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

LIFE ENRICHMENT PROGRAMS

For Chicagoans 60 Years & Better

Winter 2020
January
February
March

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

City of Chicago
Lori Lightfoot, Mayor
WINTER 2020

Notes from the Commissioner 3
Information and Assistance 4-6
Online Banking Training 7
Income Tax Preparation Assistance 8-9
Senior Enrichment Presentations 10-13
Census Information 14-17
Wellness Program 18-29
Cold Weather Tips 30-31
Golden Diner’s Holiday Special Meals 32-33
Older Adult Choice Markets: GCFD 34
Chicago Fitness Plus 35-40
Regional Highlights 41-57
Social Security Scam Information 58
Heart Health 59
Senior Center Locations 60
Greetings:

Happy New Year! I hope your holiday was relaxing and filled with memories to cherish with family and friends.

Here is wishing you many successes, brave dreams, wise decisions, satisfaction, peace, and prosperity throughout the upcoming year.

As we begin 2020, I am confident that the year will bring new and excited programs to your local senior center. Please consider joining us for a wonderful time, fun, and fellowship.

Sincerely,

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

A Note from the Executive Director

Dear Fellow Seniors:

Happy New Year! Off with the old, on with the new. Except we know with all our experience, that what was old yesterday is new today. How many times have we kept an item in the closet because we know the style will come back? It does, but usually the size no longer fits!

Hopefully, we continue to grow in other ways including mentally and spiritually so that we no longer fit into our old judgments and prejudices.

May this year bring you all the good that life has to offer!

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 & Assistance Services
Information and Assistance 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>Program Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefits Eligibility Checkup</td>
<td>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.</td>
</tr>
<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 from the Illinois Department on Aging Community Care Program will 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
# DFSS Senior Services Programs and Services: At a Glance

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

For more information, please call Information and Assessment at (312) 744-4016
Online banking offers plenty of advantages. You can do it from just about anywhere, and it’s really easy once you learn how. If you’ve been holding back, READY, SET, BANK is your chance to get going.

READY, SET, BANK is a free educational program that gives you the tools and confidence to start banking online. An instructor will lead the class using online videos with step-by-step tutorials. The instructor will guide you through every part of the process.

This class is offered free-of-charge to older adults and if you complete all sessions, you will earn a prize. There are limited slots available so sign-up as soon as possible, classes will begin in late February.

For more information, please contact:
Northeast Regional Center
2019 West Lawrence, 60625
(312)744-0784
The City of Chicago offers free, confidential tax help at locations across Chicago from late January through mid-April in partnership with Ladder Up. Trained volunteer tax preparers can assist you in completing and electronically filing Federal and Illinois tax returns for tax year 2019 and, in some cases, for prior years. Also find out if you qualify for the Earned Income Tax Credit (EITC), Child Tax Credit (CTC), and other tax credits!

Who is eligible for free tax help?
- Families earning up to $56,000 annually
- Individuals earning up to $30,000 annually
- Taxpayers who need to file amendments (Form 1040X and/or Form IL-1040-X) must call (312) 588-6900 to make an appointment during March or during a special summer session. Priority will be given to current-year returns during the regular tax season (February–April).

Who is not eligible for free tax help? Those taxpayers who:
- Have income from rental property
- Filed for bankruptcy in the year they wish to file
- Received Form 1099-A (Acquisition or Abandonment of Secured Property)
- There are also other, less common situations that are out of scope. If you are unsure whether or not Ladder Up can prepare your return, please leave a message at (312) 409-1555 with details of your tax situation or check Ladder Up’s website: www.goladderup.org/TAP

For more information, visit www.taxprepchicago.org or www.goladderup.org/TAP.
You can call 3-1-1 to find the nearest tax site and (312) 409-1555 to leave a message for Ladder Up.
2020 Free Tax Assistance

The tax filing deadline is Wednesday, April 15, 2020

Unless noted as an appointment-only site, tax preparation is offered on a first-come, first-served basis. Sites will close when they reach capacity, which may be much earlier than the publicized closing time, so please arrive early.

To make an appointment at an appointment-only sites (noted below with a *), please call (312) 588-6900 or visit www.goladderup.org/locations. If you need to amend your return, you must make an appointment for March. Priority will be given to current-year returns during February-April.

