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

LIFE ENRICHMENT PROGRAMS
For Chicagoans 60 Years and Better

Spring 2019

Mayor Rahm Emanuel
City of Chicago

Lisa Morrison Butler
Commissioner
## SPRING 2019

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Dear Friends:

Each year, more and more older adults are making a positive impact in and around Chicago. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

We invite you to visit your local DFSS senior center to connect. 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

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Dear Fellow Seniors:

Sometimes it is just hard to let go! Look at Winter, it just didn’t want to give up but it too shall pass. How often in our own lives do we find it hard to let go of the past? Great memories linger and we welcome them with warm smiles. Disappointments surface but those we can dismiss as the price of our ticket to life. What we really need to let go of are the regrets and grudges we harbor in the recesses of our hearts. These are what cause the eternal winter in our souls. I pledge to sweep out these corners and make more room for the sun to shine in. Sometimes all I really need is a good internal Spring cleaning. Enjoy the season!

Blessings,

Joyce
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.
| 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
<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Golden Diners Nutrition Program</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Home Delivered Meals</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Health &amp; Wellness Program</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Older Relatives Raising Children</strong></td>
<td>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.</td>
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<tr>
<td><strong>Ombudsman Program</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Respite Care</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Senior Companion Program</strong></td>
<td>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.</td>
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<tr>
<td><strong>Senior Medicare Patrol</strong></td>
<td>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.</td>
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<tr>
<td><strong>Senior Employment Training</strong></td>
<td>Employment training and job placement for seniors (at least 55 years old) for re-entry into the job market.</td>
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**FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016**
CARPLS is the legal aid hotline for Cook county. Each year, CARPLS conducts over 54,000 legal consultations with low and modest means clients. CARPLS has dedicated a new hotline for addressing the legal needs of older adults in the City of Chicago through a grant award from the Chicago Department of Family & Support Services—Senior Services Division.

CARPLS will assist with a wide range of legal issue areas including:
- Housing
- Family Law
- Consumer Debt
- Probate and Estates
- Immigration
- Civil Rights
- Public Benefits & Taxes
- Other

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

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

To make a referral for services call DFSS Senior Services Information and Assistance Telephone Line at (312)744-4016. Or, you can email your legal services request to: Aging@cityofchicago.org and include your name, address, telephone number, and date of birth.
1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Make sure legal documents are in order.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it’s up to date and easy to find.
9. Watch out for signs of depression and don’t delay getting professional help when you need it.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!
Need Support to Assist in your Caregiving Duties?

DFSS Caregiver Program: Counseling & Support Services

- Are you an unpaid caregiver who lives with a frail Older Chicagoan at least 60 years of age and provides assistance with their daily activities?

- Are you the unpaid caregiver who lives with an individual with Alzheimer’s disease or a related disorder with neurological and organic brain dysfunction and you assist them with their daily activities?

- Do you need to speak to a counselor or therapist?

- Would you like to meet and interact with fellow caregivers?

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

The Caregiver Counseling Program provide Family/Individual Counseling, therapy, support groups and Gap Filling.

For further information or to make a service request, please call (312)744-4016 or email aging@cityofchicago.org
FREE SENIOR ENRICHMENT SEMINAR SERIES:

Managing Evictions and Code Violations: Useful Tools

Topics to Include:

- City of Chicago Residential Landlord Tenant Ordinance
- Conditions that create housing code violations
- Housing inspection process

SPEAKER: Claire McFarland, Esq.
Executive Director
Elder Law & Wellness Initiative, NFP

Thursday, May 9, 2019
12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2005
Chicago, Illinois 60602

TO REGISTER CONTACT:
The Circuit Court of Cook County Elder Justice Center
(312) 603-9233

Honorable Timothy C. Evans, Chief Judge, Circuit Court of Cook County
FREE SENIOR ENRICHMENT SEMINAR SERIES:

Domestic Violence Against Seniors: Misuse of Power and Control

Topics to Include:
- Court process for obtaining orders of protection
- Legal protections and resources for survivors of domestic violence

SPEAKERS:

Hon. Judith Rice
Domestic Violence Division, Circuit Court of Cook County

Hon. Jeanne Wrenn
Domestic Violence Division, Circuit Court of Cook County

Jewell D. Wilson
Department of Family and Support Services- Area Agency on Aging, Senior Advocacy Program

Thursday, May 23, 2019
12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2005
Chicago, Illinois 60602

TO REGISTER CONTACT:
The Circuit Court of Cook County Elder Justice Center
(312) 603-9233

Hon. Timothy C. Evans, Chief Judge, Circuit Court of Cook County
FREE SENIOR ENRICHMENT SEMINAR SERIES:

Bankruptcy: The Decision and Consequences

Topics to Include:
- Chapter 7 and chapter 13
- Bankruptcy exemptions
- Non-dischargeable debt
- How bankruptcy affects family and friends

SPEAKERS:
Hon. Jacqueline P. Cox
United States Bankruptcy Court, Northern District of Illinois

Attorney Stephen G. Wolfe
Office of the United States Trustee, Northern District of Illinois

Thursday, June 6, 2019
12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2005
Chicago, Illinois 60602

TO REGISTER CONTACT:
The Circuit Court of Cook County Elder Justice Center
(312) 603-9233
FREE SENIOR ENRICHMENT SEMINAR SERIES:

ELDERLY FRAUDS AND SCAMS: Stopping Adult Financial Exploitation (SAFE)

Topics to Include:

- Understanding the techniques criminals use to deceive seniors
- Discover what you can do to protect yourself; where to report abuse
- What is adult financial exploitation; what are some signs that someone may be experiencing this type of abuse (common signs, who may be at risk, etc.)

SPEAKERS: Assistant State’s Attorney Denise Tomasek
Seniors and Persons with Disability Unit,
Cook County State’s Attorney’s Office

Attorney Thomas C. Wendt, Legal Director
Attorney Elise Robie, Equal Justice Works Fellow
Center for Disability & Elder Law (CDEL)

Thursday, June 20, 2019
12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Courtroom 2005
Chicago, Illinois 60602

TO REGISTER CONTACT:
The Circuit Court of Cook County Elder Justice Center
(312) 603-9233

Honorable Timothy C. Evans, Chief Judge, Circuit Court of Cook County
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

Tribute to Patti LaBelle

Thursday, April 18, 2019
Cost $40.00 includes transportation, lunch and show.

Buddy Guy’s Restaurant

Buffet Menu
Baked Chicken
Garlic Mashed Potatoes
Green Beans
Chicken Gumbo
Corn Bread
Assorted Dessert Squares

Morning Show: Doors Open at 10:30 a.m.
Afternoon Show: Doors Open at 1:00 p.m.

You can get tickets by visiting one of the following Senior Centers:
10:30 a.m. - Northeast, Northwest, Central/West, Southeast, Southwest and Austin Satellite Center.
1:00 p.m. - Abbott Park, Roseland, South Chicago, Englewood & Auburn Gresham

Make checks payable to the Auxiliary of the Northwest

Rahm Emanuel, Mayor
City of Chicago

Lisa Morrison-Butler
Commissioner
2019 Fraud Fair

Presented by The Chicago Department of Family and Support Services, White Crane Wellness Center and the Illinois SMP Program at AgeOptions

The Fraud Fair will be hosting exhibitors from a variety of consumer protection agencies that will be providing information on fraud prevention.

