

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

LIFE ENRICHMENT PROGRAMS
For Chicagoans 60 Years and Better
Summer 2016



Mayor Rahm Emanuel
City of Chicago



Lisa Morrison Butler
Commissioner



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A Note from the Commissioner

Dear Friends:

Ah, summer has finally arrived and it is a great time to try something new! This season we invite you to participate in our wide array of programs, classes, and events geared toward keep you engaged, healthy, safe, and supporting your well-being.

July is Elder Abuse Awareness month, if you suspect an older adult or a person with a disability between the ages of 18-59 living in the community is being harmed physically, emotional, or financially call the statewide, **24-hour Adult Protective Services Hotline: 1-866-800-1409.**

And, while we encourage you to get out and enjoy the wonderful summer weather, remember your local senior center is a cool place to hang out this summer. Not only do we have air conditioning, wonderful activities, we have some really cool people you should consider getting to know.

Enjoy yourself this summer and remember life is a truly wonderful gift.

Sincerely,

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

A Note from the Executive Director

Dear Fellow Seniors:

During these warm summer months, it is especially important to watch out for one another. Residents who wish to seek relief from the heat can visit any of the City's Cooling Centers. Or, if you see or know of a friend or relative who appears to be in distress or needs non-emergency assistance, please call 311 for a well-being check. Also, do not forget to join us at Mayor Emmanuel's Senior Fest on Thursday, September 15, 2016 at Millennium Park. There is a terrific lineup of exciting activities such as live entertainment, cultural programming, health resources and much more.

Blessings,

Joyce

Programs and Services

•••

**Benefits Eligibility
Checkup**

Caregiving Resources

**Care Coordination
Services**

Chicago Fitness Plus

Chore/Housekeeping

**Adult Protective
Services Program**

**Foster Grandparent
Program**

**Golden Diners Nutrition
Program**

Home Delivered Meals

**Health & Wellness
Program**

**Interim Medical
Transportation**

Legal Assistance

**Older Relatives Raising
Children**

Ombudsman Program

Respite Care

**Senior Companion
Program**

**Senior Employment
Programs**

Senior Medicare Patrol

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

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

Information & Assessment Services

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

Regional and Satellite Senior Centers

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

DFSS Senior Services Programs and Services: At a Glance	
Benefits Eligibility Checkup	Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including; prescription drug coverage, weatherization, energy assistance, & financial assistance. Staff then works with seniors in applying for identified benefits.
Caregiving Resources	Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.
Care Coordination Services	Through a referral from I&A, trained and certified care coordinators provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.
Chicago Fitness Plus	Award-winning fitness program that boosts endurance, strength, balance and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.
Chore/ Housekeeping: Heavy Duty & Short-Term	Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.
Adult Protective Services Program	Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.
Foster Grandparent Program	Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
Golden Diners Nutrition Program	Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.
Home Delivered Meals	Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016	

DFSS Senior Services Programs and Services: At a Glance	
Health & Wellness Program	Health promotion and disease prevention programming provided at all DFSS senior centers through monthly presentations, health screenings, and one-on-one consultations with wellness nurses, dietitians, pharmacists, and social workers.
Interim Medical Transportation	Temporary transportation for seniors to extreme medical treatments such as dialysis, chemotherapy and radiation, until RTA Para transit service is arranged and approved.
Legal Assistance	Protects the legal rights and interests of seniors in legal matters such as public entitlement, housing, healthcare, guardianship, consumer fraud, employment, family law, and property interests. This program defends seniors from age and other forms of discrimination, as well as protection from abuse, exploitation and coercion. The program will not handle fee generating cases such as personal injury or workman's compensation.
Older Relatives Raising Children	For seniors who have primary caregiving responsibility of a child, from birth to age 18 or those caring for their severely-disabled adult children. Short-term one-on-one counseling and support groups are available. Emergency financial assistance can be accessed for one-time emergency rent payment, school uniform and equipment, medication, and other basics.
Ombudsman Program	Ombudsmen protect, defend and advocate for residents in long term care facilities such as nursing homes and assisted living facilities. Utilizing staff and volunteers, they inform residents and their families of their rights, resolve complaints, provide information on residents needs/concerns to families, facility staff and the department, and advocate for quality individualized care for the residents.
Respite Care	Allows family caregivers caring for a senior, time for themselves. Respite provides professional trained staff to care for a frail senior, who has a familial caregiver, on a temporary basis. This care can be provided in home or in a nursing facility. Respite can be used in an emergency, such as the illness of a caregiver or for planned time away; such as a vacation, special event, appointment or just some time for themselves.
Senior Companion Program	Opportunity for seniors to make a difference in the lives of lonely, frail and homebound seniors by reading, engaging in conversation, preparing light meals and more. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
Senior Medicare Patrol	The SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. Program staff and volunteers help people with Medicare and Medicaid to: educate, detect, and report possible Medicare and Medicaid fraud, waste, and abuse.
Senior Employment Training	Employment training and job placement for seniors (at least 55 years old) for re-entry into the job market.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016	

Older Adult Choice Market

Free fresh fruit, vegetables and non-perishable groceries



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

WHO Ages 60+

CENTER LOCATIONS	DATES	TIME
Austin Senior Center 5071 W. Congress Parkway	July 18, 2016 August 1 & 15, 2016 September 19, 2016	9:30 a.m. to 12:30 p.m.
Levy Senior Center 2019 W. Lawrence Avenue	July 5 & 19, 2016 August 2 & 16, 2016 September 6 & 20, 2016	1:00 to 2:30 p.m.
Northwest Senior Center 3160 N. Milwaukee Avenue	July 6 & 20, 2016 August 3 & 17, 2016 September 7 & 21, 2016	12:30 to 2:30 p.m.
Atlas Senior Center 1767 E. 79th Street	July 6 & 20, 2016 August 3 & 17, 2016 September 7 & 21, 2016	1:00 to 3:00 p.m.
Southwest Senior Center 6117 S. Kedzie Avenue	July 5 & 19, 2016 August 2 & 16, 2016 September 6 & 20, 2016	1:00 to 3:00 p.m.

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



U.S. Environmental Protection Agency

Presents:



Learn How to Keep a Healthy Home

**Please join us for a training specially designed
for families who want information regarding:**

Maintaining healthy indoor air quality

Asthma trigger management

Mold & moisture control



**Thursday , July 21, 2016
10:00 a.m. – 2:00 p.m.
Northwest Regional Center
3160 North Milwaukee Avenue
Chicago, IL 60618**

We will be participating in the health fair. Spanish and Polish assistance will be provided.

**Coming soon to a DFSS Senior Center near you, for more information contact:
Fayette Bright at 312-886-6069 or bright.fayette@epa.gov**

LIFE ENRICHMENT INSTRUCTORS: CALL FOR PROPOSAL

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

Electronic Applications are Available On-Line:

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

**We will be accepting application beginning Friday, July 15, 2016
until the close of business on Friday, September 30, 2016.**

Examples of Class and Activity Types Listed below:

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

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

Questions should be directed to Yolanda Curry
at ycurry@cityofchicago.org or (312)743-1503.



Fight Fraud in Your Community

Medicare fraud steals billions of dollars from U.S. taxpayers every year.

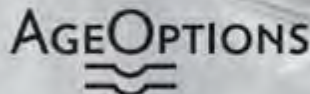
Here's what YOU can do as a Senior Medicare Patrol volunteer:

- Put your experience and skills to work
- Learn how to spot Medicare scams and errors
- Educate and empower consumers

Contact AgeOptions for information about volunteering with SMP.

(800)699-9043

www.illinoisSMP.org



Connecting Older Adults with
Community-based Resources and Options



PROTECT
Medicare & Medicaid

PREVENT
Scams & Errors

FIGHT
Fraud, Waste & Abuse

This project was supported in part by grant numbers 90MP0163 and 90MP0015 from the U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.



Senior Health Insurance Program - SHIP

800-252-8966

[www.illinois.gov/
aging](http://www.illinois.gov/aging)

What is SHIP?

The Senior Health Insurance Program (SHIP) is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers.

SHIP is provided by the Illinois Department of Insurance and is a volunteer driven program to assist consumers in making informed health insurance decision.

SHIP and their volunteer counselors do not sell or solicit insurance.

They are trained to:

- Educate the consumer and answer questions about Medicare, Medicare Supplement, Medicare Prescription Drug Coverage, Medicare HMO, PPO, Private-Fee-For-Service and other health plans;
- Organize and assist in filing Medicare claims; and
- Analyze Medicare Supplement and Long Term Care policies.

Here's what SHIP counselors do

Medicare beneficiaries and their families who need help will make an appointment with a local SHIP volunteer site to meet with a volunteer for one-on-one counseling. The volunteer counselor helps the client understand their health care choices, such as HMO's and Medigap or they can help in correcting Medicare claims.

As a SHIP counselor, a volunteer might talk to small groups or help out at health fairs and enrollment events to assist those who can't navigate the Medicare system on their own.

Training and Preparation

SHIP will provide trainees with the knowledge and basic skills they will need to be a successful counselor. SHIP will support volunteers with information from experts and guide them through providing this information to beneficiaries. Volunteers will be required to participate in ongoing routine volunteer meetings and other opportunities to deal with the needs of beneficiaries. Licensed insurance agents and financial planners are not eligible to be trained as SHIP volunteers due to the potential appearance of a conflict of interest.

Interested in volunteering for SHIP?

Qualifications:

We are seeking people who want to help Medicare beneficiaries and their families to better understand their Medicare health insurance choices and rights.

If you are reliable, able to maintain confidentiality, have a sensitive and caring attitude, can communicate well with others, provide information without conflict of interest and want to make a real difference, contact SHIP today!

**For an application to become a SHIP volunteer counselor,
Please contact Martha Romero at 312-745-1282**

Illinois Department on Aging, Senior Health Insurance Program (SHIP)

1 Natural Resources Way Suite 100, Springfield IL 62702-1271

ABOUT OUR TRIPS AND EVENTS

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

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

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

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

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

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

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

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

ABOUT OUR TRIPS AND EVENTS CONT...

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

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

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

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

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

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

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

Chicago Department of Family & Support Services

Along with

The Westside Coalition for Seniors

24th Annual Senior Prom



Wednesday, November 9, 2016

11:00 a.m. until 4:00 p.m.

Hyatt Regency at McCormick Place

2233 South Dr. King Drive

Cost \$50.00

For More Information Please Contact
Mary Futrell @ (773)742 - 4455

Thank You to Oak Street Health for the King & Queen Raffle Sponsorship.

**Rahm Emanuel,
Mayor**



**Lisa Morrison Butler,
Commissioner**

Chicago Department of Family & Support Services

Odyssey Cruise!!!

