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

LIFE ENRICHMENT PROGRAMS

For Chicagoans 60 Years and Better

Spring 2018

Mayor Rahm Emanuel
City of Chicago

CHICAGO DEPARTMENT OF
FAMILY & SUPPORT SERVICES
BUILD • SUPPORT • EMPOWER

Lisa Morrison Butler
Commissioner

Spring 2018

A Note from the Commissioner

Dear Friends:

Everywhere, people are reinventing what it means to age. This renewed focus is about owning your age — and embracing the opportunities to live your best life at every age.

Since 1963, Older Americans Month has been a time to celebrate older Americans, their stories, and their contributions. This year's theme, "Engage at Every Age," emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Come ***Engage at Every Age*** at your local DFSS senior center as you participate in a new class, explore a volunteer opportunity, make a new friend, or by taking charge of your health and staying independent for as long as possible. No matter where you are in your life, there is no better time than now to start and no better place than your nearest senior center.

Sincerely,

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

A Note from the Executive Director

Dear Fellow Seniors:

Wasn't that a long Winter? But, as promised, Spring is here! The season can remind us of the cycle of our lives and that is why I love living in a region where we can experience them all. In the Midwest, we watch renewal each Spring no matter how dismal the Winter has been. I think it reminds us that there are reasons to have hope even in the midst of the darkest trial. I wish you all renewal of mind, body and spirit. Use the centers and satellites to further that renewal. Remember, we are here for you all. Take advantage of what you need, you deserve the best.

Blessings,
Joyce

Programs and Services

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Benefits Eligibility Checkup

Caregiving Resources

Care Coordination Services

Chicago Fitness Plus

Chore / Housekeeping

Adult Protective Services Program

Foster Grandparent Program

Golden Diners Nutrition Program

Home Delivered Meals

Health & Wellness Program

Older Relatives Raising Children

Ombudsman Program

Respite Care

Senior Companion Program

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

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

Information & Assessment Services

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

Regional and Satellite Senior Centers

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

DFSS Senior Services Programs and Services: At a Glance	
Benefits Eligibility Checkup	Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including; prescription drug coverage, weatherization, energy assistance, & financial assistance. Staff then works with seniors in applying for identified benefits.
Caregiving Resources	Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.
Care Coordination Services	Through a referral from I&A, trained and certified care coordinators provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.
Chicago Fitness Plus	Award-winning fitness program that boosts endurance, strength, balance and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.
Chore/ Housekeeping: Heavy Duty & Short-Term	Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.
Adult Protective Services Program	Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.
Foster Grandparent Program	Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016	

DFSS Senior Services Programs and Services: At a Glance	
Golden Diners Nutrition Program	Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.
Home Delivered Meals	Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.
Health & Wellness Program	Health promotion and disease prevention programming provided at all DFSS senior centers through monthly presentations, health screenings, and one-on-one consultations with wellness nurses, dietitians, pharmacists, and social workers.
Older Relatives Raising Children	For seniors who have primary caregiving responsibility of a child, from birth to age 18 or those caring for their severely-disabled adult children. Short-term one-on-one counseling and support groups are available. Emergency financial assistance can be accessed for one-time emergency rent payment, school uniform and equipment, medication, and other basics.
Ombudsman Program	Ombudsmen protect, defend and advocate for residents in long term care facilities such as nursing homes and assisted living facilities. Utilizing staff and volunteers, they inform residents and their families of their rights, resolve complaints, provide information on residents needs/concerns to families, facility staff and the department, and advocate for quality individualized care for the residents.
Respite Care	Allows family caregivers caring for a senior, time for themselves. Respite provides professional trained staff to care for a frail senior, who has a familial caregiver, on a temporary basis. This care can be provided in home or in a nursing facility. Respite can be used in an emergency, such as the illness of a caregiver or for planned time away; such as a vacation, special event, appointment or just some time for themselves.
Senior Companion Program	Opportunity for seniors to make a difference in the lives of lonely, frail and homebound seniors by reading, engaging in conversation, preparing light meals and more. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
Senior Medicare Patrol	The SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. Program staff and volunteers help people with Medicare and Medicaid to: educate, detect, and report possible Medicare and Medicaid fraud, waste, and abuse.
Senior Employment Training	Employment training and job placement for seniors (at least 55 years old) for re-entry into the job market.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016	

You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at **ssa.gov/myaccount** or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

1. **Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
2. **Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
3. **Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
4. **Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
5. **Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
6. **Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
7. **Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
8. **You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
9. **Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
10. **Help is available:** If you don't get your new Medicare card by **April 2019**, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit CMS.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html, or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

CMS Product No. 12018
January 2018

New Medicare Card
Mailing Strategy

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. A new, unique Medicare Number will replace the SSN-based Health Insurance Claim Number (HICN) on each new Medicare card. Starting April 2018, CMS will begin mailing new Medicare cards to all people with Medicare on a flow basis by geographic location and other factors.

These mailings will follow the sequence outlined below. Additional details on timing will be available as the mailings progress. Starting in April 2018, people with Medicare will be able to check the status of card mailings in their area on Medicare.gov.

New Medicare Card Mailing Waves

Wave	States Included	Cards Mailing
1	Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia	April – June 2018
2	Alaska, American Samoa, California, Guam, Hawaii, Northern Mariana Islands, Oregon	April – June 2018
3	Arkansas, Illinois, Indiana, Iowa, Kansas, Minnesota, Nebraska, North Dakota, Oklahoma, South Dakota, Wisconsin	After June 2018
4	Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont	After June 2018
5	Alabama, Florida, Georgia, North Carolina, South Carolina	After June 2018
6	Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Texas, Utah, Washington, Wyoming	After June 2018
7	Kentucky, Louisiana, Michigan, Mississippi, Missouri, Ohio, Puerto Rico, Tennessee, Virgin Islands	After June 2018

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

NIH National Institute on Aging

Participating in Activities You Enjoy—More Than Just Fun and Games

Tips from the National Institute on Aging

There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don't smoke. But did you know that participating in activities you enjoy may also help support healthy aging?

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine.

June feels great. She enjoys gardening, playing cards with friends at the senior center, and taking a water aerobics class at the county indoor pool. She turns 78 this year, but feels like she's still in her 50s. Research shows that staying active can help older adults like June stay healthy.

Benefits of an Active Lifestyle

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community or at your place of worship, may help to maintain your well-being.

Research tells us that older people with an active lifestyle:

- *Are less likely to develop certain diseases.* Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.
- *Have a longer lifespan.* One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.
- *Are happier and less depressed.* Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel happier and healthier. One study placed older adults from an urban community in their neighborhood public elementary schools to tutor children 15 hours a week. Volunteers reported personal satisfaction from the experience. The researchers found it improved the volunteers' cognitive and physical health, as well as the children's school success.

Researchers think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.

- *Are better prepared to cope with loss.* Studies suggest that volunteering can help with stress and depression from the death of a spouse or other loved one. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).
- *May be able to improve their thinking abilities.* Another line of research is exploring how participating in creative arts might help people age well. For example, studies have shown that older adults' memory, comprehension, creativity, and problem-solving abilities improved after an intensive, 4-week (8-session) acting course. Other studies are providing new information about ways that creative activities like music or dance can help older adults.

Melvin has not quite felt like himself since his retirement. He misses his customers and teaching new employees the trade. Linn used to care for her grand-children while her daughter was at work. Now that her grandchildren are in school, she has a lot of extra time on her hands. Melvin and Linn miss waking up with a feeling of purpose. They think joining a volunteer group might help. Research shows that people who are sociable, generous, and goal-oriented may feel happier and less depressed than other people.

Activities to Consider

Would you like to get more involved in your community or be more socially active? There are plenty of places to look for opportunities, depending on your interests. Here are some ideas:

Get out and about

- Visit a senior center and take part in its events and activities
- Play cards or other games with friends
- Go to the theater, a movie, or a sporting event
- Travel with a group of older adults, such as a retiree group
- Visit friends and family
- Try different restaurants
- Join a group interested in a hobby like knitting, hiking, birdwatching, painting, or wood carving
- Reconnect with old friends through your high school or college alumni association
- Visit local museums. Many offer free group tours.

Learn something new

- Take a cooking, art, dance, language, or computer class. Get in touch with your local community college. Many offer free or discounted courses for older adults.
- Form or join a book or film club
- Try yoga, tai chi, or another new physical activity
- Learn (or relearn) how to play a musical instrument

When Maria was younger, she took part in rallies for local issues and even went to Washington, D.C., to hear Martin Luther King, Jr.'s "I Have a Dream" speech. Recently, she has been learning about problems with the environment and wants to get involved in finding a solution. She thinks it will be a good way to volunteer her time.

Become more active in your community

- Serve meals or organize clothing donations for people in need
- Help an organization send care packages to soldiers stationed overseas
- Care for dogs and cats at an animal shelter
- Volunteer to run errands for people with disabilities
- Join a committee or volunteer for an activity at your place of worship
- Volunteer at a school, library, museum, or hospital
- Help with gardening at a community garden or park
- Organize a park clean-up through your local recreation center or community association
- Sing in a community choral group, or play in a local band or orchestra
- Take part in a local theater troupe
- Get a part-time job
- Rediscover a favorite childhood pastime or teach it to a new generation—embroidery, photography, building models, chess, baking, woodworking, calligraphy, or quilting

Be physically active

- Garden or do yard work
- Take an exercise class or do exercises at home
- Go dancing
- Join a sports group for older adults, like a bowling club or bocce league
- Walk or bicycle with a friend or neighbor
- Take a swimming class
- Join a local hiking or mountain biking group. Try rowing, canoeing, or kayaking at a nearby lake or river.
- Start a weekly basketball or tennis game with friends
- Join a mall-walking group
- Play with your grandchildren. Teach them a game or dance you remember from childhood.

For more information about physical activity, check out ***Go4Life***®. This exercise and physical activity campaign from the National Institute on Aging has exercises and free videos and print materials at *www.nia.nih.gov/Go4Life*.

Two years ago, Ted began volunteering at his senior center, then he started some clubs at the center. Now he volunteers 3 days a week, leads the center's theater group, and plays in a weekly dominoes game. He also recently joined a committee for his apartment building that meets twice a month. Ted is rushing all the time and thinks he might need to cut back.

Find the Right Balance

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person might be too much for another. Be careful not to take on too much at once.