Come join us for a free opportunity to educate yourselves and loved ones on how together, we can work to protect, detect and report healthcare fraud.

Date
Thursday, May 16th, 2019

Location
Southeast Regional Senior Center
1767 E 79th Street,
Chicago, IL: Classrooms 2 and 3

Time
10:00 am-12:30 pm

Document Destruction will be providing the event with large bins to take any forms, old Medicare cards, Medicare Summary Notices or any other documents you would like to shred in order to maximize your consumer protection!
The most important component of the Wellness Program is YOU! Healthy living helps to prevent chronic disease and certain disabilities. It can ensure that today’s older persons as well as future generations not only live longer, but also live better. It’s never too late to adopt healthy lifestyle habits. The Wellness Program can help you start a personal wellness program or provide you the support you need to maintain your wellness goals.

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

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

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

## WELLNESS NURSE

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

## SOCIAL WORKER

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

## DIETITIAN

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

## PHARMACIST

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

NURSE PRESENTATIONS

Know the Facts about Stroke
Stoke 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 11 9:30 - 10:15 A.M.
Northwest Tuesday April 9 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 1 11:00 A.M. - 12:00 P.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 12 1:00 – 2:00 P.M.
Northwest Monday April 29 9:00 – 10:00 A.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 9 3:00 – 4:00 P.M.

PHARMACIST PRESENTATIONS

Promoting Age-Friendly Health Care
As our population ages, it is becoming more important every year to develop age-friendly health care to ensure we keep our older adults safe. Older adults often have complex needs and are at high risk for harm from unwanted treatment or potentially inappropriate medications. The 4Ms (What Matters, Medications, Mentation and Mobility) is a strategy to provide age-friendly care to older adults in any setting including the home, doctor’s office, or hospital. In this session, the pharmacist will discuss promoting age-friendly health care.

Central West Tuesday April 24 10:00 - 11:00 A.M.
Northeast Tuesday April 23 10:00 - 11:00 A.M.
Northwest Friday April 19 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 25 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.

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<th>Location</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Central West</td>
<td>Thursday</td>
<td>May 3*</td>
<td>10:00 – 11:00 A.M.</td>
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<tr>
<td>Northeast</td>
<td>Thursday</td>
<td>May 9</td>
<td>9:30 – 10:15 A.M.</td>
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<tr>
<td>Northwest</td>
<td>Tuesday</td>
<td>May 14</td>
<td>9:30 – 10:15 A.M.</td>
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<tr>
<td>Southeast</td>
<td>Tuesday</td>
<td>May 15</td>
<td>9:30 – 10:30 A.M.</td>
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<tr>
<td>Southwest</td>
<td>Tuesday</td>
<td>May 22</td>
<td>10:15 – 11:15 A.M.</td>
</tr>
<tr>
<td>Renaissance Court</td>
<td>Monday</td>
<td>May 6</td>
<td>11:00 A.M. – 12:00 P.M.</td>
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**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.

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<tr>
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<tbody>
<tr>
<td>Central West</td>
<td>Thursday</td>
<td>May 10*</td>
<td>10:00 - 11:00 A.M.</td>
</tr>
<tr>
<td>Northeast</td>
<td>Friday</td>
<td>May 10</td>
<td>1:00 - 2:00 P.M.</td>
</tr>
<tr>
<td>Northwest</td>
<td>Wednesday*</td>
<td>May 29*</td>
<td>9:00 - 10:00 A.M.</td>
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<tr>
<td>Southeast</td>
<td>Friday</td>
<td>May 11</td>
<td>10:00 - 11:00 A.M.</td>
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<tr>
<td>Southwest</td>
<td>Monday</td>
<td>May 21</td>
<td>9:45 - 10:45 A.M.</td>
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<tr>
<td>Renaissance Court</td>
<td>Tuesday</td>
<td>May 14</td>
<td>3:00 - 4:00 P.M.</td>
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**PHARMACIST PRESENTATIONS**

**Aging Body**
Seniors are the fastest growing segment of the population. Although there are many joys of a long life, advanced age is often accompanied by worsening health conditions. The key to successful aging is having a healthy mind, lifestyle, and correctly managing your disease states and medications. This session will give you tips to make the most of your healthcare and successfully age.

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<tr>
<td>Renaissance Court</td>
<td>Thursday</td>
<td>May 23</td>
<td>1:30 - 2:30 P.M.</td>
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</tbody>
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* 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.

<table>
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<tr>
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<td>Renaissance Court</td>
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**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.

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<th>Location</th>
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<tr>
<td>Renaissance Court</td>
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**PHARMACIST PRESENTATIONS**

**Home Medication Safety**

It is important to know how to use your medicine to help you avoid possible problems. Unsafe medication use can result in adverse drug events leading to unwanted symptoms, increased office and emergency room visits, hospitalizations, and in extreme cases, even death. When you know your medicine and how to use it safely, and frequently talk with your health care providers, it makes it easier to avoid medication safety problems. In this session, the pharmacist will discuss home medication safety.

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<td>Renaissance Court</td>
<td>Thursday</td>
<td>June 27</td>
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*Note: change in regular schedule*
Northeast (Levy) Regional Center
Wellness Schedule

WELLNESS TEAM

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

SOCIAL WORKER: Mary Ellen Withers, LCSW
First, Second, Third Wednesdays, 12:45 P.M. - 3:45 P.M.

PHARMACIST: Beatrice Drambarean, PharmD
Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (April 23, May 28, June 25)

DIETITIAN: Jim Coogan, RD, LDN
Second Fridays, 1:00 P.M. - 3:00 P.M. (April 12, May 10, June 14)

BLOOD PRESSURE SCREENING
First Thursdays, 9:00 A.M. - 12:00 P.M. (April 4, May 2, June 6)

SUPPORT GROUPS

HEALTH MATTERS
Third Thursdays, 9:30 - 10:15 A.M.
- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - April 18
  - May 16
  - June 20

FOOD 4 THOUGHT
First, Second, Third Wednesdays, 1:00 - 2:00 P.M.
Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule
Northwest (Copernicus) Regional Center
Wellness Schedule

WELLNESS TEAM

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

SOCIAL WORKER: Please welcome our new social worker. To find out the social worker’s schedule at this site, please call White Crane at 773-271-9001.