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



Where: Navy Pier - 600 E. Grand Ave.

Satellite Centers, Wednesday, July 20, 2016

Regional Centers, Thursday, July 21, 2016

11:00 AM to 3:30 PM

\$52.00-Includes: Cruise, Lunch, Entertainment and Transportation.

Menu

Maple and Mustard Glazed Chicken

Braised Beef Short Ribs

Caesar's Salad

Vegetable Medley

Dessert: Butter Cake w/Ice Cream and Blackberry Sauce.

Make checks payable to the Auxiliary of the Northwest.

For more information please contact your nearest Regional or Satellite Center.



Rahm Emanuel, Mayor
City of Chicago

Lisa Morrison Butler,
DFSS Commissioner

"Legends of Jazz" at Andy's Jazz Club & Restaurant

Thursday, August 25, 2016



Featuring the Legendary Joe Barr Soul Purpose Band
10:30 a.m. Arrival *1:00 p.m. Departure*

Menu: Choose One Entree

Andy's Burger with Salad or Homemade Fries
Open Faced Blackened Catfish Sandwich w/ Salad or Cajun Curly Fries
Teriyaki Chicken Stir Fry
Penne Pasta Primavera
Soft Drink & Triple Chocolate Brownie Bites

Contact your nearest Regional Center for more information.
\$35.00 Includes: Bus Transportation, Lunch & Concert
Make checks payable to the Auxiliary of the Northwest.



Mayor Rahm Emanuel
City of Chicago

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

Senior Fest 2016

at Millennium Park



**Chicago residents
age 60 and better—
Come and enjoy the fun!**

- Serendipity Performance
- Picnic Lunch
- Flu Shots/Health Screenings
- Senior Resource Fair
- Game and Art Area
- Dancing
- Raffle Prizes
- Bingo

**Thursday, September 15, 2016
9:00 a.m. - 2:00 p.m.**

**Millennium Park
Michigan Avenue at Washington Street**

(Vehicles that are dropping off passengers should proceed to the park's north entrance on Randolph Drive between Michigan Avenue and Columbus Drive.)

Tickets are free and available by visiting any one of the City's 21 Senior Centers.
For more information, call the Chicago Department of Family and Support Services,
Area Agency on Aging at 312.744.4016.



City of Chicago
Rahm Emanuel, Mayor



CHICAGO DEPARTMENT OF
FAMILY & SUPPORT SERVICES
Commissioner Lisa Morrison Butler
BUILD • SUPPORT • EMPOWER

WELLNESS PROGRAM

JULY - SEPTEMBER 2016

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

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

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

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

WELLNESS TEAM OF PROFESSIONALS

WELLNESS NURSE

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

SOCIAL WORKER

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

DIETITIAN

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

PHARMACIST

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

JULY PRESENTATIONS

NURSE PRESENTATIONS

Reduce Your Infection Risk

We often hear stories in the news about seemingly isolated cases of food-borne illness and healthcare-associated infections (HAI). However, these types of infections occur more frequently than thought throughout the United States and globally as well. Infections can significantly impact your overall health and can lead to ongoing discomfort, chronic poor health, and even death. Learn about ways to protect yourself from contracting infections such as E. coli, C. diff, MRSA, and pneumonia, as well as their signs and symptoms and when to seek medical attention.

Central West	Thursday	July 14	10:00 A.M. - 11:00 A.M.
Northeast	Thursday	July 14	9:30 A.M. - 10:15 A.M.
Northwest	Thursday	July 14	9:30 A.M. - 10:15 A.M.
Southeast	Tuesday	July 19	9:30 A.M. - 10:30 A.M.
Southwest	Tuesday	July 26	10:15 A.M. - 11:00 A.M.
Renaissance Court	Monday	July 18*	10:30 A.M. - 11:30 A.M.

DIETITIAN PRESENTATIONS

Immune Health

Are you getting an adequate amount of fruits, vegetables, and whole grains in your meals? If so, then you are helping your immune system fight off colds, the flu, and many other illnesses. Don't you think your immune system deserves all the help it can get? Join us to learn about the role of dietary fat intake on immunity and on your body's ability to process vitamins and minerals. We will also discuss why your dollars may be better spent at the produce aisle rather than on supplements.

Central West	Thursday	July 7	10:00 A.M. – 11:00 A.M.
Northeast	Monday	July 18	10:00 A.M. – 11:00 A.M.
Northwest	Monday	July 25	10:20 A.M. – 11:20 A.M.
Southeast	Friday	July 8	10:00 A.M. – 11:00 A.M.
Southwest	Monday	July 18	9:45 A.M. – 10:45 A.M.
Renaissance Court	Tuesday	July 26	10:30 A.M. – 11:30 A.M.

PHARMACIST PRESENTATIONS

Infections

Infection is a major cause of death in 40% of those ≥65 years old, and it contributes to hospitalization and death in many others. Pneumonia and other respiratory infections and urinary tract infections are common among all older Medicare patients. This session, will focus on the role of targeted vaccinations and the appropriate use of antibiotic therapies in the management of common infections seen in the older adult.

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

* Note: change in regular schedule

AUGUST PRESENTATIONS

NURSE PRESENTATIONS

Mental Fitness – Because Your Life Depends On It!

Depression, anxiety, and dementia are **not** a normal part of aging. If you have found yourself, or someone who know, challenged by any of these symptoms, there is help available. At this session, we will discuss ways to stay mentally fit, coping strategies, treatment regimens, and strategies for daily living for optimum brain health.

Central West	Thursday	August 4*	10:45 A.M. – 11:30 A.M.
Northeast	Thursday	August 11	9:30 A.M. – 10:15 A.M.
Northwest	Thursday	August 11	9:30 A.M. – 10:15 A.M.
Southeast	Tuesday	August 16	9:30 A.M. – 10:30 A.M.
Southwest	Tuesday	August 23	10:15 A.M. – 11:00 A.M.
Renaissance Court	Monday	August 1	10:30 A.M. – 11:30 A.M.

DIETITIAN PRESENTATIONS

Mood & Food – How to Be More Mindful at Your Meals

You may have heard of the terms “mindful eating” and “emotional eating” before and wondered what they meant. Emotional eating is more commonly used, but is not simply the drowning of one’s sorrows in a gallon of ice cream. Rather, it encompasses many complex emotions and sometimes is a reward after a happy occasion. Some people lose their appetite under stress or depression and feel challenged to finish a full meal, while others eat mindlessly in an attempt to comfort themselves. Taking control of overeating/undereating is possible after examining motivations and replacing food with other rewards and comforts. We will discuss how mindful eating can be used to combat instances where emotional eating might be your automatic response.

Central West	Thursday	August 4	10:00 A.M. - 11:00 A.M.
Northeast	Monday	August 15	10:00 A.M. - 11:00 A.M.
Northwest	Monday	August 22	10:20 A.M. - 11:20 A.M.
Southeast	Friday	August 26*	10:00 A.M. - 11:00 A.M.
Southwest	Monday	August 22*	9:45 A.M. - 10:45 A.M.
Renaissance Court	Tuesday	August 23	10:30 A.M. - 11:30 A.M.

PHARMACIST PRESENTATIONS

Mental Fitness - Depression

As we grow older, we may face many challenges that can lead to changes in mood. Retirements, the death of friends and loved ones, medical problems or even increased isolation can lead to depression. Left untreated, depression can affect more than just your mood. This program will help to identify the various steps you can take to optimize your mental fitness, including drug therapies, allowing you to live a more enjoyable and positive life.

Central West	Tuesday	August 23	10:00 A.M. - 11:00 A.M.
Northeast	Tuesday	August 23	10:00 A.M. - 11:00 A.M.
Northwest	Friday	August 19	10:30 A.M. - 11:30 A.M.
Southeast	Thursday	August 4	10:15 A.M. - 11:15 A.M.
Southwest	Thursday	August 18	10:15 A.M. - 11:15 A.M.
Renaissance Court	Thursday	August 25	1:30 P.M. - 2:30 P.M.

* Note: change in regular schedule

SEPTEMBER PRESENTATIONS

NURSE PRESENTATIONS

Falls Prevention

Have you recently fallen, or are you afraid that you are at risk of falling? If so, you are not alone. According to CDC, millions of adults 65 and older fall each year. Among older adults, falls are the leading cause of both fatal and nonfatal injuries, such as hip fractures and head traumas. Fortunately, falls represent a public health problem that is largely preventable. Join us to learn about a few easy ways to reduce your own risk of falling and when to call on professionals for additional assistance.

Central West	Thursday	September 8	10:00 A.M. - 11:00 A.M.
Northeast	Thursday	September 8	9:30 A.M. - 10:15 A.M.
Northwest	Thursday	September 8	9:30 A.M. - 10:15 A.M.
Southeast	Tuesday	September 20	9:30 A.M. - 10:30 A.M.
Southwest	Tuesday	September 27	10:15 A.M. - 11:00 A.M.
Renaissance Court	Monday	September 12*	10:30 A.M. - 11:30 A.M.

DIETITIAN PRESENTATIONS

Wasting: Unintended Weight Loss

Losing weight is typically seen as a positive in our society. However, for a variety of reasons, some people lose too much weight. Too much weight loss typically leads to the wasting of lean body mass – muscle, bones, and possibly organs. Learn the importance of protein and physical activity in preventing or reversing unhealthy weight loss. Switching to several smaller meals may help you get the calories and nutrients needed for better muscle strength, immunity, and overall better general health.

Central West	Thursday	September 1	10:00 A.M. - 11:00 A.M.
Northeast	Monday	September 19	10:00A.M. - 11:00 A.M.
Northwest	Monday	September 26	10:20 A.M. - 11:20 A.M.
Southeast	Friday	September 23*	10:00 A.M. - 11:00 A.M.
Southwest	Monday	September 26*	9:45 A.M. - 10:45 A.M.
Renaissance Court	Tuesday	September 27	10:30 A.M. - 11:30 A.M.

PHARMACIST PRESENTATIONS

Falls, Balance, Gait – How Medications Can Affect Your Balance and Fall Risk

Falls in the elderly are a major public health problem with substantial medical and economic consequences. Annually, about one-third of older adults living in the community fall. Often times, chronic disease, (stroke, dementia, Parkinson's, arthritis) or drug treatments can contribute to fall risk. In this session, we'll discuss medications that can affect your balance and suggest methods to minimize your risk.

Central West	Tuesday	September 27	10:00 A.M. - 11:00 A.M.
Northeast	Tuesday	September 27	10:00 A.M. - 11:00 A.M.
Northwest	Friday	September 15	10:30 A.M. - 11:30 A.M.
Southeast	Thursday	September 1	10:15 A.M. - 11:15 A.M.
Southwest	Thursday	September 15	10:15 A.M. - 11:15 A.M.
Renaissance Court	Thursday	September 22	1:30 P.M. - 2:30 P.M.