You might start by adding one or two activities to your routine and see how you feel. You can always add more.

Remember—participating in activities you enjoy should be fun, not stressful.

For More Information About Participating in Activities

America's Natural and Cultural Resources Volunteer Portal
www.volunteer.gov

Corporation for National and Community Service
1-800-942-2677 (toll-free)
1-800-833-3722 (TTY/toll-free)
info@cns.gov
www.nationalservice.gov
www.serve.gov

Experience Corps
AARP Foundation
1-202-434-6400
experiencecorps@aarp.org
www.experiencecorps.org

VolunteerMatch
1-415-241-6868
www.volunteermatch.org

For more information about health and aging, contact:

National Institute on Aging Information Center
1-800-222-2225 (toll-free) • 1-800-222-4225 (TTY/toll-free)
niaic@nia.nih.gov
www.nia.nih.gov

*Visit **www.nia.nih.gov/health** to find more health and aging information from NIA and subscribe to email alerts. Visit **https://order.nia.nih.gov** to order free print publications.*

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ABOUT OUR TRIPS AND EVENTS

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

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

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

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

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

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

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

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

ABOUT OUR TRIPS AND EVENTS CONT…

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

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

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

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

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

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

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

CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES

PRESENTS:

OLDER AMERICANS MONTH

ENGAGE AT EVERY AGE: MAY 2018

Please join us for this fun-filled day of activity celebrating Older Americans Month. Let's Engage as only Older Chicagoans can! This event will feature:

Line Dance
Chair Yoga
Healthy Cooking Demonstrations
Zumba
Massage Therapy
Fitness Classes
Caricaturists
Health Screenings & Information
Live Band Performance and More!

Tuesday, May 22, 2018

9:30 a.m. - 1:00 p.m.

Cost: $10.00 includes T-shirt, transportation, activities, and lunch.

Make checks or money order payable to:

Auxiliary of the Northwest

South Shore Cultural Center

7059 S. South Shore Drive

Contact your local Regional or Satellite Center for additional information.

Music by DJ Chico and the Joe Barr Band

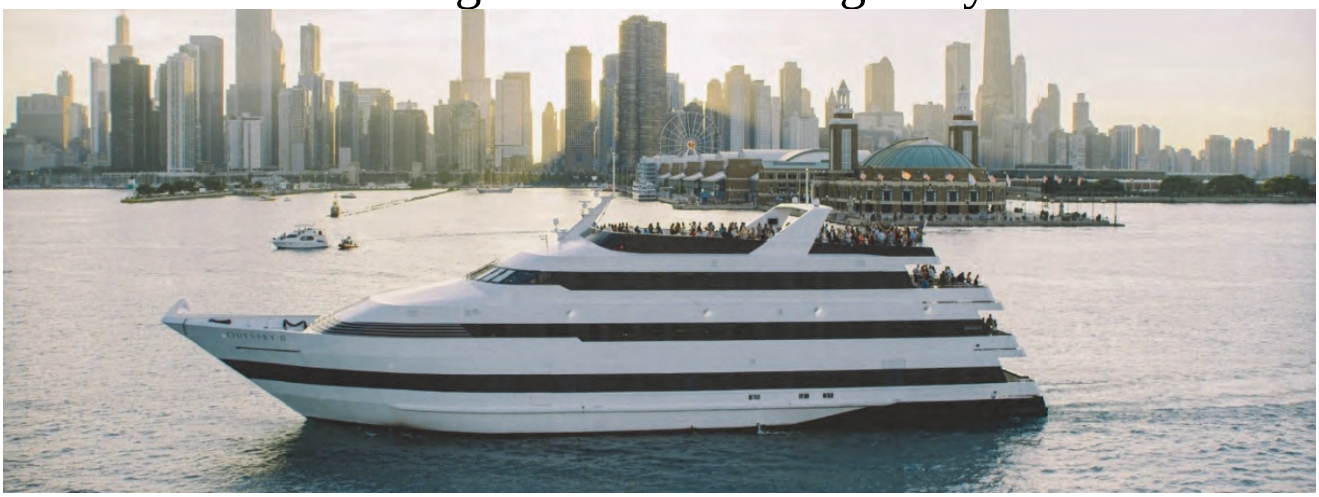
Rahm Emanuel, Mayor
City of Chicago

Lisa Morrison-Butler, Commissioner
Family & Support Services

Chicago Department of Family & Support Services

ODYSSEY CRUISE

Once again, we will cruise the magnificent shores of
Lake Michigan and the Chicago Skyline.



Where: Navy Pier - 600 E. Grand Ave
Boarding Time: 12:15 p.m. ****Sailing Time 1:00 p.m. – 3:00 p.m.

$55.00 - Includes: Cruise, Lunch, Entertainment & Transportation.
Ticket Sale Deadline - May 25, 2018

Regional Senior Centers, Wednesday, June 20, 2018
Central West, Northeast Levy, Northwest Copernicus,
Renaissance Court, Southeast Atlas, & Southwest.

Satellite Senior Centers, Thursday June 21, 2018
Abbott, Austin, Chatham, Norwood Park, Kelvyn Park, Pilsen,
Portage Park, Roseland, South Chicago & West Town.

Make checks payable to Auxiliary of the Northwest. For more information please contact your nearest Regional or Satellite Senior Center.

City of Chicago,
Rahm Emanuel, Mayor

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

WELLNESS PROGRAM
APRIL - JUNE 2018

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

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

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

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

WELLNESS TEAM OF PROFESSIONALS

WELLNESS NURSE

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

SOCIAL WORKER

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

DIETITIAN

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

PHARMACIST

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

APRIL PRESENTATIONS

NURSE PRESENTATIONS

Know the Facts about Stroke

Stroke is the No. 5 cause of death and a leading cause of disability in this country. Knowing your risk factors for stroke is the first step in preventing a stroke. The nurse will share important information about the risk factors for stroke and lifestyle changes to prevent a stroke. The discussion will also include information regarding the causes, symptoms, diagnosis, and treatment of strokes.

Central West	Thursday	April 12	10:00 - 11:00 A.M.
Northeast	Thursday	April 12	9:30 - 10:15 A.M.
Northwest	Tuesday	April 10	9:30 - 10:15 A.M.
Southeast	Tuesday	April 17	9:30 - 10:30 A.M.
Southwest	Tuesday	April 24	10:15 - 11:15 A.M.
Renaissance Court	Monday	April 2	10:30 - 11:30 A.M.

DIETITIAN PRESENTATIONS

Take the Time to Keep Your Vascular Highway Clear!

Many people know that a healthy diet and adequate exercise helps prevent their risk of having a heart attack. However, most people don't realize how critical both of these are to also preventing a stroke. Your vascular system connects to every part of your body. Therefore, what you eat, how much you eat and how much you exercise helps keep that system clear. Learn what foods will help you keep your vascular system "traffic free".

Central West	Thursday	April 5	10:00 – 11:00 A.M.
Northeast	Friday	April 13	1:00 – 2:00 P.M.
Northwest	Monday	April 30	11:00 A.M – 1:00 P.M.
Southeast	Friday	April 13	10:00 – 11:00 A.M.
Southwest	Monday	April 23	9:45 – 10:45 A.M.
Renaissance Court	Tuesday	April 10	3:00 – 4:00 P.M.

PHARMACIST PRESENTATIONS

Stroke Awareness Update – Learning Medications to Help Prevent and Treat Strokes

A stroke can cause lasting physical and mental problems in older adults. It is important to know the warning signs of a stroke so that you can seek treatment quickly and to possibly prevent further complications. Come to this session to learn about the warning signs, treatment options, prevention strategies as well as resources for those persons confronting issues of stroke.

Central West	Tuesday	April 24	10:00 - 11:00 A.M.
Northeast	Tuesday	April 24	10:00 - 11:00 A.M.
Northwest	Friday	April 20	10:30 - 11:30 A.M.
Southeast	Thursday	April 5	10:15 - 11:15 A.M.
Southwest	Thursday	April 19	10:15 - 11:15 A.M.
Renaissance Court	Thursday	April 26	1:30 - 2:30 P.M.

** Note: change in regular schedule*

MAY PRESENTATIONS

NURSE PRESENTATIONS

Healthy Aging: Keeping Strong and Active

Learn how lifestyle choices and actively managing your health care can help you age successfully. The value of the Annual Medicare Visit, recommended screenings, and knowing how to ask questions of your healthcare provider will also be discussed.

Central West	Thursday	May 3*	10:00 – 11:00 A.M.
Northeast	Thursday	May 10	9:30 – 10:15 A.M.
Northwest	Tuesday	May 8	9:30 – 10:15 A.M.
Southeast	Tuesday	May 15	9:30 – 10:30 A.M.
Southwest	Tuesday	May 22	10:15 – 11:15 A.M.
Renaissance Court	Monday	May 7	10:30 – 11:30 A.M.

DIETITIAN PRESENTATIONS

DETERMINE your Nutritional Health

The DETERMINE Checklist is a quick and simple way of checking how your nutritional health is doing. DETERMINE is an acronym based on important health information that can affect your health. We will walk you through each question of the checklist, present what each component of this acronym stands for and help you determine if you are on the right path to nutritional success.

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

PHARMACIST PRESENTATIONS

Health Promotion, Wellness – What YOU Need to Know!

With the implementation of the Patient Protection and Affordable Care Act (PPACA) of 2010, there has been a greater emphasis on the importance of preventative health care. One specific preventative health initiative of the bill designed for older individuals is the Medicare Wellness Visit (MWV). Come to this session to learn more about what to expect from your annual prevention oriented wellness visit. The role of the health care team in performing the various health risk assessments (HRA's) including medication management will be discussed.

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

- *Note: change in regular schedule*

JUNE PRESENTATIONS

NURSE PRESENTATIONS

Brain Health: Memory Care and Caregiver Support

This talk will explore maximizing memory through diet, exercise, lifestyle and medication. It will also address identifying caregiver burden and will provide suggestions to reduce stress.

Central West	Thursday	June 21*	10:00 - 11:00 A.M.
Northeast	Thursday	June 14	9:30 - 10:15 A.M.
Northwest	Tuesday	June 12	9:30 - 10:15 A.M.
Southeast	Tuesday	June 19	9:30 - 10:30 A.M.
Southwest	Tuesday	June 26	10:15 - 11:15 A.M.
Renaissance Court	Monday	June 4	10:30 - 11:30 A.M.