PHARMACIST: James Lee, PharmD
Third Fridays, 9:00 A.M. - 12:00 P.M. (April 19, May 17, June 21)

DIETITIAN: Trishna Joshi, RDN, LD/N
Last Mondays, 9:00 A.M. - 1:00 P.M. (April 29, May 29*, June 24)

BLOOD PRESSURE SCREENING
First Tuesdays, 9:00 A.M. - 12:00 P.M. (April 2, May 7, June 4)

SUPPORT GROUPS

HEALTH MATTERS
Third Tuesdays, 9:30 - 10:15 A.M.
- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - April 16
  - May 21
  - June 18

TOO MUCH ON YOUR PLATE?
Please welcome our new social worker. To find out the social worker’s schedule at this site, please call White Crane at 773-271-9001.
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: Celeste Presperin-Pearson, RN
Mondays, 10:15 A.M. - 1:15 P.M. (Except April 29 and May 27)

SOCIAL WORKER: Please welcome our new social worker. To find out the social worker’s schedule at this site, please call White Crane at 773-271-9001.

PHARMACIST: Erika Hellenbart, PharmD
Fourth Thursdays, 12:00 - 3:00 P.M. (April 25, May 23, June 27)

DIETITIAN: Jim Coogan, RD, LDN
Second Tuesdays, 3:00 P.M. - 4:00 P.M. (April 9, May 14, June 11)

BLOOD PRESSURE SCREENING
Second Mondays, 10:15 A.M. - 1:15 P.M. (April 8, May 13, June 10)

SUPPORT GROUPS

HEALTH MATTERS
Third Mondays, 11:00 A.M. - 12:00 P.M.
- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - April 15
  - May 20
  - June 17

BALANCING YOUR LIFE
Please welcome our new social worker. To find out the social worker’s schedule at this site, please call White Crane at 773-271-9001.
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* (8:15 A.M.-11:30 A.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, 9:00 A.M – 11:00 A.M.
April 5 and 19, May 3 and 17, June 7 and 21, 2019

**PHARMACIST:** Aimee Chevalier, PharmD
Third Thursdays, 10:00 A.M. - 12:00 P.M.
April 19, May 17, and June 21, 2019

**DIETITIAN:** Kristin Gustashaw, MS, RD, CSG
Third Mondays, 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 23, May 21, and June 18, 2019

**BLOOD PRESSURE SCREENING**
Tuesdays, 9:00 A.M.–12:00 P.M.
April 3 and June 5, 2019 - *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, 2019 at 10:15 A.M.
- 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 A.M.
- 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, *Your Playlist Can Change Your Life:* 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, 2019
This group helps people cope with everyday events.
6 Tips for Healthy Aging

As you age, doing these six things will improve your chances of staying healthy and preventing chronic disease.

1. **Eat Healthy**
   Choosing healthy foods is smart, no matter your age. Make healthy choices like fruits, veggies, whole grains, lean meats, and low-fat dairy products. Eating right helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. Losing even 5% to 7% of your body weight can help prevent or delay type 2 diabetes.

2. **Get Regular Physical Activity**
   Regular physical activity can help you prevent, delay, and manage chronic diseases. It also lessens your risk of falling, improves balance and stamina, reduces arthritis pain and disability, and helps your brain stay healthy. Aim for moderate physical activity (like brisk walking or gardening) for at least 150 minutes a week.

3. **Quit Smoking**
   Stopping smoking (or never starting) lowers the risk of serious health problems, such as heart disease, cancer, type 2 diabetes, and lung disease, as well as premature death—even for longtime smokers. Take the first step and call 1-800-QUIT-NOW for FREE support.

4. **Get Regular Checkups**
   Visit your doctor for preventive services, not just when you're sick. This can prevent disease or find it early, when treatment is more effective. These services can include screenings for chronic conditions, like cancer, high blood pressure, prediabetes or type 2 diabetes, and dementia, as well as immunizations and counseling to quit smoking.

5. **Know Your Family History**
   If you have a family history of a chronic disease, like cancer, heart disease, diabetes, or osteoporosis, you may be more likely to develop that disease yourself. Share your family health history with your doctor, who can help you take steps to prevent these conditions or catch them early.

6. **Be Aware of Changes in Brain Health**
   Everyone's brain changes as they age, but dementia is not a normal part of aging. Some studies show that controlling high blood pressure, getting regular physical activity, and quitting smoking may reduce the risk of dementia or Alzheimer's disease. See your doctor if you have questions about memory or brain health.
Older Adult Community Market
Free fresh fruit, vegetables and non-perishable groceries

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

WHO  Ages 60+

<table>
<thead>
<tr>
<th>CENTER LOCATIONS</th>
<th>DATES</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Austin Senior Center</td>
<td>April 2 and 16, 2019</td>
<td>10:00 a.m. to 12:30 p.m.</td>
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<tr>
<td>5071 W. Congress Parkway</td>
<td>May 7 and 21, 2019</td>
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<td>June 4 and 18, 2019</td>
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<td>Levy Senior Center</td>
<td>April 2 and 16, 2019</td>
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<td>2019 W. Lawrence Avenue</td>
<td>May 7 and 21, 2019</td>
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<td>Northwest Senior Center</td>
<td>April 3 and 17, 2019</td>
<td>12:30 to 2:30 p.m.</td>
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<tr>
<td>3160 N. Milwaukee Avenue</td>
<td>May 8 and 22, 2019</td>
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<td>Atlas Senior Center</td>
<td>April 3 and 17, 2019</td>
<td>1:00 to 2:00 p.m.</td>
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<tr>
<td>1767 E. 79th Street</td>
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<td>Southwest Senior Center</td>
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<tr>
<td>6117 S. Kedzie Avenue</td>
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<td>June 4 and 18, 2019</td>
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<td>Englewood Satellite Center</td>
<td>April 4 and 18, 2019</td>
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<td>653-657 W. 63rd Street</td>
<td>May 9 and 23, 2019</td>
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<td>June 6 and 20, 2019</td>
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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
SERVING OLDER CHICAGOANS SINCE 1969 FOOD, FUN AND FRIENDS

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

Special Meal

Friday, May 10, 2019
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.
June Is
Alzheimer’s & Brain Awareness Month

GO PURPLE
2019 ALZHEIMER’S DISEASE FACTS AND FIGURES

ALZHEIMER’S DISEASE IS THE 6TH leading cause of death in the United States

5.8 MILLION Americans are living with Alzheimer’s

BY 2050, this number is projected to rise to nearly 14 MILLION

MORE THAN 16 MILLION AMERICANS provide unpaid care for people with Alzheimer’s or other dementias

These caregivers provided an estimated 18.5 BILLION HOURS valued at nearly $234 BILLION

IN 2019, Alzheimer’s and other dementias will cost the nation $290 BILLION

BY 2050, these costs could rise as high as $1.1 TRILLION

82% of seniors say it’s important to have their thinking or memory checked

BUT ONLY 16% say they receive regular cognitive assessments

EVERY 65 SECONDS someone in the United States develops the disease

Between 2000 and 2017 deaths from heart disease have decreased 9%

while deaths from Alzheimer’s disease have increased 145%

1 IN 3 seniors dies with Alzheimer’s or another dementia

It kills more than breast cancer and prostate cancer COMBINED

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10 WAYS TO LOVE YOUR BRAIN

START NOW. It’s never too late or too early to incorporate healthy habits.