* Note: change in regular schedule

Northeast (Levy) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Patty Mark, RN

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

SOCIAL WORKER: Mary Ellen Withers, LCSW

Thursdays, 9:00 A.M. - 12:00 P.M. (Except July 7, August 4, September 1 & 29)

PHARMACIST: Beatrice Drambarean, PharmD

Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (July 26, August 23, September 27)

DIETITIAN: Vivian Burr, MS, RD

Third Mondays, 8:30 A.M. - 12:30 P.M. (July 18, August 15, September 19)

BLOOD PRESSURE SCREENING

First Thursdays, 9:00 A.M. - 12:00 P.M. (July 7, August 4, September 1)

SUPPORT GROUPS

HEALTH MATTERS

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

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
 - July 21
 - August 18
 - September 15

FOOD 4 THOUGHT

Thursdays, 10:00 A.M. - 11:00 A.M. (Except July 7, August 4, September 1 & 29)

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: Patty Mark, RN

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

SOCIAL WORKER: Enid Fefer, LCSW

Wednesdays, 8:30 A.M. - 11:30 A.M. (Except July 6, August 3 & 31, September 7)

PHARMACIST: James Lee, PharmD

Third Fridays, 9:00 A.M. - 12:00 P.M. (July 15, August 19, September 16)

DIETITIAN: Vivian Burr, MS, RD

Fourth Mondays, 8:30 A.M. - 12:30 P.M. (July 25, August 22, September 26)

BLOOD PRESSURE SCREENING

First Thursdays, 9:00 A.M. - 12:00 P.M. (July 7, August 4, September 1)

SUPPORT GROUPS

HEALTH MATTERS

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

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
 - July 21
 - August 18
 - September 15

TOO MUCH ON YOUR PLATE?

Wednesdays, 10:15 A.M. - 11:15 A.M. (Except July 6, August 3 & 31, September 7)

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

** Note: change in regular schedule*

Renaissance Court Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Phyllis Reynolds, MSN, APN/CNP

Mondays, 10:00 A.M. - 1:00 P.M. (Except July 4, August 8 & 29, September 5)

SOCIAL WORKER: Enid Fefer, LCSW

Mondays, 1:00 P.M. - 4:00 P.M. (Except July 4, August 1 & 29, September 5)

PHARMACIST: Erika Hellenbart, PharmD

Fourth Thursdays, 12:00 P.M. - 3:00 P.M. (July 28, August 25, September 22)

DIETITIAN: Vivian Burr, MS, RD

Fourth Tuesdays, 9:00 A.M. - 1:00 P.M. (July 26, August 23, September 27)

BLOOD PRESSURE SCREENING

Second Mondays, 10:30 A.M. - 12:30 P.M. (July 11, August 15*, September 19*)

SUPPORT GROUPS

HEALTH MATTERS

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

- July 25
- August 22
- September 26

BALANCING YOUR LIFE

Mondays, 2:00 P.M. - 3:00 P.M. (Except July 4, August 1 & 29, September 5)

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

Every Thursday, 8:15 A.M. - 12:15 P.M. ***No Nurse August 11 and September 22***

SOCIAL WORKER: Erin Cecchi, MSW, LCSW

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

July 12* and 26*, August 2 and 16, September 13* and 27*

PHARMACIST: Michele Martin, PharmD

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

July 26, August 23, September 27

DIETITIAN: Kristin Gustashaw, MS, RD, CSG

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

July 7, August 4, and September 1

BLOOD PRESSURE SCREENING

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

July 7, August 5, and September 2

SUPPORT GROUPS

STILL GOING STRONG (NURSE)

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

July 21, August 18, and September 29*

- 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 A.M. – 11:00 A.M.

July 12* and 26*, August 2 and 16, September 13* and 27*

Southeast (Atlas) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Marcia Murphy, DNP, APN/ANP-BC

*****Sharon Meltzer on July 12*****

Every Tuesday, 8:30 A.M. - 12:30 P.M. *****No Nurse July 5*****

SOCIAL WORKER: Daniela Mitchem, MSW, LSW

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

July 18, August 1 and 15, September 19

PHARMACIST: Amina Gassam, PharmD

First Thursdays, 10:15 A.M. - 11:30 A.M.

July 7, August 4, and September 1

DIETITIAN: Kristin Gustashaw, MS, RD, CSG / Melanie Betz, MS, RD

Second Fridays, 9:30 A.M. - 11:30 A.M.

July 8, August 26*, and September 23*

BLOOD PRESSURE SCREENING

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

July 26, August 2 and 23, and September 6 and 27

SUPPORT GROUPS

WHAT'S ON YOUR PLATE? (SOCIAL WORKER)

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

July 18, August 1 and 15, September 19

This group helps people cope with everyday events.

Southwest Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cindy Nissen MSN, CWCN
Every Tuesday, 8:30 A.M. – 12:30 P.M.

SOCIAL WORKER: Sarah Gutierrez, MSW, LSW
First and Third Thursdays, 8:30 A.M. – 10:30 A.M.
July 7 and 21, August 4 and 18, September 1 and 15

PHARMACIST: Aimee Chevalier, PharmD
Third Thursdays, 10:15 A.M. - 11:30 A.M.
July 21, August 18, and September 15

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
Third Mondays, 9:30 A.M. - 11:30 A.M.
July 18, August 22*, and September 26*

BLOOD PRESSURE SCREENING
First Tuesdays, 9:00 A.M.–12:00 P.M.
July 5, August 2, and September 6
Remember to bring your blood pressure card

SUPPORT AND WEIGHT LOSS GROUPS

WE’LL EAT BETTER...TOGETHER SUPPORT GROUP (NURSE)

Second Tuesdays July 12, August 9, and September 13 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)

Tuesdays July 19*, and August 16 (No meeting in September) at 11:00 A.M.

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

TOO MUCH ON YOUR PLATE? (SOCIAL WORKER)

First and Third Thursdays, 9:00 A.M. – 10:00 A.M.

July 7 and 21, August 4 and 18, September 1 and 15

This group helps people cope with everyday events.

Special Program in English and Spanish:

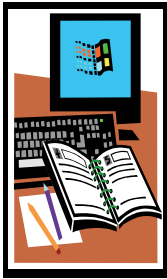
Join us for a free Healthy Aging & Memory program on Tuesday, August 30, from 10:15 – 11:15 A.M. This program will include information about memory loss and the lifestyle changes that are important for healthy aging. Staff from Rush Alzheimer Disease Center will provide educational material and a healthy snack.

Acompáñenos a un taller gratuito Envejecimiento Saludable y la Memoria el martes, 30 de Agosto, de 10:15 A.M. – 11:15 A.M. El taller incluye información sobre la pérdida de memoria y los estilos de vida más importantes para envejecer saludablemente. El personal del Centro de la Enfermedad de Alzheimer de Rush proveerá materiales educativos y un refrigerio saludable.

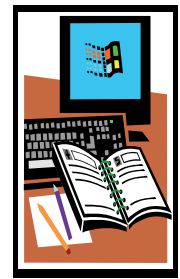
Ready, Steady, Balance: Preventing Falls in 2016: Celebrate National Falls Prevention Awareness Day and attend our third annual falls prevention Fair on Tuesday, September 20, from 9:00 A.M. – 12:00 noon. Learn how you can lower your risk for falls and improve your balance.

SENIOR PROGRAMS AT TRUMAN COLLEGE

*A Partnership of City Colleges of Chicago and Senior Services Area Agency on
Aging of the Chicago Department of Family and Support Services*



LIFELONG LEARNERS PROGRAM 2016 REGISTRATION (August 24, 2016 - October 18, 2016)



Introduction, Intermediate Computer Classes and Internet Safety and Security / Social Media sessions are available at Truman College through the Lifelong Learners Program for older adults 55 years of age or better. For more information or registration details contact Francine Miller at 312-743-1503

INTERNET SAFETY & SECURITY / SOCIAL MEDIA

This four-week workshop is designed to help older adults stay safe while using a computer or mobile device. Information shared will include safe computing, email scams, cookies, and tips for staying away from pop-ups. Part 2 of the class will focus on elements of social media and how Skype works. Skype demo calls will be made and students will learn how to set-up an account. Space is limited, call early to register.

DATES: INTERNET SAFETY & SECURITY / SOCIAL MEDIA SESSIONS are FREE

Tuesdays August 30, 2016 - October 18, 2016 class sessions: 8:45 AM to 10:45 AM Room L933

INTRODUCTION TO COMPUTERS FOR SENIOR

Seniors and Baby Boomers (55 - 59) become computer savvy through this 8-week course. Learn the basics of using a personal computer, including Windows 7 Basics, Microsoft Word Basics, Browsing the Internet for official web sites, sending and receiving email with attachments, and much more!

DATES: BEGINNER SESSIONS**

Wednesdays August 25, 2016 - October 13, 2016 class sessions: 8:45 AM to 10:45 AM Room L933

INTERMEDIATE COMPUTERS FOR SENIORS

Seniors and Baby Boomers (55 - 59) if you have the basic computer skills, you now have the opportunity to go to the next level with the Intermediate class. Topics to be covered include: Beyond Windows 7 basics, Windows Control Panel, Windows System tools, File Organization, Moving and Deleting files using Windows Explorer and cut, copy, paste plus Microsoft Powerpoint, and more!

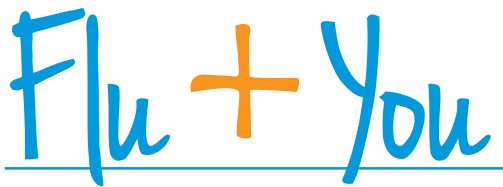
DATES: INTERMEDIATE SESSIONS**

Thursdays August 24, 2016 - October 12, 2016 class sessions: 8:45 AM to 10:45 AM Room L933

Introduction and Intermediate courses have a required fee of \$35.00

****Minimum class size of 8 Maximum class size 14 -- Seats based on availability, be the first to register****

*Cheryl Hyman, Chancellor, City Colleges of Chicago
Harry S. Truman College, 1145 West Wilson, Chicago, IL. 60640*



Protect. Learn. Understand. Safeguard.
Educating older adults about influenza and prevention
From the National Council on Aging and Sanofi Pasteur



Influenza (commonly known as “the flu”), is a serious and potentially life-threatening disease, especially in adults 65 years of age and older.

