<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notes from the Commissioner</td>
<td>3</td>
</tr>
<tr>
<td>Information and Assistance</td>
<td>4-6</td>
</tr>
<tr>
<td>Instructor Proposals</td>
<td>7</td>
</tr>
<tr>
<td>Caregiver Services</td>
<td>8-9</td>
</tr>
<tr>
<td>Senior Enrichment Seminars</td>
<td>10-11</td>
</tr>
<tr>
<td>Cooling Centers</td>
<td>12-13</td>
</tr>
<tr>
<td>Trips &amp; Events</td>
<td>14-17</td>
</tr>
<tr>
<td>Wellness Program</td>
<td>18-29</td>
</tr>
<tr>
<td>Older Adult Choice Markets:GCFD</td>
<td>30</td>
</tr>
<tr>
<td>Older Americans Month Special Meal</td>
<td>31</td>
</tr>
<tr>
<td>Adult Mobility</td>
<td>32-34</td>
</tr>
<tr>
<td>Chicago Fitness Plus</td>
<td>35-40</td>
</tr>
<tr>
<td>Regional Highlights</td>
<td>41-57</td>
</tr>
<tr>
<td>Flu Shot Clinics</td>
<td>58-59</td>
</tr>
<tr>
<td>Senior Center Locations</td>
<td>60</td>
</tr>
</tbody>
</table>
Dear Friends:

Summer has arrived and you can “beat the heat” and stay cool at any of the Chicago Department of Family and Support Services (DFSS) Senior Centers. Fantastic classes and special events are in store to make sure the fun continues all summer long! Our senior centers offer a wide array of classes, presentations, social and physical activities, including providing you with an opportunity to have a daily meal with fellow seniors.

Remember to take advantage of one of the Flu Shot Clinics being held at our senior centers beginning in September. We want you well, active, and engaged.

We hope to see you soon! Take care and have a wonderful Summer!

Sincerely,

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

---

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 Lightfoot’s Senior Fest on Thursday, September 12, 2019 at Millennium Park. There is a terrific lineup of exciting activities such as live entertainment, cultural programming, health resources and much more.

Thank you for all that you do, and we look forward to seeing you at our programs and events this summer!

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

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

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

Regional and Satellite Senior Centers
DFSS Senior Centers offer a variety of social, educational, cultural, recreational activities for seniors and their informal caregivers. There are twenty-one (21) senior centers located throughout the city. Contact information for each of the centers is listed on the back page of the brochure. Each center is tailored to the needs and interests of the local community. All centers offer resources for caregivers, Life Enrichment activities, computer learning centers including internet access, fitness programming, congregate dining, and more.
<table>
<thead>
<tr>
<th>Benefits Eligibility Checkup</th>
<th>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, &amp; financial assistance. Staff then works with seniors in applying for identified benefits.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiving Resources</td>
<td>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.</td>
</tr>
<tr>
<td>Care Coordination Services</td>
<td>Through a referral from I&amp;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.</td>
</tr>
<tr>
<td>Chicago Fitness Plus</td>
<td>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.</td>
</tr>
<tr>
<td>Chore/ Housekeeping: Heavy Duty &amp; Short-Term</td>
<td>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.</td>
</tr>
<tr>
<td>Adult Protective Services Program</td>
<td>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.</td>
</tr>
<tr>
<td>Foster Grandparent Program</td>
<td>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.</td>
</tr>
</tbody>
</table>

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

FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016
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.

The Required Electronic Application is available online at:

http://www.cityofchicago.org/fss

We will be accepting application beginning Monday, July 15, 2019 until the close of business on Monday, September 30, 2019.

Examples of Class and Activity Types Listed below:

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

**BI-LINGUAL INSTRUCTORS NEEDED**

Questions should be directed to Yolanda Curry at yolanda.curry@cityofchicago.org or (312)743-1503.
10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can help you be a better caregiver.

- Find time for yourself. Consider respite care so you can spend time doing something you enjoy.
- Know what resources are available. Adult day programs, in-home assistance and meal delivery are some of the services that can help.
- Become an educated caregiver. As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.
- Get help and find support. Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected™ online social networking community.
- Make legal and financial plans. Putting plans in place after an Alzheimer’s diagnosis is important. This step allows the person with the disease to participate in decision-making and offers guidance to caregivers.
- Manage your level of stress. Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek professional help.
- Take care of yourself. Try to eat well, exercise and get plenty of rest.
- Know you’re doing your best. Remember that the care you provide makes a difference and that you are doing the best you can.
- Accept changes as they occur. The needs of people with Alzheimer’s change over time. For care beyond what you can provide, utilize community resources.
- Visit your doctor regularly. Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

Free 24/7 Helpline: 800.272.3900
Alzheimer’s and Dementia Caregiver Center: alz.org/care
Need Support to Assist in your Caregiving Duties?

**DFSS Caregiver Program: Counseling & Support Services**

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

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

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

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

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

The Caregiver Counseling Program provide Family/Individual Counseling, Therapy, Support Groups and Gap Filling services.

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

When a Mental Illness Requires Protective Care

Topics to Include:

- Who is subject to involuntary commitment?
- What is the process?
- Who pays?

SPEAKERS: Honorable Nichole C. Patton  
Circuit Judge, County Division  
Circuit Court of Cook County  

Alexa James  
National Alliance on Mental Illness  
NAMI-Chicago

Thursday, August 22, 2019  
12:00 noon – 1:30 p.m.

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

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

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

Social Security /Medicare: Rights, Responsibilities and Deadlines

Topics to Include:
- Social security benefits eligibility requirements
- How to earn social security “credits”
- Supplemental security income (SSI) eligibility requirements
- How to create an online social security account

SPEAKER:  John Marshall
Area Work Incentive Coordinator
Social Security Administration

Thursday, September 5, 2019
12:00 noon – 1:30 p.m.

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

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

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

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Englewood Community Service Center</strong></td>
<td><strong>King Community Service Center</strong></td>
<td><strong>South Chicago Community Service Center</strong></td>
</tr>
<tr>
<td>1140 W. 79th St.</td>
<td>4314 S. Cottage Grove</td>
<td>8650 S. Commercial Ave.</td>
</tr>
<tr>
<td><strong>Garfield Community Service Center</strong></td>
<td><strong>North Area Community Service Center</strong></td>
<td><strong>Trina Davila Community Service Center</strong></td>
</tr>
</tbody>
</table>

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.
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.

Lori E. Lightfoot
Mayor of Chicago
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 residents age 60 and better—Come and enjoy the fun!

- Picnic Lunch
- Flu Shots/Health Screenings
- Senior Resource Fair
- Dancing
- Raffle Prizes & Bingo
- And More

Thursday, Sept. 12, 2019 • 9:00 a.m. - 2:00 p.m.
Millennium Park • Michigan Ave. at Washington St.

(Drop off location: 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 312.744.4016.
Chicago Department of Family & Support Services
Along with
The Westside Coalition for Seniors
27th Annual Senior Prom

Thursday, November 14, 2019
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
The most important component of the Wellness Program is YOU! Healthy living helps to prevent chronic disease and certain disabilities. It can ensure that today’s older persons as well as future generations not only live longer, but also live better. It’s never too late to adopt healthy lifestyle habits. The Wellness Program can help you start a personal wellness program or provide you the support you need to maintain your wellness goals.

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

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

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

## WELLNESS NURSE

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

## SOCIAL WORKER

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

## DIETITIAN

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

## PHARMACIST

A Pharmacist is available at each center one half-day each month. In addition to informative presentations and question and answer sessions on medications and health-related issues, the Pharmacist is available by appointment for private, one-on-one consultations to address your concerns. Make an appointment for a “brown-bag” medication review (bring all of your medications into the pharmacist for review) to receive help with timing your medications or bring in your lab results for discussion. See each center’s postings for available appointment times.
Healthy Living with Cancer
Living with a cancer diagnosis is difficult no matter your age. However, older adults may face additional difficulties. Oftentimes, older adults have other health conditions or chronic illness. Getting to and from treatments and appointments and finding help with daily activities and meals can also pose a challenge. We will discuss how to maximize your health while receiving treatment for cancer.

Nurse Presentations

Central West Thursday July 11* 10:00 - 11:00 A.M.
Northeast Thursday July 11 9:30 - 10:15 A.M.
Northwest Tuesday July 9 9:30 - 10:15 A.M.
Southeast Tuesday July 16 9:30 - 10:30 A.M.
Southwest Tuesday July 23 10:00 - 11:00 A.M.
Renaissance Court Monday July 1 11:00 A.M. - 12:00 P.M.

Nutrition and Cancer
Dealing with your own or a loved one's cancer presents a variety of daily challenges. Fortunately, changes to your diet and lifestyle may help minimize some of the effects of chemotherapy, radiation, or surgery. Healthy eating with fruits and vegetables may help boost your immune system. Close attention to nutrition is one of a cancer survivor's best tools. Take a bite out of cancer by biting into healthier foods.

Dietitian Presentations

Central West Thursday July 11* 10:00 - 11:00 A.M.
Northeast Friday July 12 1:00 - 2:00 P.M.
Northwest Monday July 29 9:00 - 10:00 A.M.
Southeast Friday July 12 10:00 - 11:00 A.M.
Southwest Monday July 15 9:45 - 10:45 A.M.
Renaissance Court Tuesday July 9 3:00 - 4:00 P.M.

Pharmacist Presentations

Cancer Treatment – What You Need to Know
The risk of cancer increases with age, but there are many things that can be done to help screen and assess your risk for developing cancer. It is important to be aware of your risk factors, and also know what resources are available to cope with the diagnosis of cancer. Once cancer is identified and diagnosed, many treatment options are available. This program is intended to provide you with information regarding prevention, treatment, and resources for managing cancer.

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

* Note: change in regular schedule
**AUGUST PRESENTATIONS**

**NURSE PRESENTATIONS**

**Partner with Your Healthcare Provider to Breathe Better**
If you have asthma or COPD, you may think medication is all the treatment you need. However, medication is only one piece of the puzzle. Your healthcare provider can be an important partner in helping you to prevent chronic symptoms, decrease emergency room visits and hospitalizations, preserve activity level, and optimize pulmonary function with minimal adverse effect from medications. Come to this session to learn about current recommendations for managing asthma and COPD.

Central West       Thursday    August 8*    10:00 - 11:00 A.M.
Northeast          Thursday    August 8     9:30 - 10:15 A.M.
Northwest          Tuesday     August 13    9:30 - 10:15 A.M.
Southeast          Tuesday     August 20    9:30 - 10:30 A.M.
Southwest          Tuesday     August 27    10:00 - 11:00 A.M.
Renaissance Court  Monday     August 5     11:00 A.M. - 12:00 P.M.