HIT THE BOOKS
Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

BREAK A SWEAT
Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

STUMP YOURSELF
Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

BUDDY UP
Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

FOLLOW YOUR HEART
Risk factors for cardiovascular disease and stroke—obesity, high blood pressure and diabetes—negatively impact your cognitive health.

HEADS UP!
Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

FUEL UP RIGHT
Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

BUTT OUT
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

TAKE CARE OF YOUR MENTAL HEALTH
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

CATCH SOME ZZZ’S
Not getting enough sleep may result in problems with memory and thinking.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit alz.org/10ways to learn more.

alzheimer’s association®
THE BRAINS BEHIND SAVING YOURS!
# CHICAGO FITNESS PLUS
## Spring 2019
### Regional Centers

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<thead>
<tr>
<th>CENTRAL WEST 2102 W. Ogden Avenue 60612</th>
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<tbody>
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<td><strong>GROUP EXERCISE CLASSES</strong></td>
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<tr>
<th>NORTHWEST (COPERNICUS) 3160 N. Milwaukee Avenue 60618</th>
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**SOUTHEAST (ATLAS) 1767 E. 79th Street 60649**

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<td>SFP</td>
<td>Monday</td>
<td>10:00 AM - 12:00 PM</td>
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<td>Monday</td>
<td>12:45 PM</td>
<td>Fit &amp; Strong</td>
<td>Tuesday</td>
<td>9:00 AM - 10:15 AM</td>
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<td>Tuesday</td>
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**SOUTHWEST 6117 S. Kedzie Avenue 60629**

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EDGECWOOD   5917 N. Broadway St. 60660

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ENGLEWOOD   653-657 W. 63rd Street. 60621

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GARFIELD RIDGE   5674-B S. Archer Ave. 60638

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KELVYN PARK   2715 N. Cicero Ave. 60639

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

#### GROUP EXERCISE CLASSES

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#### GROUP EXERCISE CLASSES

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

#### GROUP EXERCISE CLASSES

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### PILSEN 2021 S. Morgan Ave. 60608

#### GROUP EXERCISE CLASSES

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### CHICAGO FITNESS PLUS
#### SPRING 2019

**Satellite Centers**

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

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**ROSELAND  10456 S. Michigan Ave. 60628**

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

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

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

SPECIAL EVENTS & PROGRAMS

CENTRAL WEST CHOIR
3rd Thursdays
10:00 a.m.
Lucille Steele, choir director for the Central West Choir, which meets every 3rd Thursday at 10:00 am. We are looking for new members to join and share your gift of music with us.

CENTRAL WEST BOOK CLUB
3rd Mondays, April 15; May 20; June 17, 2019
1:00 p.m.
Down the River Unto the Sea
By Walter Mosley (April Book), The Racketeer by John Grishman (May Book), June Book to be announced.

Come and join the discussion on these popular books and give your interpretations and thoughts on each one.

SEE ETHAN
Every 1st and 3rd Tuesday, 10:00 a.m. - 12:00 p.m.
Ethan Powe, our Social Worker from Rush University 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, our social worker 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.
Instructor: Linda Moore
Central West is offering beginning and intermediate computer class for seniors wanting to learn how to access the internet and send email. Persons wanting to keep up with technology need to register to attend this class. Call (312)746-5300 to register today.
CROCHETING
Wednesdays,
12:00 p.m. - 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.
$5.00 per class

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

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

OLDER AMERICANS MONTH CELEBRATION
Friday, May 10, 2019
12:00 p.m. - 2:00 p.m.
Come and enjoy live entertainment and raffle giveaways while we celebrate the life of our seniors.

BINGO BONANZA
Friday, May 24, 2019
1:00 p.m. - 2:30 p.m.
Come enjoy a day of Bingo fun. Lots of great prizes. Cost $5

BLACKOUT DANCE
Friday, June 21, 2019
12:00 p.m. - 4:00 p.m.
Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.

UPCOMING EVENTS

SPRING FLING DANCE
Friday, April 19, 2019
12:00 p.m. - 4:00 p.m.
Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.
Central West Satellite Centers
Program Highlights

<table>
<thead>
<tr>
<th>Austin Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>5071 West Congress, 60644</td>
</tr>
<tr>
<td>(312) 743-1538</td>
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<table>
<thead>
<tr>
<th>LAW ENFORCEMENT ACADEMY</th>
</tr>
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<tbody>
<tr>
<td>April 3 – 10, 2019</td>
</tr>
<tr>
<td>1:00 p.m.- 3:00 p.m.</td>
</tr>
<tr>
<td>The Cook County Sheriff’s Senior Law Enforcemen Academy is a six-part series designed to give seniors an overview of the responsibilities of law enforcement agencies in Cook County.</td>
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<table>
<thead>
<tr>
<th>LINE DANCE CLASS</th>
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<tbody>
<tr>
<td>Every Tuesday &amp; Thursday</td>
</tr>
<tr>
<td>9:00 a.m. - 11:00 a.m.</td>
</tr>
<tr>
<td>Put on your dancing shoes and join us on the Austin Dance Floor. You are sure to have a good time. All are welcome.</td>
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<tr>
<th>CHAIR YOGA</th>
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<tbody>
<tr>
<td>Every Thursday</td>
</tr>
<tr>
<td>11:00 a.m. – 12:00 p.m.</td>
</tr>
<tr>
<td>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.</td>
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<table>
<thead>
<tr>
<th>Pilsen Satellite Center</th>
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<tbody>
<tr>
<td>2021 South Morgan, 60608</td>
</tr>
<tr>
<td>(312) 743-0493</td>
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<thead>
<tr>
<th>EARTH DAY TALK</th>
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<tbody>
<tr>
<td>Monday, April 22, 2019</td>
</tr>
<tr>
<td>11:00 a.m. – 1:00 p.m.</td>
</tr>
<tr>
<td>Presentations on how to help be responsible environmental citizens. Ways to get involved in local activities will be highlighted. In Spanish and English. This event is offered to participants at no cost.</td>
</tr>
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<table>
<thead>
<tr>
<th>MOTHER’S DAY PARTY</th>
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<tbody>
<tr>
<td>Friday, May 10, 2019</td>
</tr>
<tr>
<td>10:00 a.m. – 2:00 p.m.</td>
</tr>
<tr>
<td>Mother’s Day is always celebrated on May 10th in Mexico. Join us for music, entertainment and great food. This is event is offered at no to participants. Space is limited and pre-registration is required. Call us at 312-743-0493 for details and to register.</td>
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<thead>
<tr>
<th>FATHER’S DAY PARTY</th>
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<tbody>
<tr>
<td>Friday, June 14, 2019</td>
</tr>
<tr>
<td>10:00 a.m. – 2:00 p.m.</td>
</tr>
<tr>
<td>Celebrate Father’s Day early with us with music, entertainment and traditional Mexican party fare. This is event is offered at no to participants. Space is limited and pre-registration is required. Call us at 312-743-0493 for details and to register.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>West Town Satellite Center</th>
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<tbody>
<tr>
<td>1613 West Chicago, 60622</td>
</tr>
<tr>
<td>(312) 743-1016</td>
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<thead>
<tr>
<th>MOTHER’S DAY PARTY</th>
</tr>
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<tbody>
<tr>
<td>Friday, May 10, 2019</td>
</tr>
<tr>
<td>10:00 a.m. – 2:00 p.m.</td>
</tr>
<tr>
<td>Celebrating Older American Month with a special meal. Mother’s Day will be celebrated with raffle prizes during the day along with cultural music. Special Mother’s Day Bingo and prizes from 1:00 p.m. until 3:00 p.m.</td>
</tr>
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<table>
<thead>
<tr>
<th>FATHER’S DAY PARTY</th>
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<tbody>
<tr>
<td>Friday, June 14, 2019</td>
</tr>
<tr>
<td>10:00 a.m. – 3:00 p.m.</td>
</tr>
<tr>
<td>Celebrating Fathers Day with a pool and dominoe tournament among the best identified players at Westtown. Special prize for first place winner and photo-op for the main center’s bulletin board. Raffles prizes will be given during the day of activities.</td>
</tr>
</tbody>
</table>