DIETITIAN PRESENTATIONS

Bulking Up Your Brain!

You have heard many catch phrases over the years toting what you NEED to eat: “Be sure to drink your Ovaltine”; “An apple a day keeps the doctor away”. In fact, these phrases go as far back as Hippocrates: “Let food be thy medicine and medicine be thy food”. However, is there really any magic to an apple or Ovaltine or any foods for that matter to save your brain? Well, magic has nothing to do with it. But what foods you choose can leave you thinking as clearly as possible. Come learn what to eat to bulk up your brain power.

Central West	Thursday	June 14*	10:00 - 11:00 A.M.
Northeast	Friday	June 8	1:00 - 2:00 P.M.
Northwest	Monday	June 25	11:00 A.M. - 1:00 P.M.
Southeast	Friday	June 8	10:00 - 11:00 A.M.
Southwest	Monday	June 18	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	June 12	3:00 - 4:00 P.M.

PHARMACIST PRESENTATIONS

Memory Loss – Should I Be Screened?

Dementia is the loss of brain function due to certain medical conditions such as stroke, brain tumor, or Alzheimer’s disease. It may make it hard for you to remember, learn, and communicate. With early screening and detection, SOME types of dementia are REVERSIBLE with treatment, while with others; we can SLOW down the progression of the disease. Come to this session to learn about screening for memory impairment, common symptoms of dementia, ways to address these symptoms, possible treatment options, and available resources for you and your family/caregivers.

Central West	Tuesday	June 26	10:00 - 11:00 A.M.
Northeast	Tuesday	June 26	10:00 - 11:00 A.M.
Northwest	Friday	June 15	10:30 - 11:30 A.M.
Southeast	Thursday	June 7	10:15 - 11:15 A.M.
Southwest	Thursday	June 21	10:15 - 11:15 A.M.
Renaissance Court	Thursday	June 28	1:30 - 2:30 P.M.

** Note: change in regular schedule*

Northeast (Levy) Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cynthia Jones, RN
First, Second, Third Thursdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Mary Ellen Withers, LCSW
Second, Third, Fourth Thursdays, 9:00 A.M. - 12:00 P.M.

PHARMACIST: Beatrice Drambarean, PharmD
Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (April 24, May 22, June 26)

DIETITIAN: Jim Coogan, RD, LDN
Second Fridays, 1:00 P.M. - 3:00 P.M. (April 13, May 11, June 8)

BLOOD PRESSURE SCREENING
First Thursdays, 9:00 A.M. - 12:00 P.M. (April 5, May 3, June 7)

SUPPORT GROUPS

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

- Join this group to discuss relevant health topics and to share your experiences among peers. Share a little or share a lot – it is up to you! This is an open group, so you are welcome to attend at any time.
    - April 19
    - May 17
    - June 21

FOOD 4 THOUGHT
Second, Third, Fourth Thursdays, 10:00 - 11:00 A.M.
Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

** Note: change in regular schedule*

Northwest (Copernicus) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cynthia Jones, RN
First, Second, Third Tuesdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Enid Fefer, LCSW
Wednesdays, 8:30 A.M. - 11:30 A.M. (Except April 25, May 16 & 30, June 27)

PHARMACIST: James Lee, PharmD
Third Fridays, 9:00 A.M. - 12:00 P.M. (April 20, May 18, June 15)

DIETITIAN: Heather Ritter, MS, RDN
Last Mondays, 11:00 A.M. – 1:00 P.M. (April 30, May 21*, June 25)

BLOOD PRESSURE SCREENING
First Tuesdays, 9:00 A.M. - 12:00 P.M. (April 3, May 1, June 5)

SUPPORT GROUPS

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

- Join this group to discuss relevant health topics and to share your experiences among peers. Share a little or share a lot – it is up to you! This is an open group, so you are welcome to attend at any time.
    - April 17
    - May 15
    - June 19

TOO MUCH ON YOUR PLATE?
Wednesdays, 10:15 - 11:15 A.M. (Except April 25, May 16 & 30, June 27)
Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

** Note: change in regular schedule*

Renaissance Court
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Phyllis Reynolds, MSN, APN/CNP
Mondays, 10:00 A.M. - 1:00 P.M. (Except April 16 & 30, May 28, June 25)

SOCIAL WORKER: Enid Fefer, LCSW
Mondays, 1:00 - 4:00 P.M. (Except April 23, May 14 & 28, June 25)

PHARMACIST: Erika Hellenbart, PharmD
Fourth Thursdays, 12:00 - 3:00 P.M. (April 26, May 24, June 28)

DIETITIAN: Jim Coogan, RD, LDN
Second Tuesdays, 3:00 P.M. - 4:00 P.M. (April 10, May 8, June 12)

BLOOD PRESSURE SCREENING
Second* Mondays, 10:30 A.M. - 12:30 P.M. (April 9, May 14, June 11)

SUPPORT GROUPS

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

- Join this group to discuss relevant health topics and to share your experiences among peers. Share a little or share a lot – it is up to you! This is an open group, so you are welcome to attend at any time.
    - April 23
    - May 21*
    - June 18*

BALANCING YOUR LIFE
Mondays, 2:00 - 3:00 P.M. (Except April 23, May 14 & 28, June 25)
Keeping your life in balance is always a challenge. Later in life, it seems, there are even more factors that can trip you up. This series gives you the tools to keep balance in various parts of your life: social, spiritual and mental. Learn information that expands your life strategies, share ideas and feelings, and gain support of others.

** Note: change in regular schedule*

Central West Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:

Joanne Miller, PhD, APN/GNP-BC **(NO Nurse June 7 and 14)**
Every Thursday, 8:15 A.M. - 12:15 P.M.
April 12* (8:15A.M-11:30A.M)

SOCIAL WORKER: Ethan Powe, MSW, LSW
First and Third Tuesdays, 9:30 – 11:30 A.M.
April 3 and 17 May 1 and 15, June 5 and 19

PHARMACIST: Michele Martin, PharmD
Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.
April 24, May 22, June 26

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
First Thursdays, 9:30 – 11:30 A.M.
April 5, May 10*, and June 14*

BLOOD PRESSURE SCREENING (No nurse June 7)
First Thursdays, 8:30 - 9:30 A.M.
April 5 and May 3

SUPPORT GROUPS

STILL GOING STRONG (NURSE)
Third Thursdays, 10:00 - 11:00 A.M.
April 19, May 17, and June 28*
This group uses a prayer-focused environment to support one another in dealing with contemporary issues of aging.

WAYS TO FEEL GOOD (SOCIAL WORKER)
First and Third Tuesdays – 10:00 – 11:00 A.M.
April 3 and 17 May 1 and 15, June 5 and 19

Southeast (Atlas) Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:
Marcia Murphy, DNP, APN/ANP-BC
Every Tuesday, 8:30 A.M. - 12:30 P.M.

SOCIAL WORKER: Daniela Mitchem, MSW, LCSW
First and Third Mondays, 9:30 – 11:30 A.M.
April 2 and 16 May 7 and 21, June 4 and 18

PHARMACIST: Amina Gassam, PharmD
First Thursdays, 9:30 - 11:30 A.M.
April 5, May, 3 June 7

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
Second Fridays, 9:30 - 11:30 A.M. (Both Kristin Gustashaw and Sharon Williams (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)
April 13, May 11, and June 8

BLOOD PRESSURE SCREENING
First and Fourth Tuesdays, 10:30- 11:30 A.M.
April 3 and 17, May 1 and 15, and June 5 and 19

SUPPORT GROUPS

WHAT'S ON YOUR PLATE? (SOCIAL WORKER)
First and Third Mondays, 10:00 – 11:00 A.M.
April 2 and 16 May 7 and 21, June 4 and 18
This group helps people cope with everyday events.

Southwest Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cindy Nissen MSN, CWCN
(NO NURSE on TUESDAY MAY 1 and MAY 8)
Every Tuesday, 8:30 A.M. – 12:30 P.M.

SOCIAL WORKER: Jeaneane Quinn, LSW
First and Third Thursdays, 9:00A.M – 11:00 A.M.
April 5 and 19, May 3 and 17, June 7 and 21,

PHARMACIST: Aimee Chevalier, PharmD
Third Thursdays, 10:00 A.M. - 12:00 P.M.
April 19, May17, June 21

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
Third Mondays, 9:30 A.M. - 11:30 A.M. (Both Kristin Gustashaw and Sharon Williams (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)
April 23, May 21, and June 18

BLOOD PRESSURE SCREENING
Tuesdays, 9:00 A.M. – 12:00 P.M.
April 3 and June 5
Remember to bring your blood pressure card

SUPPORT AND WEIGHT LOSS GROUPS

WE'LL EAT BETTER…TOGETHER SUPPORT GROUP (NURSE)
Tuesdays, April 10 and June 12 at 10:15 am
- A support group for older adults to share tips and tricks for healthier eating to maintain, gain, or lose a few pounds.

RELAX AND RENEW (NURSE)
Third Tuesdays, April 17, May 15 and June 19 at 10:15 am
- Explore a variety of relaxation techniques with your Wellness Nurse for the health of it!

LOOK & LEARN: BOOKS CAN CHANGE YOUR LIFE
Tuesday, May 29 at 10:15 A.M
- **At this new program, we will chat about the book, <u>Your Playlist Can Change Your Life:</u>** which tells how music can help your body and brain and your mood and memory.

TOO MUCH ON YOUR PLATE? (SOCIAL WORKER)
First and Third Thursdays, 10:00 – 11:00 A.M.
April 5 and 19, May 3 and 17, June 7 and 21
This group helps people cope with everyday events.

