on May 28th, our day of action championed federal funding and the **Older Americans Act** as a critical source of funding to help older adults age with dignity and independence within homes and their communities. **The Department of Health and Human Services, which is the federal agency that administers the Older Americans Act, has confirmed that federal funding will not be cut during this current grant year!** While we celebrate the reasonableness of HHS in listening to your concerns and advocacy, we encourage you to continue to let your voice be heard about matters that impact your daily lives!

And now, as we head into the summer months, we encourage you to take advantage of the pleasant summer weather by going to parks, walking with friends and gardening around your home and community. According to the National Institute on Aging, there are a number of steps you can take to actively support ***aging well as you seek to live your best life!*** ***Staying active, eating and sleeping well, meeting new people, and being socially engaged*** are all factors associated with improved health and well-being.

We can assist you with exploring new things and making new connections! We know that sitting home alone for long periods of time can lead to depression, loneliness as well as mental and physical decline. Research shows prolonged social isolation is as bad for your health as smoking 15 cigarettes a day and can worsen existing ailments. **We invite you to visit one or many of our 21 senior centers located throughout the city.** Our centers offer opportunities for fitness, chair yoga, billiards, line dancing, and games like **Bid Whist, Bingo, or Mahjong**. Get your blood pressure taken and meet with our onsite partners which include social workers, nurses, pharmacists and dietitians **to discuss medication management as well as the connection between diet and chronic disease management and prevention.**

For those of you unable to go to the Senior Centers or those who prefer to enjoy the Senior Center from the comfort of your home, please take a look inside this latest edition of the **Chicago Seniors Connected Brochure**. You will find information on senior services resources as well as virtual opportunities for Brain Health, Poetry Classes, Insurance Webinars (Homeowners/Renters, Flood, Longterm Care and Health Coverage 101), as well as a host of fitness and social engagement activities.

Please call DFSS Senior Services at (312) 744-4016 or email aging@cityofchicago.org to learn more about resources for older adults.

- We would also like to provide you with a few tips shared by the **Center for Disease Control and Prevention to help you stay safe and healthy during these summer months**, especially during time of extreme heat and heat waves:
- **Stay hydrated.** Drink water to help you stay hydrated. Avoid alcoholic and caffeinated beverages such as soda, coffee, and tea, as they can leave you dehydrated quickly.
- **Stay indoors during extreme heat.** In extreme heat and humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Remember the sun is the most intense between 10:00 a.m. and 4:00 p.m. If you can... limit your outdoor activity to the morning and the evening.
- **Stay in an air-conditioned place.** Air conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does. You are welcome to join us at any of our senior centers which also serve as local cooling centers during periods of extreme heat. You may also visit a local library, a movie theater, or friends and family to try to stay cool.
- **Know the weather forecast and dress appropriately.** The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
- **Protect your skin and eyes.** Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses, and a sunscreen of SPF 30 or higher and that protects against both UVA and UVB radiation.
- **Know the side effects of your prescriptions.** Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.
- **Know the early signs of heat-related illnesses such as dehydration, heat stroke, heat exhaustion, hyperthermia, etc.** Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness, and confusion. Take immediate action if you feel any symptoms coming on.
- **Maintain communication with friends, family, caregivers, and emergency contacts.** Prepare a list of emergency phone numbers and place them in an easy-to-access area if needed. Call your friends/peers to check on them and see how they are doing.

Please call 311 if you need assistance with heat-related matters. Please call 911 for emergencies.

We have also included flyers and informational materials in the Chicago Seniors Connected brochure for additional tips on managing the heat.

Enjoy the Summer! We look forward to seeing you soon and often!

Sincerely,

Margaret LaRaviere

Executive Director – Chicago Area Agency on Aging
Deputy Commissioner – DFSS Senior Services Division





Chicago residents aged 60 and better—this day is for you! Join this fun-filled celebration of Chicago's vibrant senior community!

- Picnic-Style Lunch
- Senior Resource Fair
- Dance Pavilion
- Raffle Prizes
- Live Music and Dancing
- Performances from Around the World
- Fresh Popcorn
- And More!



OPEN for Chicagoans aged 60 and better



Contact your local senior center or **seniorfest@cityofchicago.org** for more information.



Millennium Park - Drop-Off
Location: 201 E. Randolph St

For sponsorship or in-kind support opportunities,
email seniorfest@cityofchicago.org.



CHICAGO SENIORS CONNECTED

Virtual Programming Registration

Prior to participating in our virtual programs, registration is required. It's easy as 1, 2, 3!

- 1. Scan the QR code on your smart phone** (open your camera, point it at the symbol below, and then tap the pop-up link) **or visit:** <https://bit.ly/3aty8T5>.
- 2. Answer the registration questions** (if you're a current participant of a senior center, have your senior center membership card handy)
- 3. New participants will receive an email with a participant number!** Current participants will keep their existing numbers. And, please note that at the beginning of each virtual class, you'll be asked to type your participant number in the chat box.





Summer 2025 | June - August

Classes are scheduled weekly, unless otherwise noted, and are available in various formats listed under "Location"

Zoom Instructions	Phone Instructions
Step 1: Go to zoom.com Step 2: Click on "Join A Meeting" Step 3: Enter Meeting ID Step 4: Enter Passcode (if applicable)	Step 1: Dial phone number Step 2: Enter Meeting ID Step 3: Enter Passcode (if applicable)

MONDAY

Time	Class	Location
8:30am	Stretch & Flex w/ Michele Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Michele Crump, Well-Being Specialist and Certified Personal Trainer (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am	Dietitian Presentation (6/2) Topic: Food and Brain Health Learn how the foods you eat can impact brain health and memory as you age. This talk explores the latest information on diet and memory, highlighting key nutrients and eating patterns that may help protect against memory loss and support lifelong brain health. <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569


MONDAY

Time	Class	Location
9:00am	Dietitian Presentation (7/7) <i>Topic: Reliable Nutritional Information</i> Confused by conflicting nutrition advice online? This talk will debunk common nutrition myths—like the dangers of carbs, the magic of detoxes, and the truth about sugar—using evidence to help you make informed, healthy choices. <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569
9:00am	Dietitian Presentation (8/4) <i>Topic: Chronic Pain and Food Connection</i> Chronic pain can be influenced by what we eat. This talk explores how anti-inflammatory foods, and balanced nutrition may help reduce pain, support healing, and improve quality of life—offering practical tips backed by science. <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569
9:00am	Zumba Gold (No Class 6/16) Latin-inspired cardio/dance fitness workout class that features Latin and international music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility, and balance. No dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm, and an open mind! <i>Instructor: Mari-Jane Dare</i>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!
9:00am	Forever Fit w/ Ash Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Instructor: Ash Duggal, M.S. Exercise Science and Cardiovascular Heath (Symbria)</i>	ZOOM Meeting ID: 712 1429 2628 Passcode: bMa7C1
9:15am	Forever Fit w/ Michele Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights). <i>Instructor: Michele Crump, Well-Being Specialist and Certified Personal Trainer (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj

MONDAY

Time	Class	Location
10:00am	<p>Virtual Support Group (6/9, 7/14, & 8/11)</p> <p>Do you want to connect with others from the comfort of your own home? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants as you explore new ideas and way of looking at the world. You may participate in the group with video from your computer/tablet, or you can join by phone.</p> <p>Facilitator: Jane Pinsof, LCSW (White Crane)</p>	<p>PHONE/ZOOM (312) 626-6799</p> <p>Meeting ID: 838 3139 9639</p>
11:00am	<p>Sit & Be Strong w/ Joyce</p> <p>Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Fitness is essential for day-to-day living. Seated/standing exercises for all levels.</p> <p><i>Instructor: Joyce Bloom, Well-Being Specialist and Certified Fitness Instructor (Symbria)</i></p>	<p>PHONE/ZOOM (312) 626-6799</p> <p>Meeting ID: 781 8847 6951</p> <p>Passcode: 452540</p>
1:00pm	<p>Social Worker Presentation (7/28) <i>Topic: Reliable Health Information</i></p> <p>We are bombarded with health information in the news, magazines, and online. It can be confusing and contradictory information – so, how do we know what to pay attention to and what to tune out? Attend this session to learn how to evaluate the source of health information.</p> <p><i>Presenter: Daniela Mitchem, MSW, LCSW, CHES (Rush)</i></p>	<p>PHONE/ZOOM (312) 626-6799</p> <p>Meeting ID: 832 5001 0179</p>

TUESDAY

Time	Class	Location
10:00am	<p>Virtual Poetry Workshop (6/17, 7/15, 8/19) </p> <p>In collaboration with the Poetry Foundation, please join us for a monthly poetry workshop. Each month will explore a different topic: June: In June, we will explore haiku, a popular Japanese form that presents a surprising combination of images. Together, we will read and discuss English language haiku, before writing and sharing our own haiku. July: July finds us creating self-portraits in poems through a number of guided prompts and exercises. August: For August, we will spend time with poets who work with photographs. Participants should bring with them one photograph that is meaningful to them to work with during this generative workshop.</p> <p><i>Instructor: Maggie Queeney (Poetry Foundation)</i></p>	<p>Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!</p>
10:30am	<p>Sit & Be Strong w/ Judie</p> <p>Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair</p> <p><i>Instructor: Judie Bernard, Well-Being Specialist and Certified Personal Trainer (Symbria)</i></p>	<p>ZOOM</p> <p>Meeting ID: 933 398 2644</p> <p>Passcode: 261424</p>
11:00am	<p>Social Worker Presentation (8/12) <i>Topic: Pain Management</i></p> <p>Please join Emma Mrkvicka, LSW and Rush Social Worker as she discusses effective ways to manage pain in older adulthood. She will explore approaches that can support comfort, mobility, and overall well-being. Participants will learn practical tools to help manage it in daily life.</p> <p><i>Presenter: Emma Mrkvicka, LSW (Rush)</i></p>	<p>PHONE/ZOOM (312) 626-6799</p> <p>Meeting ID: 853 9230 2659</p>
11:00am	<p>Stretch & Flex w/Joyce</p> <p>Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises for all levels.</p> <p><i>Instructor: Joyce Bloom (Symbria)</i></p>	<p>PHONE/ZOOM (312) 626-6799</p> <p>Meeting ID: 781 8847 6951</p> <p>Passcode: 452540</p>

TUESDAY

Time	Class	Location
1:00pm	Tai Chi for Wellness Tai Chi improves strength, flexibility, balance, and aerobic conditioning. It has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease, and Parkinson's Disease. <i>Instructor: Craig Harris</i>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!
2:00pm	Sit & Be Strong w/ Judie Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Instructor: Judie Bernard, Well-Being Specialist and Certified Personal Trainer (Symbria)</i>	ZOOM Meeting ID: 933 398 2644 Passcode: 261424
2:00pm	Nurse Presentation (6/17) <i>Topic: Memory Loss</i> This month we will discuss normal memory loss versus Alzheimer's Dementia. We will identify the difference between normal age-related memory loss, mild cognitive impairment, and dementia. We will also discuss strategies to promote brain health. <i>Instructor: Virginia Schelbert, MSN/APN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 230 022 2803
2:00pm	Nurse Presentation (7/15) <i>Topic: Where to Find Reliable Health Information</i> We are bombarded with health information in the news, magazines, and online. It can be confusing and contradictory information – so, how do we know what to pay attention to and what to tune out? Attend this session to learn how to evaluate the source of health information. <i>Instructor: Virginia Schelbert, MSN/APN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 230 022 2803
2:00pm	Nurse Presentation (8/19) <i>Topic: Don't Let Pain Hold You Back</i> There are many strategies for managing pain, some of which do not include medication. We will review how pain is assessed and a variety of management techniques. Share old and new issues with pain with your health care providers in order to get back to enjoying your life. <i>Instructor: Virginia Schelbert, MSN/APN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 230 022 2803

TUESDAY

Time	Class	Location
3:00pm	Cooking w/Gloria (6/3, 6/10, 6/17 classes will be at 1pm) New Time Alert Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home! <i>Instructor: Gloria Hafer</i>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!

WEDNESDAY

Time	Class	Location
8:30am	Stretch & Flex w/ Michele Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels. <i>Instructor: Michele Crump, Well-Being Specialist and Certified Personal Trainer (Symbria)</i>	ZOOM Meeting ID: 907 424 6822 Passcode: q5QBVj
9:00am	Tai Chi for Prevention & Balance (No Class 6/11) Tai Chi is a unique mind-body form of exercise that involves a series of slow, flowing movements. Tai Chi movements are done with gentle and graceful circular motions while breathing deeply. <i>Instructor: Mari-Jane Dare</i>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!
9:00am	Forever Fit w/Judie Get in shape and maintain overall conditioning in this intermediate level seated and standing class which uses movement and strength training with weights and bands. Enjoy upbeat music to engage brain and body while improving overall vitality and function. <i>Instructor: Judie Bernard, Well-Being Specialist and Certified Personal Trainer (Symbria)</i>	ZOOM Meeting ID: 933 398 2644 Passcode: 261424
9:00am	Forever Fit w/ Ash Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Instructor: Ash Duggal, M.S. Exercise Science and Cardiovascular Health (Symbria)</i>	ZOOM Meeting ID: 712 1429 2628 Passcode: bMa7C1

WEDNESDAY

Time	Class	Location
9:00am	<p>Dietitian Presentation (6/4) <i>Topic: Food and Brain Health</i></p> <p>Learn how the foods you eat can impact brain health and memory as you age. This talk explores the latest information on diet and memory, highlighting key nutrients and eating patterns that may help protect against memory loss and support lifelong brain health.</p> <p><i>Presenter: Mark McInerney, DHSc, RD, LDN</i></p>	<p>PHONE/ZOOM (312) 626-6799</p> <p>Meeting ID: 883 0910 1993</p>
9:00am	<p>Dietitian Presentation (8/6) <i>Topic: Chronic Pain and Food Connection</i></p> <p>Chronic pain can be influenced by what we eat. This talk explores how anti-inflammatory foods, and balanced nutrition may help reduce pain, support healing, and improve quality of life—offering practical tips backed by science.</p> <p><i>Presenter: Mark McInerney, DHSc, RD, LDN</i></p>	<p>PHONE/ZOOM (312) 626-6799</p> <p>Meeting ID: 883 0910 1993</p>
9:15am	<p>Forever Fit w/ Michele</p> <p>Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights).</p> <p><i>Instructor: Michele Crump, Well-Being Specialist and Certified Personal Trainer (Symbria)</i></p>	<p>ZOOM</p> <p>Meeting ID: 907 424 6822</p> <p>Passcode: q5QBVj</p>
11:00am	<p>Sit & Be Strong w/ Joyce</p> <p>Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Fitness is essential for day-to-day living. Seated/standing exercises for all levels.</p> <p><i>Instructor: Joyce Bloom, Well-Being Specialist and Certified Fitness Instructor (Symbria)</i></p>	<p>PHONE/ZOOM (312) 626-6799</p> <p>Meeting ID: 781 8847 6951</p> <p>Passcode: 452540</p>

WEDNESDAY

Time	Class	Location
3:00pm	Social Worker Presentation (6/25) <i>Topic: Alzheimer's Disease</i> Join RUSH Social Worker, Jeaneane Quinn, LSW, Department of Social Work and Community Health, RUSH University Medical Center, to learn about the signs and symptoms of Alzheimer's Disease and other forms of dementia. This presentation will provide information and strategies in caring for a loved one or friend with dementia, along with understanding different types of dementia. The caregiver will be provided with resources on dementia caregiving. We hope you will join us! <i>Presenter: Jeaneane Quinn, LSW (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 811 5586 1949
3:00pm	Spanish II Join us and learn conversational Spanish at an advanced level. <i>Instructor: Marvin Childress</i>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!

