

Spring 2025
March- May

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,

As we march forward into Spring, we are happy to announce the theme of this year's upcoming Older Americans Month, May 2025, which is ***Flipping the Script on Aging*** reflecting the diverse aging experiences of older adults with a focus on transforming how society perceives, talks about and approaches aging. In celebration of Aging Well and challenging stereotypes there will be activities and events occurring throughout our city acknowledging how we all benefit from the contributions and engagement of older adults. We invite you to join us as we encourage older adults to explore the many opportunities available for staying active and engaged.

We invite older adults, 60 years and better, to share the rewards of growing older by engaging in volunteerism and imparting a wealth of experience, knowledge and insight on those that will benefit the most from it. Information on volunteer opportunities are available in this Spring Edition of Chicago Seniors Connected Brochure and include volunteering at the Senior Centers and/or with one of our volunteer programs including, but not limited to, the Foster Grandparent Program, Senior Companion Program, and Ombudsman Program. Stop by the Senior Centers to learn more about volunteering. Stay for lunch as well as for the chance to meet new people and engage in new experiences by taking part in the many fitness and recreational activities offered.

We understand that everyone cannot always make it into the Senior Centers. Please review Chicago Seniors Connected to enjoy virtual and telephone activities from the comfort of home. We also encourage you to participate in our ***virtual fitness programs*** and to review this brochure for ***health and wellness*** offerings which include nurse presentations on ***Sexual Health and Aging, Diabetes and Aging and Hidden Trans Fats!***

We also like to call your attention to upcoming events that support healthy eating and nutrition as well as healthy bodies and well-informed minds! Please see the flyers that highlight the return of our Food Box Program to the Regional Senior Centers and the return of our Senior Health Fair at our six regional senior centers which includes vaccination opportunities, public health and wellness information and lunch!

We encourage you to enjoy the spring weather and to join us at any one of our 21 senior centers! Hope to see you soon and often!

Sincerely,

Margaret LaRaviere

Executive Director – Chicago Area Agency on Aging

Deputy Commissioner – DFSS Senior Services Division



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!





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.





Spring 2025 | March - May

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 (3/3) Topic: Hidden Trans Fats Food manufacturers once used trans fats freely in making margarines, baked goods, and snacks. 2006 marked the beginning of a law that any amount of trans fat over half a gram per serving, must be listed on the nutrition label. The Centers for Disease Control warn us to limit processed foods, because some still contain a small amount of hidden trans fat, even though it is not listed. Trans fat blocks circulation far more than cholesterol and it took a long time for the extent of the danger to be known. Learn how to protect your health by minimizing processed foods in exchange for natural, whole foods. <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 (4/7) <i>Topic: Diabetes Update 2025</i> Thinking about better ways to keep your diabetes number in a healthier range? The American Diabetes Association writes annual updates giving new information about the most current research, technology, and medications -- all to improve the health of persons with diabetes. Better self-care, lifestyle changes, healthy eating, and self-monitoring are also covered in this publication. Better diabetes care begins with making healthy choices. Learn how your personal changes can be the driving force in successfully managing your diabetes. <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569
9:00am	Dietitian Presentation (5/5) <i>Topic: Lung Health & Asthma</i> Do you suffer from Asthma or simply want to breathe better? Asthma means inflamed and narrowed airways that make breathing more difficult. Your doctor can provide effective treatment, but your food and lifestyle choices also matter. Learn how increasing fruits, vegetables, milk, naturally fatty fish, and eggs can make a difference. You depend on your lungs every moment of your life. Learn which foods and lifestyle choices will keep your respiratory system in better shape. Breathe easy for better living. <i>Presenter: Jim Coogan, RD/LDN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569
9:00am	Zumba Gold 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!

MONDAY

Time	Class	Location
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
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>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569
10:00am	Virtual Support Group (3/10, 4/14, & 5/12) 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. <i>Facilitator: Jane Pinsof, LCSW (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 838 3139 9639
11:00am	Sit & Be Strong w/ Joyce 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. <i>Instructor: Joyce Bloom, Well-Being Specialist and Certified Fitness Instructor (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540

TUESDAY

Time	Class	Location
10:00am	Virtual Poetry Workshop (3/18, 4/29, 5/20)  In collaboration with the Poetry Foundation, please join us for a monthly poetry workshop. Each month will explore a different topic: March: All are welcome to a generative workshop on blues poems, poems inspired by African American oral traditions, and the musical tradition of the blues. Together we will read and discuss blues poems by Langston Hughes and Kevin Young, and then write and share blues poems of our own. April: 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. May: To celebrate the return of spring in Chicago, for May we will spend time reconnecting with our senses and the image—how sensory information is communicated in language. After reading and discussing image-driven poems by a variety of poets, we will follow our senses to craft images and poems of our own. <i>Instructor: Maggie Queeney (Poetry Foundation)</i>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!
10:30am	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
11:00am	Stretch & Flex w/Joyce 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. <i>Instructor: Joyce Bloom (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 45254
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!

TUESDAY

Time	Class	Location
1:00pm	Cooking w/Gloria 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!
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 (3/18) <i>Topic: Sexual Health and Aging</i> If you are experiencing issues in your sex life, or if you simply want to learn more about how aging affects sexual health, join us! Talking about sex can often be difficult or embarrassing, but all you need to do is listen. We'll discuss the most common issues facing older adults and ways to address them. <i>Instructor: Virginia Schelbert, MSN/APN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 230 022 2803
2:00pm	Nurse Presentation (4/15) <i>Topic: Diabetes and Aging</i> Diabetes affects a significant portion of the population in the United States. Diabetes is characterized by consistently high glucose levels in the blood. It doesn't have a cure, but it can be managed successfully with monitoring, medication, exercise, and healthy eating. Attend this session to learn about the types of diabetes, the warning signs, and what lifestyle changes can help you better manage it. <i>Instructor: Virginia Schelbert, MSN/APN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 230 022 2803

TUESDAY

Time	Class	Location
2:00pm	Nurse Presentation (5/20) <i>Topic: Asthma and Lung Health</i> Asthma is a long-term disease that can become harder to treat as we age. It often goes undiagnosed because symptoms can be mistaken for other issues. Attend this session to learn about the types of asthma and the recommended treatments. Protecting your lungs is important and requires more attention in older adults. Your health care providers can help you keep your lungs healthy. <i>Instructor: Virginia Schelbert, MSN/APN (White Crane)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 230 022 2803

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 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

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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
9:00am	Dietitian Presentation (3/5) Topic: Hidden Trans Fats Food manufacturers once used trans fats freely in making margarines, baked goods, and snacks. 2006 marked the beginning of a law that any amount of trans fat over half a gram per serving, must be listed on the nutrition label. The Centers for Disease Control warn us to limit processed foods, because some still contain a small amount of hidden trans fat, even though it is not listed. Trans fat blocks circulation far more than cholesterol and it took a long time for the extent of the danger to be known. Learn how to protect your health by minimizing processed foods in exchange for natural, whole foods. <i>Presenter: Mark McInerney, DHSc, RD, LDN</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 883 0910 1993
9:00am	Dietitian Presentation (5/7) Topic: Lung Health & Asthma Do you suffer from Asthma or simply want to breathe better? Asthma means inflamed and narrowed airways that make breathing more difficult. Your doctor can provide effective treatment, but your food and lifestyle choices also matter. Learn how increasing fruits, vegetables, milk, naturally fatty fish, and eggs can make a difference. You depend on your lungs every moment of your life. Learn which foods and lifestyle choices will keep your respiratory system in better shape. Breathe easy for better living. <i>Presenter: Mark McInerney, DHSc, RD, LDN</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 883 0910 1993
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>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569

WEDNESDAY

Time	Class	Location
11:00am	Sit & Be Strong w/ Joyce 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. <i>Instructor: Joyce Bloom, Well-Being Specialist and Certified Fitness Instructor (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
11:00am	Social Worker Presentation (4/23) <i>Topic: Diabetes Update - 2025 Guidelines</i> Are you interested in learning about the latest recommendations for Diabetes management? Please join Daniela Mitchem, MSW, LCSW, CHES, as she discusses the latest American Diabetes Association (ADA) 2025 Guidelines, coping mechanisms, and supportive resources. <i>Presenter: Daniela Mitchem, MSW, LCSW, CHES (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 829 2947 8601
1:00pm	Social Worker Presentation (3/26) <i>Topic: Sexual Health & Aging</i> Join RUSH Social Worker, Jeaneane Quinn, LSW, Department of Social Work and Community Health, RUSH University Medical Center, for a presentation that will explore a variety of topics related to sexual intimacy during mid-life and older adulthood. Topics include fostering safe sex, listening to one's body, the positive emotional effects of intimacy, how lack of desire may be a sign of depression, drugs which can interfere with sexual desire, avoiding STDs, and more. We hope you will join us! <i>Presenter: Jeaneane Quinn, LSW (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 837 7073 9494
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 (4/2) <i>Topic: Diabetes Update 2025</i> Thinking about better ways to keep your diabetes number in a healthier range? The American Diabetes Association writes annual updates giving new information about the most current research, technology, and medications -- all to improve the health of persons with diabetes. Better self-care, lifestyle changes, healthy eating, and self-monitoring are also covered in this publication. Better diabetes care begins with making healthy choices. Learn how your personal changes can be the driving force in successfully managing your diabetes. <i>Presenter: Mark McInerney, DHSc, RD, LDN</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 883 0910 1993
10:30am	Pharmacist Presentation/Consultations (3/20) <i>Topic: Sexual Health and Aging</i> Studies show that older adults defy the stereotypes about aging and sex. Older adults enjoy healthy, active, and fulfilling intimate relationships. Illness and aging bodies may present obstacles, overall seniors have fewer hang-ups and more open attitudes about what sex is and can be. Sexual transmitted infections are on the rise among older adults, so conversations with providers about sexuality and aging are important and, in some cases, overdue. Let's talk about sex, this month – the risks, the realities, and the things that matter to you. 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
10:30am	Pharmacist Presentation/Consultations (4/10) <i>Topic: Diabetes Update - 2025 Guidelines</i> Get to know the 2025 American Diabetes Association (ADA) guidance. Each year, the ADA updates their recommendations to ensure that people with diabetes get innovative and responsive care. The pharmacist will offer new recommendations and insights into diabetes prevention and medications, as well as answer your questions about exercise, food, testing and treatment. 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
10:30am	Pharmacist Presentation/Consultations (5/15) <i>Topic: Lung Health - Asthma</i> Many people with asthma and allergies struggle to breathe, but it doesn't have to be that way. Many asthma attacks can be prevented through proper use of inhalers, avoiding triggers, and following an asthma action plan. In this session, the pharmacist will review asthma basics, and the common medications used to treat asthma and allergies. 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
11:00am	Stretch & Flex w/Joyce 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. <i>Instructor: Joyce Bloom (Symbria)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 45254
11:00am	Social Worker Presentation (5/15) <i>Topic: Lung Health & Asthma</i> Please join Emma Mrkvicka, LSW and Rush Social Worker as she discusses how to protect your lungs and manage asthma effectively in this informative presentation. She will cover common triggers, prevention strategies, and where to find supportive resources. <i>Presenter: Emma Mrkvicka, LSW (Rush)</i>	PHONE/ZOOM (312) 626-6799 Meeting ID: 849 5183 8284
2:30pm	Spanish I Join us and learn basic Spanish. All are welcome. <i>Instructor: Marvin Childress</i>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!