**LOOP**

Loop: Harold Washington Library | 400 S State, 7th floor
Mon–Thurs 11 AM–7 PM (Feb 3–Apr 15)
Fri & Sat 10 AM–1 PM (Feb 1–Apr 11)
Closed Feb 12, Feb 17, Mar 2
Also open Jan 28-30 11 AM–5 PM

**NORTH**

Uptown: Truman College | 1145 W Wilson, Cafeteria
Mon–Thurs 1 PM–7 PM (Jan 30–Apr 15)
Sat 9 AM–12 PM (Feb 1–Apr 4)
Closed Feb 17, Apr 9, Apr 11

**NORTHWEST**

Humboldt Park: Chicago Public Library – Richard M Daley | 733 N Kedzie
Sat 10 AM–1 PM (Feb 1–Apr 11)

*Logan Square: WIC Food Center | 3110 W Armitage
Sat 9 AM–12 PM (Feb 1–Apr 11)
*Appointment-only site

Hermosa: WIC Food Center | 4620 W Diversey
Mon & Wed 1 PM–7 PM (Feb 3–Apr 15)
Sat 9 AM–12 PM (Feb 1–Apr 11)
Closed Feb 17

Dunning: Wilbur Wright College | 4300 N Narragansett
Fri 10 AM–4 PM (Feb 7–Apr 3)
Sat 9 AM–12 PM (Feb 1–Apr 4)
Closed Apr 10, Apr 11

**WEST**

Austin: Chicago Public Library – Austin | 5615 W Race
Sat 10 AM–1 PM (Feb 1–Apr 11)

North Lawndale: UCAN | 3605 W Fillmore
Mon 4 PM–7 PM (Feb 3–Apr 13)
Sat 9 AM–2 PM (Feb 1–Apr 11)

**SOUTH**

Auburn Gresham: Chicago Public Library – Thurgood Marshall | 7506 S Racine
Thurs 11AM–4PM (Feb 6–Apr 9)
Sat 10 AM–1 PM (Feb 1–Apr 11)
Closed Mar 5, Mar 7, Mar 12, Mar 14
Also open Jan 25

Bronzeville: Chicago Public Library – Chicago Bee | 3647 S State
Tues 11 AM–4 PM (Feb 4–Apr 7)
Sat 10 AM–1 PM (Feb 1–Apr 11)
Closed Apr 14

Englewood: Kennedy-King College | 6343 S Halsted (Building W), Room W254
Wed 10 AM–4 PM (Feb 5–Apr 8)
Sat 9 AM–12 PM (Feb 1–Apr 11)
Closed Apr 15

Pullman: Olive-Harvey College | 10001 S Woodlawn
Fri 10 AM–4 PM (Feb 7–Apr 3)
Sat 9 AM–12 PM (Feb 1–Apr 4)
Closed Apr 10, Apr 11

**SOUTHWEST**

Pilsen: Benito Juarez Community Academy | 1450 W Cermak
Sat 9 AM–12 PM (Feb 1–Apr 4)
Closed Apr 11
Also open Jan 25

Brighton Park: Greater Chicago Food Depository | 4100 W Ann Lurie
Tues 1 PM–7 PM (Feb 4–Apr 14)
Sat 9 AM–12 PM (Feb 1–Apr 11)
Also open Jan 25

*Little Village: WIC Food Center | 2400 S Kedzie
Sat 9 AM–12 PM (Feb 1–Apr 11)
*Appointment-only site
FREE SENIOR ENRICHMENT SEMINAR SERIES:

Long Term Care: Who Will Pay?

Topics to Include:
- Nature and cost of long-term care
- What Medicare covers
- The role of long-term care insurance

SPEAKERS:  Dave Lecik
Medicare Training Specialist,
Illinois Department on Aging, Senior Health Insurance Program (SHIP)

Thursday, February 6, 2020
12:00 noon – 1:30 p.m.

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

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

Hon. Timothy C. Evans, Chief Judge, Circuit Court of Cook County
CIRCUIT COURT
OF COOK COUNTY
ELDER JUSTICE CENTER

FREE SENIOR ENRICHMENT SEMINAR SERIES:

Medicare: Understanding the Basics

Topics to Include:
- Medicare eligibility and costs
- Medicare Advantage Plans (HMO, PPO, etc.)
- Medicare Part D – Prescription Drug Coverage
- Medicare Supplement Insurance (Medigap / MedSup)
- Medicare assistance programs for low-income beneficiaries

SPEAKER: Sergio Mojarro
Senior Health Insurance Program (SHIP)
Illinois Department on Aging

Thursday, February 20, 2020
12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Concourse Level / Room CL-115
Chicago, Illinois 60602

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

MEDICARE FRAUD AND GENETIC TESTING / SENIOR MEDICARE PATROL (SMP)

Topics to Include:
- Genetic Testing Fraud Scams
- Durable Medical Equipment Phone Scams
- How to Protect yourself from Medicare Fraud
- How to read your Medicare Summary Notice

SPEAKERS: AgeOptions
- Travis Trumitch, Senior Medicare Patrol Coordinator
- Miranda Davis, Senior Medicare Patrol Outreach Specialist

Thursday, March 12, 2020
12:00 noon – 1:30 p.m.

Richard J. Daley Center
50 West Washington Street
Concourse Level / Room CL-115
Chicago, Illinois 60602

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

Hon. Timothy C. Evans, Chief Judge, Circuit Court of Cook County
CIRCUIT COURT
OF COOK COUNTY
ELDER JUSTICE CENTER

FREE SENIOR ENRICHMENT SEMINAR SERIES:

Veterans’ Benefits: What Am I Entitled Too?