THURSDAY

Time	Class	Location
9:00am	Dietitian Presentation (7/2) <i>Topic: Reliable Nutritional Information</i> Confused by conflicting nutrition advice online? This talk will debunk common nutrition myths—like the dangers of carbs, the magic of detoxes, and the truth about sugar—using evidence to help you make informed, healthy choices. <i>Presenter: Mark McInerney, DHSc, RD, LDN</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 883 0910 1993
10:30am	Pharmacist Presentation/Consultations (6/26) <i>Topic: Memory Loss - Alzheimer's Awareness Month</i> Worried about Alzheimer's Disease? Come get your questions answered. Alzheimer's disease is a progressive form of dementia that often comes with age but can also afflict young adults. Alzheimer's Disease unevenly impacts caregivers, who often bear the balance of the weight. Alzheimer's cannot be managed with a go-it-alone approach. People with Alzheimer's Disease and their caregivers need a strong, wide, circle of support. Learn about all this and more in June. Individual consultations will follow the presentation at 11:30am. <i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 625 279 2910

THURSDAY

Time	Class	Location
10:30am	Pharmacist Presentation/Consultations (7/24) <i>Topic: Reliable Health Information</i> <p>News, radio, and the internet blast headlines blaring: trust in medicine, pharmacy, and science are at an all-time low. The COVID pandemic exacerbated doubt about the tried-and-true authorities for healthcare information. At the other extreme are the social media influencers: Are some legitimate? Have they truly found innovative solutions to old problems, or are they peddling magic potions? Where can you go for reliable health information, these days? In July, we will talk about some strategies to help you discern what you believe. Individual consultations will follow the presentation at 11:30am.</p> <p><i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i></p>	PHONE/ZOOM (312) 626-6799 Meeting ID: 625 279 2910
10:30am	Pharmacist Presentation/Consultations (8/21) <i>Topic: Pain Management</i> <p>Daily pain is a fact of life for many older adults, but it can be overcome. Consider this – most professional athletes have chronic pain. It doesn't stop them from exercising their mobility, and it doesn't have to stop you. Pain can be safely managed with medications, but medication, alone, is not enough. It is important to face chronic pain with realistic expectations and without fear. With or without medications, pain management requires a multi-modal approach. Managing pain may involve exercise and physical therapy, creams and salves, ice and heat, prayer, music, meditation, and distraction – in addition to many other strategies. With clear, attainable goals, a toolbox with lots of strategies, and perhaps some daily pain medications, people with chronic pain can thrive. Individual consultations will follow the presentation at 11:30am.</p> <p><i>Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)</i></p>	PHONE/ZOOM (312) 626-6799 Meeting ID: 625 279 2910
11:00am	Stretch & Flex w/Joyce <p>Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises for all levels.</p> <p><i>Instructor: Joyce Bloom (Symbria)</i></p>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
2:30pm	Spanish I <p>Join us and learn basic Spanish. All are welcome.</p> <p><i>Instructor: Marvin Childress</i></p>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!

FRIDAY

Time	Class	Location
8:30am	Stretch & Flex w/ Michele <p>Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.</p> <p><i>Instructor: Michele Crump, Well-Being Specialist and Certified Personal Trainer (Symbria)</i></p>	ZOOM <p>Meeting ID: 907 424 6822</p> <p>Passcode: q5QBVj</p>
9:00am	Forever Fit w/ Ash <p>Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life.</p> <p><i>Instructor: Ash Duggal, M.S. Exercise Science and Cardiovascular Health (Symbria)</i></p>	ZOOM <p>Meeting ID: 712 1429 2628</p> <p>Passcode: bMa7C1</p>
9:00am	Computer & Tech Webinar Series <p>Each week's class (in a webinar format) will have a specific tech-related topic that will be covered by the instructor. For more details about the topics, please see the attached flyer.</p> <p><i>Instructor: Joseph Fedorko</i></p>	<p>Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!</p>
9:15am	Forever Fit w/ Michele <p>Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights).</p> <p><i>Instructor: Michele Crump, Well-Being Specialist and Certified Personal Trainer (Symbria)</i></p>	ZOOM <p>Meeting ID: 907 424 6822</p> <p>Passcode: q5QBVj</p>

FRIDAY

Time	Class	Location
10:00am	Forever Fit w/Judie <p>Get in shape and maintain overall conditioning in this intermediate level seated and standing class which uses movement and strength training with weights and bands. Enjoy upbeat music to engage brain and body while improving overall vitality and function.</p> <p><i>Instructor: Judie Bernard, Well-Being Specialist and Certified Personal Trainer (Symbria)</i></p>	ZOOM <p>Meeting ID: 933 398 2644</p> <p>Passcode: 261424</p>
11:00am	Stretch & Flex w/Joyce <p>Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises for all levels.</p> <p><i>Instructor: Joyce Bloom (Symbria)</i></p>	PHONE/ZOOM <p>(312) 626-6799</p> <p>Meeting ID: 781 8847 6951</p> <p>Passcode: 452540</p>
2:00pm	Sit & Be Strong w/ Judie <p>Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair</p> <p><i>Instructor: Judie Bernard, Well-Being Specialist and Certified Personal Trainer (Symbria)</i></p>	ZOOM <p>Meeting ID: 933 398 2644</p> <p>Passcode: 261424</p>

SATURDAY

Time	Class	Location
11:00am	Book Club (6/28, 7/26, & 8/23) <p>Join us for a special collaboration between CPL and DFSS. Each month a new book will be discussed:</p> <p>6/28 – <i>Junie</i> by Erin Crosby Eckstine 7/26 – <i>The Great Divide</i> by Cristina Henriquez 8/23 – <i>Tom Lake</i> by Ann Patchett</p> <p>Copies of the books can be requested at your neighborhood branch. To register, please email scottsdale@chipublib.org or call 312-747-0193.</p>	PHONE/ZOOM <p>(312) 626-6799</p> <p>Meeting ID: 833 0209 7630</p> <p>Passcode: 125911</p>

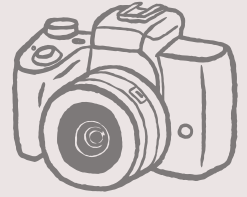
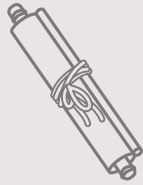
INDIVIDUAL WELLNESS PHONE CONSULTATIONS

Looking for personalized help? Our team of wellness professionals are available by phone to answer your health-related questions and refer you to resources whenever possible. Phone consultations are not designed to address emergencies. If you are having an emergency, please call 911.

To make an appointment for a phone consultation, please call the **White Crane Wellness Center** at **773-271-9001**. Appointments are available on a first-come, first-served basis and last for approximately 15 minutes.

- * **Ask the Nurse:** The nurse can help quickly answer your most pressing health questions and direct you to follow-up care as needed.
- * **Ask the Social Worker:** The social worker can provide emotional support as you adjust to a new way of life, as well as provide resources for accessing social services when possible.
- * **Ask the Pharmacist:** The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe.
- * **Ask the Dietitian:** The dietitian has ideas for ways to get creative with healthy food.


Upcoming Virtual Poetry Class Topics



June 17, 2025 10:00am-12:00pm: In June, we will explore haiku, a popular Japanese form that presents a surprising combination of images. Together, we will read and discuss English language haiku, before writing and sharing our own haiku.

July 15, 2025 10:00am-12:00pm: July finds us creating self-portraits in poems through a number of guided prompts and exercises.

August 19, 2025 10:00am-12:00pm: For August, we will spend time with poets who work with photographs. Participants should bring with them one photograph that is meaningful to them to work with during this generative workshop.



Register for this and all
virtual programming at
<https://bit.ly/3aty8T5>

PO
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Illinois Department of Insurance Presents

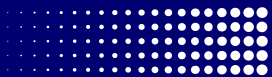


INSURANCE 101

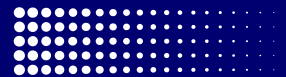


Questions about insurance? Join us for this free monthly webinar where we explore the ever-changing, often difficult world of insurance!

JUNE 26, 2025	2:00-3:00PM	HOMEOWNERS/RENTERS 101
JULY 17, 2025	2:00-3:00PM	FLOOD INSURANCE 101
AUGUST 28, 2025	2:00-3:00PM	STATE OF LONG-TERM CARE INSURANCE
SEPTEMBER 18, 2025	2:00-3:00PM	HEALTH COVERAGE 101



Join via Phone or Zoom 312-626-6799
Meeting ID: 540 956 6209
Passcode: Insurance



Department of Family
and Support Services

Don't forget to wear purple on June
15th for World Elder Abuse
Awareness Day!

JUNE IS ELDER ABUSE AWARENESS MONTH

We all have a role in identifying, preventing, and reporting elder abuse. Please join us for a free informational presentation on Adult Protective Services as we learn to recognize the signs of abuse, neglect, and exploitation among older adults.

Central West Regional Senior Center	2102 W Ogden Chicago IL 60612	Tuesday, June 10th 12:00pm
Northeast Regional Senior Center	2019 W Lawrence Chicago IL 60625	Thursday, June 12th 10:00am
Southwest Regional Senior Center	6117 S Kedzie Chicago IL 60629	Tuesday, June 24th 10:00am
Renaissance Court Senior Center	78 E Washington Chicago IL 60602	Monday, July 7th 11:00am

Signs of elder abuse:

- ✓ Decisions about an older person's life are not in their best interest
- ✓ Sudden changes in behavior
- ✓ Unusual changes in spending or money management
- ✓ Unexplained physical injuries
- ✓ Unexplained sexually transmitted diseases
- ✓ Unhealthy or unsafe living conditions



WORLD ELDER ABUSE
AWARENESS DAY



DFSS

Department of Family
and Support Services





Chicago Treasurer's Office presents



Financial Wellness- Understanding Medicare & Medicaid

Our senior population deals with a variety of issues around changes in income and benefits. What better way to ensure that our seniors are protected than by providing education in addition to resources. Our team will travel throughout the city of Chicago to visit six regional senior centers to provide financial education and empowerment seminars that empower our most vulnerable population. This panel and resource fair will focus on Chicago's senior adults in pre-retirement or retirement who are concerned with today's economy. The topics will include:

- Help with understanding the basics of Medicare and Medicaid
- Protecting yourself, how to prevent, detect and report Medicare fraud, errors and abuse.
 - Budgeting for Retirement
 - Money Management for Seniors

Southwest Regional Senior Center	6117 S Kedzie Chicago IL 60629	Monday, July 28th 11:00am-1:00pm
Central West Regional Senior Center	2102 W Ogden Chicago IL 60612	Wednesday, Aug 6th 12:00pm-2:00pm
Northwest Regional Senior Center	3160 N Milwaukee Chicago IL 60618	Tuesday, Aug 12th 11:00am-1:00pm
Renaissance Court Senior Center	78 E Washington Chicago IL 60602	Monday, Aug 18th 12:30pm-2:30pm
Northeast Regional Senior Center	2019 W Lawrence Chicago IL 60625	Monday, Aug 27th 10:00am-12:00pm
Southeast Regional Senior Center	1767 E 79 th St Chicago IL 60649	Monday, Sept 8th 10:00am-12:00pm



Department of Family
and Support Services

Melissa Conyears-Ervin

TREASURER



Chicago Treasurer's Office





Senior Book Club

Saturday, June 28

10:00 – 11:00 a. m.

Join us in a special collaboration between Chicago Public Library and the Senior Services Division of the Department of Family and Support Services.

We will be discussing the title:

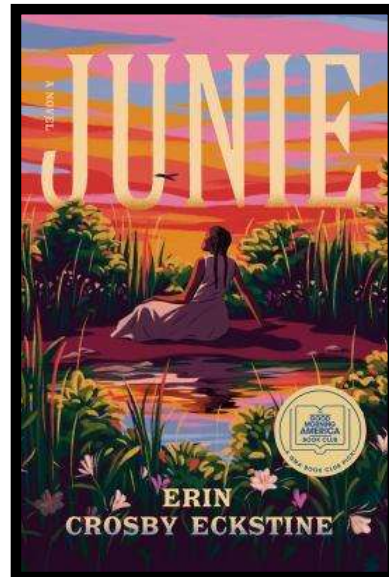
Junie

by Erin Crosby Eckstine

This event will take place
virtually via Zoom or phone.

To register, you can email at
scottsdale@chipublib.org

or call at 312-747- 0193.





Senior Book Club

Saturday, July 26

10:00 – 11:00 a. m.

Join us in a special collaboration between Chicago Public Library and the Senior Services Division of the Department of Family and Support Services.

We will be discussing the title:

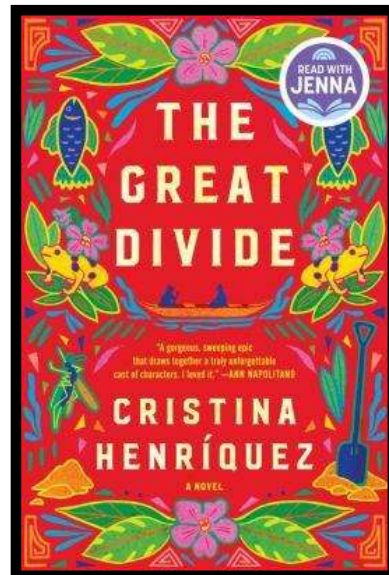
The Great Divide

by Cristina Henríquez

**This event will take place
virtually via Zoom or phone.**

**To register, you can email at
scottsdale@chipublib.org**

or call at 312-747- 0193.



Senior Book Club

Saturday, August 23

10:00 – 11:00 a. m.

Join us in a special collaboration between Chicago Public Library and the Senior Services Division of the Department of Family and Support Services.

We will be discussing the title:

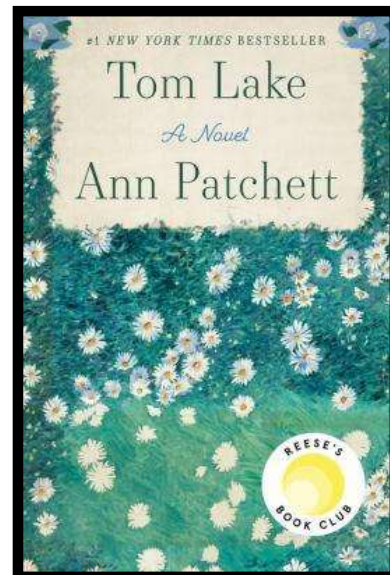
Tom Lake

by Ann Patchett

**This event will take place
virtually via Zoom or phone.**

**To register, you can email at
scottsdale@chipublib.org**

or call at 312-747- 0193.



VIRTUAL COMPUTER & TECH CLASSES

Fridays @ 9:00 a.m.

Instructor: Joseph Fedorko

Please register (bit.ly/3aty8T5) to receive Zoom login info for these classes!