FRIDAY

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

FRIDAY

Time	Class	Location
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
9:00am	Computer & Tech Webinar Series 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. <i>Instructor: Joseph Fedorko</i>	Please register (bit.ly/3aty8T5) to receive Zoom login info for this class!
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>	PHONE/ZOOM (312) 626-6799 Meeting ID: 476 608 7569
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
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FRIDAY

Time	Class	Location
10:30am	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

SATURDAY

Time	Class	Location
10:00am	Book Club (3/22, 4/26, & 5/24) Join us for a special collaboration between CPL and DFSS. Each month a new book will be discussed: 3/22 – <i>Lessons in Chemistry</i> by Bonnie Garmus 4/26 – <i>The Maid</i> by Nita Prose 5/24 – <i>The Turtle House</i> by Amanda Churchill Copies of the books can be requested at your neighborhood branch. To register, please call walker@chipublib.org or call 312-747-1920.	PHONE/ZOOM (312) 626-6799 Meeting ID: 833 0209 7630 Passcode: 125911

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.

BLUES

Virtual Poetry Class

All are welcome to a generative workshop on blues poems, poems inspired by African American oral traditions, and the musical tradition of the blues. Together we will read and discuss blues poems by Langston Hughes and Kevin Young, and then write and share blues poems of our own.

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

March 18, April 29, & May 20
10:00am-12:00pm

PO
ET
RY

DFSS

Department of Family and Support Services

Upcoming Virtual Poetry Class Topics



March 18, 2025 10:00am-12:00pm: All are welcome to a generative workshop on blues poems, poems inspired by African American oral traditions, and the musical tradition of the blues. Together we will read and discuss blues poems by Langston Hughes and Kevin Young, and then write and share blues poems of our own.

April 29, 2025 10:00am-12:00pm: In April, 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.

May 20, 2025 10:00am-12:00pm: To celebrate the return of spring in Chicago, for May we will spend time reconnecting with our senses and the image—how sensory information is communicated in language. After reading and discussing image-driven poems by a variety of poets, we will follow our senses to craft images and poems of our own.



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

PO
ET
RY



Department of Family
and Support Services



Senior Book Club

Saturday, March 22

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:

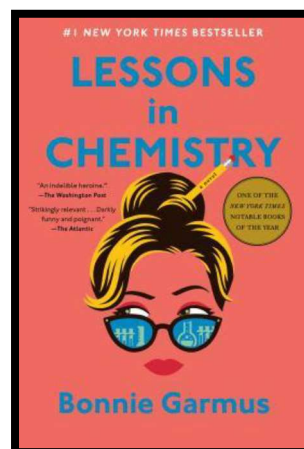
Lessons in Chemistry

by Bonnie Garmus

**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.



Follow CPL   





Senior Book Club

Saturday, April 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.

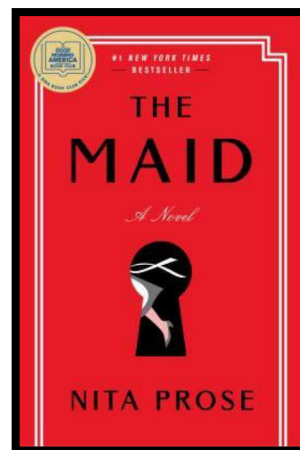
We will be discussing the title:

The Maid

by Nita Prose

**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.**



Follow CPL   





Senior Book Club

Saturday, May 24

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.

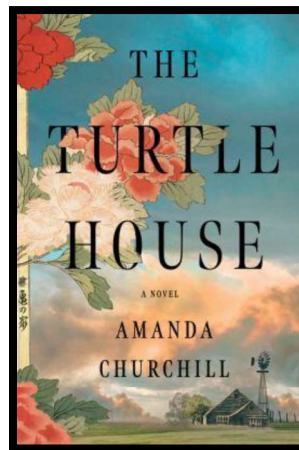
We will be discussing the title:

The Turtle House

by Amanda Churchill

**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.**



Follow CPL   



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

March 7: Open Your Ears I: Exploring Radio Online

March 14: Open Your Ears II: The Online Apps for All The Music Ever

March 21: Open Your Ears III: The Latest Playback Devices for Your Listening Pleasure

March 28: Open Your Eyes I: Apps and Devices for Reading Books

April 4: Open Your Eyes II: Following Writers With Subscriptions and Apps

April 11: Open Your Eyes III: The Newest Online Media Sources

April 18: Podcasts 101: Audio Podcasts – What They Are and How To Find Them

April 25: Podcasts 102: Video/Streaming Podcasts (see Podcasts 101)

May 2: On the Road Again I: Apps and Tech for The Car

May 9: On the Road Again II: Apps and Tech for Airports and Airplanes

May 16: On the Road Again III: Apps and Tech for Wandering and Walking

May 23: Artificial Intelligence This Month: The Latest in AI Developments

May 30: ASK JOE ANYTHING – Open Q and A!



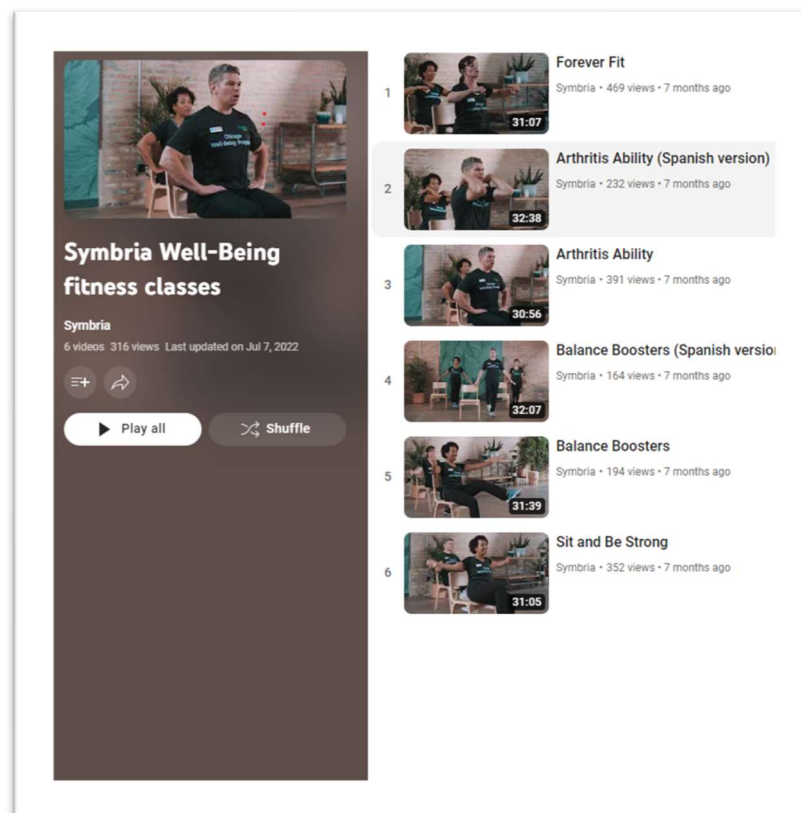
Miss a virtual fitness class (or an in-person one at our senior centers)? If so, please note that Symbria, our fitness provider, has a YouTube channel with six pre-recorded videos:

- **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/og0uhgqYI9Q>

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!





YOU ARE
INVITED TO A
St. Patrick's Day

Special Meal

Menu:

**Corned Beef
Roasted Red Potatoes
Cabbage
Rye Bread
Fresh cut Honeydew
Decorated Holiday Cookie**



Monday, March 17, 2025



**Please contact your local senior center or
congregate meal site for more information**

Suggested Donation \$2



**Celebrate the
Senior Nutrition Program**

2025 · A PLACE AT THE TABLE



DFSS

Department of Family
and Support Services

TAKE A PLACE AT THE TABLE AND
JOIN US FOR A SPECIAL PASSPORT
MEAL CELEBRATING

EID AL-FITR

You are invited to a celebration to commemorate the end of Ramadan fasting. As one of the most important festivals in the Islamic calendar, Eid al-Fitr is celebrated by Muslims around the world.