**DIETITIAN PRESENTATIONS**

**Eat Right to Breathe Right**
Eating a healthy diet can help you adjust to life with COPD and asthma. For example, proper hydration helps to clear mucous from lungs. Avoiding excess sodium may also help prevent unwanted fluid buildup. In addition, maintaining weight is important, as being overweight negatively impacts breathing. We will discuss a variety of strategies to help you breathe right.

Central West       Thursday    August 8*    10:00 - 11:00 A.M.
Northeast          Friday      August 9     1:00 - 2:00 P.M.
Northwest          Monday      August 26    9:00 - 10:00 A.M.
Southeast          Friday      August 9     10:00 - 11:00 A.M.
Southwest          Monday      August 12*   9:45 - 10:45 A.M.
Renaissance Court  Tuesday    August 13    3:00 - 4:00 P.M.

**PHARMACIST PRESENTATIONS**

**Asthma and COPD – Breathing is Not Always Easy**
As we age, many of us may find it difficult to exercise or perform daily activities without getting short of breath, especially if we have a history of Asthma or Chronic Obstructive Pulmonary Disease (COPD), or a history of smoking. Often, people will need to use some type of inhalers or other medications to help them breathe better. This program will help to identify potential problems that may be contributing to your shortness of breath or difficulty with breathing, as well as, review treatment options that may be available to you.

Central West       Tuesday     August 27    10:00 - 11:00 A.M.
Northeast          Tuesday     August 27    10:00 - 11:00 A.M.
Northwest          Friday      August 16    10:30 - 11:30 A.M.
Southeast          Thursday    August 1     10:15 - 11:15 A.M.
Southwest          Thursday    August 15    10:15 - 11:15 A.M.
Renaissance Court  Thursday    August 22    1:30 - 2:30 P.M.

* Note: change in regular schedule
SEPTEMBER PRESENTATIONS

NURSE PRESENTATIONS

Don’t Let Pain Rule Your Life
Aches and pains tend to be associated with growing older. Unfortunately, while older adults generally experience more pain, they are also often undertreated. We will discuss methods for pain assessment, as well as the specific concerns of opioid and other pain medication use in older adults.

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

DIETITIAN PRESENTATIONS

Pain Management & Your Diet
Pain and your diet are more related than you may think. Inflammation in your body can cause pain in a variety of ways. A healthy diet with foods rich in omega-3 fatty acids, fruits, vegetables, and whole grains work to give your immune system a break. Cutting back on sugar and other dietary sources of inflammation can also help. Oftentimes, good self-care provides better pain relief than long term pain prescriptions.

Central West       Thursday  September 5    10:00 - 11:00 A.M.
Northeast         Friday    September 13    1:00 - 2:00 P.M.
Northwest          Monday  September 30     9:00 - 10:00 A.M.
Southeast         Friday    September 13  10:00 - 11:00 A.M.
Southwest         Monday  September 16     9:45 - 10:45 A.M.
Renaissance Court Tuesday  September 10    3:00 - 4:00 P.M.

PHARMACIST PRESENTATIONS

Oh My Aching …! Pain Management Update
Pain is one of the most common symptoms that occur with aging and chronic disease. A majority of seniors live with pain on a daily basis and often seek many different treatment strategies to achieve relief. Since many older adults often use medications, the goal of this session is to review the benefits and risks of the various drug therapies used to manage pain. An emphasis will be placed on the recent national initiatives designed to control and decrease the use of powerful “opioid” pain medications and what you can do to maintain your independence and a healthier quality of life.

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

* Note: change in regular schedule
Northeast (Levy) Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:  Cynthia Jones, RN
First, Second, Third Thursdays, 9:00 A.M. - 12:00 P.M. (Except July 4)

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

PHARMACIST:  Beatrice Drambarean, PharmD
Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (July 23, August 27, September 24)

DIETITIAN:  Jim Coogan, RD, LDN
Second Fridays, 1:00 P.M. - 3:00 P.M. (July 12, August 9, September 13)

BLOOD PRESSURE SCREENING
First Thursdays, 9:00 A.M. - 12:00 P.M. (July 11*, August 1, September 5)

SUPPORT GROUPS

HEALTH MATTERS
Third Thursdays, 9:30 - 10:15 A.M.
- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - July 18
  - August 15
  - September 19

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

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

WELLNESS TEAM

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

SOCIAL WORKER: Please call White Crane for the schedule of the social worker: 773-271-9001.

PHARMACIST: James Lee, PharmD
Third Fridays, 9:00 A.M. - 12:00 P.M. (July 19, August 16, September 20)

DIETITIAN: Trishna Joshi, RDN, LD/N
Last Mondays, 9:00 A.M. - 1:00 P.M. (July 29, August 26, September 30)

BLOOD PRESSURE SCREENING
First Tuesdays, 9:00 A.M. - 12:00 P.M. (July 2, August 6, September 3)

SUPPORT GROUPS

HEALTH MATTERS
Third Tuesdays, 9:30 - 10:15 A.M.
- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - July 16
  - August 20
  - September 17

TOO MUCH ON YOUR PLATE?
Please call White Crane for the schedule of the social worker: 773-271-9001.
Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule
WELLNESS TEAM

WELLNESS NURSE: Celeste Presperin-Pearson, RN
Mondays, 10:15 A.M. - 1:15 P.M. (Except September 2)

SOCIAL WORKER: Please call White Crane for the schedule of the social worker:
773-271-9001.

PHARMACIST: Erika Hellenbart, PharmD
Fourth Thursdays, 12:00 - 3:00 P.M. (July 25, August 22, September 26)

DIETITIAN: Jim Coogan, RD, LDN
Second Tuesdays, 3:00 P.M. - 4:00 P.M. (July 9, August 13, September 10)

BLOOD PRESSURE SCREENING
Second Mondays, 10:15 A.M. - 1:15 P.M. (July 8, August 12, September 9)

SUPPORT GROUPS

HEALTH MATTERS
Third Mondays, 11:00 A.M. - 12:00 P.M.
- Join this group to explore a variety of compelling health topics and their social impact, while
  empowering yourself to take control of your own health.
  - July 15
  - August 19
  - September 16

BALANCING YOUR LIFE
Please call White Crane for the schedule of the social worker: 773-271-9001.
Keeping your life in balance is always a challenge. Later in life, it seems, there are even more
factors that can trip you up. This series gives you the tools to keep balance in various parts of your
life: social, spiritual and mental. Learn information that expands your life strategies, share ideas and
feelings, and gain support of others.

* Note: change in regular schedule
Central West Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Margaret Coyle RN, BSN, CMSRN (No Nurse 4th of July!)  
Every Thursday, 8:15 A.M. - 12:15 P.M.

BLOOD PRESSURE SCREENING  
First Thursdays, 8:30 - 9:30 A.M.  
July 11th *, August 1st, September 5th

SOCIAL WORKER: Jeaneane Quinn, LSW  
First and Third Tuesdays, 9:30 – 11:30 A.M.  
9:30 - 10:00 am: Individual Consultations with Social Worker  
10:00 am - 11:00 am: Group Discussion with Social Worker about Various Educational topics  
11:00-11:30 am: Individual Consultations with Social Worker  
July 2 and 16, August 6 and 20, September 3 and 17

PHARMACIST: Michele Martin, PharmD  
Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.  
July 23, August 27, September 24

DIETITIAN: Kristin Gustashaw, MS, RD, CSG  
First Thursdays, 9:30 – 11:30 A.M. Both Kristin Gustashaw and Devora Collins (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)  
July 11*, August 8*, September 5

SUPPORT GROUPS

STILL GOING STRONG (NURSE)  
Third Thursdays, 10:00 - 11:00 A.M.  
July 18th, August 15th, September 19th  
This group uses a prayer-focused environment to support one another in dealing with contemporary issues of aging.

Group Discussion with Social Worker about Various Educational Topics (SOCIAL WORKER)  
First and Third Tuesdays, 10:00 – 11:00 A.M.  
July 2 and 16, August 6 and 20, September 3 and 17
Southeast (Atlas) Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:
Jameese Sykes
Every Tuesday, 8:30 A.M. - 12:15 P.M.

BLOOD PRESSURE SCREENING
First and Fourth Tuesdays, 10:30- 11:30 A.M.
July 2 and 23, August 6 and 27, and September 3 and 24

SOCIAL WORKER: Daniela Mitchem, MSW, LCSW
First and Third Mondays, 9:30 - 11:30 A.M.
July 1 and 15 August 5 and 19, September 9* and 23*

PHARMACIST: Amina Gassam, PharmD
First Thursdays, 9:30 - 11:30 A.M.
July TBD, August 1, September 5

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
Second Fridays, 9:30 - 11:30 A.M. (Both Kristin Gustashaw and Devora Collins (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)
July 12, August 9, and September 13

SUPPORT GROUPS and SPECIAL WORKSHOPS

WHAT'S ON YOUR PLATE? (SOCIAL WORKER)
First and Third Mondays, 10:00 - 11:00 A.M.
July 1 and 15 August 5 and 19, September 9* and 23*
This group helps people cope with everyday events.
**Brain Fit! Memory Program (Student Nurse)**
*July 9, July 16, and July 23; 9:00-10:30 A.M.*

Memory changes are a major concern for older adults. “Brain Fit” is a three week program that focuses on strategies to maintain and improve memory. The topics addressed include: aging changes in the brain, nutrition, physical activity, emotional wellness and memory techniques. Sign-up is required with Jameese Sykes, nurse practitioner at the Atlas Center.

**Take Charge of your Health: Live Well Be Well (Student Nurse)**
*Tuesdays starting September 17th through October 22, 8:30-11:00 am*

Take Charge of Your Health is a free 6-week health workshop for people with ongoing health conditions. Learn how to build skills and gain confidence in managing your health and leading an active, fulfilling life. Some of the topics covered include: managing emotions, the importance of exercise for maintaining and improving strength, appropriate use of medications and health monitoring. Sign-up is required with Jameese Sykes, nurse practitioner at the Atlas Center.

---

**Southwest Regional Center**

**Wellness Schedule**

---

**WELLNESS TEAM**

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

**BLOOD PRESSURE SCREENING**
Tuesdays, 9:00 A.M.-12:00 P.M.
*July 2, August 6, and September 3*
*Remember to bring your blood pressure card*

**SOCIAL WORKER:** Jeaneane Quinn, LSW
First and Third Thursdays, 9:15A.M – 11:15 A.M.
9:15-10:15 am: Individual Consultations with Social Worker
10:15-11:15 am: Bi-Monthly Group Discussion with Social Worker/Various Educational topics
*(First Thursday of the month in English/Third Thursday of the month in Spanish)*
*July 11 and 18 August 1 and 15, September 5 and 19*

**PHARMACIST:** Aimee Chevalier, PharmD
Third Thursdays, 10:00 A.M. - 12:00 P.M.
*July 18, August 15, September 19*
**DIETITIAN:** Kristin Gustashaw, MS, RD, CSG  
Third Mondays, 9:30 - 11:30 A.M. (Both Kristin Gustashaw and Devora Collins (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)  
July 15, August 12*, and September 16

---

**SUPPORT AND WEIGHT LOSS GROUPS**

**WE’LL EAT BETTER...TOGETHER SUPPORT GROUP (NURSE)**  
Tuesdays, July 9, August 13, September 10th at 10:00 am  
- A support group for older adults to share tips and tricks for healthier eating to maintain, gain, or lose a few pounds.