Topics to Include:

- Service – Connected Disability, Medical and Funeral Benefits
- Aid and Attendance Benefit Application Process
- Navigating through the VA System – Federal, State, County

SPEAKER: Wendy Cappelletto, Esq.
Office of the Public Guardian, Cook County
VA Accredited Attorney

Sharon Buchanan
Veteran Service Officer
Illinois Department of Veterans’ Affairs

Thursday, March 26, 2020
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
CENSUS 101: WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think!
Here’s a quick refresher of what it is and why it’s essential that everyone is counted.

Everyone counts.
The census counts every person living in the U.S. once, only once, and in the right place.

It’s about fair representation.
Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.

It’s in the constitution.
The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.

It’s about $675 billion.
The distribution of more than $675 billion in federal funds, grants and support to states, counties and communities are based on census data.
That money is spent on schools, hospitals, roads, public works and other vital programs.

It’s about redistricting.
After each decade’s census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.

Taking part is your civic duty.
Completing the census is mandatory: it’s a way to participate in our democracy and say “I COUNT!”
Census data are being used all around you.

Residents use the census to support community initiatives involving legislation, quality-of-life and consumer advocacy.

Local governments use the census for public safety and emergency preparedness.

Real estate developers use the census to build new homes and revitalize old neighborhoods.

Businesses use census data to decide where to build factories, offices and stores, which create jobs.

Your privacy is protected.

It’s against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household.

By law, your responses cannot be used against you and can only be used to produce statistics.

2020 will be easier than ever.

In 2020, you will be able to respond to the census online.

You can help.

You are the expert—we need your ideas on the best way to make sure everyone in your community gets counted.

FIND OUT HOW TO HELP AT CENSUS.GOV/PARTNERS
Frequently Asked Questions

WHAT IS THE DECENNIAL CENSUS?
Every 10 years, the federal government conducts a population count of everyone in the United States. Data from the census provide the basis for distributing more than $675 billion in federal funds annually to communities across the country to support vital programs—impacting housing, education, transportation, employment, health care, and public policy. They also are used to redraw the boundaries of congressional and state legislative districts and accurately determine the number of congressional seats each state has in the U.S. House of Representatives.

WHY IS IT IMPORTANT TO ME?
Responding to the census is not only your civic duty; it also affects the amount of funding your community receives, how your community plans for the future, and your representation in government. Specifically, data from the 2020 Census are used to:

• Ensure public services and funding for schools, hospitals, and fire departments.
• Plan new homes and businesses and improve neighborhoods.
• Determine how many seats your state is allocated in the House of Representatives.

WHEN WILL I COMPLETE THE CENSUS?
The next census will take place in 2020. Beginning in mid-March, people will receive a notice in the mail to complete the 2020 Census. Once you receive it, you can respond online. In May, the U.S. Census Bureau will begin following up in person with households that haven’t responded to the census.

HOW CAN I RESPOND?
In 2020, for the first time ever, the U.S. Census Bureau will accept responses online, but you can still respond by phone or mail if you prefer. Responding should take less time than it takes to finish your morning coffee.

WHAT INFORMATION WILL BE REQUESTED?
The decennial census will collect basic information about the people living in your household. When completing the census, you should count everyone who is living in your household on April 1, 2020.

• Social Security numbers.
• Bank or credit card account numbers.
• Money or donations.
• Anything on behalf of a political party.

WHAT INFORMATION WILL NOT BE REQUESTED?
The Census Bureau will never ask for:

WILL MY INFORMATION BE KEPT CONFIDENTIAL?
Strict federal law protects your census responses. It is against the law for any Census Bureau employee to disclose or publish any census information that identifies an individual. Census Bureau employees take a lifelong pledge of confidentiality to handle data responsibly and keep respondents' information private. The penalty for wrongful disclosure is a fine of up to $250,000 or imprisonment for up to 5 years, or both. No law enforcement agency (not the DHS, ICE, FBI, or CIA) can access or use your personal information at any time. Data collected can only be used for statistical purposes that help inform important decisions, including how much federal funding your community receives.

The Census Bureau has a robust cybersecurity program that incorporates industry best practices and federal security standards for encrypting data.

WHERE CAN I GO TO LEARN MORE?
You can learn more about the 2020 Census by visiting 2020census.gov.
Shape the future for every generation.

Responses to the 2020 Census will influence funding in your community for services that help every generation—from newborn babies to the oldest among us. Count everyone in your home to benefit you, your children, and future generations.

For more information, visit: 2020CENSUS.GOV
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.
Planning for the Unexpected
Advance care planning is important for people of all ages. A medical crisis that leaves you too ill to make your own healthcare decisions can happen at any age. Attend this session to learn the basics of advance care planning, including choosing a healthcare proxy and how to properly document your wishes.