FRIDAYS—Webinar Series

June 6: Gmail and More - Exploring Programs Available w/Gmail

June 13: Shopping for Apps, Apple Store Edition

June 20: Shopping for Apps, Android Edition

June 27: Shopping for Programs, Desktop/Laptop Edition

July 4: NO MEETING - INDEPENDENCE DAY

July 11: Know Your Settings - Smart Phone Edition

July 18: Know Your Settings - Tablet Edition

July 25: Know Your Settings - Computer Edition

August 1: A Windows 11 Hands-On Primer

August 8: A MacOS Hands-On Primer

August 15: Play With AI Text Generation

August 22: Play With AI Image Generation

August 29: ASK JOE ANYTHING - Open Q and A!



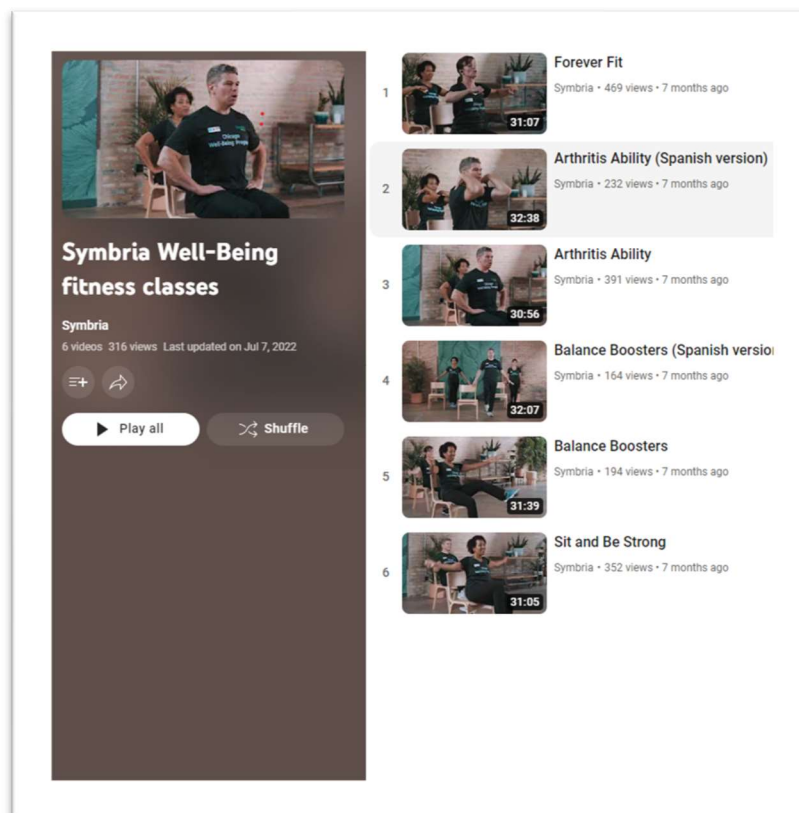
Miss a virtual fitness class (or an in-person one at our senior centers)? If so, please note that Symbria, our fitness provider, has a YouTube channel with six pre-recorded videos:

- **Forever Fit:** <https://youtu.be/5mP5RhBUd3E>
- **Arthritis Ability (Spanish):** <https://youtu.be/fQtXMAV4eqs>
- **Arthritis Ability (English):** <https://youtu.be/H8WQ4zGRxYc>
- **Balance Boosters (Spanish):** <https://youtu.be/wYJnVo2tRgg>
- **Balance Boosters (English):** https://youtu.be/W-ULn_i-MS8
- **Sit & Be Strong:** <https://youtu.be/og0uhgqYl9Q>

You can also access all these pre-recorded classes via Symbria's YouTube playlist:

- <https://youtube.com/playlist?list=PLM3tiruZ1jayrCs0XKIUXqf4TgaYHa6MI>

If you enjoy Symbria's videos, please make sure to like them in the YouTube platform!



FOLLOW US ON SOCIAL MEDIA



Let's Get Connected for our latest news, updates,
and senior center event highlights!



@ChiSnrServices
www.x.com/ChiSrServices



Chi Senior Services
www.facebook.com/ChiSnrServices



@chifamsupport
www.instagram.com/chifamsupport/

Email seniorsonline@cityofchicago.org for
information on virtual programming!



Juneteenth Day

Celebrate Freedom



Join the Golden Diners Program for a

Juneteenth Day

Holiday Meal

June 18th, 2025

Menu:

Jerk Chicken Quarters

Cornbread Muffin

Baked Beans

Loaded Potato Salad

Fresh Cut Watermelon

Cupcake

Suggested Donation: \$2.00





Join the Golden Diners Program for a

Independence Day

Holiday Meal

July 3rd, 2025

Menu:

Pulled BBQ Turkey

Pretzel Roll

BBQ Green Beans

Homemade Coleslaw

Fresh Cut Cantaloupe

Decorated Holiday Cookie

Suggested Donation: \$2.00



Senior Services Congregate Dining Program



Join us for our city-wide culinary celebrations across our 50 congregate nutrition sites featuring culturally diverse meals representing the vibrancy and diversity of our great city!

Special meals will be served twice a month across all nutrition sites. Please visit your nearest site from the list below between the hours of 9am-1pm Monday through Friday for more information or call 312-744-4016.

Northeast Region Address

Mary Hartwell Apts	3920 N. Clark St.
Judge Fisher Apts	5821 N. Broadway St.
Japanese-American	4427 N. Clark St.
Ella Flagg Apts.	4645 N. Sheridan Rd.
Schneider Apts	1750 W. Peterson Ave.
Northeast Regional Center	2019 W. Lawrence Ave.
Center on Addison	806 W. Addison St.
South-East Asia Center	5120 N. Broadway St.
Caroline Hedger Apts	6400 N. Sheridan Rd.
Metropolitan Asia Family Serv	2520 W. Devon Ave.
Edgewater Senior Satellite	5917 N. Broadway St.

Central West Region Address

Parick Sullivan Apts	1633 W. Madison St.
Edith Spurlock-Sampson Apts	2640 N. Sheffield Ave.
Hilliard Apts	54 W. Cermak Rd.
Chinese Community Center	250 W. 22nd Pl.
Zelda Ormes Apts	116 W. Elm St.
Maria Diaz Martinez Apts	2111 N. Halsted St.
Irene McCoy Gaines Apts.	3700 W. Congress Pkwy.
Central/West Regional Center	2102 W. Ogden Ave.
West Town Logan Square Satellite	1613-15 W. Chicago Ave.
Britton Budd Apts	501 W. Surf St.
Austin Satellite	5071 W. Congress Pkwy.
Fannie Emanuel Apts.	3916 W. Washington

Northwest Region Address

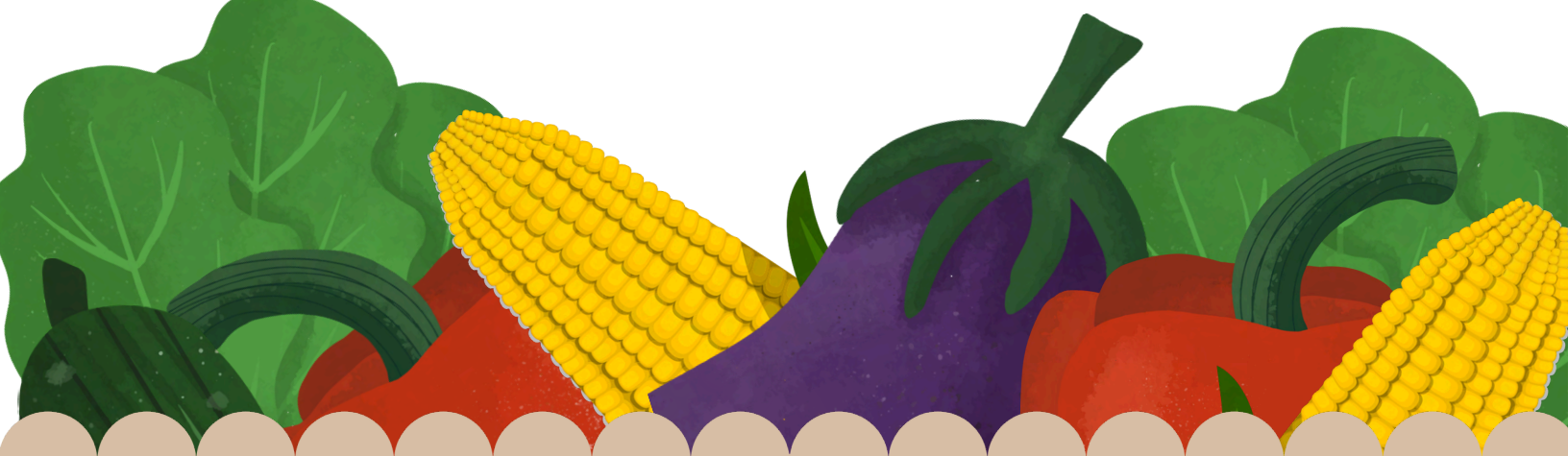
Indo American Center	6328 N. California Ave.
Montclare Apts.	6650 W. Belden Ave.
Northwest Regional Center	3160 N. Milwaukee Ave.
Montrose Baptist Church	4411 N. Melvina Ave.
Hanul Family Alliance	5008 N. Kedzie Ave.
Portage Park Satellite	4100 N. Long Ave.
Norwood Park Satellite	5801 N. Natoma Ave.
North Center Satellite	4040 N. Oakley Ave.
Kelvyn Park Satellite	2715 N. Cicero Ave.

Southeast Region Address

Ada S. McKinley Apts.	661 E. 69th St.
Mahalia Jackson Apts.	9177 S. South Chicago Ave.
Judge Green Apts.	4030 S. Lake Park Ave.
Southeast Regional Center	1767 E. 79th St.
Paul G. Stewart	400 E. 41st St.
Abbott Park Satellite	49 E. 95th St.
Chatham Satellite	8300 S. Cottage Grove Ave.
South Chicago Satellite	9233 S. Burley Ave.
Roseland Senior Satellite	10426 S. Michigan Ave.

Southwest Region Address

Lincoln Perry Apts	3245 S. Prairie Ave.
Minnie Ripperton Apts.	4250 S. Princeton Ave.
Vivian Carter Apts	6401 S. Yale Ave.
Las Americas Apts.	1611 S. Racine Ave.
Southwest Regional Center	6117 S. Kedzie Ave.
Garfield Ridge Senior Center	5672 S. Archer Ave.
Englewood Satellite	653-657 W. 63rd St.
Auburn Gresham Satellite	1040 West 79th St.
Pilsen Satellite	2021 S. Morgan St.



GOOD FOOD GOOD LIFE
DFSS SENIOR SERVICES FOOD BOX PROGRAM

FOOD

Box Program

THE PROGRAM PROVIDES A FOOD BOX TO OLDER ADULTS 60+ THROUGH A PARTNER SHIP BETWEEN THE CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES - SENIOR SERVICES AND TOP BOX FOODS.

Central West Regional Center	2102 West Odgen, 60612	June 10, 2025 July 29, 2025 August 15, 2025	11:00 AM
Northeast Regional Center	2019 West Lawrence, 60625	June 26, 2025 July 24, 2025 August 14, 2025	12:30 PM
Northwest Regional Center	3160 North Milwaukee, 60618	June 9, 2025 July 8, 2025	1:00 PM
Renaissance Court @ Chiago Cultural Center	78 East Washington, 60602	June 12, 2025 July 10, 2025 August 7, 2025	11:00 AM
Southeast Regional Center	1767 East 79th, 60649	June 5, 2025 July 30, 2025 August 27, 2025	1:00 PM
Southwest Regional Center	6117 South Kedzie, 60629	June 16, 2025 July 18, 2025 August 8, 2025	1:00 PM

GOOD FOOD FOR ALL



Shop healthy, affordable groceries
with Debit/Credit or SNAP & save with Link Match.
Free home delivery weekly in Cook County.

LEARN, SHOP, FOLLOW:

www.topboxfoods.com | 312-527-7890 | @topboxfoods



NOURISH CHICAGO

A MEALS ON WHEELS PANTRY

Please join us for these ***Meals on Wheels Chicago*** sponsored events!
Providing a variety of fresh produce to older adults 60+! Please bring grocery bags/carts to carry your items at these food pantry pop up events!



Central West Regional Senior Center	2102 W Ogden Ave Chicago, 60612	Tuesdays June 24, July 22 12:30-2:00 pm
Southeast Atlas Regional Senior Center	1767 E 79th St Chicago, 60649	Wednesdays June 25, July 23 1:00-2:00 pm
Southwest Regional Senior Center	6117 S Kedzie Ave Chicago, 60629	Thursdays June 26, July 24 1:00-2:00 pm



The Chicago Department of Family and Support Services
2022 Emergency Food Program - Food Pantry Listing