**RELAX AND RENEW (NURSE)**  
Tuesdays, July 16, August 20 and September 17 at 10:00 am  
- Explore a variety of relaxation techniques with your Wellness Nurse for the health of it!

**LOOK & LEARN: BOOKS CAN CHANGE YOUR LIFE**  
Tuesday, July 30 at 10:00  
At this program, we will chat about the book, *Diet for the Mind* by Rush University Medical Center’s own Martha C. Morris and learn how our food choices we eat may prevent Alzheimer’s Disease and cognitive decline.

**Bi-Monthly Group Discussion with Social Worker/Various topics (SOCIAL WORKER)**

First and Third Thursdays, 10:15 – 11:15 A.M.  
Bi-Monthly Group Discussion with Social Worker/Various Educational topics  
(First Thursday of the month in English/Third Thursday of the month in Spanish)  
July 11 and 18 August 1 and 15, September 5 and 19
Older Adult Community Market
Free fresh fruit, vegetables and non-perishable groceries

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

WHO  Ages 60+

<table>
<thead>
<tr>
<th>CENTER LOCATIONS</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austin Senior Center</td>
<td>July 2 and 16, 2019</td>
<td>10:00 a.m. to 12:30 p.m.</td>
</tr>
<tr>
<td>5071 W. Congress Parkway</td>
<td>August 6 and 20, 2019</td>
<td></td>
</tr>
<tr>
<td></td>
<td>September 3 and 17, 2019</td>
<td></td>
</tr>
<tr>
<td>Levy Senior Center</td>
<td>July 2 and 16, 2019</td>
<td>12:30 to 1:30 p.m.</td>
</tr>
<tr>
<td>2019 W. Lawrence Avenue</td>
<td>August 6 and 20, 2019</td>
<td></td>
</tr>
<tr>
<td></td>
<td>September 3 and 17, 2019</td>
<td></td>
</tr>
<tr>
<td>Northwest Senior Center</td>
<td>July 3 and 17, 2019</td>
<td>12:30 to 2:30 p.m.</td>
</tr>
<tr>
<td>3160 N. Milwaukee Avenue</td>
<td>August 7 and 21, 2019</td>
<td></td>
</tr>
<tr>
<td></td>
<td>September 4 and 18, 2019</td>
<td></td>
</tr>
<tr>
<td>Atlas Senior Center</td>
<td>July 3 and 17, 2019</td>
<td>1:00 to 2:00 p.m.</td>
</tr>
<tr>
<td>1767 E. 79th Street</td>
<td>August 7 and 21, 2019</td>
<td></td>
</tr>
<tr>
<td></td>
<td>September 4 and 18, 2019</td>
<td></td>
</tr>
<tr>
<td>Southwest Senior Center</td>
<td>July 2 and 16, 2019</td>
<td>1:00 to 2:00 p.m.</td>
</tr>
<tr>
<td>6117 S. Kedzie Avenue</td>
<td>August 6 and 20, 2019</td>
<td></td>
</tr>
<tr>
<td></td>
<td>September 3 and 17, 2019</td>
<td></td>
</tr>
<tr>
<td>Englewood Satellite Center</td>
<td>July 18, 2019</td>
<td>12:30 to 1:30 p.m.</td>
</tr>
<tr>
<td>653-657 W. 63rd Street</td>
<td>August 8 and 22, 2019</td>
<td></td>
</tr>
<tr>
<td></td>
<td>September 5 and 19, 2019</td>
<td></td>
</tr>
</tbody>
</table>

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
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**

**Wednesday, July 3, 2019**

*Independence Day*

- Oven Fried Bone-in Chicken Breast
- Au Gratin Potatoes
- Green Beans
- Cole Slaw
- Double Layer Chocolate Cake /White Frosting

$1.50 suggested contribution. Reservations required. Contact your local senior to make your reservation. Open Kitchens catered meals menu.
Many people make financial plans for retirement, but not everyone plans for other changes that may come with age. This includes changes in your mobility—your ability to get around.

It’s not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do—like driving, shopping, or doing household chores.

You might not have mobility problems now, but you could in the future. You may even know others who already do—perhaps a parent, relative, friend, or neighbor. While it may not be possible to prevent all of these changes, there are actions you and your loved ones can take today, and as you age, to help keep you safe and independent tomorrow.

MySelf
A plan to stay independent

MyHome
A plan to stay safe at home

MyNeighborhood
A plan to stay mobile in my community

Make a plan today.
Stay independent tomorrow.
Get a physical checkup each year.
Some health issues may increase your risk of falling (such as leg weakness and balance problems).
Last Exam Date: _____________
Next Exam Date: _____________

Review all your medicines with a doctor or pharmacist.
Certain medicines can have side effects that can change your ability to drive, walk, or get around safely.
To learn more, go to:
https://go.usa.gov/xPADs

Get a medical eye exam each year.
Eye problems can increase your risk of falling or being in a car crash.
Last Exam Date: _____________
Next Exam Date: _____________

Follow a regular activity program to increase your strength and balance.
Strength and balance activities, done at least 3 times a week, can reduce your risk of falling. Other activities, like walking, are good for you, but don’t help prevent falls. Visit the National Institute on Aging’s website for suggestions:
www.go4life.nia.nih.gov/exercises

<table>
<thead>
<tr>
<th>Strength Activity</th>
<th>Balance Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>Start Date</td>
</tr>
<tr>
<td>Exercise</td>
<td>Start Date</td>
</tr>
<tr>
<td><em>Chair stand</em></td>
<td><em>Next Monday</em></td>
</tr>
<tr>
<td><em>Tai Chi</em></td>
<td><em>Next Monday</em></td>
</tr>
</tbody>
</table>
To continue your plan, schedule a time to go through the following home safety checklist to help prevent falls.

Check the FLOORS in each room and reduce tripping hazards:
- Keep objects off the floor.
- Remove or tape down rugs.
- Coil or tape cords and wires next to the wall and out of the way.

Check the KITCHEN:
- Put often-used items within easy reach (about waist level).
- For items not within easy reach, always use a step stool and never use a chair.

Check the BEDROOMS:
- Use bright light bulbs.
- Place lamps close to the bed where they are within reach.
- Put in night-lights to be able to see a path in the dark. For areas that don’t have electrical outlets, consider battery-operated lights.

Check inside and outside STAIRS and STEPS:
- Check for loose or uneven steps. Repair if needed.
- Make sure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads.
- Check for loose or broken handrails. Repair if needed.
- Consider installing handrails on both sides of the stairs.
- Use bright overhead lighting at the top and bottom of the stairs.
- Consider putting light switches at both the top and bottom of the stairs.

Check the BATHROOMS:
- Put non-slip rubber mats or self-stick strips on the floor of the tub or shower.
- Consider installing grab bars for support getting in or out of the tub or shower, and up from the toilet.

MyMobility Tip:
Falls are more likely when wearing inappropriate footwear, such as flip flops that don’t cover the heel. Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.

For more home modification information and resources: https://go.usa.gov/xUEs3
### Central West 2102 W. Ogden Avenue 60612

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9:00 AM</td>
<td>SFP</td>
<td>Tuesday</td>
<td>9:45 - 10:15 AM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Yoga</td>
<td>Thursday</td>
<td>9:45 - 10:15 AM</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:00 AM</td>
<td>SFP</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Northeast (Levy) 2019 W. Lawrence Avenue 60625

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Hours</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00 AM</td>
<td>Arthritis</td>
<td>Monday</td>
<td>9:00 - 10:00 AM</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>1:30 PM</td>
<td>Fit &amp; Strong</td>
<td>Tuesday</td>
<td>11:30 AM - 2:00 PM</td>
<td>3:00 - 4:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2:00 PM</td>
<td>SFP</td>
<td>Tuesday</td>
<td>9:00 - 10:00 AM</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Arthritis</td>
<td>Wednesday</td>
<td>9:00 - 10:00 AM</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1:30 PM</td>
<td>Fit &amp; Strong</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>10:15 AM</td>
<td>SFP</td>
<td>Thursday</td>
<td>11:30 AM - 2:30 PM</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>10:15 AM</td>
<td>SFP</td>
<td>Friday</td>
<td>11:00 AM - 12:00 PM</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>9:15 AM</td>
<td>Aerobics</td>
<td>Saturday</td>
<td>10:00 AM - 12:00 PM</td>
<td></td>
</tr>
</tbody>
</table>

### Northwest (Copernicus) 3160 N. Milwaukee Avenue 60618

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Hours</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:15 AM</td>
<td>SFP</td>
<td>Monday</td>
<td>10:00 AM - 12:30 PM</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:15 AM</td>
<td>Yoga</td>
<td>Tuesday</td>
<td>11:00 - 12:30 PM</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Latin Rhythm</td>
<td>Wednesday</td>
<td>10:00 AM - 12:30 PM</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:15 AM</td>
<td>SFP</td>
<td>Wednesday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Balance</td>
<td>Thursday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>1:00 PM</td>
<td>Latin Rhythm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>9:00 AM</td>
<td>SFP</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00 AM</td>
<td>Fit Mix</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Harvard University Innovations in Government Semi-Finalist
National Council on Aging's 10 Best Practices Program

CHICAGO FITNESS PLUS
Summer 2019
Regional Centers

RENAISSANCE COURT 78 E. Washington Street 60602

GROUP EXERCISE CLASSES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:15 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Monday</td>
<td>11:00 AM</td>
<td>Fresh Start</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:15 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:00 AM</td>
<td>Fresh Start</td>
</tr>
</tbody>
</table>

GROUP EXERCISE CLASSES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>10:15 AM</td>
<td>Weights</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:15 AM</td>
<td>SFP</td>
</tr>
</tbody>
</table>

SOUTHEAST (ATLAS) 1767 E. 79th Street 60649

GROUP EXERCISE CLASSES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:00 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Monday</td>
<td>12:45 PM</td>
<td>Fit &amp; Strong</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:30 AM</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:45 PM</td>
<td>Fit &amp; Strong</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:30 AM</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Friday</td>
<td>9:00 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Friday</td>
<td>10:45 AM</td>
<td>Yoga</td>
</tr>
</tbody>
</table>