Menu:

- Chicken Shawarma Wrap
- Sweet Potato Hash
- Cold Lentil Salad
- Cupcake
- Lemonade

April 24, 2025

Please contact your local senior center or
congregate meal site for more information

Suggested Contribution \$2



Celebrate the
Senior Nutrition Program
2025 · A PLACE AT THE TABLE



CELEBRATE OLDER AMERICANS MONTH BY JOINING US FOR A SPECIAL MEAL

Menu:

Chicken Kiev
Wild Rice
Cheesy Broccoli
Fresh cut Pineapple
Fruit Juice
Cupcake

Friday, May 16, 2025

Please contact your local senior center or
congregate meal site for more information

Suggested Donation \$2



**Celebrate the
Senior Nutrition Program**

2025 • A PLACE AT THE TABLE



Department of Family
and Support Services

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025



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 monthly 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

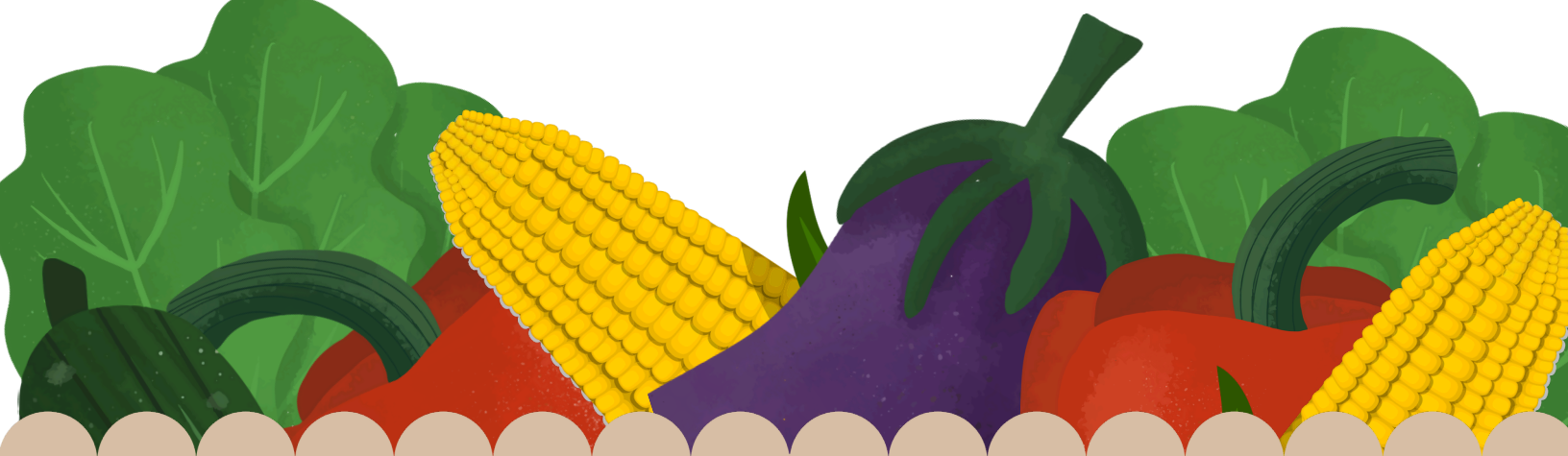
Indo American Center	6328 N. California Ave.
Montclare Apts.	6650 W. Belden Ave.
Northwest Regional Center	3160 N. Milwaukee Ave.
Montrose Baptist Church	4411 N. Melvina Ave.
Hanul Family Alliance	5008 N. Kedzie Ave.
Portage Park Satellite	4100 N. Long Ave.
Norwood Park Satellite	5801 N. Natoma Ave.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



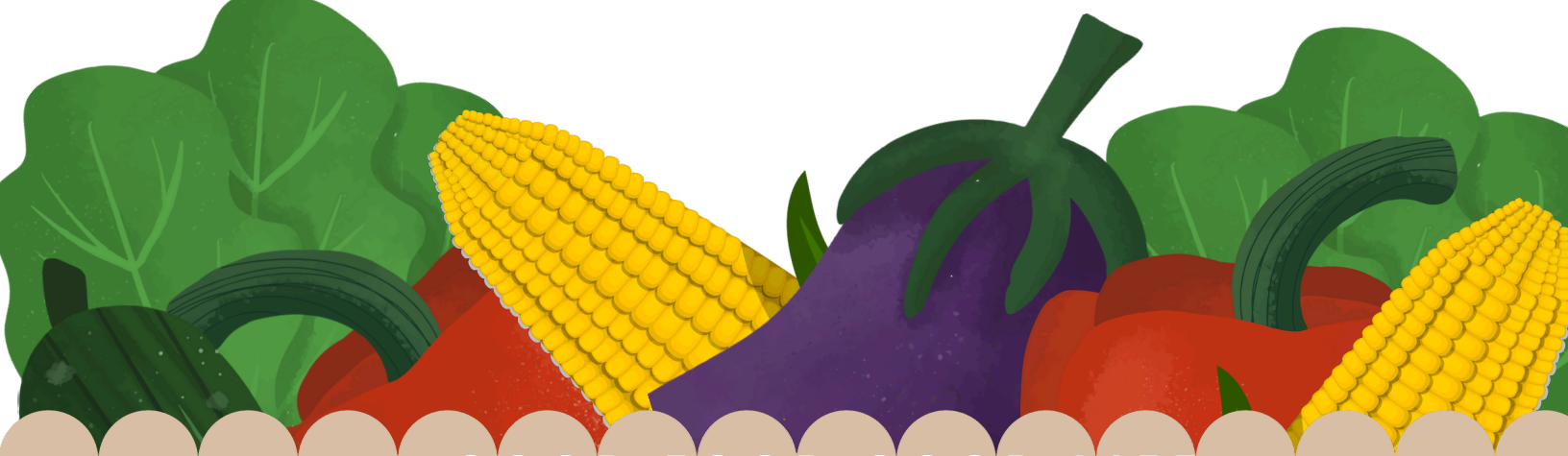
GOOD FOOD GOOD LIFE
DFSS SENIOR SERVICES FOOD BOX PROGRAM

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	March 11, 2025	11:00 AM
Northeast Regional Center	2019 West Lawrence, 60625	March 13, 2025	12:30 PM
Northwest Regional Center	3160 North Milwaukee, 60618	March 18, 2025	1:00 PM
Renaissance Court @ Chiago Cultural Center	78 East Washington, 60602	March 20, 2025	11:00 AM
Southeast Regional Center	1767 East 79th, 60649	March 21, 2025	1:00 PM
Southwest Regional Center	6117 South Kedzie, 60629	March 24, 2025	1:00 PM



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 FAMILY AND SUPPORT SERVICES AND TOP BOX FOODS.



SAMPLE OF GROCERIES INCLUDE:
(MEAT OR VEGETARIAN OPTIONS.)
FRESH PRODUCE IS BASED ON SEASONALITY AND MAY INCLUDE ITEMS LIKE SWEET POTATOES, BERRIES, TOFU, AND TOMATOES.
FROZEN MEATS INCLUDE GROUND TURKEY OR TILAPIA.
EXAMPLES OF SHELF-STABLE ITEMS INCLUDE OATMEAL, RICE, GRANOLA BARS.





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 April 22, May 20, June 24, July 22
Southeast Atlas Regional Senior Center	1767 E 79th St Chicago, 60649	Wednesdays April 23, May 21, June 25, July 23
Southwest Regional Senior Center	6117 S Kedzie Ave Chicago, 60629	Thursdays April 24, May 22, June 26, July 24



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	1510 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

VACCINATION CLINIC

Friday, March 28, 2025

10:00am-1:00pm

Jewel Osco Pharmacy will be
providing flu, Covid-19, pneumonia,
Shingles, and RSV vaccines to our
seniors.

Please bring insurance card(s).

ST. PATTY'S DAY CELEBRATION

Monday, March 17, 2025

11:30am-1:00pm

Wear "green" and join us for a special St.
Patrick's Day meal, games, raffle prizes, and
more!

Suggested Donation: \$2.00

NOURISH CHICAGO FOOD PANTRY

Tuesday, March 25, 2025

12:30pm-2:30pm

Tuesday, April 18, 2025

12:30pm-2:30pm

Tuesday, May 20, 2025

12:30pm-2:30pm

BINGO BONANZAS

**Thursday, March 13th, Friday April 11th, &
Friday, May 9, 2025**

1:00pm-2:30pm

Join us for PRIZES & fun-filled afternoons at our
monthly "Bingo Bonanzas!" **COST: \$5.00**
(includes 2 boards) \$1.00 per additional
board. Snacks available for an additional fee

OLDER AMERICANS MONTH CELEBRATION

Friday, May 16, 2025

11:30am-2:00pm

Enjoy a special meal, raffle prizes, and
live entertainment showcased by our
very own choir, tap dancers, and music
students.

Suggested Donation: \$2.00

LINE DANCING

Tuesdays

11:00am-12:00pm

Our teacher, Ms. Linda Moore, will fire up your enthusiasm by teaching you all the latest line dances. It is a lot of fun and good exercise all at the same time! All skill levels welcome.

Cost: \$2.00

MONDAY MOVIE MATINEES

Select Mondays 1:00pm-3:00pm

On select Monday afternoons, we will show movies streamed directly, featuring the latest titles, as well as the older "classic" films. **FREE POPCORN!!!**

JEWELRY MAKING CLASS

2nd & 4th Thursdays of the month

1:00pm-2:00pm

Ms. Madie Cannamore, our instructor for our jewelry making class, will teach you how to create bracelets, necklaces and other pieces of jewelry. **FREE**

STEPPING CLASS

Fridays

10:00am-11:00am

Herb Jones teaches the fundamentals of "Chicago Steppin" with an emphasis on smooth movements, elegant posture, and intricate footwork and a strong focus on partner connection. All levels are welcome. **COST: \$2.00**



FITNESS

Tuesdays & Thursdays

9:00am-9:45am

Get moving to improve overall balance, endurance, strength, and coordination in this seated/standing cardio and resistance workout. **FREE**

TAI-CHI

Wednesdays

9:00am-10:00am

Join us Wednesday mornings to learn the ancient art of Tai-Chi. Jeaneane, our instructor, teaches how this practice helps develop your inner core, strengthens your bones and muscles and helps you become more flexible. **FREE**

CENTRAL WEST SATELLITE CENTERS

Austin

5071 W Congress, 60611
312-743-1538

PROGRAM HIGHLIGHTS

Mardi Gras Celebration

Friday, March 7, 2025

1:00pm-3:00pm

Come join and celebrate Mardi Gras with us in an afternoon of fun! There will be music, masks, games, dancing, and much more!!!