- Influenza, also known as “the flu,” is a common respiratory infection caused by several related viruses.
- The flu is easily passed from person to person through coughing, sneezing, or through contact with fluids from an infected person’s mouth or nose.
- Symptoms of the flu often include high fever, headache, tiredness, cough, sore throat, runny or stuffy nose, and body aches.
- As we get older, our immune system typically weakens. This generally makes it harder for us to fight disease and may also make us less responsive to vaccines. As a result, adults 65 years of age and older are at increased risk of flu and its complications. For example, the influenza virus can cause worsening of chronic conditions and it can lead to death.
- Each year in the United States, nine out of 10 flu-related deaths and more than six out of 10 flu-related hospital stays occur in people 65 years of age and older.

The flu can worsen other health problems.

- The flu is especially dangerous for people with certain conditions that commonly affect older adults, including heart disease, lung disease, diabetes, and cancer.
 - People with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.

The best way to help protect against the flu is vaccination.

- According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get an annual vaccination, which is recommended for everyone 6 months of age and older.
 - Despite these recommendations, immunization rates among adults 65 and older are still far below public health goals. The leading reason older adults do not get the flu shot is not being aware they need it.
- Receiving the flu vaccination each and every year is the best way and first step to help protect yourself from the flu and spreading it to friends and family.

There is a vaccine that is designed specifically for adults 65 years of age and older.

- Adults 65 years of age and older have vaccine options. In addition to the traditional flu vaccine (which helps protect against three strains of the flu virus), there is also a quadrivalent vaccine (which helps protect against four strains), and a higher dose vaccine.
 - By improving the production of antibodies in older patients, the higher dose vaccine can provide a stronger immune response to influenza than traditional vaccines.
- These vaccine options are widely available at a doctor’s office or local pharmacy. An annual flu shot is a Medicare Part B benefit – this means that the vaccine is covered with no copay for Medicare beneficiaries 65 years of age and older.

**Talk to your health care provider today about the dangers of the flu,
the benefits of vaccination, and the best vaccine option to meet your needs.**

DFSS FLU CLINICS

2016 FLU SHOTCLINICS SPONSORED BY WALGREENS

Site Name	Date	Location	Phone
Abbott Park Satellite	Wednesday, September 28, 2016	49 E. 95th St. 60619	312-745-3493
Austin Satellite	Wednesday, October 5, 2016	5071 W. Congress Pkwy. 60644	312-743-1538
Northwest Regional Center	Thursday, October 6, 2016	3160 N. Milwaukee Ave. 60618	312-744-6681
Kelvyn Park	Tuesday, September 27, 2016	2715 North Cicero Ave. 60639	312-744-3350
Englewood Satellite	Friday, September 30, 2016	653-657 W. 63rd St. 60621	312-745-3328
Auburn Gresham Satellite	Tuesday, September 20, 2016	1040 W. 79th St. 60620	312-745-4797
Northeast Regional Center	Wednesday, October 19, 2016	2019 West Lawrence, 60625	312-744-0784
Southeast Regional Center	Wednesday, October 12, 2016	1767 E. 79th St. 60649	312-747-0189
Roseland Satellite	Thursday, September 22, 2016	10426 South Michigan, 60628	312-745-1500
Garfield Ridge Satellite	Tuesday, October 4, 2016	5674-B S. Archer Ave. 60638	312-745-4255
Chatham Satellite	Wednesday, September 21, 2016	8300 S. Cottage Grove 60619	312-745-0401
North Center Satellite	Wednesday, October 5, 2016	4040 N. Oakley Ave. 60618	312-744-4015
West Town Satellite Center	Wednesday, October 19, 2016	1613 West Chicago Ave. 60622	312-743-1016
Norwood Park Satellite	Tuesday, October 4, 2016	5801 N. Natoma 60631	773-775-6071
South Chicago Satellite	Tuesday, October 18, 2016	9233 South Burley Ave. 60617	312-745-1282
Renaissance Court	Thursday, October 13, 2016	78 East Washington, 60602	312-744-4550
Edgewater Satellite	Thursday October 6, 2016	5917 North Broadway, 60660	312-742-5323
Portage Park Satellite	Thursday, October 27, 2016	4100 N. Long Ave. 60641	312-744-9022
Central West Regional Center	Tuesday, October 18, 2016	2102 West Odgen, 60612	312-746-5300
Southwest Regional Center	Tuesday, October 25, 2016	6117 South Kedzie, 60629	312-747-0440



PROTECT YOURSELF

From Abuse, Neglect and Exploitation!

Unfortunately, it is estimated that millions of U.S. elders, from all walks of life, face abuse and neglect every year. Anyone can be victimized. However, there are things you can do to help protect yourself from abuse and neglect...

PLAN!

Talk with family members, friends, and professionals that you trust and plan for your future. Consider doing the following:

- Have your income (e.g. retirement, Social Security, SSI, disability income) directly deposited into your checking account. Contact your bank or go to **www.godirect.org** for help.
- If managing your daily finances becomes difficult, consider utilizing a daily money manager. Only allow someone you trust to manage your finances. Visit **www.aadmm.com** or **www.aarpmmmp.org** for further information on professional money management services.
- Get your estate plan in place. Talk with an attorney about helping you create the following as appropriate:
 - *a living will. The Five Wishes living will is one popular example, visit **www.agingwithdignity.org***
 - *a revocable trust*
 - *durable power of attorney for healthcare and/or asset management. Name a person you trust to make healthcare and asset management decisions for you when you are incapable. Designating co-powers of attorney can ensure that no one agent can act unilaterally.*
- If you have to go to a long term care facility, learn about your options! Visit **www.medicare.gov/quality-care-finder** for more info on long term care facility quality.



BE CAUTIOUS!

Unscrupulous people target seniors and will abuse or take advantage of them. Consider doing the following:

- Learn about the types of elder abuse and neglect and associated warning signs (see National Center on Elder Abuse website to learn more: **www.ncea.aoa.gov/faq/index.aspx**)
- Get on the National Do Not Call Registry to reduce telemarketing calls. Visit **www.donotcall.gov** or call **888-382-1222** to register your phone number.
- If you are offered a “prize”, “loan”, “investment”, etc. that sounds too good to be true, it probably is too good to be true.
- Consult with someone you trust before making a large purchase or investment. Don’t be pressured or intimidated into immediate decisions.
- Don’t sign any documents that you don’t completely understand without first consulting an attorney or family member you trust.
- Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
- Tear up or shred credit card receipts, bank statements, and financial records before disposing of them in the trash.
- If you hire someone for personal assistance services, in home care services, etc. ensure that they have been properly screened with criminal background checks completed.

STAY CONNECTED!

Keep in touch regularly with others, isolation can make you vulnerable to abuse. Consider doing the following:

- Build a network of family, friends, neighbors, and groups that you can interact with
- Keep active, stay busy! Get involved with your senior center or other groups
- Create a buddy system with other elders, call each other daily for reassurance and friendship and visit each other if possible.



REPORT! Making a report in instances of abuse or neglect is the right thing to do, and it's easy. Don't be afraid! Elders have a right to be safe!

» In cases of immediate danger, call **911**.

» If you or others experience abuse or neglect in a community setting:

Adult Protective Services (APS) is there to help. The APS mission is to ensure the safety and well-being of elders and dependent adults. To learn more about APS visit: www.napsa-now.org/get-help/help-in-your-area

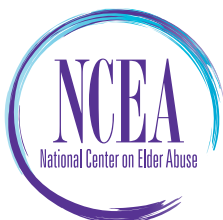
» If you or others experience abuse or neglect in a long term care facility (e.g. nursing home, assisted living facility):

The Long Term Care Ombudsman Program is there to help. The program's mission is to advocate for residents in long term care facilities to help ensure safe, appropriate care. To learn more about the ombudsman program visit: www.ltombudsman.org

LEARN MORE!

» Call **Eldercare Locator** at **1-800-677-1116** or visit the website at: www.eldercare.gov/eldercare.net/public/index.aspx for your local reporting phone numbers.

» You may also visit the **National Center on Elder Abuse** website at: www.ncea.aoa.gov/stop_abuse/get_help/state/index.aspx to get state by state reporting information.



PREPARED FOR **NCEA** BY:



CENTER OF EXCELLENCE
ON ELDER ABUSE AND NEGLECT
UNIVERSITY of CALIFORNIA, IRVINE

For more information: www.ncea.aoa.gov



Golden Diners

SERVING OLDER CHICAGOANS SINCE 1969 FOOD, FUN, AND FRIENDS

Come and join your neighbors at your local Golden Diners location. There are nearly 60 locations throughout the city, and there is sure to be one near your home. Most locations serve a hot meal at lunchtime and are open Monday 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. For more information, please call (312) 744-4016.

Special Meal

Friday, July 1, 2016
Independence Day

Hamburger on a Bun w/Ketchup & Mustard

Baked Beans

Potato Salad

Tomatoes and Onions

Chocolate Cake

\$1.50 suggested contribution. Reservations required.

Contact your local senior to make your reservation.

Open Kitchens catered meals menu.

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



**CHICAGO FITNESS PLUS
FALL 2015
Regional Centers**



CENTRAL WEST 2102 W. Ogden Avenue 60612

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

NORTHEAST (LEVY) 2019 W. Lawrence Avenue 60625

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

NORTHWEST (COPERNICUS) 3160 N. Milwaukee Avenue 60618

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

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



**CHICAGO FITNESS PLUS
FALL 2015
Regional Centers**



RENAISSANCE COURT 78 E. Washington Street 60602

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:00 AM	SFP
Monday	10:00 AM	Fresh Start
Tuesday	9:15 AM	Zumba
Wednesday	9:00 AM	SFP
Wednesday	10:00 AM	Fresh Start

GROUP EXERCISE CLASSES

Day	Time	Class
Wednesday	2:30 PM	Tai Chi
Friday	9:00 AM	Weights
Friday	2:30 PM	Yoga
Saturday	9:00 AM	SFP

SOUTHEAST (ATLAS) 1767 E. 79th Street 60649

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	10:00 AM - 12:00 PM	2:30 PM - 3:00 PM
Tuesday	8:30 AM - 10:30 AM	11:30 AM - 1:30 PM
Wednesday	10:00 AM - 12:00 PM	2:30 PM - 3:00 PM
Thursday	8:30 AM - 9:30 AM	10:30 AM - 1:30 PM

SOUTHWEST 6117 S. Kedzie Avenue 60629

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	10:00 AM - 12:00 PM	2:00 - 3:00 PM
Tuesday	11:00 AM - 1:00 PM	2:00 - 4:00 PM
Wednesday	10:00 AM - 2:00 PM	
Thursday	11:00 AM - 1:00 PM	2:00 - 4:00 PM
Saturday	8:30 AM - 10:00 AM	