FITNESS CENTER TRAINING HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00 AM - 12:00 PM</td>
</tr>
<tr>
<td>Hours</td>
<td>2:15 PM - 2:30 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:00 AM - 10:15 AM</td>
</tr>
<tr>
<td></td>
<td>11:15 AM - 2:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM - 12:00 PM</td>
</tr>
<tr>
<td></td>
<td>2:15 PM - 2:30 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:00 AM - 10:15 AM</td>
</tr>
<tr>
<td></td>
<td>11:15 AM - 12:00 PM</td>
</tr>
</tbody>
</table>

SOUTHWEST 6117 S. Kedzie Avenue 60629

GROUP EXERCISE CLASSES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:00 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Monday</td>
<td>12:30 PM</td>
<td>Fit &amp; Strong</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11:00 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:30 PM</td>
<td>Fit &amp; Strong</td>
</tr>
<tr>
<td>Thursday</td>
<td>11:00 AM</td>
<td>Weights</td>
</tr>
<tr>
<td>Friday</td>
<td>9:00 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00 AM</td>
<td>Arthritis</td>
</tr>
</tbody>
</table>

FITNESS CENTER TRAINING HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00 AM - 12:30 PM</td>
</tr>
<tr>
<td>Hours</td>
<td>12:00 PM - 3:15 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:30 AM - 11:00 AM</td>
</tr>
<tr>
<td></td>
<td>12:00 PM - 3:15 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM - 12:30 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:30 AM - 11:00 AM</td>
</tr>
<tr>
<td></td>
<td>12:00 PM - 3:15 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>10:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>11:00 AM - 12:00 PM</td>
</tr>
</tbody>
</table>
### ABBOTT PARK  49 E. 95th Street. 60619

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Tuesday</td>
<td>12:00 PM - 1 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>11:15 AM</td>
<td>Fitness Center</td>
<td>Tuesday</td>
<td>2:00 PM - 4:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:30 AM</td>
<td>Yoga</td>
<td>Tuesday</td>
<td>11:30 AM - 1:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Arthritis</td>
<td>Wednesday</td>
<td>11:30 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:30 AM</td>
<td>Yoga</td>
<td>Thursday</td>
<td>2:00 PM - 4:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:30 AM</td>
<td>Fitness Center</td>
<td>Thursday</td>
<td>11:45 PM - 12:30 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>11:45 AM</td>
<td>Arthritis</td>
<td>Thursday</td>
<td>1:15 PM - 1:45 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>9:00 AM</td>
<td>Limbercize</td>
<td>Thursday</td>
<td>11:15 AM - 12:15 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>10:00 AM</td>
<td>Fitness Plus</td>
<td>Thursday</td>
<td>1:15 PM - 2:30 PM</td>
</tr>
</tbody>
</table>

### AUBURN GRESHAM  1040 W. 79th Street. 60620

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>11:15 AM - 12:15 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>12:30 PM</td>
<td>Arthritis</td>
<td>Monday</td>
<td>12:15 PM - 2:30 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>12:30 PM</td>
<td>Arthritis</td>
<td>Tuesday</td>
<td>11:45 PM - 12:30 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>12:15 AM</td>
<td>Arthritis</td>
<td>Tuesday</td>
<td>1:15 PM - 1:45 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>11:15 AM - 12:15 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:15 AM</td>
<td>Balance</td>
<td>Wednesday</td>
<td>10:00 AM - 11:00 AM</td>
</tr>
<tr>
<td>Thursday</td>
<td>12:15 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>12:15 PM - 1:30 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>11:00 AM</td>
<td>Balance</td>
<td>Wednesday</td>
<td>2:00 PM - 3:00 PM</td>
</tr>
</tbody>
</table>

### AUSTIN  5071 W. Congress Pkwy. 60644

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>11:15 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>10 AM - 10:30 AM</td>
</tr>
<tr>
<td>Monday</td>
<td>12:15 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>12:15 AM</td>
<td>Balance</td>
<td>Monday</td>
<td>12:30 PM - 3:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Tuesday</td>
<td>10 AM - 10:30 AM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11:30 AM</td>
<td>Fit &amp; Strong</td>
<td>Tuesday</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>12:30 AM</td>
<td>Fit &amp; Strong</td>
<td>Tuesday</td>
<td>12:30 PM - 3:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>10:30 AM</td>
<td>Limbercize</td>
<td>Friday</td>
<td>11:00 AM - 12:00 AM</td>
</tr>
</tbody>
</table>

### CHATHAM  8300 S. Cottage Grove Ave. 60619

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>10 AM - 10:30 AM</td>
</tr>
<tr>
<td>Monday</td>
<td>12:30 PM</td>
<td>Fit &amp; Strong</td>
<td>Monday</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>10 AM - 10:30 AM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:30 AM</td>
<td>Fit &amp; Strong</td>
<td>Wednesday</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>10:30 AM</td>
<td>Limbercize</td>
<td>Friday</td>
<td>11:00 AM - 12:00 AM</td>
</tr>
</tbody>
</table>

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

CHICAGO FITNESS PLUS
SUMMER 2019
Satellite Centers
<table>
<thead>
<tr>
<th>Satellites Centers</th>
<th>CHICAGO FITNESS PLUS</th>
<th>SUMMER 2019</th>
<th>Satellite Centers</th>
</tr>
</thead>
</table>

**GROUP EXERCISE CLASSES**

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

**GROUP EXERCISE CLASSES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00 AM</td>
<td>Limbercize</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:00 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:00 AM</td>
<td>Limbercize</td>
</tr>
<tr>
<td>Thursday</td>
<td>1:00 PM</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Friday</td>
<td>9:45 AM</td>
<td>Limbercize</td>
</tr>
</tbody>
</table>

**GROUP EXERCISE CLASSES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:45 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8:45 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Friday</td>
<td>8:45 AM</td>
<td>Fitness Plus</td>
</tr>
</tbody>
</table>

**GROUP EXERCISE CLASSES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:15 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Monday</td>
<td>11:00 AM</td>
<td>Weights</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:15 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:00 AM</td>
<td>Weights</td>
</tr>
<tr>
<td>Friday</td>
<td>10:15 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Friday</td>
<td>11:00 AM</td>
<td>Yoga</td>
</tr>
</tbody>
</table>

**FITNESS CENTER TRAINING HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>10:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>11:30 AM - 1:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>11:30 AM - 1:00 PM</td>
</tr>
</tbody>
</table>
## GROUP EXERCISE CLASSES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:00 AM</td>
<td>Get Fit!</td>
<td>Wednesday</td>
<td>1:30 PM</td>
<td>Zumba</td>
</tr>
<tr>
<td>Monday</td>
<td>2:00 PM</td>
<td>Chair Yoga</td>
<td>Thursday</td>
<td>9:00 AM</td>
<td>Body Alive</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:00 AM</td>
<td>Fit Mix</td>
<td>Friday</td>
<td>12:15 PM</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00 AM</td>
<td>Core</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

---

### Norwood Park 5801 N. Natoma Ave. 60631

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:15 AM</td>
<td>Core Strength</td>
<td>Monday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>9 &amp; 10 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>1:00 PM</td>
<td>Arthritis</td>
<td>Monday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>8:15 AM</td>
<td>Core Strength</td>
<td>Wednesday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>9 &amp; 10 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>1:00 PM</td>
<td>Arthritis</td>
<td>Friday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>8:15 AM</td>
<td>Core Strength</td>
<td>Friday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>9 &amp; 10 AM</td>
<td>Fitness Plus</td>
<td>Friday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>1:00 PM</td>
<td>Balance</td>
<td>Friday</td>
<td>11:00 AM - 1:00 PM</td>
<td></td>
</tr>
</tbody>
</table>

---

### PILSEN 2021 S. Morgan Ave. 60608

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>11:00 AM - 12:45 PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00 PM</td>
<td>Fit &amp; Strong</td>
<td>Monday</td>
<td>11:00 AM - 12:45 PM</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>11:00 AM - 12:45 PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00 PM</td>
<td>Fit &amp; Strong</td>
<td>Wednesday</td>
<td>11:00 AM - 12:45 PM</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>10:00 AM</td>
<td>Fitness Plus</td>
<td>Friday</td>
<td>9:00 AM - 10:00 AM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00 PM</td>
<td>Fit &amp; Strong</td>
<td>Friday</td>
<td>11:00 AM - 12:45 PM</td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>Time</td>
<td>Class</td>
<td>Day</td>
<td>Hours</td>
<td>Hours</td>
</tr>
<tr>
<td>------</td>
<td>--------</td>
<td>-------------</td>
<td>-----------</td>
<td>------------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Portage Park 4100 N. Long Ave. 60641</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td>9:45 AM</td>
<td>Fitness Plus</td>
<td>MONDAY</td>
<td>8:30 AM - 9:30 AM</td>
<td>10:30 AM - 2:30 PM</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>10:30 AM</td>
<td>Balance</td>
<td>TUESDAY</td>
<td>9:30 AM - 2:30 AM</td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td>1:00 PM</td>
<td>Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>9:45 AM</td>
<td>Fitness Plus</td>
<td>WEDNESDAY</td>
<td>8:30 AM - 9:30 AM</td>
<td>10:30 AM - 2:30 PM</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td>10:45 AM</td>
<td>Fitness Plus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td>2:00 PM</td>
<td>Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| ROSELAND 10456 S. Michigan Ave. 60628 | | | | | |
| MONDAY | 9:00 AM | Fitness Plus | MONDAY | 11:00 AM - 1:00 PM | |
| TUESDAY | 10:00 PM | Fit & Strong | WEDNESDAY | 11:00 AM - 1:00 PM | |
| WEDNESDAY | 9:00 AM | Fitness Plus | | | |
| FRIDAY | 9:15 AM | Yoga | | | |

| SOUTH CHICAGO 9233 S. Burley Ave. 60617 | | | | | |
| MONDAY | 10:00 AM | Fitness Plus | MONDAY | 9:00 AM - 10:00 AM | 11:00 AM - 1:00 PM |
| WEDNESDAY | 10:00 AM | Fitness Plus | WEDNESDAY | 9:00 AM - 10:00 AM | 11:00 AM - 1:00 PM |
| THURSDAY | 9:45 AM | Fitness Plus | THURSDAY | 9:00 AM - 9:45 AM | 11:30 AM - 1:00 PM |
| THURSDAY | 10:45 AM | Arthritis | | | |

| WEST TOWN 1613 W. Chicago Ave. 60622 | | | | | |
| MONDAY | 9:30 AM | Weights | | | |
| TUESDAY | 10:30 AM | Fitness Plus | TUESDAY | 9:00 AM - 10:30 AM | 11:15 AM - 1:00 PM |
| WEDNESDAY | 9:30 AM | Zumba | | | |
| WEDNESDAY | 10:15 AM | Yoga | | | |
| THURSDAY | 9:15 AM | Yoga | | | |
| THURSDAY | 10:30 AM | Fitness Plus | | | |
Come to the Central West Regional Senior Center and meet old friends, make new friends and become a part of the Central West family!