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR
Northeast Regional Senior Center
2019 W. Lawrence Ave. Chicago, IL 60625
(312) 744-0784 TTY: (312) 744-0320

Programming: Alicia Henry

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

SPECIAL EVENTS & PROGRAMS

SIDEWALK SALE
Friday, June 14, 2019
Rain Date: June 21, 2019
9:00 a.m. - 3:00 p.m.
Reserve a space for $15.00 by May 31, 2019. 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 PHILIPPINES!!!
Saturday, June 1, 2019
12:30 p.m. - 3:30 p.m.
Join us as we celebrate Philippine Independence Day at Northeast Levy Regional Senior Center! Refreshments will be served.

BINGO – BINGO – BINGO
Mondays, 1:00 p.m.
Donation $.50 (per card)
4/16- Blue Cross 10:00 a.m.
4/24 & 25- Com Ed 10:00 a.m.
5/4 1:30-3:30 p.m.
5/17 1:00-2:30 p.m.
5/30 10:00 a.m.
6/5, 6/13, 9:30-11:30 a.m.
6/21, 6/25, 7/8 & 7/15/2019 2:00 – 4:00 p.m.

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

CLASSES

AARP DRIVER SAFETY
May 16 and 17, 2019
July 18 and 19, 2019
9:00 a.m. - 1:00 p.m.
This approved two-day course is facilitated by AARP 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 20th & July 15, 2019
12:30 p.m. – 2:30 p.m.
Secretary of State’s review course 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!!!
**ZUMBA FITNESS GOLD**  
Tuesdays & Saturdays  
10:00 - 11:00 a.m.  
**FEE: $1**  
**Instructor: Mari Jane Dare**  
This class is a fusion of aerobic exercise and Latin movements designed to strengthen and tone.

**BASIC LINE DANCE**  
Tuesdays, 1:00 p.m. – 2:00 p.m.  
**Instructor: Ms. Georgia**  
Let Ms. Georgia guide you through the basics of line dancing via music and organized group choreography.

**SPANISH**  
Thursdays, 2:30 p.m. - 4:00 p.m.  
**Instructor: Marvin Childress**  
Come learn basic Spanish all are welcomed.

**SPANISH II**  
Wednesdays, 2:00 p.m. - 4:00 p.m.  
**Instructor: Marvin Childress**  
Come learn conversational Spanish at an advanced level.

**KNITTING & CROCHETING CLUB**  
Wednesdays, 10:00 a.m. - 11:30 a.m.  
**Instructor: Bessie**  
Learn how to crochet at any level - beginner, intermediate, or expert! All skill levels are welcome to learn how to create masterpieces.

**YOGA FIT W/ BONNIE**  
Wednesdays, 12:30 – 1:30 p.m.  
Learn the foundations of yoga so you can begin to experience its transformational effects. This class is **FREE**...but please come with your Yoga mat.

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

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

**SHUFFLE N’ SLIDE DANCING**  
Fridays, 2:30 p.m.  
**Fee: $5**  
**Instructor: Ms. Georgia**  
For advanced line dancers enjoy the afternoon with music and organized group choreography.

**ITALIAN WITH DARIO**  
Fridays, 9:00 a.m.  
Join the group led by the naive Italian speaker Dario.

**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 - GCFD Food Pantry**  
Tuesdays, 12:30 p.m.  
*Early arrival is suggested!*  
April 2 & 16, 2019  
May 7 & 21, 2019  
June 4 & 18, 2019

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

**WEEKEND PROGRAMS**

**SALSA & SWING DANCE LESSONS**  
Saturdays- 12:30 p.m. – 1:30 p.m.  
**Instructor: Fran Strain**
<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPRING CRAFT FAIR</strong></td>
<td>Wednesday, April 10, 2019</td>
<td>The Edgewater Spring Craft Fair is back! Craft jewelry, knitted items, art pieces, and cards for purchase.</td>
</tr>
<tr>
<td><strong>“DISCO DANCE PARTY &amp; LUNCH</strong>**</td>
<td>Wednesday, April 17, 2019</td>
<td>The Chicago Park District’s annual senior celebration and special luncheon. Music by DJ Chico. Admission is $5. Please pre-register at the Front Desk.</td>
</tr>
<tr>
<td><strong>WHAT’S NEW IN MEMORY LOSS</strong></td>
<td>Thursday, May 23, 2019</td>
<td>Steve Satek, president and founder of Great Lakes Clinical Trials, will present on the latest breakthroughs in memory loss and Alzheimer’s disease research. Free genetic testing and schedule no-cost memory screenings. Sponsored by Edgewater Village Chicago.</td>
</tr>
<tr>
<td><strong>FRAN-ERCISE</strong></td>
<td>Fridays, 10:00 a.m.</td>
<td>Enjoy a fabulous workout and great fun. A mix of stretch, aerobics, weights, bands and balls, tai chi and yoga wonderful music, even singing and more! No cost – 1 hour class. No reservation needed. Make your endorphins HAPPY.</td>
</tr>
<tr>
<td><strong>EMPORIUM – BOOK &amp; BAKE RAFFLE SALE EXTRAVAGANZA</strong></td>
<td>Sunday, April 29, 2019 12:00 p.m. – 4:00 p.m.</td>
<td>Books, Books, Books, Sweet and Savory Freshly Baked Delights. Something for Everyone. Contact center for more information. All are invited – No entry fee.</td>
</tr>
<tr>
<td><strong>DROP-IN TECH CLINIC MONDAYS</strong> (except holidays)</td>
<td>10:00 a.m. – 1:00 p.m.</td>
<td>Drop-In training for smart phones, tables, laptops and pads. Learn how to get the most out of your device(s) with Mary Ann, Nancy and Joel. Just bring your device and your questions – they will find the answers. Did you know you could set up your address/phone book, keep an appointment calendar read and answer email and much more? No fee – No appointment.</td>
</tr>
</tbody>
</table>

**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

MEMORIAL DAY SALUTE
Thursday, May 23, 2019
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 Lane Tech will be participating as Honor Guard, Drill Team and Drum Line. Refreshments will be served. FREE

NORTHWEST COPERNICUS 43RD ANNIVERSARY PARTY
Friday, June 21, 2019
11:00 a.m. to 3:00 p.m.
Come celebrate our 43rd Anniversary in the community. We will have a nutritious lunch and then we will dance to all kinds of music: Polka, Merengue, Salsa, Line Dance and whatever other music, DJ Chico can play.