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



CHICAGO FITNESS PLUS

Winter 2016

Satellite Centers

ABBOTT PARK 49 E. 95th Street 60619

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

AUBURN GRESHAM 1040 W. 79th Street 60620

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

AUSTIN 5071 W. Congress Parkway 60644

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	11:15 AM	Fitness Plus
Tuesday	10:30 AM	Fit & Strong
Wednesday	11:15 AM	Fitness Plus
Thursday	10:30 AM	Fit & Strong
Friday	11:15 AM	Balance

FITNESS CENTER TRAINING HOURS

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

CHATHAM 8300 S. Cottage Grove Avenue 60619

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Monday	1:00 PM	Fit & Strong
Wednesday	10:30 AM	Fitness Plus
Wednesday	1:00 PM	Fit & Strong
Friday	10:30 AM	Limbercize

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	8:30 AM - 10:30 AM	3:00 PM - 4:30 PM
	11:30 AM - 1:00 PM	
Wednesday	8:30 AM - 10:30 AM	3:00 PM - 4:30 PM
	11:30 AM - 1:00 PM	



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



CHICAGO FITNESS PLUS Winter 2016 Satellite Centers

EDGEWATER 5917 N. Broadway Street 60660

GROUP EXERCISE CLASSES

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

GROUP EXERCISE CLASSES

ENGLEWOOD 653-657 W. 63rd Street 60621

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

GARFIELD RIDGE 5674-B S. Archer Avenue 60638

GROUP EXERCISE CLASSES

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

KELVYN PARK 2715 N. Cicero Avenue 60639

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:30 AM	Fitness Plus
Monday	10:30 AM	Weights
Monday	11:15 AM	Zumba
Wednesday	9:30 AM	Fitness Plus
Wednesday	10:30 AM	Weights
Wednesday	11:15 AM	Zumba
Friday	9:30 AM	Fitness Plus
Friday	10:30 AM	Yoga

FITNESS CENTER TRAINING HOURS

Day	Hours
Monday	9:00 AM - 9:30 AM
Monday	11:30 AM - 1:00 PM
Wednesday	9:00 AM - 9:30 AM
Wednesday	11:30 AM - 1:00 PM
Friday	9:00 AM - 9:30 AM
Friday	12:00 PM - 1:00 PM



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



CHICAGO FITNESS PLUS Winter 2016 Satellite Centers

NORTH CENTER 4040 N. Oakley Avenue 60618

GROUP EXERCISE CLASSES

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

GROUP EXERCISE CLASSES

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

NORWOOD PARK 5801 N. Natoma Avenue 60631

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

PILSEN 2021 S. Morgan Avenue 60608

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	11:00 AM - 12:15 PM	
Wednesday	11:00 AM - 12:15 PM	
Friday	9:00 AM - 10:00 AM	
	11:00 AM - 12:15 PM	



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

CHICAGO FITNESS PLUS

Winter 2016

Satellite Centers



PORTAGE PARK 4100 N. Long Avenue 60641

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

ROSELAND 10426 S. Michigan Avenue 60628

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:15 AM	Fitness Plus
	1:00 PM	Fit & Strong
Wednesday	9:15 AM	Fitness Plus
	1:00 PM	Fit & Strong
Friday	9:15 AM	Yoga

FITNESS CENTER TRAINING HOURS

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

SOUTH CHICAGO 9233 S. Burley Avenue 60617

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

WEST TOWN 1613 W. Chicago Avenue 60622

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:30 AM	Weights
Tuesday	10:30 AM	Fit & Strong
Wednesday	9:30 AM	Zumba
Thursday	10:30 AM	Fit & Strong
Friday	9:30 AM	Yoga

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	9:00 AM - 9:30 AM	10:30 AM - 1:00 PM
Tuesday	9:00 AM - 10:15 AM	11:30 AM - 1:00 PM
Wednesday	9:00 AM - 9:30 AM	10:30 AM - 1:00 PM
Thursday	9:00 AM - 10:15 AM	11:30 AM - 1:00 PM
Friday	9:00 AM - 9:30 AM	10:30 AM - 12:00 PM

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



Director: Shavette Lovemore

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

SPECIAL EVENTS & PROGRAMS

STEPPING AT CLUB CENTRAL WEST

Friday, August 26, 2016 &

September 23, 2016

12:00 p.m. until 4:00 p.m.

You have taken all of those dancing classes, so are you ready to try some of the new dance steps out? Central West Auxiliary is having a dance party and inviting everyone to come out and party with us. Do not forget to pick your ticket(s) up when you are at the center. Come and dance the afternoon away as DJ Chico teaches us the newest line dances.

Suggested Donation: \$5.00

CENTRAL WEST CHOIR

3rd Thursdays

10:00 a.m.

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

CENTRAL WEST BOOK CLUB

**3rd Mondays, July 18; August 15 and
September 19, 2016**

1:00 p.m.

Come and join the Central West's monthly book club discussion. We have wonderful selections, great company and even better discussion. This quarter our selections include: **Sins of My Father** by Angela Benson (July Book), **A Torch Against The Night** by Sabaa Tahir (August Book), and **Perfect Peace** by Daniel Black (September Book).

SEE ERIN

Every 1st and 3rd Tuesdays

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

Erin Cecchi, our Social Worker from Rush University Medical Center is available to talk with you. Consider talking with her if you are: worried about your health changes, recently loss of a loved one, or just need a confidential ear to voice your emotional concerns.

CLASSES

STEPPING CLASS

Wednesdays,

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

Dr. Loretta Martin will teach you how to step. Come and join us on the dance floor and 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 while you relax, relate, and release.

COMPUTER CLASSES

Wednesdays

1:00 p.m. – 3:00 p.m.

Linda Moore, our computer instructor leads beginning and intermediate computer class for seniors who would like to learn how to access the internet and send email. If you are interested in keeping up with technology, you need to register to attend this class. **There will be no classes during the month of July.** Classes will resume in August. Call (312)746-5300 to register today.

SENIOR 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. Our class can also be done standing for increased aerobic workout.

Suggested Donation: \$5.00 per class

ARTS & CRAFTS

Thursdays

10:30 a.m. – 11:30 a.m.

Eric Tillman – Instructor

Join our wonderful class and make items for yourself or to give as gifts.

ZUMBA

Fridays

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

Liz Guerrer - Instructor

Ditch the workout and come join the party! Liz leads us in a Zumba aerobic workout of Latin and other cultural rhythms, with simple to follow instructions. Come for the workout and stay for the fun!

LINE DANCING

Fridays,

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

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

UPCOMING EVENT

TRASH - N - TREASURE

Friday, July 15, 2016

10:00 a.m. until 3:00 p.m.

Call to become a vendor (312)745-5300.

Central West Trash-N-Treasure Bazaar is a bargain hunting treasure. Come browse from table to table to find wonderful bargains.

BINGO

Friday, September 9, 2016

12:00 p.m. - 1:30 p.m.

Come and enjoy our final Bingo of the year.
Great Prizes

Suggested Donation: \$5.00

WESTSIDE COALITION FOR SENIORS & CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES

24th ANNUAL SENIOR PROM

Wednesday, November 9, 2016

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

24th Annual Senior Prom tickets will be available on **Monday, July 8, 2016**. Make sure you get your ticket(s) for this event. Ticket cost is \$50.00.

EMPOWERMENT SESSION

Every 4th Thursday

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

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

Central West Satellite Centers Program Highlights

Austin Satellite Center 5071 West Congress, 60644 (312)743-1538	
ICE CREAM SOCIAL July 8, 2016 1:00 p.m. - 3:00 p.m.	<i>I scream, You scream, We all scream for Ice Cream!</i> Join us at Austin Satellite's Ice Cream Social. Ice Cream and Cookies will be served. Don't miss the fun!
SACCC / AUSTIN SENIOR FORUM August 10, 2016 9:30 a.m. - 12:00 p.m.	Attendees will receive important information regarding current issue of concerns to seniors to assist them as they age in place in their own homes and communities.
BACK TO SCHOOL WORK DAY September 9, 2016 1:00 p.m. – 3:00 p.m.	Senior volunteers will assemble basic school supply packs that will be distributed to area elementary schools students. The material for the packs will be donated.
Pilsen Satellite Center 2021 South Morgan, 60608 (312)743-0493	
FIESTAS PATRIAS Friday, Sept 16, 2016 11:00 a.m. – 1:00 p.m.	Join us for this event celebrating Mexico's Independence Day observance with food, music, folkloric dance demonstrations, and participant dancing. Free. Must register in advance.
West Town Satellite Center 1613 West Chicago, 60622 (312)743-1016	
KARAOKE W/HAROLD 1ST & 3RD Wednesdays, 12:30 p.m. – 3:30 p.m.	Bring your best singing voice and have a Karaoke good time at West Town Satellite. You are sure to enjoy yourself.
COMPUTER & CELL PHONE WORKSHOPS TBD	So you want to use your computer and cell phone like your Grandchildren? Starting in mid-July, West Town Satellite will be piloting youth-led workshops to assist you with your computer and cell phone questions. Please contact the center for additional information (312)743-1016.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR

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



Regional Director: Paula Basta

Program Director: 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

RED, WHITE & BLUE AFFAIR

Wednesday, July 6th, 2016

1:00 p.m. to 3:00 p.m.

Come celebrate Independence Day with a "RED WHITE & BLUE" affair as we dance the afternoon away to the talented singer Roberto Jonson!!! Refreshments served - **FREE**

ICE CREAM SUMMER SOCIAL

Thursday, August 11, 2016

1:00 p.m. – 3:00 p.m.

Enjoy an afternoon of dancing to a wide variety of music including Contemporary, Classic Rock n Roll, Motown and Fiddling. Refreshments served – **FREE**

SUMMER SIDEWALK SALE!

Friday, September 9, 2016

9:00 a.m. - 3:00 p.m.

Reserve a space for \$15.00 by August 14, 2016. Attendees must bring their own table/chair and prepared items to sell at our sidewalk sale. **For more information contact Alicia Henry at 312-742-2620.**

A "STEP N' LINE DANCE PARTY"

Thursday, September 29, 2016.

1:30 p.m. - 3:30 p.m.

Enjoy an afternoon of grooving to vibrant music and watching variety of line dancing performances. Refreshments served – **FREE.**

CLASSES

AARP DRIVER SAFETY

Thursday, July 14 & Friday, July 15, 2016

Thursday, Sept. 15 & Friday, Sept. 16, 2016 9:00 a.m. - 1:00 p.m.