**SPECIAL EVENTS & PROGRAMS**

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

**CENTRAL WEST BOOK CLUB**
3rd Mondays, July 15th; August 19th; and September 16, 2019.
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: Trouble in Rio by Carl Weber (July Book); Born A Crime by Trevor Noah (August Book); and Crazy Rich Asians by Kevin Kwan (September Book).

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

**CLASSES**

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

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

**COMPUTER CLASSES**
Wednesdays,
1:00 p.m. – 3:00 p.m.
Linda Moore, our computer instructor leads beginning and intermediate computer class for seniors who would like to learn how to access the internet and send email. If you are interested in keeping up with technology, you need to register to attend this class. Call (312)746-5300 to register today. **WILL RESUME AUGUST 7, 2019**
CROCHETING
Wednesdays,
12:00 p.m. until 2:00 p.m.
Johnetta Philpotts, our volunteer is now teaching seniors how to crochet. The class will cover basic stitches and techniques. The class is FREE, but you must provide your own supplies.

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

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

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

BID WHIST TOURNAMENT
Come and show us how great of a player you are. Please call 312-746-5300 for details. Limited Space

WHITE-THANG DANCE
Friday,
August 23, 2019
12:00 p.m. - 4:00 p.m.
Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves. Cost $5.00

BLUE SKIES DANCE
Friday
September 27, 2019
12:00 p.m. - 4:00 p.m.
Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves. Cost $5.00

Westside Coalition for Seniors & Chicago Department of Family and Support Services
27th ANNUAL SENIOR PROM
Thursday, November 14, 2019
11:00 a.m. - 4:00 p.m.
26th Annual Senior Prom tickets will be available on Monday, July 1, 2019. 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. These sessions will review, discuss, and offer resources specific to senior needs.
### Central West Satellite Centers
#### Program Highlights

| **Austin Satellite Center**  
|**5071 West Congress, 60644**  
|**(312) 743-1538** |
| **AARP DRIVER SAFETY**  
| July 24 – 25, 2019  
| 12:00 p.m. – 4:00 p.m.  
| The class helps you to be a better driver and may decrease your insurance cost. Check with your agent for eligibility. $20 per person, $15 for AARP members. Call to register: (773) 775-6071. |
| **LINE DANCE CLASS**  
| Every Tuesday & Thursday  
| 9:00 a.m. -11:00 a.m.  
| Put on your dancing shoes and join us on the Austin Dance Floor. You are sure to have a good time. All are welcome. |
| **CITY KEY CARD**  
| September 11, 2019  
| 12:00 p.m.  
| The City Key Card is an optional valid, government-issued ID, library card, and Ventra Card. It also offers additional benefits, such as discounts at sports games, cultural events, local businesses and prescription benefits. |

| **Pilsen Satellite Center**  
|**2021 South Morgan, 60608**  
|**(312) 743-0493** |
| **STAR SPANGLED LOTERIA**  
| Tuesday, July 2, 2019  
| 11:00 a.m. – 1:00 p.m.  
| Join us for a friendly game of Mexican ‘bingo’ we’ll have fun prizes. Provided at no cost to participants. |
| **FIESTAS PATRIAS**  
| Monday, Sept. 14, 2019  
| 11:00 a.m. – 2:00 p.m.  
| Join us for a special celebration kicking off Hispanic Heritage Month. This celebration of Mexican independence day will feature music, dancing and traditional Mexican snacks. The event is provided at no cost but, SPACE IS LIMITED YOU MUST REGISTER IN ADVANCE. |

| **West Town Satellite Center**  
|**1613 West Chicago, 60622**  
|**(312) 743-1016** |
| **ALL DAY BILINGUAL BINGO TOURNAMENT**  
| Friday, August 23, 2019  
| 10:00 a.m. - 4:00 p.m.  
| All Day Bilingual Bingo (English & Spanish), we will be playing all of the fun Bingo games you are familiar with and afternoon refreshments will be provided. Prizes will be provided for special games. Big game winner is the cover-all. Must use in-house bingo cards only. $1.00 per card and $3.00 for 4 cards. Maximum cards per player is 4. Tournament Entrance Registration Fee: $2.00 (does not include any bingo cards). |
| **INDEPENDENCE DAY FESTIVAL**  
| Wed., September 18, 2019  
| 12:30 p.m. – 4:00 p.m.  
| Join us in celebrating the month of Latin American Independence. Each country represented by senior members will highlight their heritage, music, costumes and food. FREE |

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR**
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**

**HAWAIIAN PARTY**
Wednesday, July 3, 2019
1:00 p.m. - 3:00 p.m.
“Aloha” Come one come all! Dance the afternoon away to Hawaiian Island music with Frances and Norm of Dancemates while they teach several easy-to-learn Hula dances! Refreshments served -FREE!!!

**ICE CREAM SOCIAL**
Thursday, August 22, 2019
1:00 p.m. – 3:00 p.m.
Join us for our annual Ice Cream Social. Enjoy an afternoon of dancing to the vibrant sounds of DJ Johnny Wonder. Sundaes- FREE

**SUMMER SIDEWALK SALES!!!**
Saturday, August 10, 2019
Friday, September 13, 2019
9:00 a.m. - 3:30 p.m.
Reserve a space for $15.00 ASAP. Attendees must bring their own table/chair and prepared items to sell at our sidewalk sale. For more information, call Alicia Henry 312-742-2620.

**BINGO – BINGO – BINGO**
Monday, July 8 & 15; 2:00- 4:00 p.m.
Friday, July 19; 10:00- 11:30 a.m.
Wednesday, July 24; 2:00- 4:00 p.m.
Monday, July 29; 2:00- 4:00 p.m.
Tuesday, August 13; 2:00- 4:00 p.m.
Mondays, 1:00-2:00 p.m.
Stop by for quick game of Bingo with Meals on Wheels volunteers; great prizes and fun people! Donation $.50 (per card)

**CLASSES**

**AARP DRIVER SAFETY**
Thursday, July 11th & Friday, July 12th
Thursday, Sept. 19th & Friday, Sept. 20th
9:00 a.m. - 1:00 p.m.
This approved two day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes. You must attend class both days to be eligible for the Certification. The cost of the class is $15.00 for AARP members and $20.00 for non-members. For more information, call (312) 744-0784.

**RULES OF THE ROAD**
Monday, July 15th
Monday, September 16th
12:30 p.m. – 2:30 p.m.
Secretary of State’s driving test review course. This course is designed to assist you with taking your driving test and highway safety review. Handouts will be available. Bring your driver’s license or State I.D. to attend class.

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

**BASIC LINE DANCE**
Tuesdays, 1:00 p.m. – 2:00 p.m.
Instructor: Ms. Georgia
Let Ms. Georgia guide you through the basics of line dancing via music and organized group choreography. Don’t be afraid... this class is for the movers and shakers. **Donation: $1**

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

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

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

**YOGA FIT W/ BONNIE**
Wednesdays 12:30 – 1:30 p.m.
Yoga is for Everybody! Learn the foundations of yoga so you can begin to experience its transformational effects. Explore body alignment and deep breathing while developing strength, flexibility, and balance in a supportive environment. This class is **FREE**... but please come with your Yoga mat.

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

**COUNTRY WESTERN LINE DANCE**
Fridays, 1:00 p.m. – 2:00 p.m.
Instructor: Louie Stallone.
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. **Donation: $1**

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

**KARAOKE**
Tuesdays, 12:30 p.m. – 3:30 p.m.
Learn how to improve your vocal chords and memory at the same time, when you sing all the best songs both in English and Spanish. - **Donation: $1**

**WEEKEND PROGRAMS**

**LATIN & SWING DANCE LESSONS**
Saturdays, 12:30 p.m. – 1:30 p.m.
Instructor: Norman
Come learn instructional dance with a Latin flare!

**BELLY DANCE**
Saturdays, 10:30 a.m. – 11:30 a.m.
Instructor: Dianne Hodges
Dianne will teach you balance, core strength, breathing techniques and much more! **FREE**
### Northeast Satellite Centers
#### Program Highlights

| Edgewater Satellite Center  
5917 North Broadway, 60660  
(312)742-5323 |
|---|
| **CITY KEY CARD**  
Office of the City Clerk  
Monday, July 1, 2019  
9:00 a.m. to 12:00 p.m. |
| The City Key Card is an optional valid, government-issued ID, library card, and Ventra Card. It also offers additional benefits, such as discounts at sports games, cultural events, local businesses and prescription benefits. |
| **SUMMER ICE CREAM SOCIAL & SINGALONG**  
Monday, July 15, 2019  
12:30 p.m. to 1:30 p.m. |
| Join us for ice cream while we’re entertained by The Bourbon Street Strummers (a Windy City Jammers trio) who will lead a singalong. And, get the scoop on updates and fall programs from Edgewater Village Chicago. In partnership with 48th Ward Alderman Harry Osterman and the Edgewater Senior Satellite Center. Suggested donation: $1-2. |
| **SENIOR SCAMS**  
Attorney General's Office  
Monday, July 22, 2019  
12:30 p.m. to 1:30 p.m. |
| Join us for a presentation by the Office of the Attorney General on Senior Scams. Learn how to protect yourself from consumer scams such as home repair scams, Internet scams, charity scams, lotteries & sweepstakes. Receive information about free mediation services and learn tips on protecting yourself from identity theft. |

| North Center Satellite Center  
4040 North Oakley, 60618  
(312)744-4015 |
|---|
| **FRAN-ERCISE**  
Fridays,  
10:00 a.m. |
| Enjoy a fabulous workout and great fun. A mix of stretch, aerobics, weights, bands and balls, tai chi and yoga wonderful music, even singing and more! No cost – 1 hour class. No reservation needed. Make your endorphins HAPPY. |
| **IMPROV LIVE**  
Tuesdays,  
12:30 p.m. |
| Learn the techniques of IMPROV from the best. Patrick and John both have background from Second City. No experience needed. Just thinking on your feet. This program is ridiculously fun. No fee. |
| **DROP-IN TECH CLINIC**  
MONDAYS  
(except holidays)  
10:00 a.m. – 1:00 p.m. |
| Drop-In training for smart phones, tables, laptops and pads. Learn how to get the most out of your device(s) with Mary Ann, Nancy and Joel. Just bring your device and your questions – they will find the answers. Did you know you could set up your address/phone book, keep an appointment calendar read and answer email and much more? No fee - No appointment. |

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: Chandra Thompson

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

AUXILIARY OF THE NORTHWEST RUMMAGE SALE
Friday, July 19, 2019 and August 16, 2019  
9:00 a.m. - 3:00 p.m.
Once again the Northwest Auxiliary will be hosting its annual Sidewalk Sale 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 from July 3rd; please make checks payable to the Auxiliary of the Northwest. 
NOTE: You must bring your own table and chairs. Or you can rent the table and chair. COST: $15.00 a space (table/chair $15.00)

HERITAGE CELEBRATIONS
Friday, September 6, 2019  
12:30 p.m. - 3:00 p.m.
This year we are celebrating both Polish and Hispanic Heritage by enjoying a combined celebration of the two communities. We will serve dishes from Poland and Spanish; flavors that will delight every palate. Also, we will listen and dance to music from both countries. FREE

NORTHWEST COPERNICUS HEALTH AND INFORMATION FAIR
Tuesday, September 17, 2019  
9:30 a.m. – 2:00 p.m.
Come join us on our annual Health and Information Fair. We will be providing blood pressure screenings and a pharmacist will be present to talk to you about your medication. There will be tables of Information about Alzheimer's, kidney disease, heart, and lung associations as well as representatives from Amita Health Saint Elizabeth and Saint Mary medical centers. The Lions Square Lions Club will be providing Hearing and Vision screenings. FREE

CLASSES

LINE DANCE
1st and 2nd Monday of the month  
12:30 p.m. – 1:30 p.m.
Our teacher, Frances Strain is firing up your enthusiasm by teaching you how to line dance. It is a lot of fun and good exercise all at once! Accomplished line dancers are always welcome too. $1.00 suggested donation.