Agency Name	Address	City	Zip Code	Ward
AMOR DE DIOS UMC	2356 S SAWYER AVE	Chicago	60623	12
APOSTOLIC PENTECOSTAL CHURCH OF MORGAN PARK	11401-13 S Vincennes Ave	Chicago	60643	34
BACK TO GOD CHURCH	7326 S RACINE AVE	Chicago	60636	17
BENTON HOUSE	3052 S GRATTEN AVE	Chicago	60608	11
CARE FOR REAL	5339-41 N SHERIDAN RD	Chicago	60640	48
CAREY TEMPLE AME FOOD PANTRY	7157 S GREENWOOD AVE	Chicago	60619	5
Carey Tercentenary AME Church	1448 S HOMAN AVE	Chicago	60623	24
CATHOLIC CHARITIES EMERGENCY ASSISTANCE PROGRAM	721 N LA SALLE DR	Chicago	60654	2
CATHOLIC CHARITIES: ST. SABINA PARISH	1120 W 79TH ST	Chicago	60620	17
CELESTIAL VISION FOOD PANTRY	3023 W FULLERTON AVE	Chicago	60647	32
CHATHAM-AVALON MINISTRIES	8601 S STATE ST	Chicago	60619	6
CHICAGO HOPE INC.	2505 N KEDZIE BLVD	Chicago	60647	32
CHICAGO LIGHTS ELAM DAVIES SOCIAL SERVICE CENTER	126 E CHESTNUT ST	Chicago	60611	42
CHOSEN TABERNACLE FULL GOSPEL	PO BOX 497967	Chicago	60649	4
CHRIST EVANGELICAL LUTHERAN CH	1511 N LONG AVE	Chicago	60651	37
CHRIST TEMPLE COC FOOD PANTRY	5252 S ASHLAND AVE	Chicago	60609	16
COMMON PANTRY	3744 N DAMEN AVE	Chicago	60618	47
CORNERSTONE COMMUNITY OUTREACH	4626 N CLIFTON AVE	Chicago	60640	46
EBENEZER MBC FOOD PANTRY	4501 S VINCENNES AVE	Chicago	60653	3
EUROPEAN AMERICAN ASSOCIATION	2827 W DIVISION ST	Chicago	60622	26
EVANGELISM OUTREACH MINISTRIES	214 E 115TH ST	Chicago	60628	9
FELLOWSHIP MBC FOOD PANTRY	4543 S PRINCETON AVE	Chicago	60609	3
FIRST BAPTIST CONGREGATIONAL	1613 W WASHINGTON BLVD	Chicago	60612	27
FIRST PRESBYTERIAN KIMBARK	6400 S KIMBARK AVE	Chicago	60637	20
FRATERNITE NOTRE DAME	502 N CENTRAL AVE	Chicago	60644	29
GOSPEL WAY COVENANT CHURCH	8723 S CREGIER AVE	Chicago	60617	7
GRACE EVANGELIC COVENANT CHURCH	4159 N MONTICELLO AVE	Chicago	60618	35
GRANT A WISH INC.	PO BOX 17698	Chicago	60617	8
GREATER HOLY TEMPLE C.O.G.I.C.	246 N CALIFORNIA AVE	Chicago	60612	27
HARMONY COMMUNITY CARES, NFP	1908 S MILLARD AVE	Chicago	60623	24
HEALING TEMPLE COGIC #1	4941 W CHICAGO AVE	Chicago	60651	37
Heritage International Christian Church	5320 W NORTH AVE	Chicago	60639	37
HOPE FOOD PANTRY	5900 W IOWA ST	Chicago	60651	29
HOWARD AREA COMMUNITY CENTER	7648 N PAULINA ST	Chicago	60626	49
IGLESIA EVANGELICA EMANUEL	5016 W ARMITAGE AVE	Chicago	60639	36
IMMACULATE CONCEPTION	2745 W 44TH ST	Chicago	60632	15
INNER-CITY MISSIONS NETWORK	17100 LONGFELLOW AVE	Chicago	60429	5
IRVING PARK COMMUNITY FOOD PANTRY	4256 N. Ridgeway	Chicago	60618	45
JESUS CHRIST FOOD PANTRY	3500 W 63RD PL	Chicago	60629	23
KENWOOD OAKLAND COMMUNITY ORG	4242 S COTTAGE GROVE AVE	Chicago	60653	4
Kingdom Baptist Church	301 N CENTRAL AVE	Chicago	60644	37
LAKEVIEW PANTRY - SHERIDAN	3945 N SHERIDAN RD	Chicago	60613	46
MAPLE MORGAN PARK FOOD PANTRY	11030 S LONGWOOD DR	Chicago	60643	19
MARILLAC HOUSE	2859 W JACKSON	Chicago	60612	27
MISSION OF OUR LADY OF THE ANGELS	3808 W IOWA ST	Chicago	60651	27
Mount Olive Baptist Church	6353-57 S MARSHFIELD AVE	Chicago	60636	16
NEW BETHLEHEM #4 MBC	8850 S COTTAGE GROVE AVE	Chicago	60619	8
NEW CHRISTIAN JOY FULL GOSPEL BAPTIST CHURCH	11594 S STATE ST	Chicago	60628	34
New Covenant MB Church	740 E 77TH ST	Chicago	60619	6
NEW GRESHAM UMC	8700 S EMERALD AVE	Chicago	60620	21
NEW HOPE COMMUNITY FOOD PANTRY	7115 W HOOD AVE	Chicago	60631	41
NEW MORNING STAR MBC PANTRY	206-208 S HAMLIN BLVD	Chicago	60624	28
NEW MT. CALVARY BAPTIST CHURCH	1850 W MARQUETTE RD	Chicago	60636	15
NEW PROGRESSIVE MISSIONARY BAPTIST CHURCH	9406 S PERRY AVE	Chicago	60620	21
ONWARD HOUSE	5413 W DIVERSEY AVE	Chicago	60639	30
OPEN ARMS MINISTRY	2649 N FRANCISCO AVE	Chicago	60647	32
PILGRIM REST M.B.C.	2951 W WABANSIA AVE	Chicago	60647	27
PINE AVENUE UNITED CHURCH	1015 N PINE AVE	Chicago	60651	37
RAVENSWOOD COMMUNITY SERVICES	4550 N HERMITAGE AVE	Chicago	60640	47
REDEEMING GRACE FOOD	11801 S SANGAMON ST	Chicago	60643	34
ROSELAND CHRISTIAN MINISTRIES	10858 S MICHIGAN AVE	Chicago	60628	9
SHELDON HEIGHTS COC PANTRY	11301 S. Halsted St	Chicago	60628	34
SHILOAH BAPTIST CHURCH	9201 S JUSTINE ST	Chicago	60620	21
Southeast Side of Chicago Food Pantry	9831 S AVENUE M	Chicago	60617	10
ST. AGATHA'S FOOD PANTRY	3147 W DOUGLAS BLVD	Chicago	60623	24
ST. ALOYSIUS	1540 N. CLAREMONT	Chicago	60622	1

The Chicago Department of Family and Support Services
2022 Emergency Food Program - Food Pantry Listing

Agency Name	Address	City	Zip Code	Ward
ST. CYPRIAN FOOD PANTRY	6535 W IRVING PARK RD	Chicago	60634	38
ST. ELIZABETH CHURCH SVDP	50 E 41ST ST	Chicago	60653	3
ST. FLORIAN: SVDP FOOD PANTRY	13145 S HOUSTON AVE	Chicago	60633	10
ST. IGNATIUS PARISH	6559 N GLENWOOD AVE	Chicago	60626	49
St. John Lutheran Church Our Lady of Victory SVD	4939 W MONTROSE AVE	Chicago	60641	45
ST. MARK CHURCH FOOD PANTRY	1048 N CAMPBELL AVE	Chicago	60622	1
ST. MATTHEW CHILD ADVOCATE	10452 S FOREST AVE	Chicago	60628	27
ST. PHILIP NERI LADY OF PEACE	2132 E 72ND ST	Chicago	60649	5
ST. PIUS V PARISH	1919 S ASHLAND AVE	Chicago	60608	25
ST. SYLVESTER PARISH	2915 W PALMER ST	Chicago	60647	1
ST. TERESA OF AVILA PARISH	1950 N KENMORE AVE	Chicago	60614	43
ST. THOMAS OF CANTERBURY	4827 N Kenwore	Chicago	60640	46
THE FRIENDSHIP CENTER	3448 W FOSTER AVE	Chicago	60625	40
The Lord's Table	4332 N. KEDZIE AVE	Chicago	60618	33
THIRD BAPTIST CHURCH OF CHICAGO	8808 S. WINCHESTER	Chicago	60620	21
TRINITY RESURRECTION UNITED CHURCH	9046 S MACKINAW AVE	Chicago	60617	10
VISITATION PARISH FOOD PANTRY	4944 S UNION AVE	Chicago	60609	20
WEST POINT BAPTIST CHURCH	3566-72 S COTTAGE GROVE AVE	Chicago	60653	4
WHOLE FOLD MINISTRIES PRAYER AND FAITH OUTREACH	956-58 W 103RD ST	Chicago	60643	34

CENTRAL WEST REGIONAL SENIOR CENTER

2102 W OGDEN AVE. CHICAGO IL 60612
312-746-5300
DIRECTOR: SHAVETTE LOVEMORE

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



Special Events & Programs

NOURISH CHICAGO FOOD PANTRY

**Tuesdays, June 24th, July 22nd, &
August 26th**

12:30pm–2:30pm

Meals on Wheels Chicago delivers
fresh protein, fruits, and produce to
senior participants. **FREE**

FATHER'S DAY STEPPERS SET

Monday, June 16th

1:00–4:00pm

Join us for a party dedicated to
celebrating fathers with music provided
by DJ Chico and prizes! **\$10 FEE**

MONDAY MOVIE MATINEE

Monday, June 9th

1:00–3:00pm

Join us for family friendly classics to
modern-day films. Light refreshments
will be served. **FREE**

ADULT PROTECTIVE SERVICES PRESENTATION

Tuesday, June 10th

12:00–1:00pm

Please join us as we learn to
recognize the signs of abuse,
neglect, and exploitation among
older adults. **FREE**

JUNETEENTH CELEBRATION

Friday, June 13th

11:00am–2:00pm

Celebrate the holiday with us with
trivia, games, and raffles! **FREE**

BINGO BONANZA

Thursday, June 26th

1:00pm–2:30pm

Join us for PRIZES & fun-filled afternoons at our monthly "Bingo Bonanzas!" **\$5 FEE (includes 2 boards) \$1.00 per additional board. Snacks available for an additional fee**

NAME THAT TUNE

Thursday, July 15th

1:00–2:00pm

Compete to win a prize by guessing the artist and name of popular songs. **FREE**

SUMMER KARAOKE

Friday, July 11th

2:00–4:00pm

Come sing-a-long to the lyrics of some all-time favorite R&B, pop, and blues hits! **FREE**

WILD, WILD CENTRAL WEST PARTY

Friday, July 18th

1:00–4:00pm

Join us for a western-themed dance party with live music, fun, games, and so much more! **\$8 FEE**

BLUES FEST

Thursday, July 31st

1:00–2:30pm

Celebration with us as we enjoy live entertainment, showcasing the "Blues."

FREE

"REP YOUR CHICAGO TEAM" STEPPERS SET

Friday, August 1st

1:00pm–4:00pm

Steppers Set celebrating the various Chicago sports' teams, music provided by DJ Chico, and prizes. **\$10 FEE**



BACK-TO-SCHOOL JAM

Friday, August 8th

12:30–2:30pm

Grandparents raising grandchildren join us as we celebrate youth returning to school for the upcoming school year. **FREE**

FARMER'S MARKET COUPON DISTRIBUTION

Monday, August 11th

9:00am–1:00pm

Greater Chicago Food Depository hosts farmer's market coupon distribution for seniors at Central West. **FREE**

CENTRAL WEST SATELLITE CENTERS

Austin

5071 W Congress, 60611
312-743-1538

PROGRAM HIGHLIGHTS

FATHER'S DAY CELEBRATION

Friday, June 13th

2:00pm-4:00pm

Come join and celebrate Father's Day with us in an afternoon of fun! There will be a men's fashion show, and desserts served! **\$5 FEE**

ICE CREAM SOCIAL

Friday, August 1st

2:00pm-4:00pm

Join us for music, good conversation, ice cream sundaes and banana splits! **\$5 FEE**

Pilsen Center

2021 S Morgan St, 60608
312-743-0493

WOMEN'S HAIRCUTS

June 23-24, August 25-26

12:30-2:00pm

Join us as Volunteer Isabel will be providing haircuts for our senior ladies! **FREE**

MEN'S HAIRCUTS

Tuesday, July 15th

10:30am-1:00pm

Join us for a barber will be visiting to provide men's haircuts. **FREE**

West Town

1613 W Chicago, 60622
312-743-1016

FATHER'S DAY PARTY

Wednesday, June 11th

12:00pm-2:00pm

Join us to celebrate Father's Day with food, drink, singing and dancing!
\$5 Fee (must register by 6/9/25)

AEROBICS

Every Tuesday & Thursday

10:30-11:30am

Join instructor Ebony Jackson for this twice weekly class! Please contact the center for registration guidelines.

Annual age-based fee applies

NORTHEAST REGIONAL SENIOR CENTER

2019 W LAWRENCE AVE, 60625
312-744-0784
DIRECTOR: SEAN DOLAN

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



Special Events & Programs

AARP SMART DRIVER COURSE

July 10th & July 11th

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

This two-day course teaches driving techniques to help keep you and your loved ones safe on the road! After completing the course, you could also be eligible for a multi-year discount on your auto insurance! To register, please call 312-744-0784.

And class fee (**\$20 for AARP members and \$25 for non-members**) must be paid on the first day of class.

JUNETEENTH CELEBRATION

Wednesday, June 18th

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

Enjoy a special lunch (**\$2.00 suggested donation**) along with music (provided by DJ Chico) and dancing! Wear your dancing shoes!

FOOD DISTRIBUTION

Thursday, June 26th

12:30-1:30 p.m.

Pick up fresh fruits and vegetables along with meat and other pantry staples! Bring bags and/or a cart!

BINGO WITH MEALS ON WHEELS

Friday, June 27th

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

Join us for a FREE special BINGO event with volunteers from Meals on Wheels! Also, don't forget about our regular BINGO on the 2nd and 4th Wednesday of the month from 10:00-11:00!

FREE

INDEPENDENCE DAY CELEBRATION

Friday, July 3rd

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

Enjoy a special lunch (**\$2.00 suggested donation**) in addition to music celebrating the 4th of July holiday!

BASIC LINE DANCING

Tuesdays

1:30–2:30 p.m.

Let Mz. Georgia guide you thru the basics of line dancing via music and organized group choreography! **FREE** to attend and stay after for an Advanced Line Dancing class at 2:30 p.m. with Mz. Georgia (**\$5 fee**)!

ZUMBA

Mondays

1:00–2:00 p.m.

Enjoy this total workout dance class that fuses cardio with Latin-inspired dance! **FREE**

PILATES

Fridays

12:00–1:00 p.m.

Join our instructor, Bonne Pobgee, for her weekly mind-body exercise class that will help you strengthen your core and increase your overall flexibility! **FREE**

TAI CHI

Wednesdays

1:30–2:30 p.m.

Learn slow, graceful movements (“meditation in motion”) while balancing your mind/body in our weekly class! **FREE**

TECH HELP

Mondays & Thursdays

10:00 a.m.–12:00 p.m.

Got a question about your smartphone, tablet, or laptop? Stop by our center to get your tech questions answered by our volunteer Maure Martinez! **FREE**

GREEK WORLD FOLK DANCE

Thursdays

10:30–11:15 a.m.

Join us for a new dance class at the Levy Center! Our volunteer instructor Koula will be teaching a variety of traditional Greek folk dances! Bring a bandana (if you have one)! **FREE**

CHESS PROGRAM

Tuesdays

10:00–11:30 a.m.

Join the Cook County Sherriff’s Office and chess connoisseur, Dr. Mikail Korenman, in weekly classes and games! All skill levels are welcome to attend! **FREE**



STORY SHARING

Tuesdays

10:00am–11:30 a.m.

Meet people and get to know them by sharing the stories that have shaped our lives! Join us to talk, learn, and enjoy! Don’t consider yourself a “writer”? Your stories are welcome whether written as notes or pulled from memory, **FREE**

BOOK CLUB

1st Tuesday of the month

10:30–11:30 a.m.

Join the Levy Center’s new Book Club! Angelica Guerrero (our volunteer Spanish teacher!) leads the group in a lively discussion on a different book every 1st Tuesday of the month! Books can be picked up at CPL branches! **FREE**

NORTHEAST SATELLITE CENTERS

Edgewater

5917 N Broadway St, 60660
312-742-5323

PROGRAM HIGHLIGHTS

MIDSUMMER BINGO

Thursday, June 26th

1:00-2:00 p.m.

Join Cheri and lots of your fellow senior center participants for a fun and **FREE** BINGO event (with summer themed prizes)!

KARAOKE PARTY

Monday, July 21st

2:00-4:00 p.m.

Enjoy karaoke, music, and dancing with Harold Hall! Bring your dancing shoes! **FREE**

4TH OF JULY BINGO

Thursday, July 3rd

1:00-2:00 p.m.

Join Cheri and lot of your fellow senior center participants for another fun and **FREE** BINGO event (with 4th of July themed prizes)!

KARAOKE PARTY

Thursday, August 7th

2:00-4:00 p.m.

Enjoy karaoke, music, and dancing with Harold Hall! Bring your dancing shoes! **FREE**

North Center

4040 N Oakley Ave, 60618
312-744-4015

OPEN MIC

Thursday, June 26th

10:00-11:00 a.m.

Ever thought about sharing one of your poems or short stories? If so, our Open Mic event is for you! Call the center (312-744-4015) for more details! **FREE**

TABLE TENNIS TOURNAMENT

Thursday, July 29th

2:30-4:00 p.m.