Spring Fling

Friday, March 21, 2025

1:00pm-3:00pm

There's nothing like welcoming spring through an afternoon of fun, music, dancing, and raffle prizes! Hope to see you there!

Pilsen Center

2021 S Morgan St, 60608
312-743-0493

Women's Day Tea Party

Tuesday, March 11, 2025

10:00am

What time is it? Tea Time! Join us for a morning tea party filled with a variety of teas and light fare.

Older Americans Month Celebration

Friday, May 16, 2025

11:30am-1:30pm

Join us as we gather for a special meal and games in honor of Older Americans Month 2025.

Suggested donation: \$2.00

West Town

1613 W Chicago, 60622
312-743-1016

Vaccination Clinic

Tuesday, March 25, 2025

1:30pm-2:30pm

Jewel Osco Pharmacy will be providing flu, Covid-19, pneumonia, Shingles, and RSV vaccines to our seniors. Please bring insurance card(s).

Cooking with Chef Gloria

Fridays 10:00am-12:00pm

Join us for live cooking demonstrations by Chef Gloria on Fridays. Watch and learn new techniques on how to prepare various dishes and sample the delicious final products.

FREE

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

March 6th & March 7th | May 8th & May 9th

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.

ST PATRICK'S DAY PARTY

Monday, March 17th

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

Enjoy a special lunch (**\$2.00 suggested donation**) along with music, karaoke, and dancing (provided by Harold Hall)! And don't forget to dress in green!

BINGO

Friday, April 25th

12:30-2:00 p.m.

Join us for a **FREE** special BINGO event with students and teachers from the Near North Montessori School! Also, don't forget about our regular BINGO on the 2nd and 4th Wednesday of the month from 10:00-11:00!

HEALTH FAIR

Monday, March 24th

10:00 a.m.-1:00 p.m.

Attend our annual Health Fair in partnership with CDPH! Receive COVID and flu shots (other vaccines will be available if you bring your medical card)! There will also be presentations on senior health topics and a resource fair! **FREE**

TALENT SHOWCASE & PARTY

Friday, May 16th

10:30 a.m.-3:30 p.m.

Celebrate Older Americans Month with a talent showcase, special lunch (**\$2.00 suggested donation**), and a party (with entertainment)! And make sure to bring your dancing shoes!

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**

LEARN TO SEW

Every other Thursday

1:00–2:30 p.m.

Are you interested in learning how to sew or are you looking to learn new sewing techniques?

Attend our sewing class with our volunteer instructor, Kim Nham! All experience levels are welcome to attend! **FREE**

CHESS PROGRAM

Tuesdays

10:00–11:30 a.m.

Join the Cook County Sheriff'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

ST PATRICK'S DAY BINGO

Thursday, March 13th

1:00-2:00 p.m.

Join Cheri and lots of your fellow senior center participants for a fun and **FREE** BINGO event, featuring St Patrick's Day themed prizes and treats! Also, please make sure to wear green in order to get into the festive spirit of the holiday!

SENIOR ART SHOW

Tuesday, March 18th (1:00-4:00 p.m.)

Wednesday, March 19th (10:00-12:00 p.m.)

Join us on Tuesday, March 18th for the opening of our Senior Art Show (in the lounge), featuring and showcasing the many older adult artists in our community! Please note that the art will also be on exhibit on Wednesday, March 19th! **FREE**

SPRING BINGO

Thursday, April 17th

1:00-2:00 p.m.

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

ZUMBA

Tuesdays

10:00 a.m.

Join Mari Jane for an energizing dance class in the gym (which has plenty of room to spread out and get moving)! **FREE**

North Center

4040 N Oakley Ave, 60618
312-744-4015

IMPROV PERFORMANCE

Thursday, March 20th

10:00 a.m.

Join us for a special St. Patrick's Day performance with our improv class members! **FREE** to attend! Stay after for lunch (\$2.00 suggested donation) and learn how to join the group! Make sure you are prepared to laugh!

TABLE TENNIS

Mondays (2:30-4:00 p.m.)

Tuesdays (10:00 a.m.-12:00 p.m.)

Enjoy table tennis with a social and fun crowd! It helps get your heart pumping, improves balance, hand-eye coordination, and reflexes! Plus, it stimulates your mind in ways you may not be aware of! **FREE**

SIT & BE STRONG

Tuesdays & Thursdays

9:15-10:00 a.m.

Enjoy this fun and engaging **FREE** fitness class--a mix of stretching, aerobics, weights, and bands! Don't miss out on the fun!

TECH HELP

Mondays

11:00 a.m.

Need assistance with texts, emails, or simply just navigating your phone? If so, call us at 312-744-4015 to book an appointment! **FREE**

NORTHWEST REGIONAL SENIOR CENTER

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

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!



Special Events & Programs

Senior Vaccine & Health Fair

Friday, March 21, 2025

10:00am-1:00pm

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!

We at the Copernicus Regional Senior Center foster a warm and inviting environment for all. We provide a wide range of activities and opportunities for fun. We look forward to seeing you soon and often!

DFSS & Top Box Food Box Program

Tuesday, March 18, 2025

1:00 P.M.

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.

Everyone's Irish on St. Patrick's Day

Monday, March 17, 2025 10:00am-1:00 P.M.

Get ready for a shamrockin' good time! Join us for a St. Patrick's Day celebration filled with Irish cheer! Enjoy electrifying performances by Irish step dancers, savor a delicious Irish-themed lunch, and experience exciting surprises. Wear your best green outfit for the occasion!

Whether you're Irish or just Irish at heart, this is a celebration you won't want to miss!

Be merry—St. Paddy's style!

CLUBBING FRIDAYS

Second Friday of the month

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—let's turn up the music!

S.O.S. Live!

Third Friday of the Month

Sing your heart out at SOS – Sing Along Sessions! Join us for a fun and lively musical experience where everyone is welcome to sing along to classic hits and favorite tunes. Whether you love to belt out the lyrics or just enjoy the music, this is the perfect way to lift your spirits and connect with friends. Don't miss this joyful event—come sing and make great memories with us!

CINCO de Mayo

Monday, May 5, 2025

¡Fiesta time! Join us for a Cinco de Mayo celebration with music, dancing, delicious food, and fun! Experience the vibrant culture with lively entertainment, traditional Mexican flavors, and exciting activities that bring everyone together. Wear your brightest colors, bring your best energy, and get ready for a celebration you won't forget! Let's eat, dance, and celebrate—¡Viva Cinco de Mayo!

DRUM CIRCLE

Tuesdays 1:00pm–2:00pm

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—bring your enthusiasm and let the beat guide you. Drumming is a great way to connect and boost your mood. Tap into the rhythm and enjoy the power of music with us!

HONORING THE STORIES OF OUR MOTHERS

Friday, May 9, 2025

Celebrate Mom with Heartfelt Stories! Enjoy a special event honoring the incredible mothers in our lives. Experience a touching celebration of real stories of love, strength, and inspiration. Whether you're a mom, have a mom, or want to celebrate the special women who have shaped your life, this event will warm your heart.

Let's make this Mother's Day unforgettable!

PASS THE PLATE

Wednesday, May 14, 2025

Join us for a heartwarming Potluck Gathering, where we share delicious dishes, laughter, and great company! Bring your favorite dish to share and enjoy a delightful meal with friends, old and new. There's nothing better than good food and great conversations.



SENIOR CELEBRATION PICNIC

Friday, May 30, 2025

Fun in the Sun! Join us on May 30 for a joyful Senior Celebration Picnic filled with music, games, prizes, and plenty of fun! Enjoy a beautiful day outdoors with friends, delicious food, and lively entertainment. Bring your picnic spirit and get ready for a fantastic time celebrating our amazing senior community. Let's eat, play, and make wonderful memories together!

There's always something exciting happening in our community! From festive celebrations and lively dances to heartwarming gatherings, our activities bring people together for joy, laughter, and unforgettable memories. Whether you're looking to dance, dine, share stories, or simply enjoy great company, there's an event for everyone. Join us and be part of the fun—you won't want to miss a moment!

NORTHWEST SATELLITE CENTERS

Kelvyn Park

2715 N Cicero, 60639
312-744-3350

PROGRAM HIGHLIGHTS

Ready, Set, Live!

Wednesdays March 26–June 18

10am–12pm (Spanish), 1–3pm (English)

Join us for the Ready, Set, Live program. Topics include computer skills, nutrition and health, financial coaching, online banking and more.

Participants who meet the course requirements will receive a free laptop at graduation. **Free (limited space)**

Bridge Builders Group

Wednesdays 1:30–3:30pm

Join us as we cover topics like self-esteem, goal setting, inter-cultural learning and bully prevention. **FREE**

Norwood Park

5801 N Natoma, 60631
773-775-6071

Dance Class

Thursdays 1:30–2:30pm

Learn to dance to the rhythm of the beat, no experience necessary for this class. **FREE**

Brunch with the Bunny

Friday, April 18, 2025 10–11am.

Bring your grandkids or come on your own and have brunch with the bunny! Light refreshments will be served.

Portage Park

4100 N Long, 60641
312-744-9022

St. Patrick Day Celebration

Monday, March 17, 2025

Join us for a special meal, raffles and live music! **\$2 Suggested Donation**

Older Americans Month Celebration

Wednesday, May 16, 2025

11:00–1:00pm

Join us and celebrate older American's Month with a special meal and live music. **\$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

AMPLIFYING WOMEN VOICES

Thursday, March 13, 2025 from 10:30–12:00

Celebrate Women's History Month by engaging with women sharing their unique journeys of accomplishment and courage. **FREE**

PERSIAN NEW YEAR

Friday, March 21 from 1:30–2:30

Participate in the cultural experience of *Nowruz*, a holiday marking the Persian New Year and the first day of spring. Renaissance Court participants will lead others in traditions and activities of renewal and harmony with nature. **FREE**

OSCAR WINNING MOVIES

Fridays in March starting at 11:30 am

Watch the 2025 Oscar Best Picture Nominees. The following films will be shown in this order: *A Complete Unknown*, *The Substance*, *Emilia Perez*, and *Wicked*. *Wicked* will begin at 11:15 am to accommodate the long run time. **FREE**

SPRING SHOWCASE

Thursday, May 9, 2025 starting at 1:00pm

Come grab a seat at The Spring Showcase for your fellow seniors performances! Seats will be first come, first served. Let's celebrate Older Americans Month by showing off the the great talent at Renaissance Court! **FREE**

LINE DANCING

Wednesdays from 1:00–2:00 pm

Classes are fun with instructor Freda Terry! It's the best way to exercise and promote a healthier lifestyle. **Fee: \$5.00**

MY STORY

Mondays from 2:00–3:30 pm

Your story needs to be heard! Participate in this writing class with short lessons, guided writing exercises, and instructor feedback.