PILATES CLASS
1st and 2nd Mondays,  
10:30 a.m. - 11:30 a.m.
Bonnie Pobgee, our instructor will teach you how to strengthen your body’s core muscle groups and increase your flexibility. FREE
V.I.B.E. (Visualize, Imagine, Breath, Energize)
3rd & 4th Mondays, 10:30 a.m. - 11:30 a.m.
Bonnie Pobgee teaches this 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

MANUAL CRAFTS
2nd and 4th Wednesday of the month
Come join Martha in this fun art class that involves simple art steps that will assist you with simple crafts to decorate your home! FREE

AARP DRIVER SAFETY PROGRAM
Wednesday, August 7th and Thursday, August 8th, Wednesday, October 9th and Thursday, October 10th, 2019 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.

LATIN RHYTHM AEROBICS
Tuesday and Thursdays 1:00 p.m. – 2:00 p.m.
Come and enjoy a fun and energetic exercise class with Angel Badell. He will help tone your muscles, lose weight and move to the rhythm of Latin music. So come and enjoy! FREE

BEADS & BAUBLES CLASS
1st & 3rd Friday of the month 10:00 a.m. - 11:15 a.m.
Marta Ortiz, our instructor for our jewelry making class, will teach you how to create bracelets, necklaces and other pieces of jewelry. These personally handcrafted pieces make great gifts for friends and family too!

WEEKEND EVENTS

SUMMER DANCE
Sunday, July 14, 2019 1:00 p.m. - 3:00 p.m.
Celebrate the end of a wonderful summer by dancing to the lively recorded music provided by Dancemates and enjoy a fun filled afternoon. Refreshments will be provided. FREE

ZUMBA GOLD
1st and 2nd Saturdays at 12:30 p.m.
Melt your pounds away while having fun dancing to music and learning new dance moves. FREE

VIDEO MATINEE MOVIES
4th Saturdays at 12:30 p.m.
Movie Saturdays are back by popular demand. We will feature the latest released titles. Popcorn will be available for a small donation. FREE

LATIN DANCING
1st and 3rd Sundays, 1:00 p.m. - 3:00 p.m.
You are invited to join an ongoing and open, informal session of ballroom dance every Sunday afternoon for our participants, with familiar favorites from the 50s, 60s and 70s. FREE
<table>
<thead>
<tr>
<th><strong>Northeast Satellite Centers</strong></th>
<th><strong>Program Highlights</strong></th>
</tr>
</thead>
</table>
| **Kelvyn Park Satellite Center** | **2715 North Cicero, 60639**
**312)744-3350**

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

**ZUMBA GOLD**
Tuesdays & Thursdays,
1:00 p.m. - 2:00 p.m.
Come join Marie Jane at Kelvyn Park for Zumba Gold. This
action packed, fun-filled exercise program is sure not to disappoint. Ditch the workout and come join the party!

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

**FISHING CLINIC**
Monday, August 5, 2019
10:45 a.m.
Come join in learning about the ecology of local lakes and the types of fish from Cook County Forest Preserve Staff.
Free

**AARP DRIVER SAFETY CLASS**
Tuesday & Thursday,
September 3 & 5, 2019
12:45 p.m.
The class helps you to be a better driver and may decrease your insurance cost, Check with your agent for eligibility. $20 per person, $15 for AARP members. Call to register: (773) 775-6071.

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

**INDEPENDENCE DAY PARTY**
Wednesday, July 3, 2019
11:00 a.m. - 3:00 p.m.
Join us for lunch, raffles, music (from DJ Chico), and dancing as we celebrate the 4th of July! Please buy tickets in advance ($3.00 suggested donation).!

**AARP DRIVER SAFETY CLASS**
August 9, 2019 &
August 16, 2019
12:15 p.m. - 4:15 p.m.
Come and learn about safe driving! Cost: $15 (Members) & $20 (Non-Members)! After completing the course, you may be eligible for a discount on your insurance!

**END OF SUMMER SOCIAL**
Mon., September 23, 2019
1:45 p.m.-3:45 p.m.
Bring your dancing shoes as we celebrate the start of fall with Norm & Fran! Dance lessons will be taught throughout this FREE event! All are welcome!

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

SPECIAL EVENTS & PROGRAMS CLASSES

ANNUAL RENAISSANCE COURT TALENT SHOW
“Bosom Buddies”
Friday, July 26, 2019
2:00 p.m. – 4:30 p.m.
Claudia Cassidy Theatre
Chicago Cultural Center, 2nd Floor
Free Admission

AARP DRIVER SAFETY
Wednesday, September 4 & Thursday, September 5, 2019
12:30 p.m. – 4:30 p.m.
The course costs $15 AARP members and $20 for nonmembers. You must attend both days to receive a certificate. Call (312) 744-4550 for more information or to sign up.

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

RENAISSANCE COURT GALLERY
Renaissance Court Gallery features professional artist age 55 and over.
Featured in the gallery this quarter:
Joann Rea
July 12 - September 6, 2019
Oil on Masonite

ART OF SURVIVAL & BEAUTY
Monthly Every 3rd Thursday
2:30 p.m. – 4:00 p.m.
Facilitator: Tim Andrews
FREE. Registration is not required
TOPICS:
August 15 -THE PLAGUE - famed novel by Albert Camus [1947] ~ tells of a deadly epidemic, but echoes the German occupation of Paris
September 19 "THE SWERVE" explains how an ancient Roman epic was found in a monastery, and changed the world

LADIES & GENTS WHO LUNCH
Every 3rd Tuesday
11:30 a.m.
If you love dining at Chicago’s most famous restaurants while enjoying great socialization, then you will love to be a part of this dynamic group of ladies & Gents.
This group meets every 3rd Tuesday at a
different restaurant of choice. You can become a “Foodie” or expert cuisine critic. Call us at (312) 744-4550 to reserve your seat at the table. So join us! This quarter we will visit:

**July** – Athena Greek Restaurant
212 South Halsted

**Aug** – Wild Fire
159 West Erie

**Sept** – Good to Go Jamaican Cuisine
711 Howard Street
Evanston, IL

**BASIC PERSIAN FARSI**
Mondays, 10:15 a.m. – 11:00 a.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! FREE. Registration is not required.

**INTERMEDIATE PERSIAN FARSI**
Mondays, 11:00 a.m. – 12:15 p.m.
Instructor: Majid Memar, PhD
Come have fun! FREE. Registration is not Required

**ME, MYSELF & I: “TURNING MEMORIES INTO MEMOIRS**
Wednesdays,
July 3, 10, 17 & 31; Aug 7 & 14, 2019
11:30 a.m. – 1:00 p.m.
Facilitator: Beth Finke
Think you are hopeless when it comes to writing? If you’d like to get your stories down on paper but think you can’t write, this class is for you. Easy writing exercises will help beginners tell their stories of childhood, adventure, life’s losses and triumphs. FREE. Space is limited. Registration is not required

**AMERICAN SIGN LANGUAGE (ASL)**
Tuesdays, 10:15 a.m. – 1:00 p.m.
Instructor: Melinda Gerstein
**NMS: PAINT YOUR FACE WITH SIGNS**
This is a continuation course on NMS.
NMS (non-manual signals) NMS is one of the ASL elements used when teaching or interpreting in a professional setting or hanging out with the deaf community. Expressing mouth morphemes are required to convey meaning but do not involve using your hands. Donation: $4.00 Registration is not required.

**CONVERSATIONAL SPANISH**
Saturdays, 10:15 a.m. – 12:00 p.m.
**Novice Level**
Instructor: Dee Sampson
$6.00 per class
12:00 – 1:00 p.m. - **Intermediate Level**
$3.00 per class
Registration is not required

**NOT TOO OLD FOR IMPROV**
Tuesdays,
2:00 p.m. – 3:30 p.m.
Facilitator: Ron Tolisano
The members of the improvisation group cultivate listening skills, connect to free-flowing ideas and learn to think on their feet and to trust their intuition as well as support each other. The goal is to have lots of fun! No experience necessary to join.
No Class Every 3rd Tuesday
FREE. Registration is not required.

**DANCE LAND**
Wednesdays,
1:00 p.m. – 2:00 p.m.
Instructor: Andrew Allen
This fun interactive class will challenge you to dance your way to fitness. Come learn all the dances from the 50’s, 60’s & 70’s. This is a free style dance class and of course a little boppin and steppin...no partner necessary. FREE
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

“ATLAS SWINGS”
Friday, August 30, 2019  
11:30 a.m. – 1:30 p.m.  
Atlas swings to the midsummer cool sounds of the Myron Mills Project. FREE.

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

WEEKEND CLASSES & EVENTS

Saturday Music Grooves w/Tobias  
Saturdays, July 6, August 3, and September 7, 2019  
11:30 a.m. – 1:30 p.m.  
Start your weekend off right with D.J. Tobias playing some great sounds. FREE.

MUSICAL NOTES
Saturdays, July 13, August 10, and September 14, 2019  
11:30 a.m. - 1:30 p.m.  
Andre Miles adds music to your weekend with his blend of vocals and keyboard. FREE.

SATURDAY LINE DANCE CLASS
Saturdays, August 17, 2019  
10:00 a.m. – 11:30 a.m.  
Get those feet moving and hips swaying; join instructor Marvella Ross for this FREE line dance class.