Want to see how your ping pong skills match up to other participants? If so, participate in our tournament! **FREE**

SIP & PAINT

Friday, June 20th

12:30-2:00 p.m.

Have fun painting with your fellow senior center participants while enjoying refreshments! **FREE**

CASINO DAY

Thursday, July 17th

12:30-3:30 p.m.

Enjoy a variety of engaging and fun casino-themed games! **FREE**

NORTHWEST REGIONAL SENIOR CENTER

3160 N MILWAUKEE AVE. CHICAGO IL 60618
312-774-6681
DIRECTOR: MARY BLUME



Special Events & Programs

JUNETEENTH CELEBRATION

Wednesday, June 18th

11:30am

Join us for a health fair focused on vaccines, substance abuse and sexual health. Learn from experts about the importance of staying up to date on vaccinations and gain valuable insights into maintaining a healthy and fulfilling lifestyle. Take charge of your well-being in a safe and welcoming environment—knowledge is the best medicine!

WHITE SOX OUTING

Wednesday, June 25th

Join us as we cheer the White Sox to victory! Space is limited so please contact the center directly to find out how to join us. Transportation will be provided. **FREE**

Come to the Copernicus Senior Center and meet old friends, make new friends, and become a part of the Northwest family! We offer over 100 classes every month!

SIDEWALK SALE

Wednesday, June 4th

2:00pm

Join us and sell items you no longer need or find something new in our outdoor sidewalk sale! **FREE to attend, \$20 table fee to sell items**

DFSS & Top Box Food Box Program

June 9th & July 8th

1:00pm

Join us for the Good Food Good Life Program! We will be distributing boxes filled with a variety of fresh and nutritious foods to support our community. We encourage everyone to bring a cart when arriving. Don't miss this opportunity to receive essential groceries—supplies are available on a first-come, first-served basis. **FREE**

CLUBBING FRIDAYS

June 9th, July 11th, & August 8th

12:30-3:30pm

Get ready to dance the night away! Join us for Clubbing Friday, where the energy is high, the DJ keeps the beats going, and the dance floor is always buzzing! Show off your best moves, and enjoy great music, and excitement. Don't miss out on the best party of the month! **FREE**

4TH OF JULY CELEBRATION

Thursday, July 3rd

11:30am

Join us as we celebrate the holiday with a special meal and fun activities! Celebrate Independence day by socializing with old and new friends and neighbors. **FREE**

FARMER'S MARKET COUPON DISTRIBUTION

Tuesday, July 29th

1:00pm

Greater Chicago Food Depository hosts farmer's market coupon distribution for seniors! **FREE**

KITE DAY

Wednesday, August 6th

Join us as we release our inner child and make and fly our own kites. Lets go fly a kite! **FREE**

TALENT SHOW

Tuesday, August 26th

10:30am

Do you have a talent? Join us as we share our talents in this popular event! **FREE**

DRUM CIRCLE

Tuesdays

1:00pm

Feel the Rhythm at Our Drum Circle! Join us for an energizing Drum Circle where we create music, relieve stress, and have fun! No experience needed! **FREE**

HAIRCUTS

Last Wednesday of each month

Join us as we host a professional stylist for haircuts the last Wednesday of each month.

Cost \$4 (must register in advance and pre-payment is required)

BINGO WITH BAIN & CO

Friday, July 18th

10:00 am

Join us as Bain & Co host this special bingo event! **Cost \$2 for 3 cards**



BINGO

Thursdays

1:00pm

Join us for weekly bingo fun and win prizes!

Cost \$2 for 3 cards

ZUMBA

Mondays

1:00pm

Join instructor Cynthia for a dynamic class of dance and fitness! No experience required!

FREE

NORTHWEST SATELLITE CENTERS

Kelvyn Park

2715 N Cicero, 60639

312-744-3350

PROGRAM HIGHLIGHTS

SUMMER BINGO SERIES

June 11th, July 9th, & August 9th

12:00-1:00pm

Join us as volunteers from the Chicago Cares non-profit agency, the largest volunteer agency in Chicago, hosts a 3 part series of Summer Bingo events. All are welcome! **FREE**

SUMMER BASH

Thursday, July 24th

11:30am-3:00pm

Join us as we present our Summer Bash party! Featuring raffles, bingo, Zumba hosted by Elvia Maldonado, and a special cake! **FREE**

Norwood Park

5801 N Natoma, 60631

773-775-6071

TAI CHI

Wednesdays

2:00-3:00pm

Taught by a certified Tai Chi instructor, this low impact exercise class will help you develop your inner core, improve balance, and flexibility. **FREE**

NATIONAL HOT DOG DAY

Wednesday, July 16th

2:00pm

Join us as we celebrate a summer staple! Socialize and enjoy a hot dog with us! **FREE**

Portage Park

4100 N Long, 60641

312-744-9022

KARAOKE & DANCE PARTY

Wednesday, June 18th

2:00-4:00pm

Join us as we sing and dance along with the DJ! **FREE**

INDEPENDENCE DAY CELEBRATION

Thursday, July 3rd

11:30-12:30pm

Join us and celebrate the 4th of July holiday with a special meal and patriotic singing. **\$2 Suggested Donation**

RENIASSANCE COURT SENIOR CENTER

78 E WASHINGTON ST. CHICAGO IL 60602
ACCESSIBLE RAMP ENTRANCE: 77 E RANDOLPH ST

312-744-4550

DIRECTOR: DONNA WEEMS

Offering a unique blend of
of cultural, educational,
health focused programs
for seniors to renew past
interests, learn new skills,
and make new friends!



On the 1st floor of the
Chicago Cultural Center

Special Events & Programs

SAFE BANKING WITH CITY TREASURER

Thursday, June 5 from 1:00–3:00pm

This interactive workshop will help seniors learn tips to help keep you and your money safe. Join for a day of fun interactive activities that include BINGO, prizes, and more! **FREE**

X-MAS IN JULY

July 14–18, 2025

Get into the holiday spirit—summer style! Join us for a festive week of Christmas in July featuring holiday movies, merry crafts, and joyful gatherings. Highlights include a cozy Pajama Party screening of *The Polar Express* on Friday and our special Art Fair on **Wednesday, July 17**, where you can support talented senior artists and shop for unique, handmade gifts. **FREE**

MICROSOFT WORD– BASICS W/BARB

Monday, June 23 from 12:30–1:30pm

Join tech tutor Barb for a hands-on group class covering the essentials of Microsoft Word—perfect for all experience levels. Participants must bring their own device with Word installed; call (312) 744-4550 to register.

FREE

A TASTE OF IMPROV

Wednesday, June 18 from 2:15–3:45pm

Join us at our regular class time for a special improv performance—come share some laughs, enjoy the show, and see what improv is all about (you might even be inspired to join the class)!

FREE

WATERCOLOR WORKSHOP

Fridays from 1:30–3:30 pm

This is a relaxed, self-directed watercolor painting group open to artists of all skill levels.

While there is no formal instruction, retired watercolor teacher Dan Stevens will be present to offer guidance, feedback, and advice as needed. **FREE**

SMARTPHONE WORKSHOP

Tuesdays from 2:00–3:00 pm

Whether you're looking to master the basics or explore new smartphone features, this workshop will provide practical, easy-to-follow guidance in a supportive environment. **Fee: \$5**

THE ROYAL SCRABBLE CLUB

Wednesdays from 1:00–3:00 pm

Join the Royal Scrabble Club for a fun and friendly game of words! This welcoming group meets weekly to play Scrabble, share laughs, and enjoy good company. Whether you're a seasoned player or just learning the ropes, new members are always welcome. Come for the game, stay for the camaraderie! **FREE**

SPANISH

Wednesdays from 10:15–11:30 am

This class is perfect for beginner to intermediate learners looking to build their Spanish language skills in a supportive environment. **Fee: \$3**

SENIOR CLOWN TROUPE

1st and 3rd Friday of the Month from 2:00–4:00pm

Put on a clown nose and release your inner playful child. Learn all the skills needed to clown around.

Each class begins with a warm-up and theater games, followed by exploration of different skills.

Feel free to drop in and join this fun group! Once you join the class you will be part of a traveling

ensemble which performs in senior centers, nursing homes, and at community events! **FREE**

ART & SURVIVAL

June 26th, July 31st, August 28th from 12:00–1:30pm

Join lecturer Tim Andrews for this thought-provoking, lecture-style series that explores the intersections of history, culture, science, and society—often through unexpected and challenging topics.. **FREE**

MICROSOFT EXCEL– BASICS W/BARB

Monday, June 30 from 12:30–1:30pm

Discover the power of spreadsheets in this beginner-friendly class led by tech tutor Barb, designed to help you navigate Microsoft Excel with confidence. Bring your own device with Excel installed and reserve your spot by calling (312) 744-4550. **FREE**



AGE WITH PRIDE

June 16 & 20

Celebrate Pride Month with 2 special events! On **June 16**, join us for a presentation from local organizations on LGBTQ+ topics supporting inclusive aging. Then on **June 20**, put on your best retro outfit and get ready to groove at our fabulous Disco Dance Party. Whether you're part of the LGBTQ+ community, have queer loved ones, or want to learn and support, all are welcome!

FREE

Renaissance Court Gallery

Renaissance Court Gallery features senior artists at least 55 years of age residing in the greater Chicago Metropolitan area.

SUMMER EXHIBITIONS

June 9-August 4, 2025

Opening Reception | June 27 from 4:00-6:30 pm

DE ESPALDAS & OPPOSITES ATTRACT

Alejandro Lugo's ethnographic and artistic photographs have been published as photo essays in the interdisciplinary journals *South Atlantic Quarterly* (2006), *Religion and Society: Advances in Research* (2015), and the *Review of International American Studies* (2018, 2025), and have been exhibited in galleries and museums in Chicago, New York City, Phoenix, and in the El Paso, Texas-Las Cruces, New Mexico region. Lugo's ethnographic photographs on immigration and border violence are in the Permanent Collections of the Krannert Art Museum and of Chicago's National Museum of Mexican Art. Several of his photographs documenting U.S. Latino history and culture are in the Permanent Collection of the National Museum of Puerto Rican Arts and Culture also in Chicago.



ALEJANDRO
LUGO

CONSTRUCTIVISM CHICAGO

Leonid Osseny was born in Nizhny Tagil, Russia, and studied art and design at the Ural College of Applied Arts and the Belarus State Academy of Fine Art. He worked for many years as an architect and restorer at the Belarus Institute of Renovation and Conservation, and since 1991, at several design and architecture firms in Chicago. Mr. Osseny's was recognized in numerous exhibitions, including the International James Joyce Symposium at the National College of Ireland and Gene Sickle Film Center, Palette & Chisel Academy of Fine Arts, "Architect" Gallery, Chicago. His work was featured in the *Joyce Studies Annual*, Fordham Press, and can be found in public and private collections in USA and Europe.



LEONID OSSENY

DREAMS AND DESIGNS

Nancy S. Candice's artwork is rooted in formal training and more recently inspired by imaginative and emotional representations of her memories, daydreams, and life experiences. Her work reveals an ethereal world saturated with lush, compelling colors and textured with a variety of materials. Through mixed media, she explores creative combinations that result in fresh, innovative expressions. Working with expressive color, Nancy captures whimsical and eclectic emotions that ignite her imagination and invite viewers to engage all their senses. She is continually inspired by the balance of positive and negative space and maintains a deep passion for graphic arts—an influence clearly seen in her early collections of linoleum block prints and digital art. These foundational elements continue to inform and shape the structure of all her compositions.



NANCY S.
CANDICE

The next Call for Proposals is anticipated for 2026-2027. Complete an inquiry form in-person at Renaissance Court Senior Center.

SOUTHEAST REGIONAL SENIOR CENTER

1767 E 79TH ST. CHICAGO IL 60649

312-747-0189

DIRECTOR: ALICIA HENRY

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



Special Events & Programs

MEDICARE FRAUD FAIR & PARTY

Wednesday, June 4th

10:00 am – 1:00 pm

Join us for the **FREE** Medicare Fraud Fair and Party, where you'll learn how to protect yourself from fraud. This event will provide valuable information on detecting fraud and reporting any suspicious activities that may affect your financial security. Stay for the party featuring a raffle, shredding event, and music by DJ Chico, along with a special live performance! Don't miss out on the fun!

ATLAS CHORAL ENSEMBLE PRESENT JUNETEENTH CELEBRATION OF TALENT & FASHION

Wednesday, June 18th 10:00 am – 11:00 am

Join us for a lively showcase celebrating creativity, culture, and freedom! Let's come together for Juneteenth with inspiring talent and fashion. Don't miss this amazing event! **FREE**

TOP BOX FOOD GIVEAWAY

June 5th, July 30th, & August 12th

1:00 pm

"Good Food, Good Life"! DFSS teamed up with Top Box Foods to offer delicious and nutritious food boxes for older adults aged 60+. Bring a shopping cart or large bags to carry your goodies home. We hope to see you there! **FREE**

CALLING ALL KARAOKE LOVERS

Wednesdays, June 18th & 25th

11:00 am – 1:00 pm

Join Vennie's for free singing and fun throughout June! This is your moment to shine! Grab the mic and let your voice resound, whether you're a pro or just want to enjoy yourself. **FREE**

POP-UP PRODUCE MARKET

Wednesdays, June 11th & July 23rd

1:00 pm

Meals on Wheels Chicago is sponsoring this event, providing a variety of fresh produce, to older adults 60+! Bring your grocery bags and shopping carts.

FREE!!!

SUMMER ROCK & ROLL SOCK HOP – SOUNDS BY

DJ CHICO

Monday, June 23rd

1:00 pm – 4:00pm

Join us for an afternoon filled with food, fun, and fabulous raffle prizes! Don't forget to dress in your coolest Rock & Roll Sock Hop outfit and get ready to dance the day away! **\$10 Fee**

BINGO

Fridays: 12:30 pm – 2:30 pm

Join us for Bingo every Friday! Dive into a lively atmosphere filled with laughter and fun as you compete for exciting prizes. It's the perfect chance to connect and share good times. Don't miss out on the fun – come join us! **Cost \$1 per card**

BLOOD PRESSURE CHECKS

Tuesdays: 9:30 am – 12:30 pm

Exciting news! Join us every Tuesday for your blood pressure checks and health consultations at the Center. Don't miss your chance– sign up for a quick 5 minute time slot and take a step toward better health! **FREE**

BILLIARDS

Weekdays: 9:00 am – 3:30 pm

Come join us for some exciting pool action every day! We have three tables ready for you to show off your skills and have a great time. Whether you're a seasoned player or just looking to have fun, there's a spot waiting for you! **FREE**

SOCIAL WORKER VISIT

1st & 3rd Mondays

10:00 pm – 12:00pm

Join social worker Daniela Mitchem, MSW, LSCW, CHES as she hosts "What's Going On?" a support group that helps people manage everyday life events. Please join us! **Individual consultations accepted from 11-12pm on a walk-in basis.**

RUBY TREASURES GIFT SHOP SUMMER'S BLOWOUT YARD SALE

Tuesday, August 19th

10:00 am – 2:00 pm

Stop in and see what we have for our end-of-summer sale! There's always something special.