Central West Thursday January 9 10:00 - 11:00 A.M.
Northeast Thursday January 9 9:30 - 10:15 A.M.
Northwest Tuesday January 14 9:30 - 10:15 A.M.
Southeast Tuesday January 21 9:30 - 10:30 A.M.
Southwest Tuesday January 28 10:00 - 11:00 A.M.
Renaissance Court Monday January 13* 11:00 A.M. - 12:00 P.M.

Nutrition Goal Setting
Thinking about reaching your best weight? Do you want to cut back on junk food and/or increase fruits and vegetables? Unrealistic goals often result in falling short, so set realistic expectations. SMART goals are the best goals. They should be Specific, Measurable, Action-oriented, Realistic, and Time-framed. Reward yourself for small successes and improve habits gradually to make the changes last.

Central West Thursday January 9* 10:00 – 11:00 A.M.
Northeast Friday January 10 1:00 – 2:00 P.M.
Northwest Monday January 27 9:00 – 10:00 A.M.
Southeast Friday January 10 10:00 – 11:00 A.M.
Southwest Monday January 27* 9:45 – 10:45 A.M.
Renaissance Court Tuesday January 14 3:00 – 4:00 P.M.

Advance Care Planning – Why the Conversation is Important
Did you know that 60% of people say that making sure their family is not burdened by tough healthcare decisions is “extremely important”, yet 56% have not communicated their end-of-life wishes. Eighty-two percent of people say it’s important to put their wishes in writing, yet only 23% have actually done it. In this session, the pharmacist will provide an overview of advanced care planning and the importance of having the conversation with your healthcare provider. In addition, medication-related issues pertaining to quality of life, and how an appropriate medication regimen can be used to ensure comfort care.

Central West Tuesday January 28 10:00 - 11:00 A.M.
Northeast Tuesday January 28 10:00 - 11:00 A.M.
Northwest Friday January 17 10:30 - 11:30 A.M.
Southeast Thursday January 2 10:15 - 11:15 A.M.
Southwest Thursday January 16 10:15 – 11:15 A.M.
Renaissance Court Thursday January 23 1:30 - 2:30 P.M.

* Note: change in regular schedule
FEBRUARY PRESENTATIONS

NURSE PRESENTATIONS

Love Your Heart
Hypertension, also known as high blood pressure, occurs when the force of your blood pushing against the walls of your blood vessels is consistently too high. Hypertension is known as the “silent killer” because you may not feel that anything is wrong. The best prevention is to get your blood pressure checked regularly. Attend this session to better understand your blood pressure readings and how to prevent and treat high blood pressure.

Central West Thursday February 13 10:00 – 11:00 A.M.
Northeast Thursday February 13 9:30 – 10:15 A.M.
Northwest Tuesday February 11 9:30 – 10:15 A.M.
Southeast Tuesday February 18 9:30 – 10:30 A.M.
Southwest Tuesday February 18* 10:00 – 11:00 A.M.
Renaissance Court Monday February 3 11:00 A.M. – 12:00 P.M.

DIETITIAN PRESENTATIONS

Hypertension and Your Diet
Half of all U.S. adults have high blood pressure and many of them do not have it controlled. Taking care of hypertension may prevent heart attacks, stroke, heart failure, and kidney and eye problems. Medication is sometimes necessary to lower blood pressure, but diet and lifestyle are always the best place to start. Cut back on processed foods to avoid sodium and increase whole foods for more potassium and magnesium. Take control of hypertension to live life on your terms.

Central West Thursday February 6 10:00 - 11:00 A.M.
Northeast Friday February 14 1:00 - 2:00 P.M.
Northwest Monday February 24 9:00 - 10:00 A.M.
Southeast Friday February 14 10:00 - 11:00 A.M.
Southwest Monday February 24* 9:45 - 10:45 A.M.
Renaissance Court Tuesday February 11 3:00 - 4:00 P.M.

PHARMACIST PRESENTATIONS

Heart Health – Living with High Blood Pressure
Hypertension (high blood pressure) is one of the most prevalent chronic health problems affecting older adults today. It is known as a “silent” illness because most people do not experience any symptoms when they have this problem. High blood pressure can damage vital organs in the body, such as the heart, arteries, brain and kidneys. In this session, we will review current recommendations for the treatment of high blood pressure, how to interpret your blood pressure numbers and discuss the common medications that are used.

Central West Tuesday February 25 10:00 - 11:00 A.M.
Northeast Tuesday February 25 10:00 - 11:00 A.M.
Northwest Friday February 21 10:30 - 11:30 A.M.
Southeast Thursday February 6 10:15 - 11:15 A.M.
Southwest Thursday February 20 10:15 - 11:15 A.M.
Renaissance Court Thursday February 27 1:30 - 2:30 P.M.

* Note: change in regular schedule
Protect Your Bones and Keep on MARCHing!
Osteoporosis is a disease that weakens bones to the point where they may break more easily. The risk of osteoporosis increases as you grow older. Attend this session to learn who is at greatest risk for osteoporosis and ways to keep your bones strong.