One-time \$5 Supply Fee

FRENCH – BEGINNER

Fridays from 11:30–12:30 pm

This class is for people who have never studied French or who would like to learn the basics. The first class will be March 7, 2025.

Join at any point in time. **Fee: \$5**

FRENCH – INTERMEDIATE

Fridays from 10:15–11:15 am

This class is for those who have studied French at some point earlier in their lives and would like to re-activate their knowledge.

Fee: \$5

FABRIC ARTS & CRAFTS

Tuesdays from 1:30–3:30 pm

Calling all creatives! Whether your interest is embroidery, mixed media designs, or quilting, join Connie Hinkle's class! Learn techniques to create art using fabric and other fibers while socializing. Supplies are provided. **FREE**

TAI-CHI

2nd & 4th Fridays from 2:00–2:40 pm

Tai Chi is back! Offered twice a month, this low-impact exercise class will help you develop your inner core, improve balance, and flexibility. **FREE**

CHORUS

Tuesdays from 2:00–3:00 pm

Chorus Director Tim Andrews will teach you to harmonize in beautiful song! All experience levels are welcome at weekly rehearsals. Don't miss their performance at the Spring Showcase on May 9th! **FREE**



HEALTH & RESOURCE FAIR

March 27 from 10:00–1:00 pm

Receive information and giveaways from local organizations serving seniors in Chicago. Don't leave without getting your COVID-19 Booster! **FREE**

GALLERY OPENING RECEPTION

May 1 from 3:00–6:00 pm

Renaissance Court Gallery exhibits *Yesterday Today Tomorrow, Brushing* by Atlas Senior Center Artists. Join the artists in celebrating their exhibition at opening reception. Exhibition runs from April 14 through June 2, 2025. **FREE**

Renaissance Court Gallery

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

WINTER EXHIBITIONS

02|03| 25
THROUGH
04|07 |25

ABSTRACTIONS BY LOIS STONE

CLAY PEOPLE & MORE BY JUAREZ HAWKINS

MAKE ME VISIBLE PHOTOGRAPHS BY PATRIC MCCOY

SPRING EXHIBITION

04|14| 25
THROUGH
06|02|25

OPENING RECEPTION

Thursday, May 1, 2025
3:00-6:00 pm



ATLAS SENIOR CENTER ARTISTS

Gallery Exhibition | April 14-June 2, 2025

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

Cook County Assessor's Office

Wednesday, March 12, 2025

11:00 am – 1:30 pm

Join us for an informative presentation by the Cook County Assessor's Office to learn about the property tax process. Discover resources for exemptions and appeals, including important deadlines and strategies to save money.

Bingo Extravaganza!

Friday, March 14, 2025

12:30 pm – 2:00 pm

An exciting afternoon of Bingo sponsored by Zebra Technologies offers a chance to meet new friends, test your luck, and win fantastic prizes. Don't miss out—mark your calendars!

FREE!!!

Top Box Food Giveaway

Friday, March 21, 2025

2:00 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**

Senior Wellness Fair & Vaccination Clinic

Wednesday, March 26, 2025

10:00 am – 1:00 pm

An exciting vaccination clinic hosted by DFSS & CDPH! Vaccinations provided by Jewel-Osco Pharmacy.

Bring your insurance card!

Engage in discussions on vital senior health topics, enjoy a delicious lunch (**donation of \$2.00**). Visit vendors for giveaways and valuable information. Don't miss your chance to win raffle items!

Join us for a day of health and fun!

POP-UP PRODUCE MARKET

Wednesday, April 23, 2025

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!!!

EXERCISE CLASSES

Mondays & Wednesdays: 9:00 am – 9:45 am

Tuesdays & Fridays: 10:30 am – 11:15 am

Stay Active with Forever Fit and Sit & Be Strong! Join our engaging fitness classes to boost your health and energy while improving strength, endurance, and balance. Enjoy a friendly atmosphere with experienced instructors. All fitness levels are welcome!

BID WHIST

Mondays & Wednesdays: 12:30 pm – 4:00 pm

Join our BID WHIST card players! All skill levels are welcome!

Meet new friends, socialize, and improve your strategic thinking skills. Bring a competitive spirit! Enjoy a welcoming environment!

DRAWING & PAINTING

Tuesdays & Wednesdays

9:00 am – 1:00 pm

Embark on a captivating creative journey with Sharon Pate-Martin! Ideal for all skill levels. Explore diverse mediums and unlock your true artistic potential.

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

LINE DANCING

Tuesdays: 9:00 am – 10:00 am

Dance with Vennie for a fun class that combines fitness and great music! This class offers a lively atmosphere to learn new steps & improve coordination. **FREE**

ATLAS CHORAL ENSEMBLE

Wednesdays: 9:30 am – 10:30 am

Have a passion for music and singing? This is the perfect opportunity for you to shine! Experience the joy of being apart of our choral group ! Welcoming new members! Don't hesitate to drop by Wednesday mornings and let your voice be heard! **FREE**

CHAIR YOGA

Mondays: 10:00 am – 10:45 am

Thursdays: 10:30 am – 11:15 am

Join our chair yoga classes for a supportive experience that improves flexibility, strength, and relaxation. These gentle sessions are designed for everyone including those with limited mobility. **FREE**

Instructor: Tony Stevens



STEPPIN'

Tuesdays: 10:00 am – 12:00 pm

Step into the lively world of dance with James Drake as he guides our exciting Steppin' class!

Immerse yourself in an electrifying atmosphere filled with infectious rhythm and exhilarating fun. This class welcomes everyone with open arms. **Cost: \$5.00**

TAI-CHI

Thursdays: 1:00 pm – 2:00 pm

Join Craig Harris for a rejuvenating Tai Chi class that promotes relaxation and reduces stress. Suitable for all levels, this ancient practice enhances balance, flexibility, and mental clarity. Experience the tranquility of Tai Chi!! **FREE**

SOUTHEAST SATELLITE CENTERS

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

PROGRAM HIGHLIGHTS

MIND, BODY & SOUL

Wednesday, April 16, 2025

10:00 am – 12:00 pm

This interactive presentation will cover the importance of self-care. Participants will learn techniques to reduce stress triggers, promote health, practice mindfulness exercises etc.

Stress Less, Live More: Wellness Workshop

Thursday, MAY 1, 2025

10:00 am – 11:30 pm

Join us for a fun, two-part series on Stress Management and Health and Wellness. Enjoy games and prizes!

Chatham

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

Karaoke

Thursdays

1:30 pm – 3:30 pm

Showcase your talent and enjoy a lively atmosphere with fellow music lovers. Don't miss the chance to shine on stage!

Older Americans Resource Fair

Tuesday, May 20, 2025

1:00 pm – 4:00 pm

Discover health and wellness vendors sharing valuable resources. Enjoy fun raffles and engaging entertainment! Don't miss the chance to connect and enrich your well-being —mark your calendar!

Roseland

10426 S Michigan Ave, 60628
312-745-1500

Spring Bazaar

Tuesday, April 1, 2025

10:00 am – 2:00 pm

Featuring diverse vendors sharing unique resources! Enjoy delicious refreshments and entertainment. Don't miss out on the fun and connections!

FREE Bingorama

Friday, May 23, 2025

10:00 am – 3:00 pm

Come for the games, stay for the fun, and enjoy delicious snacks! Bring your friends and enjoy a day of laughter and prizes!

South Chicago

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

Community Resource Event: Cinco de Mayo

Friday, May 2, 2025,

10:00 am – 2:00 pm

Hosted by the South Chicago Senior Satellite Center, Victory Centre, and Claretian Associates, this event features over 20 vendors. Enjoy a performance by our Senior Tap Dancers and music by DJ Harold..

Annual Spring Bazaar

Friday, April 25, 2025

10:00 am – 2:00 pm

You'll find a variety of vendors offering wonderful items. It's the perfect opportunity to pick up some last-minute Mother's Day gifts! Don't miss out on this community event!

SOUTHWEST REGIONAL SENIOR CENTER

6117 S KEDZIE AVE. CHICAGO IL 60629

312-747-0440

DIRECTOR: JEWELL WILSON



Special Events & Programs

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

St. Patrick's Day Celebration

Monday, March 17, 2025

9:30am-1:00pm

Celebrate in grand fashion with the Shannon Rovers, The World Famous Trinity Dancers, and the Kelly High School Orchestra & Jazz Combo with a Special Lunch.

Caregiver Support Group

Tuesday, March 11, 2025

10:00am-11:00am

DFSS and the Chinese American Service League (CASL) provides a space for caregivers to meet and share experiences while receiving support and resources. This month focuses on the topic of Memory

FREE

Spring Carnival

Friday, March 21, 2025

9:00am-1:00pm

Hosted by the Southwest Auxiliary
Join us for a day of Carnival Fun including
Mike the Magician, and Music.
Have fun bringing back childhood games.

FREE

Fat Tuesday Celebration

Tuesday, March 4, 2025

10:00am-1:00pm

Celebrate "Mardi Gras" which in French means "Fat Tuesday". Enjoy the custom of consuming food forbidden during Lent. Jukebox Johnny provides entertainment.

French treats will be served. **FREE**

AARP Driver Safety Program

Thursday March 20 & Friday March 21

9:00am-1:00pm

A two-day course facilitated by AARP trained, state approved instructors is presented in two, four-hour classes. The fee can be paid on the first day of class.