The course is presented in two, four-hour classes. **You must attend class both days to be eligible for 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 fees can be paid on the first day of class, cash or check **ONLY.**

RULES OF THE ROAD

Monday, July 18, 2016 &

Monday, September 19, 2016

12:30 p.m. – 2:30 p.m.

This Secretary of State's review course is designed to assist you with taking your driving test. Handouts will be available. Bring your driver's license or State I.D. to attend class. **FREE**

BELLY DANCE

Thursdays, 1:00 p.m. – 2:00 p.m.

Instructor: Dianne Hodges

Belly dancing is a lifelong ancient fitness alternative designed to enhance and improve your health. **Suggested**

Donation: \$1

ZUMBA FITNESS GOLD

Tuesdays & Saturdays

10:00 a.m. - 11:00 a.m. Donation: \$1

Instructor: Mari Jane Dare

Try this new exercise class!!!! If you like to dance, this class is for you. This class is a fusion of aerobic exercise and Latin movements designed to strengthen and tone.

VIBE (Visualize, Imagine, Breathe & Energize) - FREE

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.

COUNTRY WESTERN LINE DANCE

Fridays, 1:00 p.m. – 2:00 p.m.

Instructor: Louie Stallone

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.

BASIC LINE DANCE

Tuesdays 1:00 p.m. – 2:00 p.m.

Instructor: Freda Terry

Let Freda guide you through the basics of line dancing via music and organized group choreography. Don't be afraid...this class is for the movers and shakers.

YOGA

Wednesdays, 12:30 p.m. – 1:30 p.m.

This class is **FREE**...but please come with your Yoga mat.

UPCYCLING & BEYOND ARTS

Tuesdays- 9:00 a.m. -11:30 a.m.

Instructor: Sandy Gooden

Learn how to recycle old items into new creative crafts!!!- **FREE!!!**

PAINTING on SILK w/ Vivian

Fridays, 9:30 a.m. – 10:30 a.m.

Instructor: Vivian Visser

If creating sustainable art is your hobby, come join us!!! Let Vivian enhance your artistic skills with various art projects and techniques.

CHOICE MARKET FOR OLDER ADULTS (Food Pantry)

Select Tuesdays at 12:30 p.m.

July 5 & 19, 2016

August 2 & 16, 2016

September 6 & 20, 2016

KARAOKE

Tuesdays 12:30 p.m. – 3:30 p.m.

Suggested Donation: \$1

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 **FREE!**

COMPUTER CLASSES:

We offer 4 classes at a variety of times – Basic Computers; Advance Digital Imaging; Basic Digital Camera and Get Hooked on the Internet – as well as occasional iPad, Windows “8” and Surface Pro classes.

For more information call Court Chilton 312-742-2623.

WEEKEND PROGRAMS

SALSA & SWING DANCE LESSONS

Saturdays, 12:30 p.m. – 1:30 p.m.

Instructor: Norman

Come learn instructional dance with a Latin flare! Register with instructor.

Northeast Satellite Centers

Program Highlights

Edgewater Satellite Center 5917 North Broadway, 60660 (312)742-5323	
CAPS OUTING July: TBD	The 24th Police District CAPS Office is hosting a trip to the Brookfield Zoo. What says summer more than a trip to the zoo. Transportation and box lunches will be provided.
ICE CREAM SOCIAL August: TBD	Come join us for one cool time and a delicious ice cream treat.
OPEN HOUSE Monday, Sept. 19, 2016 9:00 a.m. - 2:00 p.m.	Join us for our Annual Open House. Try your hand at Badminton, Tai Chi, and Yoga. Then join us for a hot lunch and finish your day with a round of dancing. Don't forget to bring a friend.
North Center Satellite Center 4040 North Oakley, 60618 (312)744-4015	
DROP IN TECH CLINIC Mondays, 10:00 a.m. – 1:00 p.m.	Join Mary and Nancy, they will assist you with getting the most out of your tablet, laptop, and smart phones. Bring in your questions and they will help you find the answers.
QIGONG WITH PAT Thursday, May 19, 2016 1:00 p.m.	Qigong movements are simple energy exercises that have been shown to strengthen the immune system, help metabolic rates, harmonize the endocrine function, lower blood pressure and adjust oxygen demand.
TAI CHI WITH LOUIE 3rd and 4th Wednesdays, 10:30 a.m.	Come and join us to learn the ancient art of Tai-Chi. It will help you develop your inner core and strengthen your bones and muscles.
ANNUAL ARTS & CRAFTS FAIR SENIOR KULTURA Sunday, Sept. 25, 2016 12:00 p.m. - 4:00 p.m.	Original handmade items for sale. Theme- Basket Raffles, Silent Auction and more.

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

Programming: Velma Luciano

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

2nd ANNUAL SENIOR HEALTH FAIR

Thursday, July 21, 2016

10:00 a.m. – 2:00 p.m.

Numerous health providers will be on hand to provide you with health screenings and referrals. In addition, information regarding dementia and Alzheimer's and other health issues will also be provided by community organizations and senior health providers. Free hearing tests and diabetic eye/macular degeneration screenings will be provided by the Lions of Illinois Foundation. In addition, Secretary of State will be available for driver license renewals and identification cards. **Note: The Health Fair is free however; the Secretary of State will have their usual fees for ID's and driver license renewals.**

AUXILIARY OF THE NORTHWEST SIDEWALK SALE

Friday, August 12, 2016

9:00 a.m. to 3:00 p.m.

Once again the Northwest Auxiliary will be hosting its second Sidewalk Sale of the year and we are inviting you to participate

whether you are trying to sell or buy some new or gently used items. Applications will be accepted beginning July 18, 2016.

Please make checks payable to the Auxiliary of the Northwest. **NOTE: You must bring your own table and chairs.**

Suggested Donation: \$15.00 a space

NORTHWEST COPERNICUS OPEN HOUSE

Wednesday, September 16, 2016

1:00 p.m. – 3:30 p.m.

We are inviting community leaders, neighbors and the general public to an Open House where people will be introduced to the programs and services that the center provides. DJ Dynamico will provide musical entertainment and refreshments will be provided. **FREE**

CLASSES

BEADS & BAUBLES CLASS

1st & 3rd Fridays

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

Marta Ortiz, will be making her debut as our instructor for our jewelry making class. She will teach you how to create earrings, bracelets, and other pieces of jewelry. These personally handcrafted pieces will make great gifts for friends and family too! \$1.00 suggested donation per class (to cover materials).

MANUAL CRAFTS

2nd & 4th Wednesdays

10:00 a.m. – 11:00 a.m.

Join Marta and learn how to do fun and easy manual crafts projects for your personal use or for gifts for your loved ones. **FREE!**

AARP DRIVER SAFETY PROGRAM

Wednesday, August 10th and Thursday, August 11th, Wednesday, October 12th and Thursday, October 13, 2016

9:00 a.m. – 1:00 p.m.

This two-day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes. Please make all checks payable to AARP. Class fee can be paid on the first day of class. Please call the center to register 312-744-6681. Cost is **\$15.00 for AARP members, \$20.00 for non-members.**

LINE DANCE

Mondays, 12:30 p.m. – 1:30 p.m.

Frances Strain is firing up your enthusiasm by teaching you how to line dance. Accomplished line dancers are always welcome too.

\$1.00 Suggested Donation.

PILATES CLASS

1ST and 2ND Mondays

10:30 a.m. - 11:30 p.m.

Bonnie Pobgee, our instructor will teach you this type of exercise that will help you strengthen your body's core muscle groups and increase your flexibility. **FREE**

V.I.B.E. Visualize, Imagine, Breathe, 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. **FREE**

FIT AND STRONG

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

Continuation for participants of the Fit and Strong class and any others who want to continue their exercises in balance. **FREE**

TAI-CHI

Fridays, 10:30 a.m. – 11:15 a.m.

Join us every Friday to learn and practice the ancient art of Tai-Chi. Jack our instructor will teach how this It will help you develop your inner core and strengthen your bones and muscles. **Note: Additional class starting August 2, 2016 Tuesdays 10:00 a.m. – 11:00 a.m. (Auditorium) FREE**

WEEKEND CLASSES & EVENTS

SPANISH FOR BEGINNERS

Saturdays, 1:30 p.m.

The Northwest Center is continuing to offer the popular conversational Spanish class to students with all levels of fluency. **\$2.00 suggested donation per class (covers materials).**

ZUMBA GOLD

2ND & 4TH Saturdays

12:30 p.m.

Melt your pounds away while having fun dancing to music and learning new dance moves. **FREE**

VIDEO MATINEE MOVIES

Saturdays, 12:30 p.m.

Is back by popular demand, every Saturday afternoon we will be showing movies streamed directly. On Saturdays afternoon, will feature the newest and latest titles released by Hollywood! Popcorn will be available for a small donation. **FREE**

LATIN DANCE

1st & 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. **FREE**

Northwest Satellite Centers

Program Highlights

Kelvyn Park Satellite Center 2715 North Cicero, 60639 (312)744-3350	
KNITTING & SEWING Tuesdays & Thursdays 10:00 a.m. / 10:30 a.m. / 11:00 a.m.	Come and learn about the different knitting and sewing techniques and patterns. It's great fun with either better company. There are knitting classes on Tuesdays at 10:30 a.m. & 10:00 a.m. – 12:00 p.m. on Thursdays. In addition, sewing classes are held on Thursdays at 11:00 a.m.
BEAUTY SPA Every Other Tuesday, beginning July 19, 2016 11:00 a.m.	Join us at Kelvyn Park's new Beauty Spa program. There will be a nail technician doing manicures, eyebrows, and facials. Please call the center to register (312)744-3350.
CENTRAL AMERICAN CELEBRATION Friday, Sept. 16, 2016 12:00 p.m.	Come and celebrate Central American Independence with us! We will have karaoke and a potluck meal.
Norwood Park Satellite Center 5801 North Natoma, 60631 (773)775-6071	
AARP DRIVER SAFETY Tuesday, August 2 & Thursday, August 4, 2016 1:00 p.m. – 5:00 p.m.	Sharpen your defensive driving knowledge and gain greater insight into remaining a good driver by attending the AARP Driver Safety Class. The class is open to persons 55 years of age or older, and the cost is \$20 per person (\$15 per person for AARP members.) Call the Senior Center at (773) 775-6071 to register or email them at info@npseiorcenter.org.
7TH ANNIVERSARY CELEBRATION Thursday, September 15, 2016 3:00 p.m.	It's time to celebrate and party at the Seventh Anniversary of the Norwood Park Satellite Center. For more information, call the senior Center at (773) 775-6071 or email info@npseiorcenter.org.
Portage Park Satellite Center 4100 North Long, 60641 (312)744-9022	
ZENTANGLE Every Other Monday, 1:45 p.m. – 3:45 p.m.	Zentangle is a relaxing and rewarding process that allows all ages to create artistic designs with repetitive patterns (tangles). No artistic talent needed. The process helps anyone get in touch with life, solve problems, turn mistakes into positives, be innovative and become more creative. Free.
ZUMBA GOLD Tuesdays, 2:45 p.m. - 3:45 p.m.	Melt your pounds away while having fun dancing to music and learning new dance moves. Come join the party!