AUXILIARY OF THE NORTHWEST SIDEWALK SALE
Friday, June 28th, 2019
9:00 a.m. to 3:00 p.m.
The Northwest Auxiliary will be hosting its annual Sidewalk Sale. We invite you to participate whether you are trying to sell or buy some new or gently used items. Applications will be accepted until 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
April 10 & April 11, 2019
June 12 & June 13, 2019
9:00 a.m. – 1:00 p.m.
This two-day course is facilitated by AARP 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
1st Three Mondays,
12:30 p.m. – 1:30 p.m.
Frances Strain is firing up your enthusiasm teaching the latest line dances. It is a lot of fun and good exercise all at once! Accomplished line dancers are always welcome. $1.00 suggested donation.

PILATES CLASS
1ST and 2ND Monday of the month
10:30 a.m. - 11:30 a.m.
This class will help you strengthen your body’s core muscle groups and increase your flexibility.
V.I.B.E. Visualize, imagine, breath, energize
3rd & 4th Mondays,
10:30 a.m. - 11:30 a.m.
Bonnie Pobgee has an Arthritis Foundation approved Tai-Chi and Qi Gong class, easy to learn slow graceful movements, often called “meditation in motion”, that will balance your mind and body.

COMPUTER CLASSES
Introduction to Windows
Our computer classes will in April 2019. You will learn about the operating system for most computers, how to turn on your PC, work with the Windows system, what to expect and how to begin to send emails. You will also be introduced to the wonderful world of Word processing, where you will learn how to read and make new documents, how to make letters or documents and how to store them on your computer. Each class is 3 weeks long, on Tuesdays @ 12:00 noon, starting April 9, 2019.

COST
- $10.00 for Windows, $5.00 for the book.

BEADS & BAUBLES CLASS
1st & 3rd Fridays,
10:00 a.m. - 11:15 a.m.
Marta Ortiz, our instructor for the jewelry making class, will teach you how to create bracelets, necklaces and other pieces of jewelry. Best of all, once you make it you can wear it and show it off to your family and friends.

WEEKEND EVENTS
WII BOWLING TOURNAMENT
Sundays, 10:00 a.m.
Come and join us for this entertaining and fun game of video bowling. Beginners are always welcome as well as more accomplished bowlers. Are you one of them? Let’s find out!

SPRING DANCE
Sunday, June 8th, 2019
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.

PARDON OUR DUST!!!
As you may be aware, we are renovating the center. So, we are experiencing less than usual programs and dances but, in the very near future you will have a brighter, updated facility. We are doing this in order to make your center experience enjoyable and so it can remain a place you can keep enjoying for years to come.

The Northwest Center is continuing to offer the popular conversational Spanish class to students with all levels of fluency. Enrollment will be conducted quarterly. Classes resume the second week of January. $2.00 suggested donation per class (covers materials).

ZUMBA GOLD
1st and 2ND Saturdays, 12:15 p.m.
Melt your pounds away while having fun dancing to music and learning new dance moves.

“AT THE MOVIES”
4th Saturday of the month at 12:30
By popular demand will feature the newest and latest titles released by Hollywood! Popcorn will be available for a small donation.

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 including Bachata, Merengue and Salsa. Class instruction is being provided by Dancemates, Inc.

SPANISH FOR BEGINNERS
Saturdays, 1:30 p.m.
### Kelvyn Park Satellite Center
**2715 North Cicero, 60639**
**(312)744-3350**

**BINGO**
Tuesdays at 10:00 a.m. & Fridays at 1:00 p.m.

Join the best game of BINGO at Kelvyn Park Satellite Senior Center. Every Tuesday 10:00 a.m. and Friday at 1:00 p.m. Come and socialize with friends. .50 cent per card.

**ZUMBA GOLD**
Tuesdays & Thursdays, 1:00 p.m. – 2:00 p.m.

Come join Mari Jane at Kelvyn Park for Zumba Gold. This action packed, fun –filled exercise program is sure not to disappoint. Ditch the workout and come join the party!

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

**WHAT’S NEW FOR MEDICARE IN 2019**
Wednesday, October 10, 2018
10:45 a.m.

Medicare Open Enrollment begins October 15, 2018. Come and learn about the Medicare changes for the coming year. No charge or advance registration required.

**AARP DRIVER SAFETY CLASS**
November 6 & 8, 2018
12:30 p.m.

The class helps you to be a better driver and may decrease your insurance cost. Check with your agent for eligibility. $20 per person, $15 for AARP members. Call to register (773) 775-6071.

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

**HALLOWEEN PARTY**
Wednesday, October 31, 2018
11:00 a.m. – 3:00 p.m.

Bring your dancing shoes as we celebrate Halloween with music (from Tony Bernard), a costume contest, raffles, and lunch! $3.00 suggested donation!

**THANKSGIVING LUNCHEON**
Thursday, November 15, 2018
11:00 a.m. – 3:00 p.m.

Join us for music (from the Revolutionary Swing Orchestra), raffles, and lunch during our annual luncheon! $3.00 suggested donation!

**HOLIDAY PARTY**
Thursday, December 20, 2018
11:00 a.m. – 3:00 p.m.

Enjoy a day filled with music, raffles, an ugly sweater contest, lunch, and holiday cheer! $2.50 suggested donation!

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**
Come to Renaissance Court and meet old friends, make new friends and explore the cultural arts experience!

SPECIAL EVENTS & PROGRAMS CLASSES

CREATIVE QUILTING: THE ART OF HAND QUILTING
The Art of Hand Quilting
Wednesdays, Beginning April 3, 2019
11:00 a.m. – 1:00 p.m.
Instructor: Connie Hinkle
Whether you prefer classic, modern, or crazy quilts; this class will provide an overview of traditional, creative, and modern art quilts. We will study the design, production, and detailing aspects of the quilting craft. Students will work on individual projects of their choice in a group setting. This class is facilitated to be enjoyed by all levels of quilters, whatever your sewing skill level. Let’s start our own 21st century quilting bee, an extension of the extremely popular social event in the 19th century, where friends would get together and quilt, share ideas, and express their artistic capabilities. Registration is not required.

AARP DRIVER SAFETY
Wednesday, June 5 & Thursday, June 6, 2019
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.

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

RENAISSANCE TRAVEL CLUB
Wednesday, April 25; May 23; June 27, 2019
12:30 p.m. – 1:30 p.m.
Facilitator: Sharon Carter
If you are interested 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. Call us at 312/744-4550 to reserve your seat at the table. Reservations are free but lunch and transportation is on you. This quarter we will visit:

April – Fogo De Chao Brazilian Restaurant
   661 North La Salle Street

May – Lockwood @ the Palmer House
   17 East Monroe Street

June – Smith & Wollenky
   318 North State Street

Call (312)744-4550 for your seat at the table.