FLOOR YOGA

Mondays: 11:00 am – 1:00 pm

Thursdays: 11:30 am – 12:30 pm

Join us for Floor Yoga every week on Mondays and Thursdays with the incredible Tony Stevens! Don't miss out on the opportunity to find your flow and deepen your practice with such an amazing instructor! **FREE**



LUNCH & LEARN: Benefit Access Program

Wednesday, August 13th

12:00 pm – 12:30 pm

Join us for an informative discussion centered around the Benefit Access Program. We will provide comprehensive information and address any questions regarding the resources and services available for seniors. Don't miss this opportunity to learn how to navigate available benefits and enhance your quality of life! **FREE**

FARMER'S MARKET COUPONS

Thursday, August 14th

9:00 am – 1:00 pm

SFMP coupons are available while supplies last for seniors 60+ who live in Chicago. Proof of age and address is required (state IDs, city IDs, Senior Membership IDs, medical records, or bills). Each eligible adult may receive one booklet per summer.

FREE

SOUTHEAST SATELLITE CENTERS

Abbott Park
49 E 95th St., 60619
312-745-3493

PROGRAM HIGHLIGHTS

JUNETEENTH & FATHERS DAY CELEBRATION

Wednesday, June 11th

11:30 am – 3:00 pm

Come join us as we celebrate the men of Abbott Park and the history of Juneteenth with a live performance from Noreen Starks and her band. We have food, fun, and dancing! **\$10 FEE**

VOLUNTER APPRECIATION CELEBRATION

Friday, August 29th

11:30 am – 3:00 pm

Help us celebrate all of the hard work and appreciation for our volunteers. **FREE**

Chatham

8300 S Cottage Grove Ave., 60619
312-745-0401

JUNETEENTH CELEBRATION

Thursday, June 12th

12:00 pm – 4:00 pm

Join us as we celebrate the holiday with a health presentation, African garments, a special guest speaker, and raffles! **FREE**

Lula

Thursday, August 14th

12:00 pm – 4:00 pm

Join us for a live DJ, health presentation, Lula garments, and raffles! **FREE**

Roseland

10426 S Michigan Ave, 60628
312-745-1500

SUMMER BAZAAR

Tuesday, July 1st

10:00 am – 1:00 pm

Featuring diverse vendors sharing unique resources! Enjoy delicious refreshments and entertainment. Don't miss out on the fun and connections! **FREE to attend, tables for purchase \$15**

WESTERN PARTY

Friday, July 25th

12:30 pm – 3:30 pm

Join us for delicious food, raffles, music by DJ Chico, a Best Western Outfit contest, and prizes worth \$40! **\$10 FEE**

South Chicago

9233 S. Burley Ave., 60617
312-745-1282

FATHER'S DAY KARAOKE & PIZZA PARTY

Friday, June 13th

10:00 am

Join us for this **FREE** event with karaoke at 10am and a pizza party at 12pm celebrating Fathers and Grandfathers!

SENIOR ARTS & CRAFTS WEEK

August 25th–29th

Join us for this weeklong display of the senior's art & crafts they have made during the year. Art and jewelry will be available to purchase starting at \$2.00 and up.

SOUTHWEST REGIONAL SENIOR CENTER

6117 S KEDZIE AVE. CHICAGO IL 60629

312-747-0440

DIRECTOR: JEWELL WILSON



Special Events & Programs

JUNETEENTH CELEBRATION

Wednesday, June 18th

10:00am

Join us as we celebrate the holiday with a special meal, and music from DJ & Boots on the Ground. **\$2 Suggested Donation**

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

HOW TO SPEND YOUR MONEY

Monday, June 2nd

10:00am

Join us for a special presentation from the City Treasurer's Office on financial literacy.

Spanish/English language option available. **FREE**

FINANCE 101

Friday, June 6th

10:30am

Illinois Comptroller's Office presents an educational seminar on finances. Spanish/English language options available. **FREE**

SOUTHWEST SWAP-O -RAMA SOUTHWEST MULTIPURPOSE AUXILIARY BOARD FUNDRAISER

Friday, June 27th

10:00am

Join us for a flea market style fundraiser! You never know what treasures you might find! **FREE to attend, \$30 table fee for participants**

CARIBBEAN HERITAGE MONTH CELEBRATION

Monday, June 30th

10:00am

Celebrate Caribbean Heritage month with us with a catered meal and dancing! **\$10 Fee (non-refundable, must register by 6/26/25)**

4TH OF JULY CELEBRATION

Thursday, July 3rd

10:00am

Celebrate Independence Day with us! Jukebox Johnny plays for us and there will be dancing and much celebration! **FREE**

MATTHEW RIGGEN & THE MARQUETTE TRIO

Wednesday, July 16th

11:30am

Join us for a musical treat as Matthew Rikken & The Marquette Trio the band plays past and modern favorites. **FREE**

"HOW TO SERIES"

Friday, July 11th

10:00am

Join us for a Computer and Phone Tech Seminar presented by The National Pan-Hellenic Council of Chicago, Inc. **FREE**

COUNTRY WESTERN DANCE

Friday, July 25th

10:00am

Wear your best Country Western attire and join us for this country western themed dance! **FREE**

NATIONAL CHEESECAKE DAY

Wednesday, July 30th

10:30am

Who doesn't love cheesecake? Join us and there will be slices of cheesecake provided on a first come first served basis to celebrate this day. **FREE**

"HOW TO SERIES"

Monday, August 4th

11:00am

Join us for another seminar in this popular series. This month a mechanic will speak about how to maintain your car. **FREE**

POP UP BINGO

Friday, August 1st

10:00am

Join us as we host bingo sponsored by Meals on Wheels Chicago! **FREE**



ICE CREAM SOCIAL

Tuesday, August 26th

12:00pm

We all scream for ice cream! Join us for Ice Cream, Music & Fellowship. **FREE**

NEW YAM FESTIVAL HARVEST FEST

Thursday, August 28th

10:30am

Join us for a special catered meal! There will also be gardening exhibits and presentations along with prizes for the best homegrown fruit or vegetable. **\$13 FEE (Non-refundable, must register by 8/22/25)**

SOUTHWEST SATELLITE CENTERS

Auburn Gresham

1040 W 79th St, 60620

312-745-4797

ELDER ABUSE AWARENESS PRESENTATION

Friday, June 13th

12:00-1:00pm

In celebration of World Elder Abuse Awareness, we will have a presentation on educating the community on understanding on what is abuse and neglect of older persons, how to make a report and how the cultural, social, economic and demographic processes impact our seniors.

Free

PROGRAM HIGHLIGHTS

ICE CREAM SOCIAL

Wednesday, July 9, 2025

12:30-1:30pm

Come and have a cool, sweet treat to beat the summer heat!

FREE

Englewood

653-657 W 63rd St, 60621

312-745-3328

RED, WHITE & BLUE KARAOKE PARTY

Thursday, July 10, 2025

12:30-2:30pm

Join us for karaoke Music and Dancing with DJ Harold! **FREE**

LINE DANCING

Fridays

12:30-2:30pm

Learn the latest line dances with the Ada Niles line dance team of instructors. Beginners are welcome!

FREE

Garfield Ridge

5674-B S Archer Ave, 60638

312-745-4255

BINGO PARTY

June 27th, July 25th, & August 29th

9:00am-2:00pm

Fun, friends and food! Ticket purchase includes: admission, lunch, coffee/tea, two free cards to play through ten games of BINGO, free chance at the guessing game. Proceeds from these fundraisers support programming at the senior center. **\$15 (advance registration required)**

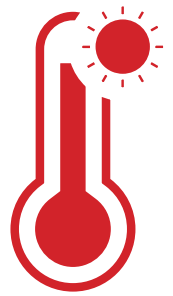
IN THE BELLY OF THE BLUES

Wednesday, June 25th

1:00pm

An interactive multimedia show, presented by by Grammy Winner Terry Abrahamson. It will feature rare video, pics, music and stories leaving audiences laughing and singing along. **FREE**

BEAT THE HEAT!



KEEP YOUR COOL DURING EXTREME HOT WEATHER.

The City of Chicago has services available to help residents cope safely with extreme weather conditions. Those resources will be even more impactful with your support. Make a special effort to check on your friends and neighbors during a heat wave, especially if they are older adults, young children, live alone or are people with special needs.

CALL 3-1-1 TO:

- Locate a Cooling Center near you.
- Request a well-being check for someone.

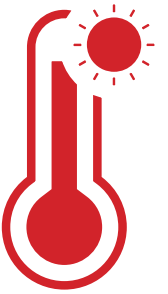
HOT WEATHER TIPS:

- Drink lots of water, avoid alcoholic beverages, coffee, and sodas.
- Avoid going outside in extreme heat.
- If you don't have air conditioning, keep shades drawn and blinds closed, with windows slightly open.
- If you must be outside, seek shade.
- Keep electric lights off or turned off.
- Minimize your use of your stove or oven.
- Wear loose, light, cotton clothing.
- Take cool baths and showers.
- Don't leave anyone (including pets) in a parked car, even for a few minutes.
- Never leave children, older adults, or those who require special care during periods of intense summer heat.
- Older adults and others who may be sensitive to extreme heat should contact friends, neighbors, or relatives periodically throughout the day.
- Seek help if you feel symptoms of heat related illnesses.

REMEMBER

Check on relatives, neighbors and friends. If you are unable to make contact, call 3-1-1 and request a well-being check.

COOLING CENTERS



COMMUNITY SERVICE CENTERS

COOLING CENTER HOURS: 9 A.M. – 5 P.M. (Monday–Friday)

Englewood Center
1140 W. 79th St.

*Garfield Center
10 S. Kedzie Ave.

King Center
4314 S. Cottage Grove

North Area Center
845 W. Wilson Ave.

South Chicago Center
8650 S. Commercial Ave.

Trina Davila Center
4312 W. North Ave.

SENIOR CENTERS

COOLING CENTER HOURS: 8:30 A.M. – 4:30 P.M. (Monday–Friday)

Central West Center
2102 W. Ogden Ave.

Northeast Senior Center
2019 W. Lawrence Ave.

Northwest Senior Center
3160 N. Milwaukee Ave.

Renaissance Court
78 E. Washington
10 A.M. – 5 P.M.

Southeast Senior Center
1767 E. 79th St.

Southwest Center
6117 S. Kedzie Ave.

ALTERNATE LOCATIONS

Chicago Parks & Libraries also serve as cooling centers during extreme heat.
Check in with your local park, library or police station for cooling center locations & hours.

VISIT [311.CHICAGO.GOV](https://311.chicago.gov) OR CALL 3-1-1 FOR THE MOST CURRENT INFORMATION ON CITY COOLING CENTERS



*The Garfield Center is available 24/7 to connect residents to shelter!

Family Caregivers of Seniors or People with any type of
Dementia (like Alzheimer's, Parkinson's / Lewy Body,
Vascular)

You Are Not Alone

Chicago Commons is here to support you with the Stress-Buster Program!

Caregiving can be both **rewarding** and **stressful**,
this program seeks to improve your quality of life through:

- stress management and peer support
- relaxation and coping strategies
- enhanced problem-solving skills

QR code to register:



Link to register:

<https://forms.gle/2gJSPJJaf3j9UoBt6>

This program is **FREE**, online, and available at no cost to you!

WHO: Family caregivers of a Senior or loved one with any type of dementia

WHAT: Multi-component program meets for 9 weeks for 90 minutes/week

WHEN: FRIDAY May 23 June 6, 13, 20, 27, July 11, 18, 25, Aug 1

WHERE: Virtual via Zoom link

TIME: 6 PM - 7 PM CST

"I was at a very low point in my life. This program saved my life." Participant

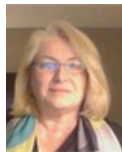
Developed at



Call (312) 744-4016

⁵⁵
or email caregiversupport@gmail.com

Brain Health Series 1-6:



Brain Health is the state of brain functioning across cognitive, sensory, social-emotional, behavioral and motor domains. The Brain Health Series is designed to help adults learn how to reduce risks and maintain a healthy brain.

Brain Health 1 - Brain Health Basics addresses normal aging of the brain, threats to brain health, and healthy aging for the body and brain. Dr. Victoria Russo and Danielle Riley of DFSS Senior Services present.

Brain Health 2 - Medicine, Age, and the Brain - Dr. Michael Koronkowski, Clinical Assistant Professor at the University of Illinois at Chicago (UIC), College of Pharmacy, discusses the impact some medications can have on brain health of older adults and the importance of talking with your doctor.

Brain Health 3 - Managing Memory - Dr. Victoria Russo, City of Chicago DFSS discusses normal changes in the brain due to age and how we can adapt to cognitive slowing, recognize Alzheimer's Disease, and strengthen our memory.

Brain Health 4 - Preventing Brain Injury - neurologist Joshua G. Cahan, MD with the Northwestern Medicine Mesulam Center for Cognitive Neurology and Alzheimer's Disease, addresses what happens after a brain injury occurs and ways you can protect your brain.

Brain Health 5 - Social Connections and Health: Why feeling connected matters - presented by Dr. Louise Hawkley, Principal Research Scientist, NORC at the University of Chicago. This thought-provoking discussion addresses the benefits of staying connected in an ever-changing world.

Brain Health 6 - Vision and the Brain - presented by Deborah Zelinsky, OD, Founder and Executive Research Director of the Mind-Eye Institute. Dr. Zelinsky addresses the importance of vision's impact on overall brain health.

Find the live recordings Online at www.cityofchicago.org/caregivers

This project was supported, in part by grant number 90ADPI0033-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



Are you a caregiver of a family member or friend with Alzheimer's or a related dementia? This program is for you!

Join us for SAVVY CAREGIVER™, a free, interactive 6-week training series designed to support family caregivers.

"...It was therapeutic to empathize with everyone and get to meet people in the same situation."

As a SAVVY CAREGIVER, you will be able to:

- Develop strategies and master skills to help your caregiver situation
- Find ways to reduce the effects of stress through planning and self-care
 - Manage daily life and behaviors
- Effectively communicate with a person with dementia

Online Schedule 2025

Series	Day	Time	Dates
1	Thursday	1:30 – 3:30 PM	Feb. 6, 13, 20, 27, March 6, 13
2	Wednesday	6:00 – 8:00 PM	March 5, 12, 19, 26, April 2, 9
3	Thursday	11:30AM – 1:30 PM	May 1, 8, 15, 22, 29, June 5
4	Tuesdays	8:00 – 10:00 AM	July 1, 8, 15, 22, 29, August 5
5	Wednesday	9:30 – 11:30 AM	Aug. 13, 20, 27, Sept. 3, 10, 17
6	Thursday	6:00 – 8:00 PM	Oct. 9, 16, 23, 30, Nov. 6, 13,

Register Today!

To register, please go to the case sensitive link: <http://bit.ly/SavvyReg25>

Spaces are limited! For more information, contact:

Victoria Russo at 312-743-3528 email: Victoria.Russo@cityofchicago.org



The Health Legacy Program for Women VIRTUAL WORKSHOP

The Health Legacy Program is a **FREE 6-week workshop** designed for women of color wanting to make lifestyle changes for themselves and their families by eating right, losing weight, and improving their overall health and wellness.

Join us for fun exercise, nutrition guidance, and health education in a supportive environment. Create a legacy for lifelong health for you and your family!

Health Legacy Program participants will:

- Meet twice a week for 6 consecutive weeks
- Discuss healthy habits and create a personal weekly health plan
- Exercise weekly for improved strength and flexibility
- Learn about nutrition, healthy eating, and practice meal planning
- Meet with other women in supportive discussion groups
- Practice goal setting and problem solving
- Be celebrated at the end with a graduation and surprises!