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR

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



Director: Crystal Warren

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

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

SPECIAL EVENTS & PROGRAMS

Renaissance Court Gallery features Chicago-area artists age 55 and over. Featured in the gallery this quarter:

June 10 – August 5, 2016

Exhibit: “Ali/Civil Rights (1960)”

By: Anthony Porter

Meet & Greet: Thursday, July 28

4:30 p.m. – 6:30 p.m.

August 12 – October 7, 2016

Exhibit: “Clay Grounds”

By: Boruch Lev & Sueko Kawamura

Opening Reception:

Thursday, August 18

4:00 p.m. – 6:30 p.m.

Exhibit Presentation Demonstration:

Thursday, September 1

12:00 p.m. – 4:00 p.m.

CLASSES

ACRYLIC PAINTING FOR BEGINNERS

Wednesdays, July 6 – Sept 28

11:00 a.m. – 12:30 p.m.

Instructor: Vivian Visser

Learn how to paint! This class will teach you about brushes, paint, canvas and paper. Then you will begin the adventure of learning ways to

paint. Come learn something and have fun with us. Bring your own brushes. We will discuss what to get during the day of first class. **Registration is not required. FREE**

PAINTING ON SILK PRESENTATION & DEMONSTRATION

Thursday, August 4 & 11

2:30 p.m. – 4:30 p.m.

This course will lead Artist to new heights with **Master Artist VIDMA WAIT**. Vidma is noted for his unique technique of Painting on Silk, Ceramics, Watercolors and Acrylic Painting. The works of Vidma create an impression of lightness, pulsing with lively impression and great humor while revealing loose brush strokes. Come watch, learn and discuss his techniques. **Sponsored by the Friends of Renaissance Court Auxiliary. Registration is not required. FREE**

LINE DANCE W/ FRED A

Wednesdays,

1:45 p.m. – 3:00 p.m.

Get moving with Frieda as you groove to popular line dance movements.

Registration is not required. Suggested Donation: \$2 per class. Sponsored by the Friends of Renaissance Court Auxiliary.

QI-GONG FOR BREAST HEALTH

Wednesdays, July 13

12:15 p.m. – 1:15 p.m.

Instructor: Rasheeda Isreal

There are seven (7) unique Wu Ming Qigong exercises that will be used. Each movement can help unblock stagnant Qi in the meridians in the stomach, liver and kidney and allow energy to run through the breast area.

Qigong movements are simple energy exercises that has been shown to strengthen the immune system, help metabolic rates, harmonize the endocrine function, lower blood pressure and adjust oxygen demand.

Suggested Donation: \$3 per class. This class is sponsored by the Friends of Renaissance Court Auxiliary.

CURSIVE HANDWRITING

Thursdays, July 14 – August 11

9:00 a.m. – 12:00 p.m.

Instructor: Sharon Johnson

Cursive writing was created to enhance the development of the written language.

Several cultures of the world practice writing their spoken language, such as: Bengali, Roman, Greek, German, Russian and Chinese. Join in to continue this valuable link to American culture. One-Time Suggested Donation \$5.00

Registration is not required. This class is sponsored by the Friends of Renaissance Court Auxiliary.

LADIES & GENTS WHO LUNCH

If you like dining at the finest restaurants in Chicago, then join us for an elegant afternoon for lunch and great company. This social group meets every month to socialize, dine and voice their comments about the food and service via social media "Yelp". Membership is free, but the lunch and transportation is on you. If you are interested, please call us at 312/ 744-4550 to reserve your seat at the table.

Restaurants

July – City Winery

August – Smith & Wollensky

September – Bub City

BASIC PERSIAN FARSI

Tuesdays,

July 12 – September 27, 2016

3:30 p.m. – 4:30 p.m.

Instructor: Majid Memar, PhD.

This class is for beginners wishing to learn the basic language of Farsi Persian. We will start with listening, vocabulary and then move to sentence structure, writing and reading. Come have fun! This FREE class is sponsored by the Friends of Renaissance Court Auxiliary.

AARP DRIVER SAFETY

Wednesday, September 7, 2016

Thursday, September 8, 2016

12:30 p.m. – 4:30 p.m.

Facilitator: Gloria Andrews

This approved course is facilitated by AARP trained and state approved instructors.

The course is presented in two, 4 hour classes. You must attend both classes to be eligible for the certificate. Class size is limited and registration is required. The cost of the class is **\$15 for AARP members and \$20 for non-members**. Please make all checks payable to AARP. Fees can be paid on the first day of class.

- Must bring a valid driver's license
- Must bring your AARP membership card (if you are a member)
- Check or money order payable to AARP

Call to register 312/744-4550.

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



Director: Robin Tillotson

Programming: Kalyna Pomirko

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

SPECIAL EVENTS & PROGRAMS

"CONCERT AT ATLAS"

Saturday, July 30, 2016

10:00 a.m. - 3:00 p.m.

Everyone is invited to our 11th annual indoor music festival. Live performances by the Myron Mills Project, the Elements of Sound, and D.J. by C-7 Sound Service. Box lunches available. Admission to concert is **FREE**.

AUTUMN LINE DANCE PARTY

Saturday, September 17, 2016

12:00 p.m. to 3:00 p.m.

Start the fall season off right, dancing! Join D.J. Chico and "bust a move" on the dance floor. Box lunches will be available. Admission is **FREE**.

"ATLAS SWINGS"

Tuesday, August 30, 2016

11:30 a.m. - 1:30 p.m.

"Atlas Swings" is a new weekday program featuring THE MYRON MILLS PROJECT at this time. Come listen to some great **FREE**, music.

WEEKEND PROGRAMS

MUSICAL MEMORIES

Saturday, July 9, August 13, and September 10, 2016

11:30 a.m. - 1:30 p.m.

Andre Miles entertains us during lunch with vocals, piano; and music for the soul.

FREE.

ATLAS SUNDAY LUNCHTIME MUSIC SERIES

Sunday, July 17, August 21, September 18, 2016

11:30 a.m. - 1:30 p.m.

Join us every 3rd Sunday of the month for a special musical program. Contact Emily Cooper for specific program information.

FREE.

SING ALONG WITH "BE-BOP"

Saturday, July 23, August 27, September 24, 2016

11:30 a.m. - 1:30 p.m.

Join us for karaoke fun with "Be-Bop."

Sing like you've never sung before! **FREE.**

KYNORA AND THE ENCHANTERS

Saturday, September 3, 2016

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

This delightful trio returns to entertain us with a beautiful blend of voices and instruments. Come start your Labor Day weekend on a musical note. **FREE.**

CLASSES

WORLD TEXTILES

Thursdays, July 7 and 14, 2016

1:00 p.m. – 3:00 p.m.

Participants will view beautiful fabrics that the presenter, Judy Petacque, has collected from around the world (including Indonesia, Japan, India, China, Tibet, Peru, Mexico, Africa, New Guinea & more); they will create their own pattern, design wall-hangings using hand-made papers and puncher metal shapes including flowers, animals, butterflies and more.

FREE.

AFRICAN AND WORLD TEXTILES

Saturday, August 6, 13, and 20, 2016

1:30 p.m. – 3:30 p.m.

In this 3-week class, taught by Judy Petacque, students will view textiles from around the world. You will view beautiful cloths, learn the meaning of symbols and designs in the cloth and create your own textiles. These classes are **FREE** but space is limited. See Emily Cooper to register.

HOME GARDENING

“Preparing Your Garden for the Winter”

Thursdays, September 22 & 29, 2016

10:00 a.m. – 11:00 a.m.

Instructor: Nelson Fluker

FREE.

MYSTERIES OF ASTRONOMY

Wednesdays, July 6, 20; August 3, 17;

10 a.m. – 11:30 a.m. FREE.

AARP DRIVER SAFETY

EDUCATION

Wednesday & Thursday, August 24 & 25

9:00 a.m. – 1:00 p.m.

Instructor: Gloria Andrews

Please register with instructor at (773) 551-7977 between the hours of 9:00 am -5:00 pm.

RULES OF THE ROAD

Wednesday, September 7, 2016

10:30 a.m. – 12:30 p.m.

Instructor: Sec’y of State staff. FREE.

Please register with Kalyna.

SPANISH

Wednesdays, 1:30 p.m. – 3:00 p.m.

Instructor: Senora Lula Rucker

Suggested donation: \$2.00

KNIT/CROCHET

Mondays, 12:30 p.m. - 2:30 p.m.

Instructor: Jo-Ann McKelphin

Suggested Donation: \$3.00

T A I—C H I

Tuesdays, 12:45 p.m. – 2:00 p.m.

Instructor: Craig Harris

Suggested Donation: \$3.00

Wii: BOWLING

Mondays, 10:30 a.m.

Thursdays, 9:30 a.m.

Instructor: Marie Sims

FREE.

VISIT OUR WEBSITE:

79THSTREETSENIORS.COM

Southeast Satellite Centers

Program Highlights

Abbott Park Satellite Center 49 East 95th Street, 60619 (312)745-3493	
BINGO Every Wednesday, 12:30 p.m. – 2:30 p.m.	Join the best game of Bingo on the Southside of Chicago and shout Bingo with Abbott Park Satellite seniors. .50 cent per card.
BID WHIST Tuesday & Thursdays, 1:00 p.m. – 4:00 p.m.	Bring your Bid Whist partner to the game table & play at Abbott Park Satellite.
Chatham Satellite Center 8300 South Cottage Grove, 60619 (312)745-0401	
BRIDGE CLASS Every Monday & Thursday 1:30 p.m. – 3:00 p.m.	Come join Richard Boyd as he leads us in an exciting game of bridge. Great fun and great company. Beginners are welcome. Richard is a very patient instructor; why not give Bridge a try...
ICE CREAM SOCIAL 3rd Thursdays 1:30 p.m. – 3:00 p.m.	EVERYONE IS WELCOME at Chatham Satellite's <i>Dancing and Singing with Friends</i>. Have a cup of ice cream and try your hand at Karaoke. Come join us you may see some old friends or make some new ones.
BINGO W/JANET Every Wednesday 1:00 p.m. - 3:00PM	Come and enjoy a good game of bingo. Light refreshments served and gifts. There is even "Mystery" gifts on special Wednesdays.
Roseland Satellite Center 10426 South Michigan, 60628 (312)745-1500	
KNITTING CIRCLE Every Friday, 10:00 a.m. - 11:00 a.m.	Come and learn how to knit with a fabulous group of seniors and make new friends as well.
ZUMBA GOLD 3rd and 4th Fridays, 2:00 p.m. – 3:00 p.m.	If you like to dance and love Latin music, this class is for you. Come and learn the latest dance moves while getting an aerobic workout.
South Chicago Satellite Center 9233 South Burley, 60617 (312)745-1282	
ZUMBA Tuesdays, 9:30 a.m. – 10:30 a.m.	Ditch the workout and come join the party. You are sure to have a good time.
KARAOKE WITH MEECHIE Fridays, 10:00 a.m. – 12:00 p.m.	Calling all singers, dancers, and those who love to have a good time. South Chicago Satellite has a fun –filled karaoke session just waiting for you. See you there!