USDA

10 tips
Nutrition Education Series

choosing healthy meals as you get older

10 **healthy eating tips** for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3 plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4 know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

(over)

NIH National Institute on Aging

United States Department of Agriculture
Center for Nutrition Policy and Promotion
DG TipSheet No. 42
July 2015

6 eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

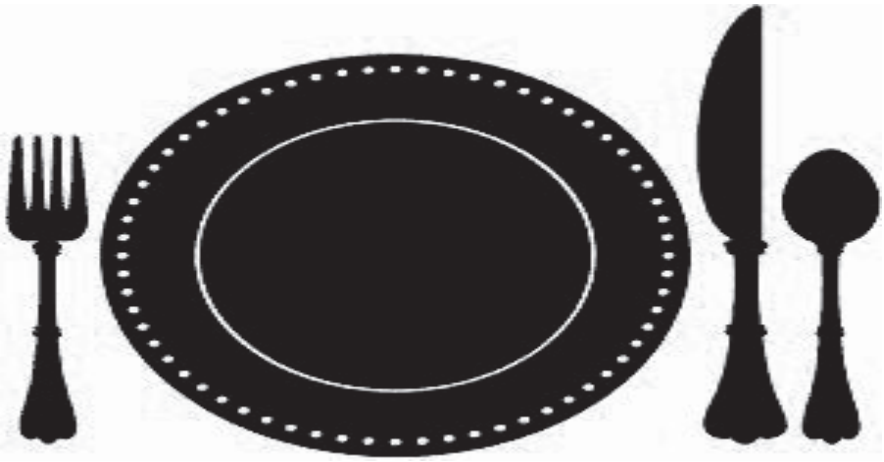
Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.


Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8
Amount Per Serving
Calories 230 Calories from Fat 40
% Daily Value*
Total Fat 8g **12%**
Saturated Fat 1g **5%**
Trans Fat 0g
Cholesterol 0mg **0%**
Sodium 160mg **7%**
Total Carbohydrate 37g **12%**
Dietary Fiber 4g **16%**
Sugars 1g
Protein 3g
Vitamin A 10%
Vitamin C 8%
Calcium 20%
Iron 45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and www.nia.nih.gov/health/topics/nutrition for more information.



Golden Diners

SERVING OLDER CHICAGOANS SINCE 1969 FOOD, FUN AND FRIENDS

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

Special Meal

Friday, May 11, 2018
Older Americans Month

Beef Short Ribs

Mashed Potatoes

Broccoli Spears

Romaine Salad w/ Cherry Tomatoes/ Cucumbers/Dressing

Pretzel Roll

German Chocolate Cake

$2.00 suggested contribution. Reservations required. Contact your meal site to make your reservation.
Open Kitchens catered meals menu only.

EXPAND YOUR CIRCLES

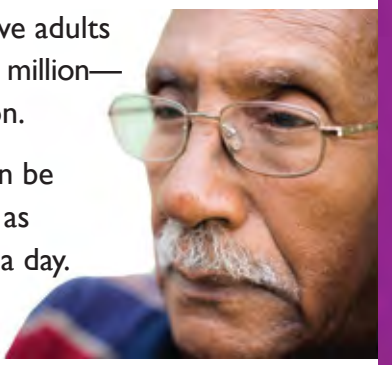
Prevent Isolation and Loneliness As You Age

eldercare locator

Connecting You to Community Services

How Widespread Is the Problem of Social Isolation?

- An estimated one in five adults over age 50—at least 8 million—are affected by isolation.
- Prolonged isolation can be as bad for your health as smoking 15 cigarettes a day.



"Framework for Isolation in Adults Over 50," AARP Foundation (May 2012),
Perspectives on Psychological Science, Holt-Lunstad-10(2), 227-237 (2015)

What Are the Factors That Put You At Greater Risk?

- Living alone*
- Mobility or sensory impairment*
- Major life transitions or losses*
- Low income or limited financial resources
- Being a caregiver for someone with a serious condition
- Psychological or cognitive challenges
- Inadequate social support
- Rural, unsafe and/or inaccessible neighborhood
- Transportation access challenges
- Language barriers
- Age, racial, ethnic, sexual orientation and/or gender identity barriers

Caregivers: These risk factors may also provide you with clues to what to look for should you have a family member or neighbor who is isolated or lonely.

*Top-ranked risk factors

"Framework for Isolation in Adults Over 50," AARP Foundation (May 2012)

Negative Health Effects of Isolation and Loneliness

Associated with higher rates of:

- Chronic health conditions, including heart disease
- Weakened immune system
- Depression and anxiety
- Dementia, including Alzheimer's disease
- Admission to nursing homes or use of emergency services
- Death

"Social Disconnectedness, Perceived Isolation and Health among Older Adults," *Journal of Health and Social Behavior (2009)*

What Steps Can You Take to Stay Connected and Engaged?

Sometimes it takes effort to stay connected. You may have noticed that your social engagements have decreased or that you have gone days or weeks without speaking to or interacting with others. It never hurts to take stock of your network of activities and friends and to evaluate what you can do to make more connections.

Here are some actions you may want to consider taking to help you stay ahead of the "connection curve:"

- Nurture and strengthen existing relationships
- invite people over for coffee or call them to suggest a trip to a museum or to see a movie.
- Schedule a time each day to call a friend or visit someone.
- Meet your neighbors—young and old.
- Don't let being a non-driver stop you from staying active. Find out about your transportation options.
- Use social media like Facebook to stay in touch with long-distance friends or write an old-fashioned letter.
- Stay physically active and include group exercise in the mix, like joining a walking club.
- Take a class to learn something new and, at the same time, expand your circle of friends.
- Revisit an old hobby you've set aside and connect with others who share your interests.
- Volunteer to deepen your sense of purpose and help others.
- Visit your local community wellness or senior center and become involved in a wide range of interesting programs.
- Check out faith-based organizations for spiritual engagement, as well as to participate in activities and events.

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

CHICAGO FITNESS PLUS
Winter 2018
Regional Centers

CENTRAL WEST 2102 W. Ogden Avenue 60612

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

NORTHEAST (LEVY) 2019 W. Lawrence Avenue 60625

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

NORTHWEST (COPERNICUS) 3160 N. Milwaukee Avenue 60618

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	8:30 - 9:30 AM	10:30 AM -11:45 AM
Tuesday	9:30 - 10:00 AM	11:00 AM - 2:30 PM
Wednesday	8:30 - 9:30 AM	10:30 AM - 3:00 PM
Thursday	9:30 - 10:00 AM	11:00 AM - 2:30 PM
Friday	8:30 - 9:30 AM	10:30 AM - 1:30 PM
Saturday	9:00 - 10:00 AM	

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

CHICAGO FITNESS PLUS
Winter 2018
Regional Centers

RENAISSANCE COURT 78 E. Washington Street 60602

GROUP EXERCISE CLASSES

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

GROUP EXERCISE CLASSES

Day	Time	Class
Friday	9:15 AM	Weights
Saturday	9:15 AM	SFP

SOUTHEAST (ATLAS) 1767 E. 79th Street 60649

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	10:00 AM - 12:00 PM	2:15 PM- 3:00 PM
Tuesday	9:00 AM - 10:15 AM	11:15 AM - 2:00 PM
Wednesday	10:00 AM - 12:00 PM	2:15 PM- 3:00 PM
Thursday	9:00 AM - 10:15 AM	11:15 AM - 12:00 PM

SOUTHWEST 6117 S. Kedzie Avenue 60629

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	10:00 AM - 12:30 PM	
Tuesday	9:00 AM - 11:00 AM	12:00 PM- 1:00 PM
Wednesday	10:00 AM - 12:30 PM	
Thursday	9:00 AM - 11:00 AM	12:00 PM- 1:00 PM
Friday	10:00 AM - 12:00 PM	
Saturday	8:30 AM - 10:00 AM	

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

CHICAGO FITNESS PLUS
Winter 2018
Satellite Centers

ABBOTT PARK 49 E. 95th Street 60619

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

AUBURN GRESHAM 1040 W. 79th Street 60620

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Tuesday	12:30 PM	Arthritis
Wednesday	10:30 AM	Fitness Plus
Thursday	1:00 PM	Yoga

FITNESS CENTER TRAINING HOURS

Day	Hours	
Monday	11:15 AM - 12:15 PM	
Tuesday	12:00 PM - 12:30 PM	1:30 PM - 2:00 PM
Wednesday	11:15 AM - 12:15 PM	
Thursday	2:00 PM - 3:00 PM	

AUSTIN 5071 W. Congress Parkway 60644

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

CHATHAM 8300 S. Cottage Grove Avenue 60619

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

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

CHICAGO FITNESS PLUS
Winter 2018
Satellite Centers

EDGEWATER 5917 N. Broadway Street 60660

GROUP EXERCISE CLASSES

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

ENGLEWOOD 653-657 W. 63rd Street 60621

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours
Monday	10:45 AM - 1:30 PM
Tuesday	10:15 AM - 11:15 AM
Wednesday	10:45 AM - 1:30 PM
Thursday	10:15 AM - 11:15 AM
Friday	10:30 AM - 12:45 PM

GARFIELD RIDGE 5674-B S. Archer Avenue 60638

GROUP EXERCISE CLASSES

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

KELVYN PARK 2715 N. Cicero Avenue 60639

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:30 AM	Fitness Plus
Monday	10:30 AM	Weights
Wednesday	9:30 AM	Fitness Plus
Wednesday	10:30 AM	Weights
Friday	9:30 AM	Fitness Plus
Friday	10:30 AM	Yoga

FITNESS CENTER TRAINING HOURS

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

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

CHICAGO FITNESS PLUS
Winter 2018
Satellite Centers

NORTH CENTER 4040 N. Oakley Avenue 60618

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:00 AM	Get Fit!
Monday	2:00 PM	Chair Yoga
Tuesday	9:00 AM	Fit Mix
Wednesday	9:00 AM	Core
Wednesday	1:30 PM	Zumba
Thursday	9:00 AM	Body Alive
Friday	12:15 PM	Arthritis

NORWOOD PARK 5801 N. Natoma Avenue 60631

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

PILSEN 2021 S. Morgan Avenue 60608

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

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

CHICAGO FITNESS PLUS
Winter 2018
Satellite Centers

PORTAGE PARK 4100 N. Long Avenue 60641

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

ROSELAND 10426 S. Michigan Avenue 60628

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:15 AM	Fitness Plus
	12:30 PM	Fit & Strong
Wednesday	9:00 AM	Fitness Plus
	10:00 AM	Fit & Strong
Friday	9:15 AM	Yoga

FITNESS CENTER TRAINING HOURS

Day	Hours
Monday	10:00 AM - 12:30 PM

SOUTH CHICAGO 9233 S. Burley Avenue 60617

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Wednesday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Thursday	9:00 AM - 9:45 AM	11:30 AM - 1:00 PM

WEST TOWN 1613 W. Chicago Avenue 60622

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

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

Director: Shavette Lovemore

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

SPECIAL EVENTS & PROGRAMS

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

CENTRAL WEST BOOK CLUB
3rd Mondays, April 16th; May 21st; June 18, 2018 at 1:00 p.m.
Come and join the Central West monthly book club discussion. We have wonderful selections, great company and even better discussion. This quarter our selections include: **The Governor's Wife** by Michael Harvey (April Book), **The Handmaid's Tale** by Margaret Atwood (May Book) and **Family Business 4** by Carl Weber (June Book).