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

Eating for Bone Health
Osteoporosis means reduced quality and strength of bones. This disease happens when bone cell loss is greater than bone cell growth. Getting a bone scan from your doctor is a better way to find out you have a problem than ending up in the emergency room with a broken bone. While medications can be very useful, know the lifestyle factors that may prevent or correct osteoporosis. For example, exercising regularly, avoiding smoking and alcohol consumption, and including both calcium and vitamin D in your food choices may help.

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

Osteoporosis – How Do You Maintain Healthy Bones?
Women AND men of all races are at risk for weakening bones, which may increase the risk of fractures. In this session, we will review how factors such as aging, hormonal changes, diet, medications, and exercise habits can influence bone density. We will discuss currently available medications that may help build up bone and reduce the risk of hip, wrist, and spine fractures that commonly occur in older adults.

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

SOCIAL WORKER: Mary Ellen Withers, LCSW
First, Second, Third Wednesdays, 12:45 P.M. - 3:45 P.M. (Except January 1)

PHARMACIST: Beatrice Drambarean, PharmD
Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (January 28, February 25, March 24)

DIETITIAN: Jim Coogan, RD, LDN
Second Fridays, 1:00 P.M. - 3:00 P.M. (January 10, February 14, March 13)

BLOOD PRESSURE SCREENING
First Thursdays, 9:00 A.M. - 12:00 P.M. (January 2, February 6, March 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.
  - January 16
  - February 20
  - March 19

FOOD 4 THOUGHT
First, Second, Third Wednesdays, 1:00 - 2:00 P.M. (Except January 1)
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: Sandy Rubovits, LCSW
First, Second, Third Wednesdays, 8:30 A.M. - 12:00 P.M. (Except January 1)

PHARMACIST: James Lee, PharmD
Third Fridays, 9:00 A.M. - 12:00 P.M. (January 17, February 21, March 20)

DIETITIAN: Trishna Joshi, RDN, LD/N
Last Mondays, 9:00 A.M. - 1:00 P.M. (January 27, February 24, March 30)

BLOOD PRESSURE SCREENING
First Tuesdays, 9:00 A.M. - 12:00 P.M. (January 7, February 4, March 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.
  - January 21
  - February 18
  - March 17

TOO MUCH ON YOUR PLATE?
First, Second, Third Wednesdays, 10:00 A.M. - 11:00 A.M. (Except January 1)
Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule
Renaissance Court
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Marcia Cody, RN
Mondays, 10:15 A.M. - 1:15 P.M. (Except January 6 & 20, February 17, March 2 & 30)

SOCIAL WORKER: Sandy Rubovits, LCSW
Mondays, 1:00 P.M. - 4:00 P.M. (Except January 6 & 20, February 17, March 2 & 30)

PHARMACIST: Erika Hellenbart, PharmD
Fourth Thursdays, 12:00 - 3:00 P.M. (January 23, February 27, March 26)

DIETITIAN: Jim Coogan, RD, LDN
Second Tuesdays, 3:00 P.M. - 4:00 P.M. (January 14, February 11, March 10)

BLOOD PRESSURE SCREENING
Second Mondays, 10:15 A.M. - 1:15 P.M. (January 13, February 10, March 16*)

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.
  - January 27*
  - February 24*
  - March 23*

BALANCING YOUR LIFE
Mondays, 2:00 P.M. - 3:00 P.M. (Except January 6 & 20, February 17, March 2 & 30)
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 January 2 and March 5).
Every Thursday, 8:15 A.M. - 11:15 A.M.

BLOOD PRESSURE SCREENING
First Thursdays, 8:30 - 9:30 A.M.
February 6, March 5

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: “Table Talk”: Informative group discussion on topics related to health and aging
11:00-11:30 am: Individual Consultations with Social Worker
January 7 and 21, February 4 and 18, March 3 and 17

PHARMACIST: Michele Martin, PharmD
Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.
January 28, February 25, March 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.)
January 9*, February 6, March 5

SUPPORT GROUPS

TABLE TALK: Informative group discussion on topics related to health and aging (SOCIAL WORKER)
First and Third Tuesdays, 10:00 – 11:00 A.M.
January 7 and 21, February 4 and 18, March 3 and 17
Southeast (Atlas) Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:
Jameese Sykes, MSN, APN, FNP-BC (No nurse Jan 14, March 3!)
Every Tuesday, 8:30 A.M. - 12:00 P.M.