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

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



Director: Tom Jones

Programming: Daniel Fafore

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

SPECIAL EVENTS & PROGRAMS

HARVEST FEST

Friday, August 19, 2016

12:30 p.m. – 3:30 p.m.

This is an event featuring the display, judging, and awarding of prizes to the winners of the home grown fruit and vegetable contest. Bring your home grown fruits and vegetables and you may win a prize! This will be followed by a dance party. Refreshments will be served.

FREE

MEXICAN INDEPENDENCE DAY CELEBRATION

Friday September 16, 2016

12:30 p.m. – 3:30 p.m.

A day to celebrate Mexico's Independence day with a display of Mexican cultural artifacts at the center by the Latino Heritage Group. Entertainment will be provided by a Mariachi Band, followed by a Disc Jockey. Refreshments will be served.

Suggested Donation: \$8.00 per person

SOUTHWEST CENTER'S 36th ANNIVERSARY CELEBRATION AND OPEN HOUSE

Friday, September 16, 2016

12:30 p.m. – 3:30 p.m.

Join us for the celebration of our Center's 36th anniversary. Long time regular participants will be recognized. This is also considered a special day to welcome new participants to our Center. D. J. Chico will provide music for the party. Refreshments will be served.

FREE

CLASSES

AARP DRIVERS' SAFETY PROGRAM

Thursday, August 18, &

Friday, August 19, 2016

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

This approved course is taught by AARP for Accident Prevention. You must be at least 55 years old and a \$20.00 fee is required for the two day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited. **\$15.00 for AARP members and \$20.00 for non-members (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. **Suggested Donation: \$3.00 per person for each class**

ZUMBA GOLD

Thursdays

9:00 a.m. – 10:00 a.m.

Instructor: Myah McKinnie

“Ditch the Work out, Join the Party!!!”

Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. The Zumba Gold format is designed for the active older adult or the beginner participant and features dances from popular rhythms such as meringue, Salsa, Cha Cha, Belly Dance Flamenco, Tango, Rock and Roll and more. The format is so easy that anyone and any age can do it! Zumba is for people who like to exercise, dance, party, and have fun!!!

FREE

RULES OF THE ROAD

Friday, August, 26, 2016

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

The Office of Secretary of State is providing a Rules of the Road class. They will provide you with 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.

TOO MUCH ON YOUR PLATE?

Thursdays, July 7, 21, 2016;

August 4, 18, 2016 September 1, 15, 2016

10:00 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. Sarah Gutierrez, a social worker from Rush University Medical Center, Bowman Health Center will lead the discussion group. **FREE**

WEEKEND PROGRAMS

ICE CREAM SOCIAL

Saturday, July 16, 2016

1:00 p.m. – 3:00 p.m.

Summer is here already! You are invited to enjoy your Saturday afternoon with us at the Southwest Center. DJ Chico will provide the music for the occasion. Stay cool at our Ice Cream Social. Refreshments will be served. **FREE**

Southwest Satellite Centers

Program Highlights

Auburn Gresham Satellite Center 1040 West 79th Street, 60620 (312)745-4797	
YOGA WITH TONI Thursdays, 1:00 p.m. - 2:00 p.m.	This ancient art form of de-stressing exercise fuses the mind and body into a total form of relaxation while using various breathing techniques.
LINE DANCE WITH LISA Tuesdays, 9:30 a.m. - 11:30 a.m.	Lisa will guide students through basic and advanced steps of different line dancing techniques to enhance their learning experience with enjoyable music and organized group choreography.
Englewood Satellite Center 653 - 657 West 63rd Street, 60621 (312)745-3328	
SEWING Wednesdays & Fridays, 9:30 a.m. – 11:30 a.m.	Mr. Joe Jackson is resuming his sewing class! Learn a skill that you pass on to your grandchildren!!! Call the center for further details (312)745-3328.
AFRICAN DANCE CLASS Wednesdays, 8:45 a.m. – 9:45 a.m.	Come join this class led by internationally acclaimed, Darlene Blackburn. She is the founder of the director of the Darlene Blackburn Dance Troupe!
OPEN HOUSE Tues, September 20, 2016 10:00 a.m. – 3:00 p.m.	Come check us out!!! See what resources, fun activities, and classes the Englewood Senior Center has to offer.
Garfield Ridge Satellite Center 5674-B S. Archer, 60638 (312)745-4255	
FLEA MARKET Saturday, July 23, 2016 9:00 a.m. – 3:00 p.m.	Join us for our Flea Market. Browse the tables for treasures galore. Beverages and snacks will be on sale at our concession stand. You can buy a \$25 space if you bring your own table or \$30 to use ours. The space is eight feet wide and six feet deep. Get yours soon!
PICNIC BINGO PARTY Thursday, August 18, 2016 9:00 a.m. – 2:00 p.m.	Join us for a Bingo Party. Your advanced ticket purchase includes two free bingo cards and food to be determined. Additional bingo cards are available for 50 cents. There will be a raffle and guessing game with a prize. Prizes are: \$5 gift certificates for games 1-4 and 6-9; \$10 gift certificates for game 5; and \$25 gift certificate for game 10 (the coverall.) Tickets must be purchased by Thursday, August 11, 2016.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

Heat Relief City Cooling Centers

During the summer months, the Chicago Department of Family and Support Services operates six Cooling Centers located inside of the City's Community Service Centers.

There are also various other locations for residents to find relief during the extreme heat, including:

- Libraries, police stations or other structures are made available after hours, on weekends, or on holidays, as conditions warrant
- Seniors are welcome at one of the City's 21 Senior Centers
- The Garfield Center (10 S. Kedzie) is open to connect residents to emergency shelter 24 hours a day, seven days a week

To learn the location of the closest available Cooling Center at any given time, call 3-1-1.

DFSS COOLING CENTERS

9 a.m. - 5 p.m. Monday - Friday

Hours and days of service could be extended under extreme conditions. Other City facilities might be designated as Cooling Centers after hours, on weekends, or holidays. For the most current Cooling Center information at any time, call 3-1-1.

**Englewood Community
Service Center**
1140 W. 79th St.

**Garfield Community
Service Center**
10 S. Kedzie

**King Community
Service Center**
4314 S. Cottage Grove

**North Area Community
Service Center**
845 W. Wilson Ave.

**South Chicago
Community Service Center**
8650 S. Commercial Ave.

**Trina Davila
Community Service Center**
4312 W. North Ave.



City of Chicago
Mayor Rahm Emanuel



CHICAGO DEPARTMENT OF

FAMILY & SUPPORT SERVICES

Commissioner Lisa Morrison Butler

BUILD • SUPPORT • EMPOWER

Beat the Heat!

Keep Your Cool During Extreme Hot Weather

Oppressive summer heat is more than uncomfortable. High temperatures and humidity can pose a health and safety threat. The City of Chicago has many services available to help residents cope safely with extreme weather conditions.

CALL 311 TO:

- Locate a Cooling Center near you.
- Request a well-being check for someone who may be suffering from the heat.
- Register for the City's Extreme Weather Notification System.

HOT WEATHER TIPS:

- Drink lots of water and natural juices; avoid alcoholic beverages, coffee, tea and sodas.
- Avoid going outside in the extreme heat.
- If you don't have air conditioning, keep shades drawn and blinds closed but windows slightly open.
- Keep electric lights off or turned down.
- Minimize use of your oven and stove.
- Wear loose, light, cotton clothing.
- Take cool baths and showers.
- Don't leave anyone (including pets) in a parked car, even for a few minutes.

REMEMBER...

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



City of Chicago
Mayor Rahm Emanuel



CHICAGO DEPARTMENT OF

FAMILY & SUPPORT SERVICES

Commissioner Lisa Morrison Butler

BUILD • SUPPORT • EMPOWER

REGIONAL SENIOR CENTERS

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

Northeast (Levy)

Regional Senior Center

2019 W. Lawrence Ave.
(312) 744 - 0784 (60625)
TDD: (312) 744 - 0320

Northwest (Copernicus)

Regional Senior Center

3160 N. Milwaukee Ave.
(312) 744 - 6681 (60618)
TDD: (312) 744 - 0321

Southeast (Atlas)

Regional Senior Center

1767 E. 79th St.
(312) 747 - 0189 (60649)
TDD: (312) 744 - 0322

Southwest Regional Senior Center

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

Central West Regional Senior Center

2102 W. Ogden Ave.
(312) 746 - 5300 (60612)
TDD: (312) 744 - 0319

Renaissance Court

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

SATELLITE SENIOR CENTERS

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

Abbott Park

Senior Satellite Center

49 East 95th St.
(312) 745 - 3493 (60619)

Auburn Gresham

Senior Satellite Center

1040 W. 79th St.
(312) 745 - 4797 (60620)

Austin Senior Satellite Center

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

Chatham

Senior Satellite Center

8300 S. Cottage Grove Ave.
(312) 745 - 0401 (60619)

Edgewater Senior Satellite Center

5917 N. Broadway St.
(312) 742 - 5323 (60660)

Englewood Senior Satellite Center

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

Garfield Ridge

Senior Satellite Center

5674-B S. Archer Ave.
(312) 745 - 4255 (60638)
Operator: South Side
Senior Services Org.

Kelvyn Park Senior Satellite Center

2715 N. Cicero Ave.
(312) 744 - 3350 (60639)
Operator: Catholic Charities

North Center Senior Satellite Center

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

Norwood Park

Senior Satellite Center

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

Pilsen Senior Satellite Center

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

Portage Park Senior Satellite Center

4100 N. Long Ave.
(312) 744 - 9022 (60641)

Roseland Senior Satellite Center

10426 S. Michigan Ave.
(312) 745 - 1500 (60628)
Operator: Sinai Community
Institute

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)
Operator: Sinai Community
Institute