For any questions or for more information, call us at (800) 757-0202!

**If you would like to schedule a virtual workshop for women at your organization or if you are interested in participating in a workshop, please call us!
(800) 757-0202**

Requirements

Participants with internet access on Smart Phone, a Tablet or Computer will enjoy and benefit most from the program, since workshops are offered via the Zoom videoconference platform.

Needed workshop materials will be mailed to participants, so pre-registration is required.

This workshop is provided at zero cost to the host organization or participants.



Join a Group Workshop today! Become more active in your health.

RUSH Generations offers a suite of group programs proven to improve your health and quality of life. Workshops are free and are offered throughout the community, at RUSH, and virtually.

Workshop topics include:

- Balance & Fall Prevention
- Chronic Health Condition Management
- Pain Management
- Emotional Wellness
- Cancer Survivorship
- Walking Groups
- Healthy Living and Nutrition for Women of Color

Call us today at (800) 757-0202! Our team can help find a group workshop that's right for you!

To learn more about upcoming groups, call RUSH Generations at (800) 757-0202

All of our group workshops are free, and are open to anyone in the community regardless of insurance, status, or medical home.

Workshops are offered in either English or Spanish.

Any workshop can be brought to community sites as requested. For more information on how to bring RUSH Generations to your organization, agency, or faith-based institution, reach out to Rush_Generations@rush.edu or call us at (800) 757-0202

Schaalman Senior Voices at RUSH

Schaalman Senior Voices is a collection of inspiring films, educational opportunities and programs that aim to strengthen the well-being of older adults and their communities. These videos strive to empower older adults to discuss what matters most to them as they age.



Benefits of recording a video include: Understanding that your story is important and can have an impact; Educating health care professionals on how to provide the best care for older adults; and Fostering community among older adults

Schaalman Senior Voices wants to hear from you!
Please share your wisdom by recording a video!

Questions to consider answering:

- 1) How has participating in this workshop helped you focus on what matters most to you?
- 2) Why it is important for your health care team and loved ones to know your goals, wishes and what matters most to you?

**To record a
video, scan
the
QR code OR
use the
following
website link:**



<https://gather.video/ih1E>

Questions? Contact Kimberly Morley by phone or email:
312-942-4299; Kimberly_Morley@rush.edu

Chicago Senior At Risk Program



Smoke Detector Saves Lives!

Are you 60
years old or
older?

Do you live in
a single family
home?

Do you or a
loved one own
the home?

If you answered YES to
our questions, then the
Chicago Fire Department
can install free smoke
and carbon monoxide
detectors for you!

Schedule your
appointment today by
calling us at
312-747-6691

"We're There When You Need Us".

LIHEAP FUNDS HAVE RUN OUT — BUT YOU CAN STILL APPLY FOR A HEATING BILL DISCOUNT!

LIHEAP funding for the 2025 Program Year has been exhausted. Funding is expected to return October 1, 2025. However, LIHEAP applications for natural gas will still be accepted through August 15, 2025, through our online application portal only, for income assessment and qualification for the Low-Income Discount Rate (LIDR) program available to Peoples Gas/North Shore and Nicor customers.

If you have not received a LIHEAP benefit since October 1, 2024, you are encouraged to apply online for LIHEAP to qualify for a monthly bill discount through your heating utility. Apply online 24/7 by visiting: CEDAorg.net/Bills and select the Save Time, Apply Online option.

Customers who have already received a LIHEAP benefit since October 1, 2024, do not need to re-apply for LIDR eligibility and have already been qualified to receive monthly discounts on their heating bills!



SAVE TIME, APPLY ONLINE

Turn over to learn what you'll need to complete an online application today!

WHAT IS LIDR?

The Low-Income Discount Rates (LIDR) provide a monthly discount on natural gas bills for customers with qualifying household incomes. The benefit you receive depends on your income level. Discounts will be provided in five tiers, based on your household's income as a percentage of the Federal Poverty Level (FPL). When you complete a Low-Income Home Energy Assistance Program (LIHEAP) application to determine income eligibility, we will calculate your income level and determine your discount tier.

UTILITY	DISCOUNT TIER				
	Tier 1: 0-50% of the Federal Poverty Level (FPL)	Tier 2: 51-100% of the FPL	Tier 3: 101-150% of the FPL	Tier 4: 151-200% of the FPL	Tier 5: 201-300% of the FPL
Peoples Gas	83% Discount	68% Discount	45% Discount	20% Discount	5% Discount
North Shore Gas	79% Discount	60% Discount	36% Discount	12% Discount	5% Discount
Nicor Gas	75% Discount	55% Discount	25% Discount	10% Discount	5% Discount



LIHEAP FUNDS HAVE EXHAUSTED!

BUT THERE'S STILL A WAY TO LOWER YOUR MONTHLY HEATING BILLS.

COMPLETE THE LIHEAP APPLICATION ONLINE TO APPLY FOR THE LOW INCOME DISCOUNT RATE PROGRAM (LIDR).



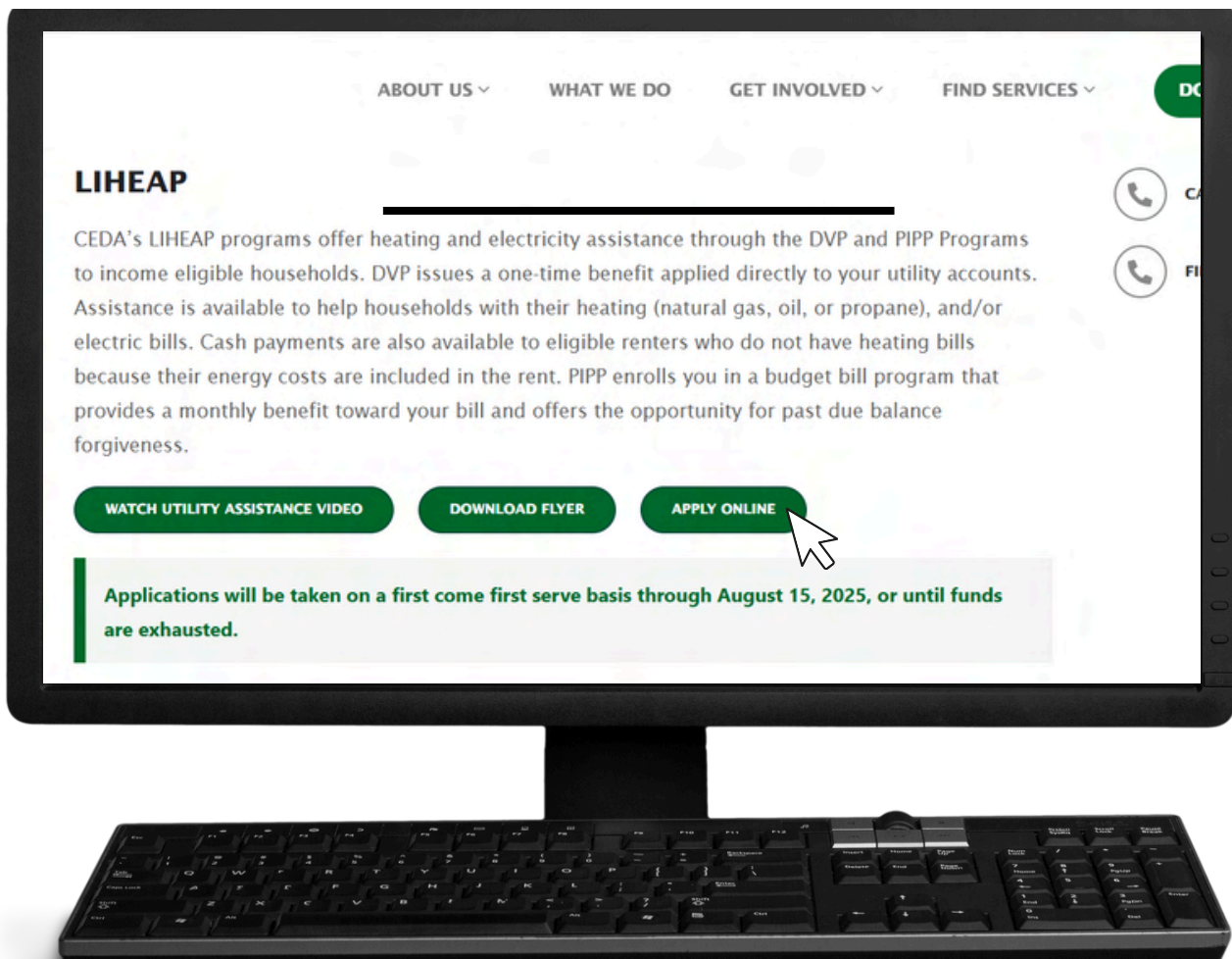
SAVE TIME, APPLY ONLINE

You will need:

- Proof of 30-day gross income for all household members.
- Social Security Numbers of all the household members.
- Heating Bill.

Important Links:

- Apply Online: [CEDAorg.net/Bills](https://cedaorg.net/Bills)
- “How to Apply” Video: <https://www.youtube.com/watch?v=O2W-XEJGWXE>
- “How to Apply” User Guide Portal: <https://cedaorg.my.site.com/s/document>



The Chicago Department of Family and Support Services (DFSS) Senior Services Division offers a variety of citywide programs designed to address the diverse needs and interests of older Chicagoans and their caregivers. **In general, all Chicagoans aged 60 and older are eligible for services. Some programs have lower ages of eligibility, call us!**

Call Information and Assistance at 312-744-4016 or call 311
Monday – Friday, 8:30 am to 4:30 pm or email aging@cityofchicago.org

In-Home Support Services

Caregiver Respite

Caregiver Respite provides a break from caring for loved ones. A variety of options include in home care - home care aides, hiring of a personal friend or family, and residential care in a facility. Support is available for up to two weeks annually.

Caregiver Support

People who care for their aging family or loved ones (caregivers) can receive supportive services such as one-on-one or family counseling, support groups, food boxes, information and referrals, help purchase of goods or services, and education opportunities. A range of ages qualify – please call for information.

Caregiver Training & Education

The Savvy Caregiver™ Training Program is a 12-hour education program for family caregivers taking care of those with Alzheimer's Disease and related disorders. Each free weekly session is 2-hours over six weeks. A Caregiver Manual is provided. Training opportunities are available throughout the year.

Chore Services

Short-Term Chore service provides assistance with light housekeeping, laundry, shopping or other household support due to a life change, illness, disability, or temporary situation. **Heavy-Duty Chore is an intensive cleaning** for those whose living conditions pose a threat to their health and safety. Services include trash removal, moving heavy furniture, help with clutter, packing and more.

Grandparents & Older Relatives Raising Children

Grandparents or older relatives aged 55+ who have primary responsibility for a child under 18 or loved one with severe disabilities aged 19-59 are eligible for services including one-on-one or family counseling, support groups, information and referrals, education opportunities, and help purchasing goods or services such as clothes, school supplies, toys, and more.

Adult Protective Services (APS)

Elder Rights, Legal Services, Protection, & Advocacy

Certified APS workers respond to reports of alleged abuse of Chicagoans aged 60+ and those with disabilities aged 18-59. Concerns including physical, emotional, and sexual abuse, self-neglect, neglect, confinement, and / or financial exploitation. APS stops the abuse and develops a plan for safety, well-being, and prevention.

Case Advocacy & Support (CAS)

CAS provides a Well-Being Check to Chicagoans aged 55+ living in the community who may be experiencing challenges living independently or are at-risk to themselves or others. The Team meets with the older adult, assesses their situation, then provides helpful referrals to services and links to community supports.

Intensive Case Advocacy Services (ICAS)

ICAS provides ongoing support to Chicagoans aged 55+ who are experiencing challenges living independently in the community by helping clients to access supports that prolong the ability to remain living at home. ICAS can also help those who are moving, experiencing transitions, health challenges, and more.

Legal Services

Legal Services protects the rights of older Chicagoans on matters such as: housing, guardianship, Powers of Attorney for health care and property, bankruptcy, fraud, employment, family law, financial and foreclosure counseling, reverse mortgages, and Advance Directives.

Ombudsman Program

Ombudsmen protect, defend and advocate for residents in long-term care facilities such as nursing homes, assisted living, and more. Ombudsmen protect resident rights, resolve complaints, provide information, and ensure quality care for Chicago's long-term care residents over aged 19.

Senior Health Insurance Program (SHIP)

SHIP helps Medicare beneficiaries access Medicare, drug plans, and more. SHIP Counselors host educational programs and one-on-one counseling to help older adults and people with disabilities by providing objective information about health insurance to those who have questions about Medicare.

Senior Medicare Patrol

The Senior Medicare Patrol (SMP) Program educates consumers about Medicare & Medicaid fraud, waste, and abuse. Program staff and volunteers help Chicagoans to prevent, detect, and report Medicare and Medicaid abuse.

Congregate Dining

Meals

Nutritious meals in a group setting are provided each weekday to nearly 50 community locations throughout Chicago. These meals promote better health through improved nutrition and reduced social isolation. Culturally specific meals are available.

Home Delivered Meals

Microwave-ready frozen or hot meals delivered to home-bound older adults 60 years of age or older who are unable to prepare meals for themselves and have no other means of acquiring nutritious and / or dietary-specific meals.

Brain Health Initiative

Community Programs

This free virtual and call-in training program is available to all Chicagoans and is targeted to residents living in apartment buildings. The programs focuses on behaviors to maintain healthy brains throughout life.

Foster Grandparents

An opportunity for seniors to make a difference in a child's life. This program recognizes senior volunteers as a presence in the community. Volunteers make a difference in the lives of children and youth by mentoring and tutoring in communities across the city. This program includes travel, meal reimbursements, and a monthly stipend.

Senior Companion Program

Seniors make a difference in the lives of lonely, isolated older adults by reading, visiting and chatting, preparing light meals and more. This program recognizes senior volunteers as a presence in the community and includes travel, meal reimbursements, and a monthly stipend.

Chicago Fitness Plus

Senior Centers

Award-winning fitness programs that boost endurance, strength, balance and flexibility. Our centers are equipped with age-friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training in-person or online.

Health & Wellness Program

Evidence-based health promotion and disease prevention programming is provided at all Senior Centers through monthly presentations, health screenings, and consultations with wellness nurses, dietitians, pharmacists, and social workers.

Life Enrichment Programs

A variety of social, educational & recreational activities for older adults tailored to the interests of the local community. Life Enrichment programming designed to keep participants active while providing opportunities to foster personal growth and creativity.



Free Legal Services for Seniors

Common legal issues we assist with include, but are not limited to:

Advance Planning

- Power of Attorney for Healthcare and Property
- Living Wills

Domestic Relations

- Age and Disability Discrimination
- Elder Abuse and Orders of Protection for Victims of Domestic Violence
- Guardianship Discharge
- Health and Long-Term Care Including Medicare

Grandparents/Other Relatives Raising Children

- Custodial Rights
- Support for Non-Parent Youth Caregivers (i.e., Appeals of DCFS Decisions)

Housing

- Foreclosure Defense
- Home Equity Conversion and Reverse Mortgages
- Landlord Relations
- Loans and Installment Purchases
- Utilities Including Eviction Defense of Subsidized Housing

Money and Debt

- Bankruptcy and Debt Defense
- Chapter 7 and Chapter 13
- Consumer Fraud/Collections/Creditor Problems
- Contracts and Warranties
- Financial Exploitation
- Public Aid Benefits (Social Security, SSI, SNAP, TANF, Medicaid)

**For assistance, call DFSS Senior Services at 312-744-4016
or email: aging@cityofchicago.org**



We cannot help with criminal, personal injury, probate, traffic, worker's compensation, pensions, medical malpractice, building code violation, or business dispute cases.