SEE ETHAN
Every 1st and 3rd Tuesdays
10:00 a.m. until 12:00 p.m.
Ethan Powe, from Rush University Medical Center is our new Social Worker. He is available to talk with you. If you are worried about your health changes or recent loss of a loved one or if you just need someone to talk to, Ethan will be available to listen and talk with you.

CLASSES

STEPPING CLASS
Wednesdays,
9:00 a.m. - 10:00 a.m.
Dr. Loretta Martin will teach you how to step Dance while you enjoy the company of friends.

YOGA
Wednesdays, 10:00 a.m.
Sensei Chester Digby is available every week to help you improve your flexibility and muscle tone.

COMPUTER CLASSES
Wednesdays,
1:00 p.m. – 3:00 p.m.
Linda Moore, our computer instructor leads beginning and intermediate computer class for seniors who would like to learn how to access the internet and send email**.** If you are interested in keeping up with technology, you need to register to attend this class. Call (312)746-5300 to register today.

CROCHETING

Wednesdays,
12:00 p.m. until 2:00 p.m.
Johnetta Philpotts, our volunteer is now teaching seniors how to crochet. The class will cover basic stitches and techniques. The class is FREE, but you must provide your own supplies.

TAP DANCE CLASS

Tuesdays,
1:00 p.m. - 2:00 p.m.
Seniors Tap is a positive aging chair tap class designed to strengthen muscles and improve flexibility. Can also be done standing for increased aerobic workout.
Suggested Donation: $5.00 per class

ARTS & CRAFTS

Thursdays,
10:30 a.m. – 11:30 a.m.
Eric Tillman – Instructor
Join our wonderful class and make items for yourself or to give as gifts.

ZUMBA

Fridays,
10:15 a.m. - 11:15 a.m.
Albertine Gibson - Instructor
Zumba is an aerobic workout of Latin and other cultural rhythms, with simple to follow instructions. Come and join us in this new exercise program which will quicken your exercise movements.

LINE DANCING

Fridays,
9:00 a.m. - 10:00 a.m.
Come and join **Dr. Loretta Martin** and learn all the latest line dancing steps.

UPCOMING EVENTS

BINGO BONANZA

Friday, April 13, 2018
1:00 p.m. - 2:30 p.m.
Come enjoy a day of Bingo fun. Lots of great prizes. **Cost:** $5

SPRING FLING DANCE

Friday, April 20, 2018
12:00 p.m. - 4:00 p.m.
Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves. **Cost:** $5

AARP DRIVER SAFETY CLASS

April 26, 2018 and April 27, 2018
Thursday and Friday
9:00 a.m. - 1:00 p.m.
Come and learn how to be safe on the road. Members pay $15, Non-Members pay $20. Could result in a discount with your insurance company.

OLDER AMERICANS MONTH CELEBRATION

Friday, May 18, 2018
12:00 p.m. - 2:00 p.m.
Come and enjoy live entertainment and raffle give a ways while we celebrate the life of our seniors.

BLUE SKY DANCE

Friday, June 22, 2018
12:00 p.m. - 4:00 p.m.
Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.

EMPOWERMENT SESSION

Every 4th Thursday
10:00 a.m. - 11:30 a.m.
Every 4th Thursday of the month an empowerment session will be held at 10:00 a.m. These sessions will review, discuss, and offer resources specific to senior needs.

Central West Satellite Centers
Program Highlights

Austin Satellite Center 5071 West Congress,60644 (312)743-1538	
SACCC / AUSTIN SENIOR FORUM Every 2nd Wednesday 10:00 a.m. - 12:00 p.m.	Attendees will be given important information regarding current issue of concerns. SACCC meets the second Wednesday of each month from 10:00 a.m. - 12:00 p.m. Lunch will be available for participants.
LINE DANCE CLASS Every Tuesday & Thursday 9:00 a.m. -10:00 a.m.	Put on your dancing shoes and join us on the Austin Dance Floor. You are sure to have a good time. All are welcome .
CHAIR YOGA Every Thursday 10:00 a.m. – 11:00 a.m.	Come join us at our newest class offering, Chair Yoga. In this class you will have a MIND, BODY, and soul experience. What's stopping you from giving this a try.
Pilsen Satellite Center 2021 South Morgan,60608 (312)743-0493	
AGE-FRIENDLY VILLAGE MEETING 2nd Tuesdays at 11:30 a.m.	Come join us every 2nd Tuesday of the month to give your input and to volunteer to assist older persons in the community. Guest speakers, lunch, activities, and information on community resources are available at the meetings.
MOTHER'S DAY PARTY Thursday, May 10, 2018 10:00 a.m. – 2:00 p.m.	Mother's Day is always celebrated on May 10th in Mexico. Join us for music, entertainment and great food. This event is offered at no cost to participants. Space is limited and pre-registration is required. Call (312)743-0493 to register.
FATHER'S DAY PARTY Friday, June 15, 2018 10:00 a.m. – 2:00 p.m**.**	Celebrate Father's Day early with music, entertainment, and Mexican party fare. Space is limited and pre-registration is required. Call (312)743-0493 to register.
West Town Satellite Center 1613 West Chicago, 60622 ENEFITS (312)743-1016	
BENEFITS ACCESS Mondays , Wednesdays and Fridays	Benefit Access assistance for seniors and persons with disabilities, such as a fee discount on license plated and free ride assistance on fixed-route transportation. Eligibility is determined by age, disability, residency and income.
MOVIE DAY Fourth Friday of the Month 1:00 p.m. – 3:00 p.m.	Back by popular demand, we will be showing movies every fourth Friday of the month. Movies will alternate each month in either English or Spanish. Titles TBA
BINGO Every 3rd Friday 1:00 p.m. – 3:00 p.m.	Join the best game of Bingo at the West Town Satellite Senior Center. Come and socialize, have fun, and make new friends. $.10 per card

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR

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

Director: Paula Basta **Programming: Alicia Henry**

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

SPECIAL EVENTS & PROGRAMS

SIDEWALK SALE
Friday, June 1, 2018
Rain Date: June 8, 2018
9:00 a.m. - 3:00 p.m.
Reserve a space for $15.00 by May 5th. Attendees must bring their own table/chair and prepared items to sell at our sidewalk sale. **Lunch will be provided. For more information, contact Alicia Henry 312-742-2620.**

MABUHAY – LONG LIVE THE PHILLIPPINES!!!
Thursday, June 14, 2018
12:30 p.m. - 3:30 p.m.
Join us as we celebrate Philippine Independence Day with the community here at the Northeast Levy Senior Center! Refreshments will be served. **FREE!!!**

BINGO – BINGO – BINGO
Saturday, April 28, 2018 & Saturday, May 12, 2018 9:30 a.m. - 11:00 a.m.
Stop by for quick game of Bingo with Meals on Wheels volunteers – great prizes and fun people!

CLASSES

AARP DRIVER SAFETY
Thursday, May 17 & Friday, May 18, 2018
9:00 a.m. - 1:00 p.m.
This approved two day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes**. You must attend class both days to be eligible for the certification.** The cost of the class is **$15.00 for AARP members and $20.00 for non-members.** Please make all checks payable to AARP. Class fee can be paid on the first day of class, cash or check ONLY. For more information, call (312) 744-0784.

RULES OF THE ROAD
Monday, May 21, 2018
12:30 p.m. – 2:30 p.m.
Secretary of State's driving test review course. This course is designed to assist you with taking your driving test and highway safety review. Handouts will be available. Bring your driver's license or State I.D. to attend class. **FREE!!!**

BASIC DRAWING WITH VIVIAN
Fridays, 9:30 a.m. – 10:30 a.m.
Have fun while learning basic drawing skills, all are welcome.

BELLY DANCE

Thursdays, May 3 – July 26, 2018
1:00 p.m. – 2:00 p.m.
Instructor: Dianne Hodges
Dianne will teach graceful body movement with stretching, balance, core strength, breathing techniques and much more. This **FREE** class is open to men and women alike.

FOLK DANCE /HAWIIAN NEW!!!

Wednesdays, 1:00 p.m. – 2:00 p.m.
Starts April 4, 2018
This class has the complete blend of elements of dance and exercise. FREE!!!

ZUMBA FITNESS GOLD

Tuesdays & Saturdays
10:00 - 11:00 a.m.
Suggested donation: $1
Instructor: Mari Jane Dare
If you like to dance along to lively music, this class is for you. This class is a fusion of aerobic exercise and Latin movements designed to strengthen and tone.

SPANISH CLASS I & II

Wednesdays, 2:00 p.m. - 4:00 p.m.
Instructor: Marvin Childress
Come learn conversational Spanish level I & II.

SEWING I & II

Mondays, 9:45 a.m. - 2:45 p.m.
Instructor: Sandy Gooden
This class is for persons who have never sewn or who have sewn years ago, (time to get that old sewing machine out of storage!) and who may not be familiar with the newer and electronic sewing machines.

GENTLE YOGA

Wednesdays, 12:30 p.m. – 1:30 p.m.
De-stressing the body is an ancient art form which you can learn with instructor Laurine. This class is **FREE…**but please come with your Yoga mat. ***Spring Class begins April 11th!!!***

SHUFFLE N' SLIDE DANCING

Fridays, 2:30 p.m.
Suggested donation: $5.00
Instructor: Georgia
For advanced line dancers enjoy the afternoon with music and organized group choreography.

VIBE (Visualize, Imagine, Breathe & Energize)

Fridays, 12:30 p.m. – 1:30 p.m.
Instructor: Bonnie Pobgee
VIBE is an interactive mind and body class designed to relieve fear, anxiety and depression through yoga breathing, creative imagery, and Qi Gong as a way to detox and rebalance the nervous system.