BLOOD PRESSURE SCREENING
First and Fourth Tuesdays, 10:30 - 11:30 A.M.
January 7 and 28, February 4 and 25, and March 24

SOCIAL WORKER: Daniela Mitchem, MSW, LCSW
First and Third Mondays, 9:30 – 11:30 A.M.
January 6 and 27*, February 3 and 24*, March 2 and 16

PHARMACIST: Amina Gassam, PharmD
First Thursdays, 9:30 - 11:30 A.M.
January 2, February 6, March 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.)
January 10, February 14, and March 13

SUPPORT GROUPS and SPECIAL WORKSHOPS

WHAT’S ON YOUR PLATE? (SOCIAL WORKER)
First and Third Mondays, 10:00 – 11:00 A.M.
January 6 and 27*, February 3 and 24*, March 2 and 16
This group helps people cope with everyday events.
Southwest Regional Center
Wellness Schedule

**WELLNESS TEAM**

**WELLNESS NURSE:**
Cindy Nissen MSN, CWCN
Every Tuesday, 8:30 A.M. – 11:30 A.M.
NO NURSE February 25 AND MARCH 10

**BLOOD PRESSURE SCREENING**
Tuesdays, 9:00 A.M.–11:30 A.M.
January 7, February 4, March 3
*Remember to bring your blood pressure card*

**SOCIAL WORKER:** Jeaneane Quinn, LSW
First and Third Thursdays, 9:15 A.M – 11:15 A.M.
9:15-10:15 am: Individual Consultations with Social Worker
10:15-11:15 am: “Table Talk”: Informative group discussion on topics related to health and aging
*(First Thursday of the month in English/Third Thursday of the month in Spanish)*
January 2 and 16, February 6 and 20, March 5 and 19

**PHARMACIST:** Aimee Chevalier, PharmD
Third Thursdays, 10:00 A.M. - 12:00 P.M.
January 16, February 20, March 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 onsite and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)
January 27*, February 24*, and March 16

**SUPPORT AND WEIGHT LOSS GROUPS**

**RELAX AND RENEW (NURSE)**
Tuesdays, January 21 and March 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, March 31 at 10:00
At this program, we will chat about the book, *The End of Alzheimer’s: The First Program to Prevent and Reverse Cognitive Decline* by Dale E. Bredesen, MD

**TABLE TALK:** Informative group discussion on topics related to health and aging (SOCIAL WORKER)
First and Third Thursdays, 10:15 – 11:15 A.M. *(First Thursday of the month in English/Third Thursday of the month in Spanish)* January 2 and 16, February 6 and 20, March 5 and 19
Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension.

High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don’t know it. That’s why it is important to have your blood pressure checked at least once a year.

High blood pressure is a “silent killer.” It doesn’t usually cause symptoms, but it can damage your body over time.

- If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:
  - Heart disease
  - Stroke
  - Kidney disease
  - Dementia
- The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.
- If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

What steps can you take to lower your blood pressure?

Set targets
Work with your doctor to set blood pressure numbers that are healthy for you. Use our worksheet at nhlbi.nih.gov/hypertension to track your progress.

Take control
Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.

Work together
Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.
**WEATHERING THE WEATHER!**

❄️ Keep Warm and Safe this Winter Season ❄️

Bitter cold temperatures are more than an inconvenience; they can pose a serious threat to health and safety. The City of Chicago has many services available to help residents weather the winter months.

**Call 311 to:**

- Locate a Warming Center near you.
- Request a well-being check for someone who may be at risk due to extreme cold weather.
- Report inadequate heat in a residential building.
- Learn about programs that assist with home heating costs.
- Connect to shelter and supportive services.

**Protect Yourself and Family:**

- Wear several layers of loose, warm clothing and keep your head, hands and feet covered when outdoors.

- Avoid alcoholic beverages.

- Recognize the symptoms of hypothermia: stiff muscles, shivering, puffy or swollen face, cold skin, slow breathing and mental confusion.

- Never use an extension cord with a space heater.

- Ovens should not be used to heat homes.

- Landlords must heat residential buildings to at least 68 degrees during the day and 66 degrees overnight. If you are unable to resolve a heating problem with your landlord, call 3-1-1.
A Warming Center is a heated facility where Chicago residents can go to find refuge from extreme cold weather conditions.

During the winter months, the Chicago Department of Family and Support Services (DFSS) operates six Warming Centers inside of the City’s six Community Service Centers during work weekdays when temperatures dip below 32 degrees.

Additional City facilities including libraries, police stations or other structures might be available after hours, on weekends, or on holidays, as conditions warrant.

Chicago’s seniors can stay warm when they use our 21 Senior Centers during their regular weekday activities.

The Garfield Center, located at 10 S. Kedzie Avenue, is available 24 hours a day, seven days a week to connect residents to emergency shelter.