DRAWING HEADS
Thursdays, April 11 – May 30, 2019
10:00 a.m. – 12:00 p.m.
Instructor: Jacquelyn Zevin.
The goal of this class is to help you develop your own style and ideas about drawing heads. The class will begin with some exercises that will help you draw the head and figure more accurately. We will then take some time to learn how various artists have drawn and used heads in their art. You will have the opportunity to experiment with a variety of approaches in order to find the most effective ways of expressing your own ideas and feelings. FREE. Registration is not required. Class canceled on June 6, 2019.

CHICAGO SENIOR CLOWN TROUPE CLASS
Every 1st & 3rd Wednesday,
1:30 p.m. – 3:30 p.m.
Facilitator: Karen Hoyer
Laugh and have fun -- and learn to spread joy as a clown! Learn juggling, mime, puppetry, make up and costuming, gag writing, joke telling, magic, improvisation -- everything you need to become a clown. FREE
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

MAY IS OLDER AMERICANS MONTH
The Atlas Center is sponsoring the following activities in May:
May 1, 2019- Opening ceremonies: free haircuts, makeovers; information resources and entertainment;
May 9, 2019- Mental health resources;
May 15, 2019- Special luncheon; healthy lifestyles activities all day long;
May 27 – 31, 2019 - Seed planting; outreach; and corn roast

Throughout May, we will have events happening each week, please contact the center for more information.

“ATLAS SWINGS”
Friday, May 24, 2019
11:30 a.m. – 1:30 p.m.
Musical performance by the Myron Mills Project. FREE.

WEEKEND CLASSES & EVENTS

Saturday Music Grooves w/Tobias
Saturdays, April 6, May 4, and June 1, 2019
11:30 a.m. – 1:30 p.m.
Wake up and start your weekend off with D.J. Tobias playing some cool tunes. FREE.

MUSICAL NOTES
Saturdays, April 13, May 11, and June 8, 2019
11:30 a.m. - 1:30 p.m.
Andre Miles kicks off your day with vocals and keyboard performing songs you like to hear. FREE.

SATURDAY LINE DANCE CLASS
Saturdays, April 20 and June 15, 2019
10:00 a.m. – 11:30 a.m.
Get those feet moving. Join instructor Marvella Ross for this FREE line dance class.

THE MYRON MILLS PROJECT
Saturday, May 18, 2019
The Myron Mills Project performs some of their signature tunes for your listening pleasure. **FREE.**

**KY’NORA AND THE ENCHANTERS**  
Saturday, June 15, 2019  
12:00 p.m.  
This enchanting trio, featuring piano, vocals, and harmonica, will entertain you to your heart’s delight. **FREE.**

**WE SING KARAOKE**  
Saturdays, April 27, May 25, and June 22, 2019  
11:30 a.m.-1:30 p.m.  
Have some fun singing your favorite songs with BeBop, the Queen of Karaoke **FREE.**

**CLASSES**

**JEWELRY MAKING WITH BEADS**  
Second & Fourth Thursdays  
April 11 & 25; May 9 & 23; and June 13 & 27, 2019  
10:00 a.m. – 11:30 a.m.  
Instructor: Veronica Echols-Noble

**HOME GARDENING: CONTAINERS & BEYOND**  
Thursdays, 10:00 a.m. - 11:00 a.m.  
April 4 until May 9, 2019 (6 sessions)  
Instructor: Nelson Fluker  
Looking to use your green thumb? Spring has you motivated, come join our gardening class! You are sure to have a great time.

**MUSIC BY TOBIAS**  
Every Tuesday, Wednesday & Friday  
11:30 a.m.-1:30 p.m.  
D.J. Tobias plays your favorite songs.

**SNACKING AROUND THE WORLD**  
Fridays, 12:00 p.m. - 2:00 p.m.  
May 3 - June 28, 2019 (8 sessions)  
Instructor: Chef Sheri Brazley

**AARP DRIVER SAFETY EDUCATION**  
Wednesday & Thursday, June 19 & 20

**RULES OF THE ROAD**  
Wednesday, May 8, 2019  
10:30 a.m. – 12:30 p.m.  
Please call (312)747-0189 x 103 to register.

**KNITTING/CROCHETING**  
Mondays, 12:30 p.m. – 2:30 p.m.  
Instructor: Jo-Ann Mc Kelphin

**T A I—C H I**  
Tuesdays, 12:45 – 2:00 p.m.  
Instructor: Craig Harris  
Cost: $3.00

**Wii: BOWLING**  
Mondays, 10:30 a.m.  
Thursdays, 9:30 a.m.  
Instructor: Marie Sims

**LINE DANCE**  
Tuesdays, 9:00 a.m. – 10:00 a.m.  
Instructor: Marvella Ross

**STEPPING**  
Tuesdays, 10:00 a.m. – 11:30 a.m.

**MASSAGE THERAPY (by appt.)**  
Wednesdays, 10:00 a.m.-2:45 p.m.  
Massage Therapist: Tisa Williams  
Please call (312)747-0189 for further Information.

**VISIT OUR WEBSITE:**  
79THSTREETSENIORS.COM
## Southeast Satellite Centers
### Program Highlights

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbott Park Satellite Center</td>
<td>49 East 95&lt;sup&gt;th&lt;/sup&gt; Street, 60619</td>
<td>(312)745-3493</td>
</tr>
<tr>
<td>Chatham Satellite Center</td>
<td>8300 South Cottage Grove, 60619</td>
<td>(312)745-0401</td>
</tr>
<tr>
<td>Roseland Satellite Center</td>
<td>10426 South Michigan, 60628</td>
<td>(312)745-1500</td>
</tr>
<tr>
<td>South Chicago Satellite Center</td>
<td>9233 South Burley, 60617</td>
<td>(312)745-1282</td>
</tr>
</tbody>
</table>

### Abbott Park Satellite Center
- **Line Dance & Open Mic Performance**
  - Fridays, 11:00 a.m. – 2:00 p.m.
  - Spend your Fridays at Abbott Park Senior Satellite Center with Beginners Line Dancing at 11:00 a.m. – 12:00 p.m. But, don’t leave and join us for Open Mic from 12:00 p.m. – 2:00 p.m. All talents are welcome, Karaoke Sing-A-Long, Poetry, Spoken Word & Dancing from 12:00 p.m. – 2:00 p.m.

### Chatham Satellite Center
- **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…

### Roseland Satellite Center
- **Mother’s Day Breakfast**
  - Tuesday, May 7, 2019, 9:00 a.m. – 12:00 p.m.
  - Calling all mothers/mother figures! Come to Roseland Senior Satellite Center where mothers/mother figures will be honored with breakfast, great music and a fashion show! Cost $5.

### South Chicago Satellite Center
- **Line Dance Class**
  - Mondays, 11:00 a.m. – 12:00 p.m.
  - Do you want to learn how to line dance? Summer holiday gatherings are just around the corner. Come join us to learn the latest moves in line dancing at Roseland Senior Satellite Center.