COUNTRY WESTERN LINE DANCE

Fridays, 1:00 p.m. – 2:00 p.m.
Instructor: Louie Stallone Fee: $1.00
If country and traditional line dancing is your forte...this is the class for you. Let Louie show you how to glide on the dance floor, join the fun.

KARAOKE

Tuesdays, 12:30 p.m. – 3:30 p.m.
Learn how to improve your vocal chords and memory at the same time, when you sing all the best songs both in English and Spanish.

CHOICE MARKET FOR OLDER ADULTS FOOD PANTRY

Tuesdays- 12:30 p.m. *Early arrival is suggested!!!* April 3 & 17; May 1 & 15 and June 5 & 19, 2018

COMPUTER CLASSES:

We offer 4 classes at a variety of times – Basic Computers; Advance Digital Imaging; Basic Digital Camera and Get Hooked on the Internet – as well as occasional IPad, Windows "8" and Surface Pro classes. For more information call 312-744-0784**.**

WEEKEND PROGRAMS

SALSA & SWING DANCE

Saturdays- 12:30 p.m. – 1:30 p.m.
Instructor: Fran Strain
Come learn instructional dance with a Latin flare. **FREE!!!**

Northeast Satellite Centers
Program Highlights

Edgewater Satellite Center 5917 North Broadway,60660 (312)742-5323	
SENIOR LUNCHEON & DANCE Wednesday, April 11, 2018 11:00 a.m. to 1:00 p.m.	The Chicago Park District is once again celebrating seniors. This year the party's at the Broadway Armory, home of Edgewater Satellite Senior Center. A buffet lunch will be served, then dancing to the tunes of Dr. Zylo and the Brainiacs. All this for only $5.00. Tickets are available at the Center until April 6.
CINCO DE MAYO DANCE Friday, May 4, 2018 12:00 p.m. to 2:00 p.m.	The 24th Police District CAPS Office is sponsoring a Cinco de Mayo Dance again this year. Light refreshments and dancing to a Latin beat. Cost is $2.00. Please register with the Edgewater Satellite Senior Center by Friday, April 27
ICE CREAM SOCIAL Thursday, June 14, 2018 12:30 p.m. to 2:00 p.m.	The Edgewater Village is treating us to another delicious Ice Cream Social and Sergeant Sisk of the 24th Police District will give a talk on Summer Safety.
North Center Satellite Center 4040 North Oakley,60618 (312)744-4015	
DROP IN TECH CLINIC Mondays, (except Holidays), 10:00 a.m. – 1:00 p.m.	Drop-in coaching for Smart Phones, Tablets and Laptops. Learn how to get the most out of your device(s) with Mary Ann and Nancy. Just bring your device and your questions, they will find the answers. Did you know you could set up your address/phone book, keep an appointment calendar, read and answer email and much more? No fee – No appointment.
ART STUDIO WITH TOM HICKE Tuesdays, 12:30 p.m. – 2:30 p.m.	All levels welcome. The studio includes beginning drawing, watercolors, pen & ink, and much more. $2.00. Please bring your own supplies.
BOOK & BAKE SALE Sunday, April 29, 2018 12:00 p.m. – 4:00 p.m.	ANNUAL SALE - NEW AND USED BOOKS, GAMES, CDS, AUDIO , FOREIGN LANGUAGE, TRAVEL Savory and Sweet Bake Sale One Day Only – No Admission Charge

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

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

Director: Rafael Gonzalez

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

SPECIAL EVENTS & PROGRAMS

VOLUNTEER RECOGNITION CEREMONY

Wednesday, April 25th, 2018
1:00 p.m. - 3:30 p.m.
Please join us in honoring all of our volunteers from the Northwest Region. Volunteers should have served **at least 100 hours in 2017 in any capacity**. **Invitation only!!!!**

MEMORIAL DAY SALUTE

Thursday, May 24th, 2018
9:15 a.m. – 10:30 a.m.
Once again we will be honoring our fallen soldiers with a special program. The cadets from the JROTC program at Schurz H.S. will be participating as Honor Guard, Drill Team and Drum Line. Refreshments will be served. **FREE.**

NORTHWEST COPERNICUS 42nd ANNIVERSARY PARTY

Friday, June 15, 2018
11:00 a.m. to 3:00 p.m.
Come help us celebrate our 42nd Anniversary. We have been very fortunate to have you, our seniors as our participants and we want to celebrate YOU. First we will begin our day with a nutritious lunch and then we can dance our feet off to all kinds of music including Polka's, line dance, merengue's, salsa and whatever other music our DJ Chico can play. So let's Celebrate!!!

AUXILIARY OF THE NORTHWEST SIDEWALK SALE

Friday, June 29th, 2018
9:00 a.m. to 3:00 p.m.
The Northwest Auxiliary will be hosting its annual Sidewalk Sale. We are inviting you to participate whether you are trying to sell or buy some new or gently used items. Applications will be accepted from **June 14th; please make checks payable to the Auxiliary of the Northwest. NOTE: You must bring your own table and chairs. COST: $15.00 a space**

CLASSES

AARP DRIVER SAFETY PROGRAM

Wednesday, April 11th and Thursday, April 12th, Wednesday, June 13th and Thursday, June 14th.
9:00 a.m. – 1:00 p.m.
This two-day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes**.** Please make all checks payable to AARP. Class fee can be paid on the first day of class. Please call the center to register 312-744-6681. **Cost is $15.00 for AARP members, $20.00 for non-members.**

LINE DANCE

First three Mondays,
12:30 p.m. – 1:30 p.m.
Frances Strain will teach you how to line dance. It is a lot of fun and good exercise all at once! **$1.00 suggested donation.**

PILATES CLASS

1ST and 2ND Monday of the month
10:30 a.m. - 11:30 p.m.
Bonnie will teach you this type of exercise that will help you strengthen your body's core muscle groups and increase your flexibility. **FREE**

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

3rd & 4th Monday of the month
10:30 a.m. - 11:30 a.m.
Bonnie has an Arthritis Foundation approved class often called "meditation in motion", that will balance your mind and body. **FREE**

COMPUTER CLASSES

Introduction to Windows 7 and Word (Word Processing)
Our computer classes will begin with Introduction to Windows 7, starting on **Tuesday, May 2018**??? How to turn on your PC, work with the Windows system, and how to begin to do emails. Also you will learn Word processing, where you will learn how to create documents and how to store them on your computer. ***Each class is 4 weeks long, on Tuesdays @ 12:30 PM*** **COST - $30.00 for Windows 7 and $10.00 for the book. $35.00 for Word Processing and $5.00 for the booklet.**

BEADS & BAUBLES CLASS

1st & 3rd Friday of the month
10:00 a.m. - 11:15 a.m.
Marta will teach you how to create bracelets, necklaces and other pieces of jewelry. **FREE**

TAI-CHI

Fridays, 10:30 a.m. – 11:15 a.m.
Join us every Friday to learn and practice the ancient art of Tai-Chi.

WEEKEND EVENTS

WII BOWLING TOURNAMENT

Sundays, 10:00 a.m.
Come and join us for this entertaining and fun game of video bowling. **FREE**

SPANISH FOR BEGINNERS

Saturdays, 1:30 p.m.
The Northwest Center is continuing to offer the popular conversational Spanish class to students with all levels of fluency. Enrollment will be conducted quarterly. **$2.00 suggested donation per class (covers materials).**

ZUMBA GOLD

1st, 2ND Saturday of the month
12:15 p.m.
Melt your pounds away while having fun dancing to music and learning new dance moves. **FREE**

"AT THE MOVIES"

4th Saturday of the month at 12:30 p.m.
By popular demand will feature the newest and latest titles released by Hollywood!

LATIN DANCE

1st and 3rd Sundays
12:30 p.m. – 1:30 p.m.
You are invited to join an open, formal instructional session of Latin dance. Class instruction is being provided by Dancemates.

SPRING DANCE

Sunday, May 13th, 2018
12:30 p.m.
Let's celebrate the beginning of Summer by dancing to the music of DJ's Norma and Fran, who will play your favorite polkas, salsa, merengue's, bachatas, waltz and 50's, 60's and 70's music. Refreshments will be served. **FREE**

Northwest Satellite Centers
Program Highlights

Kelvyn Park Satellite Center 2715 North Cicero,60639 (312)744-3350	
MOTHER'S DAY PARTY Friday, May 11, 2018 12:00 p.m. – 4:00 p.m.	Come join us a wonderful time as we celebrate the Women in our lives. Music, Dance and refreshments. A good time will be had by all.
ZUMBA GOLD Tuesdays & Thursdays, 1:00 p.m. – 2:00 p.m.	Come join Mari Jane at Kelvyn Park for Zumba Gold. This action packed, fun –filled exercise program is sure not to disappoint. Ditch the workout and come join the party!
Norwood Park Satellite Center 5801 North Natoma,60631 (773)775-6071	
ORGANIC FOOD DISCUSSION Friday, April 13, 2018 9:45 a.m. & 10:45 a.m.	The Value of Organic and Seasonal Food, Presented by Students from Wright College. Please join us for these information filled sessions.
AARP DRIVER SAFETY Tuesday, May 1 & Thursday, May 3, 2018 1:00 p.m. – 5:00 p.m.	Sharpen your defensive driving knowledge by attending the **AARP Driver Safety Class**. The class is open to persons 55 years of age or older, and the cost is $20 per person ($15 per person for AARP members.) Call the Senior Center at (773) 775-6071 to register or email at info@npseniorcenter.org.
MEMORIAL DAY PICNIC Thursday, May 24, 2018 12:00 p.m.	Please join us for this fun filled Memorial Day Picnic Registration is required. Call the Center at (773) 775-6071 to register or email info@npseniorcenter.org. $3.00 per person.
Portage Park Satellite Center 4100 North Long,60641 (312)744-9022	
FLEA MARKET Friday, April 13, 2018 9:30 a.m. – 3:30 p.m.	Stop by our annual spring flea market! Various vendors will be on hand and box lunches will be available for purchase! All are welcome!
OLDER AMERICANS MONTH LUNCHEON/PARTY Friday, May 11, 2018 11:00a.m. – 3:00 p.m.	Join us for music (from DJ Chico), raffles, and lunch as we celebrate Older Americans Month (and honor our veterans)! $3.00 suggested donation!
SPRING INTO SUMMER SOCIAL Monday, June 18, 2018 1:45 p.m. – 3:45 p.m.	Bring your dancing shoes as we celebrate the start of summer with Norm & Fran! Dance lessons will be taught throughout this FREE event! All are welcome!