\$15 for AARP members and \$20 for non-members.

Egg Decorating

Tuesday, April 15, 2025

10:00am-12pm

Bring your own eggs and decorate them with paint dye. Help us continue the Eastern European tradition of egg decorating. **FREE**

Intergenerational Activity

Friday, April 25, 2025

10:00am-2:00pm

Theatre comes to Southwest when Thomas Kelly High School College Prep IB Theatre Arts Group perform original skits.

FREE

Musical Bingo

March 10, 2025 & April 14, 2025

11:00am-12:00pm

Enjoy musical bingo! The DJ plays various songs and you guess each song title/artist.

FREE

SECRETARY OF STATE

State ID, Driver's License, and REAL ID

Monday, April 21, 2025

10:00am-2:00pm

Renew your State ID, Driver's License, or apply for a REAL ID

Pre-Registration is Required-FREE

Cinco De Mayo Celebration

Monday, May 5, 2025

10:00am-1:30pm

Join us for the Annual Celebration of Mexico's victory over the French. There will be music, dance, a special lunch, and a performance by Hurley Grade School. **Suggested Donation \$2.00**

Older American's Month Celebration

Friday, May 16, 2025

11:30am-1:30pm

Join us for a special lunch commemorating Older American Month, featuring a trivia game, and music by DJ Chico. **Have fun. showing how aging is a journey filled with endless possibilities**
Suggested Donation \$2.00

Senior Resource Fair

Friday, May 9, 2025

10:00am-1:30am

Join us for our senior Resource Fair providing community resources for assistance which will include different government offices, community organizations, treats, giveaways, and raffle prizes.

FREE



Choir Performance

Wednesday, May 21, 2025

11:00am-12:00pm

Celebrate the sounds of spring and romantic music by our friends at Hubbard High School led by Sharon Quattrin. **FREE**

Pretzels and Snacks Social

Tuesday, May 20, 2025

12:00pm-2:00pm

Socialize with us! Enjoy delicious snacks, and listen to live music by Mr. Z and his Trio! **FREE**

SOUTHWEST SATELLITE CENTERS

Auburn Gresham

1040 W 79th St, 60620

312-745-4797

April Showers Bring May Flowers

Wednesday, April 9, 2025

1:00pm

Join us as we plant seeds of love.
Experience the opportunity to plant
and grow a small plant/flower for
home. **Free**

PROGRAM HIGHLIGHTS

Mother's Day Tea

"You, me, and tea"

Wednesday, May 7, 2025

1:00pm

Join us as we celebrate the women
in our lives with tea and brunch

Englewood

653-657 W 63rd St, 60621

312-745-3328

Celebrating Women's History

"Hidden Figures"

Monday, March 17, 2025

10:00am

Presented by our resident historian,
Madie Cannamore.

Special St. Patrick's Day Meal served at
11:30am. **Suggested Donation \$2**

Post Mother's Day Fashion

Extravaganza

Tuesday, May 20, 2025

10:00am

Join the ladies and gents of Englewood
Satellite as they display their beautiful
fashions accompanied by music!

Garfield Ridge

5674-B S Archer Ave, 60638

312-745-4255

Older Americans Month- Kindness Rocks! Project

Tuesday, May 13, 2025

10:00am-12:00pm

Paint rocks with lovely pictures
and/or messages of kindness.. **FREE**

Luck of the Irish Bingo Party

Monday, March 17, 2025

9:00am-2:00pm

Join us for 10 games of Bingo with gift
card prizes! **\$10 per person, two free
Bingo cards**



OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

MAY
1

3:00P - 6:00P

Renaissance Gallery Opening Reception

Older Americans Month kick-off celebration featuring SE Atlas Regional Center artists exhibiting their artwork at the Renaissance Court Gallery. The theme is Brushing: Yesterday, Today, and Tomorrow.

MAY
8

2:30P - 4:00P

Southeast Regional Center Cogenerational Dance Recital

A Cogenerational dance recital featuring South Chicago Dance Theatre, Columbia College and Southeast Atlas Senior Center participants.

MAY
13

1:00P - 2:00P

Northwest Regional Center Fashion Show

The participants of Northwest Regional Center will walk the runway in their most fabulous attire.

MAY
16

12:00P - 1:00P

Central West Regional Center Musical Concert

Under the direction of Thaddueus Tukes, a renown pianist, the newly formed Center West band will have their debut performance.

MAY
16

10:00A - 11:30A

Northeast Regional Center Talent Showcase

The participants of the Northeast Regional Center will unleash their talents in their inaugural talent showcase. A special lunch and party with entertainment will follow the talent showcase.

MAY
21

10:00A - 12:30P

Southwest Regional Center Intergenerational Sing-Along

An Intergenerational sing-along with Hubbard High School and Southwest Regional Center participants featuring the classics and current hits.

Come join us in celebrating Older Americans Month. There will be a wide array of special events and programs included in this month-long celebration. For more information, contact your local Regional and Satellite Senior Centers.



Senior Health Fair

Let's Talk about Grown Folks' Business

10:00AM–1:00PM

Providing free COVID and Flu shots! Other vaccine shots will be available if you bring your medical card.* Join the discussion around senior health topics, such as immunizations, substance use, sexual health, and wellness. Lunch will be provided, quantities are limited. Raffle items and prizes will be available.

SOUTHWEST REGIONAL

Monday 03/17/25
6117 South Kedzie Ave
Chicago, IL 60629

NORTHWEST REGIONAL

Friday 03/21/25
3160 N Milwaukee Ave
Chicago, IL 60618

NORTHEAST REGIONAL

Monday 03/24/25
2019 West Lawrence Ave
Chicago, IL 60625

WEST TOWN SATELLITE

Tuesday 03/25/25
1613 W Chicago Ave
Chicago, IL 60622

SOUTHEAST REGIONAL

Wednesday 03/26/25
1767 East 79th St
Chicago, IL 60649

RENAISSANCE COURT

Thursday 03/27/25
78 East Washington St
Chicago, IL 60602

CENTRAL WEST REGIONAL

Friday 03/28/25
2102 W Ogden Ave
Chicago, IL 60612

ENGLEWOOD SATELLITE

Monday 04/07/25
653-657 W 63rd St
Chicago, IL 60621



10% OFF COUPON FOR JEWEL OSCO GROCERIES PROVIDED TO ANYONE RECEIVING A VACCINE*



Feria de Salud para Personas de la Tercera Edad

Hablemos de asuntos importantes para gente grande

10:00AM–1:00PM

¡Estaremos proporcionando vacunas gratuitas contra el COVID y la gripe! Otras vacunas estarán disponibles si trae su tarjeta médica.* Lo invitamos a unirse a la discusión sobre temas de salud para personas mayores, como vacunas, uso de sustancias, salud sexual y bienestar. Habrá comida (las cantidades son limitadas), rifas y premios.

SOUTHWEST REGIONAL

Lunes 03/17/25
6117 South Kedzie Ave
Chicago, IL 60629

NORTHWEST REGIONAL

Viernes 03/21/25
3160 N Milwaukee Ave
Chicago, IL 60618

NORTHEAST REGIONAL

Lunes 03/24/25
2019 West Lawrence Ave
Chicago, IL 60625

WEST TOWN SATELLITE

Martes 03/25/25
1613 W Chicago Ave
Chicago, IL 60622

SOUTHEAST REGIONAL

Miércoles 03/26/25
1767 East 79th St
Chicago, IL 60649

RENAISSANCE COURT

Jueves 03/27/25
78 East Washington St
Chicago, IL 60602

CENTRAL WEST REGIONAL

Viernes 03/28/25
2102 W Ogden Ave
Chicago, IL 60612

ENGLEWOOD SATELLITE

Lunes 04/07/25
653-657 W 63rd St
Chicago, IL 60621



LAS PERSONAS QUE SE APLIQUEN SU VACUNA RECIBIRÁN UN CUPÓN DE 10% DE JEWEL OSCO*

**If you reside in a Supportive Living, Assisted Living, or a
Specialized Mental Health facility: You Have Rights!**

Residents Have Rights!

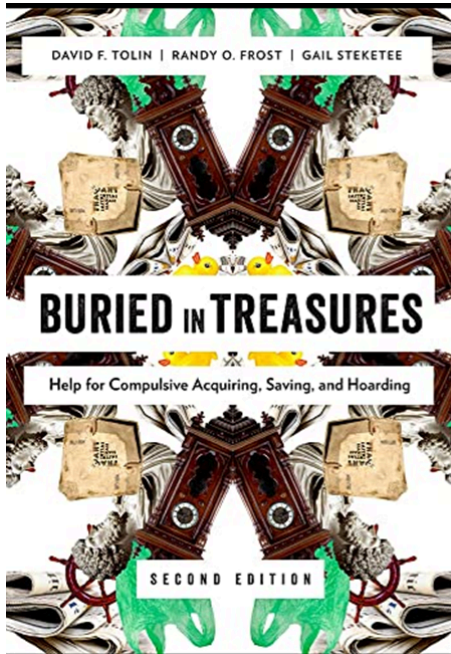
You have the right at all times to:

-  Be treated with care, dignity, and respect
-  Feel safe from all types of abuse
-  Make decisions on your own care
-  Dispute evictions and discharges
-  Voice your concerns without fear of retaliation
-  Get help moving out of a long-term care facility

**Contact your local Ombudsman for free and confidential
help about your situation, concerns, or complaints.**

**Chicago Department of Family and Support Services- Senior Services
Long-Term Care Ombudsman Program
1615 W. Chicago Avenue, Chicago, IL 60622-5127
Call 312-744-4016 or email: Aging@cityofchicago.org**

Buried in Treasures Program



- 8-week support program designed to assist people 60 and older who may have difficulty with decision-making around organizing and discarding items.
- Held once per week

On-Line

Tuesdays, 2:30 pm - 4:00 pm

February 25, March 4, 11, 18, 25, April 1, 8, 15

via Zoom

— To register, visit this case sensitive site:

<https://bit.ly/BuriedNTreasures>

Wellness Recovery Action Plan

So you finished taking the Buried in Treasure program, now what?