THE MYRON MILLS PROJECT
Saturday, August 31, 2019  
Start your Labor Day weekend off with great music performed by the Myron Mills Project. FREE.

KY’NORA AND THE ENCHANTERS
Saturday, September 21, 2019  
12:00 p.m.  
Piano, vocals, and harmonica combine to make this a wonderful musical performance. FREE.

WE SING KARAOKE
Saturdays, July 27, August 24, and
September 28, 2019
11:30 a.m. - 1:30 p.m.
Have some fun singing your favorite songs with BeBop, the Queen of Karaoke **FREE.**

**CLASSES**

**JEWELRY MAKING WITH BEADS**
Second & Fourth Thursdays, 7/11 & 7/25/19; 8/8 & 8/22/19
10:00 a.m. – 11:30 a.m.
Instructor: Veronica Echols-Noble
Join “Ronni” Echols-Noble for fun, making jewelry (earrings, bracelets, necklaces) for yourself, family and friends. Class size is limited. **FREE.**

**HOME GARDENING: PREP YOUR GARDEN FOR WINTER**
Thursdays, 10:00 a.m. - 11:00 a.m.
September 5, 12, 19, 26; October 3, 10 (6 sessions)
Instructor: Nelson Fluker
Gardening is **GOOD** for you! Fall Container Gardening is very important. **FREE.**

**AARP DRIVER SAFETY EDUCATION**
Wednesday & Thursday, August 21 & 22
9:00 a.m. – 1:00 p.m.
Instructor: Lois Travis
Please register with instructor at (773)568-7261 (daytime hrs.)

**RULES OF THE ROAD**
Wednesday, September 4, 2019
10:30 a.m. – 12:30 p.m.
Please call (312)747-0189 x 103 to register.

**TAI—CHI**
Tuesdays & Thursdays
1:00 p.m. – 2:00 p.m.
Instructor: Craig Harris
Cost: $3.00

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

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

**STEPPIN’**
Tuesdays, 10:00 a.m. – 11:30 a.m.
Instructor: James Drake

**MASSAGE THERAPY (by appt.)**
Wednesdays, 9:30 a.m.- 3:30 p.m.
Massage Therapist: Tisa Williams
Massage relieves stress, reduces various pains. Please call (312)747-0189 for further Information.

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

<table>
<thead>
<tr>
<th>Center</th>
<th>Address</th>
<th>Contact</th>
<th>Activities</th>
</tr>
</thead>
</table>
| **Abbott Park Satellite Center**            | 49 East 95<sup>th</sup> Street, 60619 | (312)745-3493            | **LINE DANCE & OPEN MIC PERFORMANCE**  
Fridays, 11:00 a.m. - 2:00 p.m.  
Spend your Fridays at Abbott Park Senior Satellite Center with Beginners Line Dancing at 12:00 p.m. - 2:00 p.m. But, don't leave and join us for Open Mic from 1:00 p.m. - 3:00 p.m. All talents are welcome, Karaoke Sing-A-Long, Poetry, Spoken Word & Dancing. |
|                                             |                                   |                          | **YOGA**  
Beginners, Tuesdays 8:30 a.m. - 9:30 a.m.  
Advanced, Wednesdays 10:30 a.m. -11:30 a.m.  
Come join Tony Stevens Tuesday and Wednesday at Abbott Park Senior Satellite Center Tony will show you step by step with each Yoga pose to take you from Beginner to Advanced! |
| **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... |
|                                             |                                   |                          | **BINGO WITH JOHN**  
Wednesdays, 1:30 p.m. - 3:00 p.m.  
Everyone is welcome to play Bingo with John. “Special” games, surprise “raffles” with some of the games. A good time will be had by all. |
| **Roseland Satellite Center**               | 10426 South Michigan, 60628       | (312)745-1500            | **STEPPING CLASS**  
1st and 2nd Wednesdays, 2:30 p.m. - 3:30 p.m.  
Whether you are a beginner or a pro, come join us at Roseland for fun with steppin’! Come alone, or bring a partner! |
|                                             |                                   |                          | **LINE DANCE CLASS**  
Mondays, 11:00 a.m. - 12:00 p.m.  
Do you want to learn how to line dance? Summer holiday gatherings are just around the corner. Come join us to learn the latest moves in line dancing at Roseland Senior Satellite Center. |
| **South Chicago Satellite Center**          | 9233 South Burley, 60617          | (312)745-1282            | **ZUMBA WITH ERIKA**  
Tuesdays, 10:00 a.m. - 11:00 a.m.  
Ditch the workout and join the party with Ms. Erika. You are sure to have a Zumba good time. |
|                                             |                                   |                          | **STEPPING CLASS**  
Fridays, 9:00 a.m. - 10:00 a.m.  
Meet you on the dance floor at South Chicago Satellite, where Mr. Calvin will teaches you the smoothest moves on the South Side. |

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**
Southwest Regional Senior Center
6117 S. Kedzie Ave.
Chicago, IL 60629
(312) 747-0440 TTY: (312) 744-6777

Director: Jewell Wilson
Programming: Felipe Sanchez

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

SPECIAL EVENTS & PROGRAMS

ICE CREAM SOCIAL
Thursday July 18, 2019
1:00 p.m. - 3:00 p.m.
Summer is here already! You are invited to enjoy your Friday afternoon with us at the Southwest Regional Center. DJ Chico will provide the music for our annual Ice Cream Social; remember to bring your appetite. FREE

SPA DAY AT THE SOUTHWEST CENTER
Saturday August 10, 2019
9:30 a.m. - 12:30 p.m.
The Southwest Regional Center Spa Day will feature presentations on grooming, and beauty tips from skilled cosmetology. Participants may also receive courtesy manicures, grooming, and facial touch-ups from a group of local cosmetology interns. FREE

HARVEST FEST
Friday September 27, 2019
12:30 p.m. – 3:30 p.m.
This event features the display, judging, and awarding of prizes to the winners of our 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
Saturday, September 14, 2019
12:30 p.m. – 3:30 p.m.
Come celebrate Mexico’s Independence with a display of Mexican cultural artifacts sponsored by the Latino Heritage Group. Entertainment will be provided by a Mariachi Band, followed by a Disc Jockey. Refreshments will be served.
COST: $8.00 per person

39th ANNIVERSARY CELEBRATION/OPEN HOUSE & STAFF APPRECIATION
Friday, September 20, 2019
12:30 p.m. – 3:30 p.m.
Join us for the celebration of our Center’s 39th Anniversary. Long term participants will be recognized. This is also considered a special day to welcome new participants to our Center. DJ Chico will provide music for the party. Refreshments will be served. FREE

CLASSES

KARAOKE
1st and 3rd Fridays, July 5 & 19, August 2 & 16 and September 6 & 20, 2019
9:30 a.m. - 10:30 a.m.
Join Harold and the Southwest family to have a Karaoke good time! Bring your best singing voice or just listen as we sing all of your favorite hits. We have a variety of songs both in English and Spanish.
BINGO
Wednesdays and Saturdays,
1:00 p.m. - 3:00 p.m.
Join us for a Bingo good time. Come for the fun-filled games and stay for amazing company.

AARP DRIVERS SAFETY PROGRAM
Thursday, August 15, &
Friday, August 16, 2019
9:30 a.m. - 1:30 p.m.
This approved course is taught by AARP for Accident Prevention. You must be at least 55 years old and a $20.00 fee is required for the two-day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited.

SEWING FOR LEISURE
Tuesdays, 9:30a.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. $5.00 per person for each class

COMPUTER CLASSES
Wednesday, September 04, 2019 (Eight week session)
1:00 p.m. - 3:00 p.m. Instructor: TBA
This beginner computer course will teach you basic computer skills, and the Internet. Advance registration is required, so please call (312) 747-0440.
Cost: $35.00 (Due on the first day of class.) Only a check or money order made out to “Southwest Auxiliary” will be accepted.

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 merengue, 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
Tuesday, July 23, 2019
10:00 a.m. - 12:00 p.m.
Secretary of State Jessie White’s Office is providing a Rules of the Road class, which will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your driver’s license or state I.D. to attend. Handouts will be available, but please sign up at the center to make sure we have enough material for everyone. FREE

ILLINOIS SECRETARY OF STATE PHOTO ID
Friday, September 20, 2019
10:00 a.m. to 2:00 p.m.
The staff from the Secretary of State office will be at the Southwest Regional Senior Center to provide photo ID cards for senior citizens. This service is free to seniors 65 years and older. Required documents for issuance photo ID are: Social Security Card, two acceptable forms of identification that provide your name, date of birth residency and signature.

SOUL LINE DANCE CLASS
Thursdays 1:00 p.m. – 2:00 p.m.
Instructor: Hakeemah Shamsuddin
Come and join us on the dance floor, you can improve your endurance and exercise the brain and memory all while having fun learning popular line dances. FREE
### Auburn Gresham Satellite Center
1040 West 79th Street, 60620  
(312)745-4797

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DOUBLE FEATURE MONDAYS</strong></td>
<td>Please join us on Mondays to enjoy light hearted movies (old and new) as well as a lovely critique conversation. Popcorn will be served upon request. Movies start on time.</td>
</tr>
<tr>
<td><strong>LINE DANCE WITH LISA</strong></td>
<td>Come join Lisa and the Auburn Gresham dancers as you learn the latest line dances. This fun-filled class will not disappoint. A good time will be had by all.</td>
</tr>
</tbody>
</table>

### Englewood Satellite Center
653 - 657 West 63rd Street, 60621  
(312)745-3328

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PARADE OF FASHIONS</strong></td>
<td>Englewood Satellites participants will be “Styling and Profiling”! Join us for beautiful fashions modeled by beautiful people. If you want to “Strut your Stuff” call the center at 312-745-3328. Light refreshments will be served. FREE.</td>
</tr>
<tr>
<td><strong>AUTUMN BAZAAR</strong></td>
<td>One Man’s Trash is Another Man’s Treasure! Bring items to display or go on a treasure hunt! Table Rental Donations: Members - $10.00 Non-members - $15 racks - $5.00. You must bring your own rack. NO food items. NO Refunds. For more info. Call Mildred or Mary @ 312-745-3328</td>
</tr>
</tbody>
</table>