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

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

Regional Director: Crystal Warren

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

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

SPECIAL EVENTS & PROGRAMS CLASSES

OIL PAINTING FOR ALL LEVELS

Tuesday, Beginning April 10
10:00 a.m. – 12:00 p.m.
Instructor: Connie Hinkle
Each student will have the opportunity to create a masterpiece of their choice. Beginning oil painting students will learn the basics first by creating a value scale and move on to a traditional color wheel. Advanced oil painting students can further enhance their skills and learn advanced techniques in a group class with student centered individual attention for each participant. Supplies will be provided. **This class is FREE, but phone in registration is required on April 5 at 9:00 a.m.**

ARTS & CRAFTS

Thursdays, April 5, 12 & 19; May 3, 10, 17 31; June 7, 14 & 21, 2018
11:30 a.m. – 1:00 p.m.
Instructor: Vivian Visser
Learn how to do a new craft every week including Mexican tin art, quill art, felt flowers, Christmas ornaments and many others. Supplies are provided. **FREE**
Class Canceled on: April 26, May 24 & June 28, 2018.

ANNUAL RENAISSANCE COURT TALENT SHOW

Theme: "Anything Goes"
Friday, July 27, 2018 2:00 p.m. 4:00 p.m.

TALENT SHOW SIGN UP

April 2 – June 1, 2018
Call 312/744-4550
Sign – up deadline is June 1st

MASSAGE THERAPY

Mondays & Fridays (Appointments Only)
10:00 a.m. – 3:30 p.m.
Licensed Therapist: Tisa Williams
One (1) Hour - Massage **- $30**
Must pay at the time of booking. Call for additional details at 312/ 744-4550.
This service is sponsored by the Friends of Renaissance Court Auxiliary

AARP DRIVER SAFETY

Wednesday, March 9 &
Thursday, May 10, 2018
12:00 p.m. – 4:00 p.m.
$15 AARP Members and
$20 for Non-Members.
You must attend both days to receive a certificate. Call 312/ 744-4550 for more information or to sign –up**.**

RENAISSANCE TRAVEL CLUB

Wednesday, April 25; May 23; June 27
12:30 p.m. – 1:30 p.m.
Facilitator: Doris Jackson

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

LADIES & GENTS WHO LUNCH

Every 3rd Tuesday, 11:30 a.m.

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

April – Grand Lux
600 North Michigan Ave.
May – Greek Island
200 South Halsted
June – Peaches
4642 South King Drive

JAZZ SIT-IN

Thursdays, 1:30 p.m. – 4:00 p.m.
Leader: Ray Miller

All musicians are welcome! If you are tired of practicing by yourself and want to jam with like-minded musicians, bring your own instrument and come Sit-In. Call Ray for more information at 773/ 541-0408. Class Canceled on: April 26, 2018.

RENAISSANCE COURT GALLERY

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

"WARRIOR'S EXPRESSIONS"

Exhibit Consisting of Native Community Warriors and Native Veteran Artists
Trickster Gallery
Exhibit: March 15 – May 4, 2018

Artist Opening Reception
Wednesday, March 21, 2019
6:00 p.m. – 8:00 p.m.

A Celebration; THE ILLINOIS BICENTENNIAL

1818 – 2018
Paintings, Collages, and Drawings
Julia Oehmke & Sandra Holubow
Exhibit: May 11 – July 5

Artist Opening Reception:
Thursday, May 24, 2018
4:00 p.m. – 6:30 p.m.

TRIBAL FUSION

Mondays, 11:00 a.m. – 12:00 p.m.
Instructor: Dianne Hodges

Tribal Fusion is a modern form of dance utilizing breath, isolated movements and meditation while blending elements of North American dance fused with drills to strengthen legs, shoulders and core**. FREE Registration is not required. Call for more information. Class canceled on: May 28, 2018.**

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

Director: Robin Tillotson **Program Contact: Kalyna Pomirko**

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

SPECIAL EVENTS & PROGRAMS

VOLUNTEER APPRECIATION LUNCHEON

Thursday, April 26, 2018
12:00 p.m. – 2:00 p.m.
April is National Volunteer Appreciation Month. In celebration of the volunteers from the Southeast Region, we are hosting a special event to pay tribute to our volunteers, who are blessed to serve others. We offer our Heartfelt THANKS TO ALL OF OUR VOLUNTEERS. This is an invitation-only event. **FREE.**

THE PROSCENIUM PLAYERS

Friday, May 25, 2018
10:30 a.m. – 11:30 a.m.
The Proscenium Players, an award-winning senior performing arts troupe, will present a musical variety show. This talented troupe will perform a variety show with singing, dancing, comedy skits and readings. You are sure to enjoy yourself. **FREE.**

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

ATLAS SOUL TRAIN LINE DANCE PARTY

Saturday, April 7, 2018
12:00 p.m. - 2:00 p.m.
D.J. Chico plays the tunes and Marvella Ross teaches the steps. Box lunches available for a $2.00 Suggested Donation. **FREE.**

THE MYRON MILLS PROJECT

Saturday, May 5, 2018
11:30 a.m. – 1:30 p.m.
The Myron Mills Project returns to entertain us with their blend of traditional and contemporary music. **FREE.**

"ATLAS SWINGS"

Friday, May 11, 2018
11:30 a.m. – 1:30 p.m.
FREE.

D.J. ELWIN TOBIAS
Mondays, Wednesdays, Fridays
11:30 a.m. – 1:30 p.m. FREE.

WEEKEND CLASSES & EVENTS

TUNES WITH ANDRE
Saturdays, April 14, May 12, June 9, 2018
11:30 a.m. – 1:30 p.m.
Andre is back to entertain us during lunch with piano and vocals. **FREE.**

KARAOKE
Saturdays, April 28, May 26 & June 23, 2018
11:30 a.m. – 1:30 p.m.
Get ready to sing your favorite songs with Be-Bop, the queen of Karaoke. **FREE.**

SATURDAY LINE DANCE CLASS
Saturdays, April 21 & June 16
10:00 a.m. – 11:30 a.m.
Line dance instructor, **Marvella Ross,** teaches **FREE** line dance classes. Come join the fun.

KONORA AND THE ENCHANTERS
Saturday, June 30, 2018
12:00 p.m.
Their special blend of vocals, piano, and harmonica make this a performance you cannot miss. **FREE.**

CLASSES

JEWELRY MAKING WITH BEADS
Second & Fourth Thursdays,
April 12, 26; May 10, 24; June 14, 28, 2018
10:00 a.m. – 11:30 a.m.
Instructor: Veronica Echols-Noble
Please join the instructor for fun, making jewelry—earrings, bracelets, necklaces-- for yourself, family, or friends. **FREE.**

HOME GARDENING: CONTAINERS & BEYOND
Thursdays, April 5, 12, 19, 26, 2018
10:00 a.m. – 11:00 a.m. FREE.
Instructor: Nelson Fluker

"SNACKING AROUND THE WORLD With CHEF B."
Fridays, April 27 until June 15, 2018
12:00 p.m. – 2:00 p.m. FREE.
Instructor: Sheri Brazley
This is an 8-week demo cooking class, in which Chef B. demonstrates how to cook healthy snack options, and each session will feature recipes from various regions of the world. At the end of class we will enjoy the meal that was prepared. Sign up because space is limited to 10 participants.

AARP DRIVER SAFETY EDUCATION
Wednesday & Thursday,
June 20 & 21, 2018
9:00 a.m. – 1:00 p.m.
Instructor: Lois Travis (new)
Please register with instructor at (773)568-7261 (daytime hrs.)

RULES OF THE ROAD
Wednesday, May 2, 2018
10:30 a.m. – 12:30 p.m.
Please call (312)747-0189 x. 103 to register

NOTE: for other daily/weekly center classes, please consult our Monthly Calendar—we have a wide variety of class and activity offerings!

VISIT OUR WEBSITE: 79thSTREETSENIORS.COM

Southeast Satellite Centers
Program Highlights

Abbott Park Satellite Center 49 East 95th Street, 60619 (312)745-3493	
BINGO Every Wednesday, 12:30 p.m. – 2:30 p.m.	Join the best game of Bingo on the Southside of Chicago and shout Bingo with Abbott Park Satellite seniors. 50 cent per card.
BID WHIST Tuesday & Thursdays, 1:00 p.m. – 4:00 p.m.	Looking for a good game of Bid? Join us at the game table & play at Abbott Park Senior Satellite Center. Bring some cards with you.
Chatham Satellite Center 8300 South Cottage Grove,60619 (312)745-0401	
BRIDGE CLASS Every Monday & Thursday 1:30 p.m. – 3:00 p.m.	Come join Richard Boyd as he leads us in an exciting game of bridge. Great fun and great company. Beginners are welcome. Richard is a very patient instructor; why not give Bridge a try…
ICE CREAM SOCIAL 3rd Thursdays 1:30 p.m. – 3:30 p.m.	EVERYONE IS WELCOME at Chatham Satellite's ***Dancing Singing, and Socializing with Friends***. Have a cup of ice cream and try your hand at Karaoke with Stefon. If you would like to dance, feel free.
Roseland Satellite Center 10426 South Michigan, 60628 (312)745-1500	
CREATIVE CAFE Tuesdays, 10:00 a.m. – 11:00 a.m.	Do you like being creative with your hands? Try or enhance your skills with knitting, crocheting and the like at Creative Café at Roseland!
KARAOKE Last two Mondays of the month 12:00 p.m. – 2:00 p.m.	If you like to sing, come to Roseland for a good time with Karaoke. Feel free to express yourself!
South Chicago Satellite Center 9233 South Burley, 60617 (312)745-1282	
CINCO DE MAYO HEALTH FAIR Friday, May 4, 2018 9:00 a.m. – 1:00 p.m.	In celebration of Older Americans Month and Cinco de Mayo this annual health fair provides information to seniors, their families, caregivers and other senior service agencies about the resources available to them. Attendees will receive a myriad of free, vital health screenings and a host of useful resources and information.
SMART PHONE HELP Fridays, 9:30 a.m. – 11:30 a.m.	In need of a little help with your cell phone, come join Ms. Mary as she teaches you to save your contacts, take pictures, send text messages, search the internet and more.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

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

Director: Daniel Fafore

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

SPECIAL EVENTS & PROGRAMS

VOLUNTEER RECOGNITION

Thursday, May 10, 2018
1:00 p.m. – 3:00 p.m.
An event to pay tribute to our volunteers in the Southwest Region. We are celebrating volunteers from the Regional Center, Satellite Centers and congregate meal sites of the Southwest side of the City of Chicago.