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

**DFSS WARMING CENTERS**

9:00 a.m. - 5:00 p.m. Monday - Friday

(Hours and days of service could be extended under extreme conditions. Other City facilities might be designated as Warming Centers during off days or hours. DFSS Warming Centers are not open on weekday holidays unless specifically indicated. For the most current Warming Center information at any time, call 3-1-1.)
SERVING OLDER CHICAGOANS SINCE 1969 FOOD, FUN AND FRIENDS

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

St. Valentine's Day Meal

Friday, February 14, 2020

Chicken Kiev          Broccoli & Cheese
Herb Flavored Potatoes
Green Peas / Tossed Salad
Wheat Roll             Cherry Pie

$2.00 suggested contribution. Reservations required. Open Kitchens catered meals menu.
Come and join your neighbors at your local Golden Diners location. There are nearly 60 locations throughout the city, and there is sure to be one near your home. Most locations serve a hot meal at lunchtime and are open Monday through Friday. Some are open on the weekend. Golden Diners are open to individuals 60 years of age and older and their spouses of any age. In addition to American style cuisine, ethnic foods are served in specific ethnic communities. These include Southeast Asian, Indian, Korean, and Chinese. Special programs and activities are also provided at Golden Diners locations. Nothing is as rewarding as the friendship and companionship that the program has to offer. Exercise programs, educational lectures, and fun outings are also available. For more information, please call (312) 744-4016.

St. Patrick’s Day Special Meal

Tuesday, March 17, 2020

Corned Beef        Cabbage
Roasted Potatoes & Carrots
Lime Jello w/Fruit
Rye Roll   Cookie

2.00 suggested contribution. Reservations required. Open Kitchens catered meals menu.
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><strong>Austin Senior Center</strong></td>
<td>January 7 and 21, 2020</td>
<td>10:00 a.m. to 12:30 p.m.</td>
</tr>
<tr>
<td>5071 W. Congress Parkway</td>
<td>February 4 and 18, 2020</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 3 and 17, 2020</td>
<td></td>
</tr>
<tr>
<td><strong>Levy Senior Center</strong></td>
<td>January 7 and 21, 2020</td>
<td>12:30 to 1:30 p.m.</td>
</tr>
<tr>
<td>2019 W. Lawrence Avenue</td>
<td>February 4 and 18, 2020</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 3 and 17, 2020</td>
<td></td>
</tr>
<tr>
<td><strong>Northwest Senior Center</strong></td>
<td>January 8 and 22, 2020</td>
<td>12:30 to 2:30 p.m.</td>
</tr>
<tr>
<td>3160 N. Milwaukee Avenue</td>
<td>February 5 and 19, 2020</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 4 and 18, 2020</td>
<td></td>
</tr>
<tr>
<td><strong>Atlas Senior Center</strong></td>
<td>January 8 and 22, 2020</td>
<td>1:00 to 2:00 p.m.</td>
</tr>
<tr>
<td>1767 E. 79th Street</td>
<td>February 5 and 19, 2020</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 4 and 18, 2020</td>
<td></td>
</tr>
<tr>
<td><strong>Southwest Senior Center</strong></td>
<td>January 7 and 21, 2020</td>
<td>1:00 to 2:00 p.m.</td>
</tr>
<tr>
<td>6117 S. Kedzie Avenue</td>
<td>February 4 and 18, 2020</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 3 and 17, 2020</td>
<td></td>
</tr>
<tr>
<td><strong>Englewood Satellite Center</strong></td>
<td>January 9 and 23, 2020</td>
<td>12:30 to 1:30 p.m.</td>
</tr>
<tr>
<td>653-657 W. 63rd Street</td>
<td>February 6 and 20, 2020</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 5 and 19, 2020</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
<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 AM - 10:15 AM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Yoga</td>
<td>Thursday</td>
<td>9:45 AM - 10:15 AM</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:00 AM</td>
<td>SFP</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<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>9:30 AM</td>
<td>SFP</td>
<td>Monday</td>
<td>9:00 AM - 9:30 AM 10:15 AM - 1:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:15 AM</td>
<td>Yoga</td>
<td>Tuesday</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Latin Rhythm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30 AM</td>
<td>SFP</td>
<td>Wednesday</td>
<td>9:00 AM - 9:30 AM 10:15 AM - 1:00 PM</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>
</tr>
<tr>
<td>Thursday</td>
<td>1:00 PM</td>
<td>Latin Rhythm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>9:15 AM</td>
<td>SFP</td>
<td>Friday</td>
<td>9:00 AM - 9:30 AM 10:15 AM - 1:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00 AM</td>
<td>Fit Mix</td>
<td></td>
<td>10:00 AM - 12:00 PM</td>
</tr>
</tbody>
</table>
### 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>

<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>
<tr>
<td>Saturday</td>
<td>10:00 AM</td>
<td>SFP</td>
</tr>
</tbody>
</table>