Free interpretation services available; including Sign Language, TTY, and translation of multiple languages.

Chicagoans 60 and Over: Need Help at Home?

FREE Chore Services include:

ELIBILITY

- 60 years or older
- Difficulty completing household tasks due to physical or cognitive limitations.

Must be assessed for eligibility.

★**Short-Term:** Temporary home care assistance with cleaning, laundry, and / or self-care tasks like bathing, dressing, or grooming after an illness or hospital stay

★**Heavy-Duty:** A one-time deep cleaning, removing trash or clutter or packing items for a move

★**Additional services may include:** Lawn care, snow removal, and professional extermination services
(for homeowners only)

**Contact the DFSS Senior Services Division
Information and Assistance (I&A)
aging@cityofchicago.org • 312-744-4016**

Para residentes de Chicago mayores de 60 años:

¿Necesita ayuda en casa?
**Los servicios de tareas
domésticas GRATIS incluyen:**

ELEGIBILIDAD

- Ser mayor de 60 años.
- Tener dificultad para hacer las tareas domésticas por las limitaciones físicas o cognitivas.

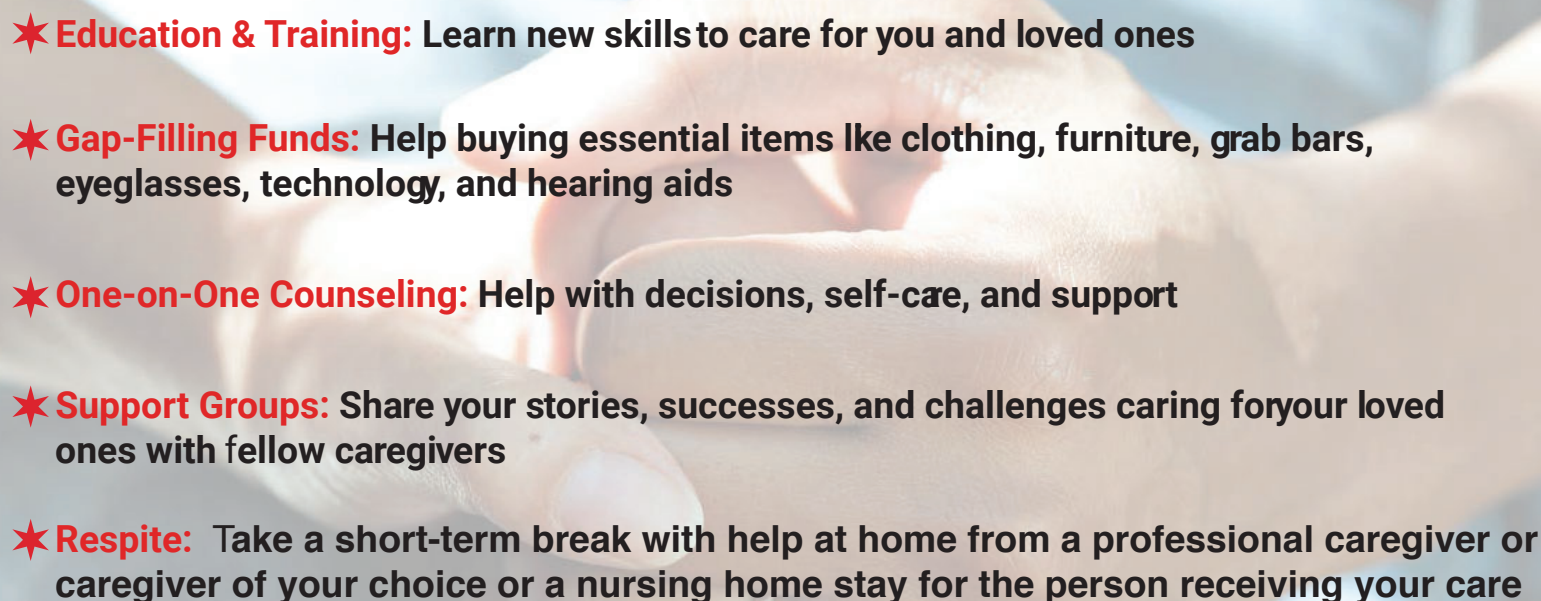
Se debe evaluar para determinar la elegibilidad.

- ★ **A corto plazo:** Asistencia temporaria en la casa para las tareas de limpieza, lavado o cuidado personal, como bañarse, vestirse y asearse después de una enfermedad o una estancia hospitalaria.
- ★ **Tarea pesada:** Limpieza profunda única, eliminación de la basura o el desorden o empacado de artículos para la mudanza.
- ★ **Los servicios adicionales pueden incluir:** Cuidado del césped, limpieza de la nieve y servicios profesionales de exterminación (solo para propietarios de casa).

**Comuníquese con la División de Servicios para
Adultos Mayores del DFSS**
Información y Asistencia (I&A)
aging@cityofchicago.org • 312-744-4016

**Are you caring for a spouse, parent, relative, or friend?
We are here to help!**

**Caregiver Services Programs include
FREE services such as:**

- 
- ★ **Education & Training:** Learn new skills to care for you and loved ones
 - ★ **Gap-Filling Funds:** Help buying essential items like clothing, furniture, grab bars, eyeglasses, technology, and hearing aids
 - ★ **One-on-One Counseling:** Help with decisions, self-care, and support
 - ★ **Support Groups:** Share your stories, successes, and challenges caring for your loved ones with fellow caregivers
 - ★ **Respite:** Take a short-term break with help at home from a professional caregiver or caregiver of your choice or a nursing home stay for the person receiving your care

Programs are for individuals of any age who are caring for:

A Chicago resident age 60+ OR under age 60 with

Alzheimer's Disease or Related Dementias

**Contact the DFSS Senior Services Division Information and Assistance Unit
aging@cityofchicago.org • 312-744-4016**

**¿Está cuidando a un conyuge, padre, familiar o amigo?
¡Estamos aquí para ayudarlo!**

Los programas de servicios para cuidadores incluyen servicios GRATIS como:

- ★ **Educación y capacitación:** Aprenda nuevas competencias para cuidar de usted y de sus seres queridos.
- ★ **Fondos para cubrir necesidades:** Ayuda para comprar artículos de primera necesidad como ropa, muebles, barras de apoyo, gafas, tecnología y audífonos.
- ★ **Consejería individual:** Ayuda con la toma de decisiones, el cuidado personal y para obtener apoyo.
- ★ **Grupos de apoyo:** Comparta con otros cuidadores sus historias, éxitos y retos en el cuidado de sus seres queridos.
- ★ **Relevo:** Tome un breve descanso mediante la ayuda en casa de un cuidador profesional o de su elección, o envíe a la persona que cuida a una residencia de adultos mayores

Los programas están dirigidos a personas de cualquier edad que cuidan:

A un residente de Chicago mayor de 60 años O menor de 60 años con enfermedad de Alzheimer o demencias relacionadas

Comuníquese con la Unidad de Información y Asistencia de la División de Servicios para Personas Mayores (Senior Services Division Information and Assistance Unit) del Departamento de Servicios Familiares y de Apoyo (DFSS)

aging@cityofchicago.org • 312-744-4016

Caregiver Support Services



Caregiver Support Group



June 3, 2025 10:00AM-11:00AM

Southwest Senior Center
6117 S. Kedzie Ave, Chicago, IL 60629

Our Caregiver Support Group is a monthly gathering for caregivers providing care to older individuals age 60+ or to individuals with Alzheimer's disease or a related dementia who may be under 60. Our group is a safe space for sharing stories, resources, successes, and challenges with fellow caregivers. There are 12 spots available for each event.

Registration is required. To register, contact:

CaregiverServices@CASL.org (312) 528-5748



Caregiver Support Services

Memory Café

June 17, 2025 10:00AM - 11:00AM

Southwest Senior Center

6117 S. Kedzie Ave, Chicago, IL 60629



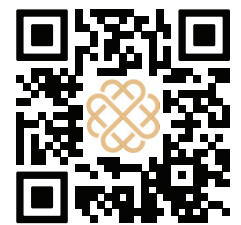
Join us each month for an uplifting gathering designed for anyone experiencing memory challenges and their loved ones or caregivers. Together we'll:

- Spark Joy & Connection: Share stories, laughter, and meaningful conversations
- Boost Brainpower: Try gentle, memory-stimulating games and activities
- Build Community: Gain new friendships in a supportive, fun atmosphere

Next dates: 7/15, 8/10, 9/16, 10/21, 11/18, 12/16

Just 12 spots available each month—register today! To sign up, contact:

CaregiverServices@CASL.org
(312) 528-5748



CASL Health



Servicios de apoyo a cuidadores

Café de la Memoria

17 de junio de 2025 10:00AM - 11:00AM

Southwest Senior Center

6117 S. Kedzie Ave, Chicago, IL 60629



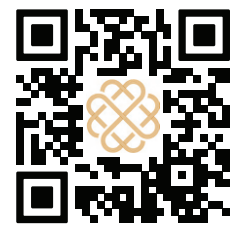
Acompáñanos cada mes en una reunión amena y positiva, diseñada para personas que enfrentan desafíos de memoria y sus seres queridos o cuidadores. Juntos vamos a:

- Despertar alegría y conexión: Compartir historias, risas y conversaciones significativas
- Estimular la mente: Participar en juegos y actividades suaves que estimulan la memoria
- Crear comunidad: Formar nuevas amistades en un ambiente solidario y divertido

Próximas fechas: 7/15, 8/10, 9/16, 10/21, 11/18, 12/16

¡Solo hay 12 cupos disponibles cada mes—regístrese hoy!
Para inscribirse, comuníquese con:

CaregiverServices@CASL.org
(312) 528-5748



CASL Health

Caregiver Support Services



Caregiver Support Group



July 8, 2025 10:00AM-11:00AM

Southwest Senior Center
6117 S. Kedzie Ave, Chicago, IL 60629

Our Caregiver Support Group is a monthly gathering for caregivers providing care to older individuals age 60+ or to individuals with Alzheimer's disease or a related dementia who may be under 60. Our group is a safe space for sharing stories, resources, successes, and challenges with fellow caregivers. There are 12 spots available for each event.

Registration is required. To register, contact:

CaregiverServices@CASL.org (312) 528-5748

Caregiver Support Services



Caregiver Support Group



August 5, 2025 10:00AM-11:00AM

Southwest Senior Center
6117 S. Kedzie Ave, Chicago, IL 60629

Our Caregiver Support Group is a monthly gathering for caregivers providing care to older individuals age 60+ or to individuals with Alzheimer's disease or a related dementia who may be under 60. Our group is a safe space for sharing stories, resources, successes, and challenges with fellow caregivers. There are 12 spots available for each event.

Registration is required. To register, contact:

CaregiverServices@CASL.org (312) 528-5748

Are you 55 and Older Caring for a Child Under 18 or Loved One (19-59) with a Disability?

**Grandparents or Older Relatives
Raising Children Program**
FREE support services include:

- ★ **Education & Training:** Learn about topics such as legal services, financial literacy, and strategies to support the emotional and educational development of the child.
- ★ **One-on-One Counseling:** Discuss self-care, decision-making, and ways to cope with stress when feeling overwhelmed with the challenges of raising children unexpectedly.
- ★ **Gap-Filling Funds:** Help buying essential items like school supplies, technology, uniforms, furniture, clothes, after-school or summer camp fees.
- ★ **Support Groups:** Share your stories, challenges, & successes caring for your loved ones.

Contact the DFSS Senior Services Division
Information and Assistance Unit
aging@cityofchicago.org • (312) 744-4016

¿Es usted mayor de 55 años y cuida a un niño menor de 18 años o a un ser querido con una discapacidad?

Programa para abuelos o familiares mayores que crían niños (Grandparents or Older Relatives Raising Children Program) Los servicios de ayuda GRATIS incluyen:

- ★ **Educación y capacitación:** Aprenda sobre temas como servicios legales, educación financiera y estrategias para respaldar el desarrollo emocional y educativo del niño.
- ★ **Asesoría personalizada:** Hable sobre autocuidado, toma de decisiones y maneras de afrontar el estrés cuando se sienta abrumado por los retos de criar niños de manera inesperada.
- ★ **Fondos para cubrir necesidades:** Ayuda para comprar artículos esenciales, como suministros para la escuela, tecnología, uniformes, muebles, ropa, y pagar cargos de programas extraescolares o campamentos de verano.
- ★ **Grupos de apoyo:** Comparta sus historias, retos y logros relacionados con el cuidado de sus seres queridos.

Comuníquese con la División de Servicios para Adultos Mayores del DFSS
Unidad de información y asistencia
aging@cityofchicago.org • (312) 744-4016



Volunteer Opportunities for Seniors 55+

- ➡ Become a FGP Volunteer
- ➡ Mentor/tutor children in a classroom setting
- ➡ Earn a nonreportable monthly stipend, meal and transportation reimbursements
- ➡ Call **312-746-8572** for more information



Volunteer Senior Companion

- ➔ Support your peers as a Senior Companion
- ➔ Support and encourage homebound seniors while forging a lasting companionship
- ➔ Earn a nonreportable monthly stipend, meal and transportation reimbursements
- ➔ Call **312-746-8572** for more information

SENIOR CENTERS: Locations

REGIONAL SENIOR CENTERS

*Monday through Friday 8:30 am to 4:30 pm

*Ren Court hours are Mon-Fri 10am-5pm

CENTRAL WEST

Regional Senior Center

2102 W Ogden Ave
312-746-5300

NORTHEAST

Levy Senior Center

2019 W Lawrence Ave
312-744-0784

NORTHWEST

Copernicus Senior Center

3160 N Milwaukee Ave
312-744-6681

DOWNTOWN

Renaissance Court

78 E Washington St
312-744-4550

SOUTHEAST

Atlas Senior Center

1767 E 79th St
312-747-0189

SOUTHWEST

Regional Senior Center

6117 S Kedzie Ave
312-747-0440

SATELLITE SENIOR CENTERS

Monday through Friday 8:30 am to 4:30 pm

Abbott Park

49 E 95th St
312-745-3493

Auburn Gresham

1040 W 79th St
312-745-4797

Austin

5071 W Congress Parkway
312-743-1538

Chatham

8300 S Cottage Grove Ave
312-745-0401

Edgewater

5917 N Broadway St
312-742-5323

Englewood

653-657 W 63rd St
312-745-3328

Garfield Ridge

5674-B S Archer Ave
312-745-4255

Kelvyn Park

2715 N Cicero Ave
312-744-3350

North Center

4040 N Oakley Ave
312-744-4015

Norwood Park

5801 N Natoma Ave
773-775-6071

Pilsen Center

2021 S Morgan St
312-743-0493

Portage Park

4100 N Long Ave
312-744-9022

Roseland

10426 S Michigan Ave
312-745-1500

South Chicago

9233 S Burley Ave
312-745-1282

West Town

1613 W Chicago Ave
312-743-1016