CLASSES

AARP DRIVERS' SAFETY CLASS

Thursday, April 5, Friday April 6, 2018
Thursday, June 7, Friday June 8, 2018
9:30 a.m. - 1:30 p.m.
This approved course is taught by AARP for accident prevention. You must be at least 55 years old and a $20.00 fee is required for the two day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited. **$15.00 for AARP members and $20.00 for non-members (payable to AARP)**

SEWING FOR LEISURE

Tuesdays, 9:30 a.m. - 11:30 a.m.
Instructor: Mary Simmons
Come and join us to learn the art of sewing. A limited number of sewing machines will be available, so participants with sewing machines are encouraged to bring their own machines. Students will supply their own sewing materials for the class. Classes meet every Tuesday, except on holidays. The class size is limited to 15 students.
Cost: $5.00 per person for each class

ZUMBA GOLD

Thursdays,
9:00 a.m. – 10:00 a.m.
Instructor: Myah McKinnie
"Ditch the Work out, Join the Party!!!" Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. The Zumba Gold format is designed for the active older adult or the beginner participant and features dances from popular rhythms such as meringue, Salsa, Cha Cha, Belly Dance Flamenco, Tango, Rock and Roll and more. The format is so easy that anyone and any age can participate. Zumba is for people who like to exercise, dance, party, and have fun. **FREE**

ILLINOIS SECRETARY OF STATE PHOTO ID PROGRAM

Tuesday, May 8, 2018
10:00 a.m. - 2:00 p.m.

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

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

RULES OF THE ROAD

Friday, June 22, 2018
10:00 a.m. - 12:00 p.m.

The Secretary of State's Office is providing a Rules of the Road class, which will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your driver's license or state I.D. to attend. Handouts will be available, but please sign up at the center to make sure we have enough material for everyone. **FREE**

COMPUTER CLASSES

Tuesdays, beginning June 12, 2018
(Eight week sessions)
1:00 p.m. - 3:00 p.m.
Instructor: Myron Nash

This beginner computer course will teach you basic computer skills and how to browse the Internet. Advance registration is required, so please call (312) 747-0440.
Cost: $40.00 (Due on the first day of class.) Only checks and money orders accepted. They should be made out to the "Southwest Auxiliary."

WHAT'S ON YOUR PLATE?

Thursdays, April 5, 19; May 3; 17; and June 7, 21, 2018
9:00 a.m. - 11:00 a.m.

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

HOME GARDENING

Fridays,
April 6, 13, 20, 27, 2018
& May 4, 11, 2018
10:00 a.m. – 11:15 a.m.

You will learn about keeping plants healthy in a container, what you can use as a container, and how to create a plan for the space you have. Come join us and learn how to start a garden on your balcony or small yard space.
Instructor: Nelson Fluker
FREE

SOUL LINE DANCE CLASS

Thursdays,
1:00 p.m. – 2:00 p.m.

Come join us on the dance floor, you can improve your endurance and exercise the brain and memory all while having fun learning popular line dances.
Instructor: Hakeemah Shamsuddin
FREE

Southwest Satellite Centers
Program Highlights

Auburn Gresham Satellite Center 1040 West 79th Street, 60620 (312)745-4797	
BLUE MONDAY MOVIES 12:30 p.m. Sharp	Please join us on Mondays to enjoy light hearted movies (old and new) as well as a lovely critique conversation. Popcorn will be served upon request.
YOGA WITH TONI Thursdays, 1:00 p.m. - 2:00 p.m.	This ancient art form of de-stressing exercise fuses the mind and body into a total form of relaxation while using various breathing techniques.
BEGINNERS & INTERMEDIATE COMPUTER CLASSES Tuesdays, 9:00 a.m. and Fridays 8:45 a.m.	Students will learn the basics of using a personal computer which includes browsing the internet for official web sites, sending and receiving emails, creating flyers, copy, cut and paste, file organization, power point, and much more. Please call center to sign up for next session which last for 8 weeks. Space is limited. $35.00
Englewood Satellite Center 653 - 657 West 63rd Street,60621 (312)745-3328	
ANNIVERSARY CELEBRATION Friday, June 22, 2018 12:00 p.m. – 4:00 p.m.	Join us at the beautiful Martinique Grand Ballroom transportation will be provided. Dancing, Dining, DJ VooDoo and a live performance by Super Percy and Soul Click Band. For ticket information, please call the center.
AFRICAN DANCE Wednesdays, 8:45 a.m. – 9:45 a.m.	Come join this class led by internationally acclaimed, Darlene Blackburn. She is the founder of the director of the Darlene Blackburn Dance Troupe!
Garfield Ridge Satellite Center 5674-B S. Archer, 60638 (312)745-4255	
TAI CHI Thursdays, 1:00 p.m. – 2:00 p.m.	Frances Strain provides you with soothing instructions in a class of Tai Chi. Tai Chi can be helpful in achieving a state of physical and mental relaxation. No pre-registration is required.
BRAIN AEROBICS Wednesdays, 10:00 a.m. – 11:30 a.m., May 23 -June 27, 2018	Joan M. Gatz brings her newly updated Brain Aerobics class with new research. Joan teaches why and how to exercise your brain and keep your cognition intact. This session consists of six (6) classes that are 90 minutes each. The class is free and open to everyone (no size limit).
COOKING W/ GLORIA Wednesdays at 12:45 p.m. April 4 – 25, 2018 & June 6 - 27, 2018	Chef Gloria D. Hafer demonstrates entrees, desserts, appetizers and more with knowledge and lots of humor. Class is open to all (first 25 to **SIGN UP THE DAY OF CLASS** are guaranteed tastings). No pre-registration necessary. **Chef is not available so there are no classes in May.**

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

Older Adult Community Market

Free fresh fruit, vegetables and non-perishable groceries

GREATER CHICAGO FOOD DEPOSITORY

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

WHO Ages 60+

CENTER LOCATIONS	DATES	TIME
Austin Senior Center 5071 W. Congress Parkway	April 3 and 17, 2018 May 1 and 15, 2018 June 5 and 19, 2018	10:00 a.m. to 12:30 p.m.
Levy Senior Center 2019 W. Lawrence Avenue	April 3 and 17, 2018 May 1 and 15, 2018 June 5 and 19, 2018	12:30 to 1:30 p.m.
Northwest Senior Center 3160 N. Milwaukee Avenue	April 4 and 18, 2018 May 2 and 16, 2018 June 6 and 20, 2018	12:30 to 2:30 p.m.
Atlas Senior Center 1767 E. 79th Street	April 4 and 18, 2018 May 2 and 16, 2018 June 6 and 20, 2018	1:00 to 3:00 p.m.
Southwest Senior Center 6117 S. Kedzie Avenue	April 3 and 17, 2018 May 1 and 15, 2018 June 5 and 19, 2018	1:00 to 3:00 p.m.
Englewood Satellite Center 653-657 W. 63rd Street	April 5 and 19, 2018 May 3 and 17, 2018 June 7 and 21, 2018	12:30 to 1:30 p.m.

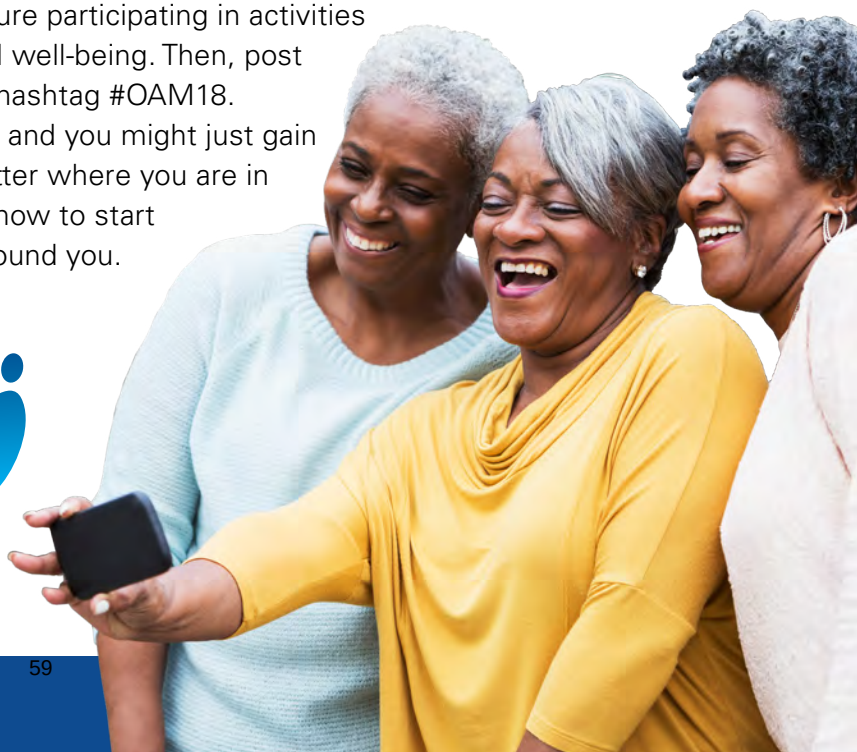
For more information about additional food resources in our community, please contact the Greater Chicago Food Depository at 773-247-FOOD or visit their website at chicagosfoodbank.org

Engage at every Age

Take the Selfie Challenge!

Older Americans Month is a great time to show the world you are never too old (or too young) to enrich your life and your community. This year, we want to see how *you* stay engaged so that you can help inspire others to do the same. Snap a selfie or have someone take your picture participating in activities that improve your mental and physical well-being. Then, post your image to social media using the hashtag #OAM18. Encourage your peers to do the same and you might just gain a little inspiration from others. No matter where you are in your life, there is no better time than now to start engaging in yourself and the world around you.

OLDER AMERICANS MONTH



REGIONAL SENIOR CENTERS

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

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

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

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

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

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

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

SATELLITE SENIOR CENTERS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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