- The perfect companion program to **Buried in Treasures.**
- Self-directed support
- You're in control



The Wellness Recovery Action Plan (WRAP) is an 8-week education and support program designed to assist people to create a plan to stay healthy and maintain progress.

If you have difficulty with decision-making around organizing and discarding items, this program can help you stay on course.

Thursdays, February 27 - April 15, 9:30 am - 11:30 am

In - Person at:
Paul G Stewart Center
400 E. 41st Street, Chicago

**To register, contact Victoria Russo Phone: 312-743-3528 or
Email: Victoria.Russo@cityofchicago.org**

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

You Are Not Alone

DFSS 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

To Register: bit.ly/Stressbusting25

Contact: victoria.russo@cityofchicago.org

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

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

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

WHEN: April 29, May 6, 13, 20, 27, June 3, 10, 17, 24 from 1:00 -2:30 PM

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

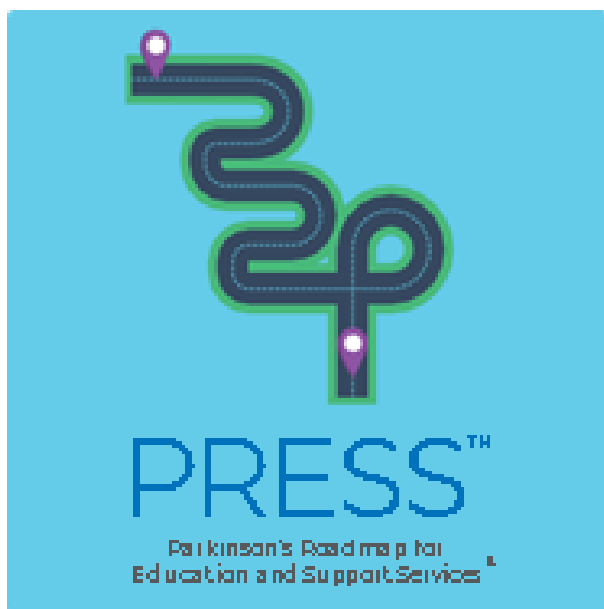
APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)

Free program, space is limited, and registration is required.

Program Presented Virtually via Zoom

Date: Every Tuesday, April 1st – May 20th 2025

Time: 10:00A.M. – 11:30 AM CT



What's Next After Diagnosis

Medication Management of Parkinson's

Importance of Exercise in PD

Dealing with Physical Symptoms of PD

Impact of Parkinson's on Daily Coping and Relationships

Tips for Daily Living

Caring for Others, Caring for Yourself

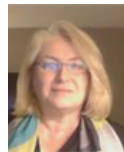
Building Your Healthcare Team

The group is open to any adult who has been diagnosed with Parkinson's disease within the last 5 years, their care partners, and adult family members.

To register or for additional information please contact:

mhapp@aurora.edu

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

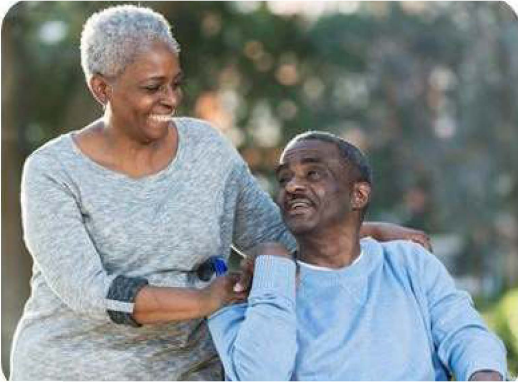
Series	Day	Time	Dates
1	Thursday	1:30 – 3:30 PM	Feb. 6, 13, 20, 27, March 6, 13
2	Wednesday	6:00 – 8:00 PM	March 5, 12, 19, 26, April 2, 9
3	Thursday	11:30AM – 1:30 PM	May 1, 8, 15, 22, 29, June 5
4	Tuesdays	8:00 – 10:00 AM	July 1, 8, 15, 22, 29, August 5
5	Wednesday	9:30 – 11:30 AM	Aug. 13, 20, 27,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



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

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 ADVANCED SAVVY CAREGIVER™, a free, interactive 4-week training series designed to support family caregivers in the later stages of the disease process.

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

Advanced Savvy Caregiver OnLine

**Thursdays, 1:30 PM - 3:30 PM- Via Zoom
March 20, 27, April 3, and 10, 2025**

Register Today!

To register, please go to the link: <https://bit.ly/AdvancedSavvy>
For more information, contact Victoria Russo at 312-743-3528 or
email: Victoria.Russo@cityofchicago.org

This program is for people who have completed the Basic Savvy Caregiver (6-Week) Program or those who are now caring for someone in advanced stages of disease.



SENIOR EMPLOYMENT OPPORTUNITIES

Senior Community Service Employment Program

Sponsored by the Illinois Department on Aging, this training program is designed to assist those 55+ in re-entering the job market. This program places eligible individuals in nonprofit or community service agencies for 20 hours a week.

Eligibility Requirements

- Be at least 55 years of age
- Resident of the City of Chicago
- Meet Federal income requirements
- Be unemployed
- Be able to work 83 hrs/month

For more information on how to apply for this opportunity please contact Community Assistance Programs (CAPS) at 773-568-1782 or askus@capsinc.org



Department of Family and Support Services 62

Hospitality Worker

Join our DFSS team as a part time Hospitality Worker! This position is located in various locations throughout the city at our congregate meal sites. **This position requires an active Food Handler or Food Service Manager Certificate.**

Duties Include

- Register new participants for the nutrition program at a City of Chicago sponsored nutrition program site
- Receive and verify food deliveries and report food service problems
- Prepare, pre-portion, and serve meals delivered in bulk, pre-plated, or pre-packaged servings
- Greet clients and assist in providing information

For more information on how to apply for this opportunity please contact DFSS at 312-744-4016 or aging@cityofchicago.org

VOLUNTEER OPPORTUNITIES

- **Senior Companion Program**

- **Earn a stipend, lunch benefit, and carfare reimbursement while volunteering and making an impact in the lives of other seniors** by providing companionship to seniors.
- Must be able to volunteer 20 hours/week

- **Foster Grandparent Program**

- **Earn a stipend, lunch, and carfare reimbursement while volunteering and providing a positive adult image for children with special needs** by tutoring and mentoring children in Chicago Public Schools, day care, and rehabilitation centers.
- Must be able to volunteer 20 hours/week

- **Senior Center**

- Front Desk Assistance
- Class/Program Instructors & Coordinator Assistants
- Outreach Phone Calls

- **SHIP Counselors**

- Receive intensive, ongoing training and then assist seniors and their caregivers with Medicare-related questions

- **Ombudsman**

- Receive extensive, ongoing training to help residents of long-term care facilities
- Advocate for and protect residents' rights within the facility



For more information on how to apply please contact DFSS at 312-744-4016 or email aging@cityofchicago.org



Envision Unlimited TICC Program will be facilitating Lunch & Learns at the Northwest (Copernicus) & Northeast (Levy) Regional Senior Centers. Please contact the senior centers for more information.

What is TICC?

TICC is our Trauma Informed Centers of Care Program. The primary focus is to increase access to allowable outpatient services across the City of Chicago. TICC provides trauma informed individual therapy to older adults struggling with mental health. Our services can be provided in person at the Senior Centers, in your home or in the community and virtually.

Meet Our Team!

TICC Therapists are Qualified Mental Health Counselors who provide individual therapy services in a private and confidential setting. Our therapists are trained to utilize techniques ranging from Mindfulness, Cognitive Behavioral Therapy, Motivational Interviewing, Art Therapy and more.

TICC Case Managers are trained to assist with:

- Health Management
- Budgeting
- Accessing Community Resources
- Activities of Daily Living
- Applying for Benefits
- Translation Services.

Envision Unlimited is committed to providing persons with mental health challenges quality services that promote independence, community inclusion, and recovery in a safe and supportive environment.

What can TICC do for you?

TICC mental health service reduces barriers for people to access care in the community by providing trauma informed clinical staff.

TICC provides additional support and platforms to contact and connect with clients to ensure individuals and families can access services regardless of their ability to pay, immigration status, or health insurance.

Provide services/support in both English and Spanish.



If you or a loved one would like to learn more about our TICC program, please contact our non-emergency Intake line at 773-506-3161



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



Utility Bills Weighing You Down? We've Got Your Back!

APPLY FOR LIHEAP DURING YOUR HOUSEHOLD'S ELIGIBILITY PERIOD

DOCUMENTS NEEDED TO APPLY



Proof of current 30-day gross income for all household members. This also includes income for children who receive child support or social security benefits.



Copy of most recent heating and electric bills.



Proof of social security numbers or ITINs for all household members. Individuals without a SSN or ITIN can still apply.

****Additional Documentation may be needed.**

DID YOU KNOW?



Help is available on your heating or electric bills, even if you are not behind.



You can still apply if you don't have income.



Delivered fuel households are eligible for assistance.



Furnace Assistance is also available for households with an inoperable furnace.

**October
2nd**

PRIORITY PERIOD 1

Beginning October 2nd, households with a senior(s) age 60 and over, person(s) with a disability, and families with children under the age of 6 can apply for LIHEAP benefits.

**November
1st**

PRIORITY PERIOD 2

Beginning November 1st, households disconnected from one or both utilities or in danger of being disconnected can apply for LIHEAP benefits. Priority period 1 customers can also apply at this time.

**December
1st**

ALL HOUSEHOLDS ELIGIBLE TO APPLY

Beginning December 1st, all eligible Cook County households may apply for LIHEAP benefits through August 15, 2024 (or until funds are exhausted), including households with a senior(s), disabled individual(s), children under 6, and/or disconnected/imminent disconnected households.



Community and Economic Development Association of Cook County, Inc.
Energy Services Department



Funded by
**Illinois
Department of Commerce
& Economic Opportunity**

Call, Scan or Visit
to learn more!

(800)-571-2332
CEDAorg.net/Bills





Community and Economic Development Association of Cook County, Inc.
Energy Services Department



Utility Bills Weighing You Down? We've Got Your Back! Call a CEDA Partner Intake Site to apply!