### Garfield Ridge Satellite Center
5674-B S. Archer, 60638  
(312)745-4255

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GARFIELD RIDGE VIC OPEN HOUSE &amp; RESOURCE FAIR</strong></td>
<td>The Garfield Ridge VIC hosts its first event, an Open House and Resource Fair. Join us for free food and lots of information on senior essentials including healthcare, senior housing, Medicare supplements, neighborhood safety, home repair through your home insurance, free hearing equipment for your telephone and cell phone, and more.</td>
</tr>
<tr>
<td><strong>GARFIELD RIDGE COMEDY SHOWDOWN</strong></td>
<td>The Garfield Ridge Satellite Senior Center is hosting its first Senior Comedy Showdown! Do you have it in you to stand up and tell your jokes? Sign up for your chance to win the Comedy Showdown! OR come along to enjoy the show! You must be aged 55 or better to be part of the show.</td>
</tr>
<tr>
<td><strong>BRAIN AEROBICS</strong></td>
<td>Brain Aerobics is an interactive, informative and educational program of current research and topics on brain health. Joan teaches why and how to exercise your brain and keep your cognition intact. This session consists of six (6) classes that are 90 minutes each. The class is free* and open us and keep your brain in shape! NOTE: No class on 10/2/19.</td>
</tr>
</tbody>
</table>

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**
<table>
<thead>
<tr>
<th>Site Name</th>
<th>Date</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbott Park Satellite</td>
<td>Thursday, October 10, 2019</td>
<td>49 E. 95th St. 60619</td>
<td>312-745-3493</td>
</tr>
<tr>
<td>Austin Satellite</td>
<td>Wednesday, October 9, 2019</td>
<td>5071 W. Congress Pkwy. 60644</td>
<td>312-743-1538</td>
</tr>
<tr>
<td>Northwest Regional Center</td>
<td>Friday, October 11, 2019</td>
<td>3160 N. Milwaukee Ave. 60618</td>
<td>312-744-6681</td>
</tr>
<tr>
<td>Kelvyn Park Satellite</td>
<td>Thursday, October 3, 2019</td>
<td>2715 North Cicero Ave. 60639</td>
<td>312-744-3350</td>
</tr>
<tr>
<td>Englewood Satellite</td>
<td>Thursday, October 24, 2019</td>
<td>653-657 W. 63rd St. 60621</td>
<td>312-745-3328</td>
</tr>
<tr>
<td>Auburn Gresham Satellite</td>
<td>Tuesday, September 24, 2019</td>
<td>1040 W. 79th St. 60620</td>
<td>312-745-4797</td>
</tr>
<tr>
<td>Northeast Regional Center</td>
<td>Wednesday, October 23, 2019</td>
<td>2019 West Lawrence, 60625</td>
<td>312-744-0784</td>
</tr>
<tr>
<td>Southeast Regional Center</td>
<td>Wednesday, October 23, 2019</td>
<td>1767 E. 79th St. 60649</td>
<td>312-747-0189</td>
</tr>
<tr>
<td>Roseland Satellite</td>
<td>Thursday, October 3, 2019</td>
<td>10426 South Michigan, 60628</td>
<td>312-745-1500</td>
</tr>
<tr>
<td>Garfield Ridge Satellite</td>
<td>Thursday, October 3, 2019</td>
<td>5674-B S. Archer Ave. 60638</td>
<td>312-745-4255</td>
</tr>
<tr>
<td>Chatham Satellite</td>
<td>Wednesday, September 25, 2019</td>
<td>8300 S. Cottage Grove 60619</td>
<td>312-745-0401</td>
</tr>
<tr>
<td>North Center Satellite</td>
<td>Wednesday, October 19, 2019</td>
<td>4040 N. Oakley Ave. 60618</td>
<td>312-744-4015</td>
</tr>
<tr>
<td>West Town Satellite Center</td>
<td>Wednesday, October 16, 2019</td>
<td>1613 West Chicago Ave. 60622</td>
<td>312-743-1016</td>
</tr>
<tr>
<td>Norwood Park Satellite</td>
<td>Tuesday, October 1, 2019</td>
<td>5801 N. Natoma 60631</td>
<td>773-775-6071</td>
</tr>
<tr>
<td>South Chicago Satellite</td>
<td>Thursday, October 17, 2019</td>
<td>9233 South Burley Ave. 60617</td>
<td>312-745-1282</td>
</tr>
<tr>
<td>Renaissance Court</td>
<td>Tuesday, October 22, 2019</td>
<td>78 East Washington, 60602</td>
<td>312-744-4550</td>
</tr>
<tr>
<td>Edgewater Satellite</td>
<td>Thursday October 3, 2019</td>
<td>5917 North Broadway, 60660</td>
<td>312-742-5323</td>
</tr>
<tr>
<td>Portage Park Satellite</td>
<td>Thursday, October 10, 2019</td>
<td>4100 N. Long Ave. 60641</td>
<td>312-744-9022</td>
</tr>
<tr>
<td>Central West Regional Center</td>
<td>Wednesday, October 15, 2019</td>
<td>2102 West Odgen, 60612</td>
<td>312-746-5300</td>
</tr>
<tr>
<td>Southwest Regional Center</td>
<td>Tuesday, October 22, 2019</td>
<td>6117 South Kedzie, 60629</td>
<td>312-747-0440</td>
</tr>
</tbody>
</table>
**Influenza (the flu) is a serious illness, especially for older adults.**

**FACT: People 65 years and older are at high risk of serious flu-related complications.**

People’s immune systems become weaker with age placing people 65 years and older at high risk of serious, flu-related complications. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. It’s estimated that between about 70 percent and 85 percent of seasonal flu-related deaths in the United States have occurred among people 65 years and older. For seasonal flu-related hospitalizations, people 65 and older account for between about 50 percent and 70 percent of the estimated total.

**An annual flu shot is the best protection against the flu.**

**FACT: While flu vaccine can vary in how well it works, vaccination is the first and most important step in protecting against the flu.**

Annual flu vaccination is recommended for all people 6 months and older. Vaccination is especially important for people 65 years and older because of their high risk status.

Studies have shown that flu vaccination can prevent flu illness and flu hospitalization. Also, vaccination can make your illness milder if you do get sick.

People 65 years and older can get any flu shot that is approved for use in that age group. That includes some traditional, regular-dose flu shots, recombinant flu shots and two other flu shots designed specifically for people 65 and older.

1. **A high dose flu vaccine** (Fluzone® High-Dose) contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.

2. **An adjuvanted vaccine** (FLUAD™) is standard dose flu vaccine with an added adjuvant. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.

For more information, visit:  
[www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call 1-800-CDC-INFO
# Regional Senior Centers

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

<table>
<thead>
<tr>
<th>Region</th>
<th>Senior Center</th>
<th>Address</th>
<th>Phone</th>
<th>TDD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northeast (Levy)</td>
<td>Regional Senior Center</td>
<td>2019 W. Lawrence Ave.</td>
<td>(312) 744 - 0784</td>
<td>(312) 744 - 0320</td>
</tr>
<tr>
<td>Southwest</td>
<td>Regional Senior Center</td>
<td>6117 S. Kedzie Ave.</td>
<td>(312) 747 - 0440</td>
<td>(312) 744 - 0323</td>
</tr>
<tr>
<td>Central West</td>
<td>Regional Senior Center</td>
<td>2102 W. Ogden Ave.</td>
<td>(312) 746 – 5300</td>
<td>(312) 744 – 0319</td>
</tr>
<tr>
<td>Renaissance Court</td>
<td>At the Chicago Cultural Center</td>
<td>78 E. Washington St.</td>
<td>(312) 744 – 4550</td>
<td>(312) 744 – 6777</td>
</tr>
<tr>
<td>Southeast (Atlas)</td>
<td>Regional Senior Center</td>
<td>1767 E. 79th St.</td>
<td>(312) 747 - 0189</td>
<td>(312) 744 - 0322</td>
</tr>
<tr>
<td>Abbott Park</td>
<td>Senior Satellite Center</td>
<td>49 East 95th St., 60619</td>
<td>(312) 745-3493</td>
<td></td>
</tr>
<tr>
<td>Chatham</td>
<td>Senior Satellite Center</td>
<td>8300 S. Cottage Grove, 60619</td>
<td>(312) 745 - 0401</td>
<td></td>
</tr>
<tr>
<td>Garfield Ridge</td>
<td>Senior Satellite Center</td>
<td>5674-B S. Archer, 60638</td>
<td>(312) 745-4255</td>
<td></td>
</tr>
<tr>
<td>North Center</td>
<td>Senior Satellite Center</td>
<td>4040 North Oakley, 60618</td>
<td>(312) 744 - 4015</td>
<td></td>
</tr>
<tr>
<td>Norwood Park</td>
<td>Senior Satellite Center</td>
<td>5801 N. Natoma 60631</td>
<td>(773) 775-6071</td>
<td></td>
</tr>
<tr>
<td>Pilsen Senior</td>
<td>Satellite Center</td>
<td>2121 S. Morgan, 60608</td>
<td>(312) 743-0493</td>
<td></td>
</tr>
<tr>
<td>South Chicago</td>
<td>Senior Satellite Center</td>
<td>9233 S. Burley (60617)</td>
<td>(312) 745-1282</td>
<td></td>
</tr>
<tr>
<td>Roseland Senior</td>
<td>Satellite Center</td>
<td>10426 S. Michigan., 60628</td>
<td>(312) 745 – 1500</td>
<td></td>
</tr>
<tr>
<td>West Town</td>
<td>Senior Satellite Center</td>
<td>1613 W. Chicago, 60622</td>
<td>(312) 743-1016</td>
<td></td>
</tr>
</tbody>
</table>

# Satellite Senior Centers

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

<table>
<thead>
<tr>
<th>Satellite Center</th>
<th>Address</th>
<th>Phone</th>
<th>TDD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbott Park</td>
<td>Senior Satellite Center</td>
<td>49 East 95th St., 60619</td>
<td>(312) 745-3493</td>
</tr>
<tr>
<td>Chatham</td>
<td>Senior Satellite Center</td>
<td>8300 S. Cottage Grove, 60619</td>
<td>(312) 745 - 0401</td>
</tr>
<tr>
<td>Garfield Ridge</td>
<td>Senior Satellite Center</td>
<td>5674-B S. Archer, 60638</td>
<td>(312) 745-4255</td>
</tr>
<tr>
<td>North Center</td>
<td>Senior Satellite Center</td>
<td>4040 North Oakley, 60618</td>
<td>(312) 744 - 4015</td>
</tr>
<tr>
<td>Norwood Park</td>
<td>Senior Satellite Center</td>
<td>5801 N. Natoma 60631</td>
<td>(773) 775-6071</td>
</tr>
<tr>
<td>Pilsen Senior</td>
<td>Satellite Center</td>
<td>2121 S. Morgan, 60608</td>
<td>(312) 743-0493</td>
</tr>
<tr>
<td>Portage Park</td>
<td>Senior Satellite Center</td>
<td>4100 N. Long, 60641</td>
<td>(312) 744-9022</td>
</tr>
<tr>
<td>Roseland Senior</td>
<td>Satellite Center</td>
<td>10426 S. Michigan., 60628</td>
<td>(312) 745 – 1500</td>
</tr>
</tbody>
</table>