### South Chicago Satellite Center
- **Zumba with Erika**
  - Tuesdays, 10:00 a.m. – 11:00 a.m.
  - Ditch the workout and join the party with Ms. Erika. You are sure to have a Zumba good time.

- **Stepping Class**
  - Fridays, 9:00 a.m. – 10:00 a.m.
  - Meet you on the dance floor at South Chicago Satellite, where Mr. Calvin will teaches you the smoothest moves on the South Side.

**Contact the Satellite Center for a Detailed Monthly Calendar.**
Come to the Southwest Regional Senior Center and meet old friends, make new friends and become a part of the Southwest family!

**CLASSES**

**AARP DRIVERS’ SAFETY CLASS**
Thursday, April 4, Friday April 5, 2019
Thursday, June 6, Friday June 7, 2019
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 and come 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 do it! Zumba is for people who like to exercise, dance, party, and have fun ! ! !

**KARAOKE**
Friday, April 05, 19, 2019
May 03, 17, 2019
June 07, 21, 2019
9:30 a.m. – 10:30 a.m.
Come join Harold and the Southwest family to have a Karaoke good time! Bring your best singing voice or just to listen as we sing all of your favorites songs. We have a wide variety of songs both in English and Spanish.
ILLINOIS SECRETARY OF STATE PHOTO ID PROGRAM
Friday, May 17, 2019
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 28, 2019
10:00 a.m. - 12:00 p.m.
Secretary of State Jessie White’s Office is providing a Rules of the Road class, which will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your driver’s license or state I.D. to attend. Handouts will be available, but please sign up at the center to make sure we have enough material for everyone. FREE

SENIOR COMPUTER CLASSES
Wednesday, June 06, 2019 (Eight week sessions)
9:30 a.m. – 11:30 a.m.
Instructor: Phyllinyce McEastland
This beginner computer course will teach you basic computer skills, and the Internet. Advance registration is required, so please call (312) 747-0440.
Cost: $35.00(Due on the first day of class.) Please make your checks out to the “Southwest Auxiliary.”

WHAT’S ON YOUR PLATE?
Thursdays, April 03 &17; May 2 &16, and June 6, & 20, 2019
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,
10:00 a.m. - 11:00 a.m.
April 5, 12, 19, & 20, 2019
May 3 & 10, 2019
Instructor: Nelson Fluker
Looking to use your green thumb? Spring has you motivated, come join our gardening class! You are sure to have a great time

SOUL LINE DANCE CLASS
Thursdays,
1:00 p.m. – 2:00 p.m.
Instructor: Hakeemah Shamsuddin
Improve your endurance and exercise the brain and memory all while having fun learning popular line dances
<table>
<thead>
<tr>
<th>Auburn Gresham Satellite Center</th>
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<tbody>
<tr>
<td>1040 West 79th Street, 60620</td>
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<tr>
<td>(312)745-4797</td>
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<tr>
<td><strong>DOUBLE FEATURE</strong></td>
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<tr>
<td>MONDAYS</td>
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<tr>
<td>12:00 p.m. &amp; 2:00 p.m.</td>
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<tr>
<td>Please join us on Mondays to enjoy light hearted movies (old and new) as well as a lovely critique conversation. Popcorn will be served upon request. Movies start on time.</td>
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<tr>
<td><strong>LINE DANCE WITH LISA</strong></td>
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<tr>
<td>Tuesdays, 9:30 a.m.</td>
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<tr>
<td>Come join Lisa and the Auburn Gresham dancers as you learn the latest line dances. This fun-filled class will not disappoint. A good time will be had by all.</td>
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<tr>
<th>Englewood Satellite Center</th>
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<tbody>
<tr>
<td>653 - 657 West 63rd Street, 60621</td>
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<tr>
<td>(312)745-3328</td>
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<tr>
<td><strong>FATHER’S DAY POOL TOURNAMENT</strong></td>
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<tr>
<td>Thursday, June 13, 2019</td>
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<td>9:00 a.m.</td>
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<tr>
<td>Are you the best player around? Prove it!! Come join us at the Englewood Satellite and get your game on. For more information contact D “Trouble” Parks @ 312-745-3328</td>
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<tr>
<td><strong>37th ANNIVERSARY CELEBRATION</strong></td>
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<tr>
<td>Friday, June 28, 2019</td>
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<tr>
<td>12:00 p.m. - 4:00 p.m.</td>
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<td>Festivities will be held at the beautiful Martinique Grand Ballroom. Luncheon, entertainment &amp; dancing included. Music by the one and only DJ to the seniors in the Chicagoland area “CHICO”. For ticket information call 312-745-3328.</td>
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<tr>
<th>Garfield Ridge Satellite Center</th>
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<tbody>
<tr>
<td>5674-B S. Archer, 60638</td>
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<tr>
<td>(312)745-4255</td>
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<tr>
<td><strong>COOKING WITH CHEF GLORIA</strong></td>
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<tr>
<td>Most Wednesdays at 12:45 p.m. April 3- June 19, 2019</td>
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<tr>
<td>Chef Gloria D. Hafer demonstrates easy recipes for seniors to make good, interesting and healthy meals at home. The first 25 people to sign up on the day of class are guaranteed tastings. * First Wednesday of every month (4/3, 5/1 &amp; 6/5) at 10:30 a.m. instead of the 12:45 p.m. time slot.</td>
</tr>
<tr>
<td><strong>BRING ON BASEBALL BINGO PARTY</strong></td>
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<tr>
<td>Tuesday, April 23, 2019</td>
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<tr>
<td>9:00 a.m. – 2:00 p.m.</td>
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<tr>
<td>Join us for a BINGO Party in celebration of the baseball season. Your ticket purchase includes admission, lunch, two cards to play through ten games of BINGO (with gift certificate prizes) and a guessing game. Please call for more information.</td>
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<tr>
<td><strong>BOOK CLUB</strong></td>
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<tr>
<td>Tuesdays, 9:45 a.m. April 30, May 28, and June 25, 2019</td>
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<tr>
<td>Join our book club. A new book is chosen each month and a representative from the Chicago Public Library comes to run the Book Club meeting. Once each month the book club (a group of seniors) meet to discuss a book they have read and express their opinions, likes, dislikes, etc.</td>
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</tbody>
</table>

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.
Chicago’s Senior Centers are joining in the national celebration of Older Americans Month 2019. This year’s theme, “Connect, Create & Contribute” emphasizes communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Visit your local senior center in May and any other month to Connect, Create & Contribute!

Note: Not all activities are available at all centers.
CHICAGO SENIOR CENTERS

Follow Chicago Department of Family & Support Services Senior Centers on Twitter to see what’s happening at your local senior center, learn about community resources and to receive information on positive aging.

In May, we will be posting all month long in celebration of Older Americans Month.

Join our online community and stay in the know.

https://twitter.com/CentersSenior
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

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

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

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

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

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

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

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

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

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

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

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

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

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

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)