Heating

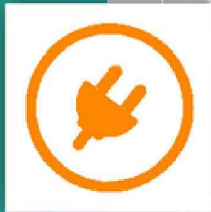


LIHEAP - DVP This program allows income-eligible households the opportunity to receive a one-time benefit applied directly to your heating utility.

Reconnection Assistance This program provides a benefit up to \$1200 to prevent imminent disconnection OR to re-connect your household's heating services.

Peoples Gas Share the Warmth This program provides a benefit up to \$200 towards the past due balance of your Peoples Gas bill.

Electric



LIHEAP - DVP In addition to helping pay your heating bill, this program can also provide a one-time benefit applied directly to your electric utility.

Reconnection Assistance This program provides a benefit up to \$1200 to prevent imminent disconnection OR to re-connect your household's electric services.

Water



UBR For City of Chicago residents, the Utility Billing Relief program makes your water, sewer and water-sewer tax bills more affordable. You can receive up to 50% rate reduction on those bills and the opportunity for complete debt forgiveness.

Apply during your
designated priority
period!



Learn how to apply:
www.CEDAorg.net/Bills



1 (800) 571-2332

Partner Intake Sites

Find a site near you!
(Hours and in-person availability may vary)

LOCATION	PHONE NUMBER	ZIP CODE	LOCATION	PHONE NUMBER	ZIP CODE
Wheeling Township	(847) 259-7730	60004	European American Association	(773) 342-5868x1000	60622
Elk Grove Township	(224) 265-6111	60007	Puerto Rican Cultural Center (PRCC)	(773) 661-2304	60622
Barrington Area Council on Aging	(847) 381-5030	60010	Operation Brotherhood	(773) 522-0433	60623
Northfield Township	(847) 724-8300	60025	Breakthrough Urban Ministries, Inc.	(872) 444-8262	60624
Hanul Family Alliance	(847) 439-5195	60056	North Lawndale Employment Network	(773) 265-7940	60624
Palatine Township	(847) 358-6700	60067	Peoples Community Development Association of Chicago	773-533-1340	60624
Maine Township	(847) 297-2510	60068	Universal Prayer Tower	(773) 378-3464	60624
Hana Center	(847) 520-1999	60070	Cambodian Association of Illinois	(773) 878-7090	60625
North Shore Senior Center	(847) 784-6040	60093	Hanul Family Allianc	(773) 478-8851	60625
Leyden Family Services	(847) 455-3929	60131	Allen Metropolitan CME Church	(773) 568-1200	60628
Hanover Township	(630) 540-9085	60133	Brock Social Services Organization	(773) 291-0500	60628
PLCCA	(708) 450-3500	60153	Christ Cathedral Baptist Church	(773) 660-4296	60628
Solutions For Care	(708) 345-3632	60160	Fernwood Community Outreach Church	(773) 881-0800	60628
PLCCA	(708) 450-3500	60162	Latino Organization of the Southwest	(773) 581-1900	60629
Schaumburg Township	(847) 884-0030	60169	SANAD	(773) 436-7989	60629
Oak Park Township	(708) 383-8005	60302	Chicago Comprehensive Community Center	(847) 387-2426	60630
Stickney Township on Aging	(708) 788-9100	60402	Brighton Park Neighborhood Council	(773) 523-7110	60632
Village of Ford Heights	(708) 758-3131	60411	Northwest Side Housing Center	(773) 283-3888	60634
Seasons Community Outreach Services	708-331-8875	60428	WECAN	(773) 451-8077	60637
Lemont Township	(630) 257-2522	60441	Polish American Association	(773) 767-7773	60638
In His Hands Resource Center	708-248-6019	60443	Heritage Int'l Community Development Corporation	773-237-9600	60639
Valley Kingdom Comm Development Corp	(708) 225-9307	60452	Northwest Side Housing Center	(773) 283-3888	60639
Pathlights	(708) 361-0219	60463	Spanish Coalition For Housing	(773) 342-7575	60639
Rich Township	(708) 228-5970	60466	Chinese Mutual Aid Association	(773) 784-2900	60640
Thornton Township	(708) 985-3176	60473	South-East Asia Center	773-989-6927	60640
United Evangelistic Consulting Association	(708) 223-2680	60473	Polish American Association	(773) 282-8206	60641
The Apostolic Church	(708) 833-7031	60475	Total Resource Comm. Organization / Triedstone	(773) 881-0761	60643
Arab American Family Services	(708) 599-2237	60482	CRDDC (Chetwyn Rodgers Drive Development Center)	(773) 261-6098	60644
Solutions For Care	(708) 447-2448	60546	PLCCA	(708) 450-3500	60644
Workers Education Society	(773) 446-9925	60608	South Austin Coalition	(312) 743-1538	60644
Community Care Outreach	(773) 595-6034	60609	MORE Services Inc.	(773) 657-3079	60646
Midwest Asian Health Association	312-225-8659	60609	San Lucas United Church of Christ	(773) 227-5747	60647
New Eclipse Community Alliance	(773) 538-4957	60609	AGORA Community Services Corporation, NFP	(773) 483-3888	60649
Chinese American Service League	(312) 791-0418	60616	PLCCA	(708) 450-3500	60651
Midwest Asian Health Association	(312) 225-8659	60616	Evening Star Baptist Church	(312) 715-8605	60653
Midwest Asian Health Association	(312) 225-8659	60616	Agents of Hope Training & Information Center (AHTI)	(773) 739-9079	60659
Saving Lives, Inc	(708) 400-9770	60616	Arty Helping Hands	773-942-6250	60659
Centro Comunitario Juan Diego	(773) 731-0109	60617	Community Helping Hands	(773) 587-2894	60659
New Eclipse Community Alliance	872-218-4881	60617	Global Executive Council Services (GEC)	(872) 806-2066	60659
Spanish Coalition For Housing	(773) 933-7575	60617	Indo - American Center	(773) 973-4444	60659
Trinity Resurrection United Church	(708) 262-0293	60617	Metropolitan Asian Family Services	(773) 465-3105	60659
Hana Center	(872) 302-4883	60618	Seniors Assistance Center	(708) 456-7979	60706
Romanian American Community Center	(773) 604-8888	60618	Chicago Chesed Fund	(224) 534-6774	60712
Chosen Vessels Ministries Community Outreach	(312) 771-8212	60619	Metropolitan Asian Family Services	(847) 824-9414	60714
Universal Prayer Tower	(773) 437-3203	60619	North Shore Senior Center	(847) 864-3721	60714
Greater Mt. Vernon Baptist Church	773-629-8693	60620	Women Power, NFP	(708) 265-9253	60803
Universal Prayer Tower	(773) 874-6103	60620	Worth Township	(708) 371-2900	60803
Action Coalition of Englewood Inc.	(773) 846-0080	60621	PLCCA	(708) 450-3500	60804
The Public Outreach Agency	(773) 424-8656	60621	Chicago South Community Development Organization	(708) 631-2258	60827

SPRING FORWARD

Employment and Housing Supports for Returning Residents

Program Administrators:

Cara Collective

Cara Collective is a 30+-year-old Chicago-based workforce development organization that places people into nearly a 1,000 jobs annually.

Lawndale Christian Legal Center

LCLC walks people through, and away from, the justice system. Since 2010, LCLC has provided stability to clients via a holistic model of wraparound legal and social supports.

Assistance Includes:

- ✓ Employment supports, such as weekly transitional work, referrals to certification training, digital literacy, financial coaching, and mental health supports.
- ✓ Housing navigation services include financial assistance to pay rent and move-in fees, lease application assistance, and landlord case management support.

Requirement of Program Includes:

- ✓ Interested applicants must be 18 years or older
- ✓ Reside in Chicago, or returning to Chicago
- ✓ Recently released within 18 months
- ✓ Face housing insecurities, such as the possibility of homelessness or uncertain housing options



ABOUT HRP

Formerly known as the Roof & Porch Repair Program, the **Home Repair Program** provides grants to income-eligible homeowners for improvements to their roof or porch. Interested homeowners must register during the intake for a chance to apply for the service.

ELIGIBLE INCOME LEVELS

HOUSEHOLD SIZE	ANNUAL INCOME 2024
1	\$39,250
2	\$44,850
3	\$50,450
4	\$56,050
5	\$60,550
6	\$65,050
7	\$69,550
8	\$74,000



PROGRAM REGISTRATION

Register online 9am Monday, March 10 through 5pm Friday, March 21, 2025, or call 311. Homeowners will be prioritized based on length of tenancy. All interested homeowners will be contacted within a month of registration.



ELIGIBILITY

This program is open to residents who own and occupy a single family or duplex residential property (1-2 units) and meet the income guidelines. Households earning up to 50% of the area median income (AMI) are eligible to participate in the program. **This must be the homeowners' primary and only residence.**



FOR MORE INFORMATION

312-744-3653
www.chicago.gov/housing
doh@cityofchicago.org

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
- 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

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



DFSS

Department of Family
and Support Services



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

Free Assistance for People Turning 65!

- **Are you turning 65 and need to learn more about joining Medicare?**
- **Want help choosing the right prescription drug coverage for you?**
- **Do you find it hard to pay monthly Medicare or prescription drug costs?**
- **We are here to help!**

Call the Senior Services Information & Assistance Helpline
312-744-4016 or email aging@cityofchicago.org

Help with paying for prescription drug costs

Social Security Low Income Subsidy (LIS)—also known as Extra Help—helps pay prescription drug costs for Medicare beneficiaries with low income.

Help with paying Medicare premiums and other costs

Medicare Savings Program (MSP) helps pay Medicare premiums, deductibles and coinsurance for qualifying Medicare beneficiaries.

Did you know that Medicare recipients are entitled to many **FREE** or low cost Prevention and Wellness Benefits such as:

- **Welcome to Medicare Wellness Visit Physical**
- **Yearly Wellness Visit**
- **Diabetes Screening**
- **Cancer Screenings**

Medicare Open Enrollment is October 15th - December 7th.

Free language interpretation services available.

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