**FITNESS CENTER TRAINING HOURS**

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

**FITNESS CENTER TRAINING HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00 AM - 12:30 PM</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>11:15 AM - 3:00 AM</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM - 12:30 PM</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>11:15 AM - 3:00 AM</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>10:00 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></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>
<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>
<td>11:15 AM - 12:15 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>
<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>
<td>1:15 PM - 1:45 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>12:30 PM</td>
<td>Yoga</td>
<td>Thursday</td>
<td>1:15 PM - 2:30 PM</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>11:15 AM</td>
<td>Balance</td>
<td>Friday</td>
<td>10:00 AM - 11:00 AM</td>
<td>12:15 PM - 1:30 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>10:00 AM</td>
<td>Limbercize</td>
<td></td>
<td></td>
<td></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>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>12:15 PM - 2:30 PM</td>
<td>11:15 AM - 12:15 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:15 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>12:15 PM - 2:30 PM</td>
<td>11:15 AM - 12:15 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>11:15 AM</td>
<td>Balance</td>
<td>Friday</td>
<td>10:00 AM - 11:00 AM</td>
<td>12:15 PM - 1:30 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>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>11:15 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>12:15 PM - 2:30 PM</td>
<td>12:15 PM - 2:30 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:15 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>12:15 PM - 2:30 PM</td>
<td>12:15 PM - 2:30 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>11:15 AM</td>
<td>Balance</td>
<td>Friday</td>
<td>10:00 AM - 11:00 AM</td>
<td>12:15 PM - 1:30 PM</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>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>10:00 AM - 10:30 AM</td>
<td>10:00 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>
<td>2:00 PM - 3:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>10:00 AM - 10:30 AM</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:30 PM</td>
<td>Fit &amp; Strong</td>
<td>Wednesday</td>
<td>10:00 AM - 10:30 AM</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>10:30 AM</td>
<td>Limbercize</td>
<td>Wednesday</td>
<td>10:00 AM - 10:30 AM</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>10:30 AM</td>
<td>Limbercize</td>
<td></td>
<td></td>
<td>2:00 PM - 3:00 PM</td>
</tr>
</tbody>
</table>
### EDGEWATER  5917 N. Broadway St. 60660

**GROUP EXERCISE CLASSES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>10:30 AM</td>
<td>Balance</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
</tr>
</tbody>
</table>

### ENGLEWOOD  653-657 W. 63rd Street. 60621

**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>

**FITNESS CENTER TRAINING HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>10:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:00 AM - 1:00 PM</td>
</tr>
</tbody>
</table>

### GARFIELD RIDGE  5674-B S. Archer Ave. 60638

**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>

### KELVYN PARK  2715 N. Cicero Ave. 60639

**GROUP EXERCISE CLASSES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Monday</td>
<td>11:15 AM</td>
<td>Weights</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:15 AM</td>
<td>Weights</td>
</tr>
<tr>
<td>Friday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Friday</td>
<td>11:15 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>12:00 PM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:00 PM - 1:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>12:00 PM - 1:00 PM</td>
</tr>
</tbody>
</table>

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

**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>Get Fit!</td>
</tr>
<tr>
<td>Monday</td>
<td>2:00 PM</td>
<td>Chair Yoga</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:00 AM</td>
<td>Fit Mix</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00 AM</td>
<td>Core</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00 AM</td>
<td>Chair Yoga</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:00 AM</td>
<td>Body Alive</td>
</tr>
<tr>
<td>Friday</td>
<td>12:15 PM</td>
<td>Arthritis</td>
</tr>
<tr>
<td>Friday</td>
<td>1:30 PM</td>
<td>Zumba</td>
</tr>
</tbody>
</table>
## NORWOOD PARK  5801 N. Natoma Ave. 60631

### GROUP EXERCISE CLASSES

<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>8:15 AM</td>
<td>Core Strength</td>
<td>Monday</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>9 &amp; 10 AM</td>
<td>Fitness Plus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>1:00 PM</td>
<td>Arthritis</td>
<td></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>
</tr>
<tr>
<td>Wednesday</td>
<td>9 &amp; 10 AM</td>
<td>Fitness Plus</td>
<td>Thursday</td>
<td>9:30 AM - 2:30 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1:00 PM</td>
<td>Arthritis</td>
<td></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>
</tr>
<tr>
<td>Friday</td>
<td>9 &amp; 10 AM</td>
<td>Fitness Plus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>1:00 PM</td>
<td>Balance</td>
<td></td>
<td></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>11:00 AM - 12:45 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>8:30 AM - 9:30 AM  10:30 AM - 2:30 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:30 AM - 2:30 AM</td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>8:30 AM - 9:30 AM  10:30 AM - 2:30 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
</tbody>
</table>

## PILSENM 2021 S. Morgan Ave. 60608

### 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>Fitness Plus</td>
</tr>
<tr>
<td>Monday</td>
<td>1:00 PM</td>
<td>Fit &amp; Strong</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1:00 PM</td>
<td>Fit &amp; Strong</td>
</tr>
<tr>
<td>Friday</td>
<td>10:00 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Friday</td>
<td>1:00 PM</td>
<td>Fit &amp; Strong</td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></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>11:00 AM - 12:45 PM</td>
</tr>
</tbody>
</table>

## PORTAGE PARK  4100 N. Long Ave. 60641

### GROUP EXERCISE CLASSES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:45 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:30 AM</td>
<td>Balance</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1:00 PM</td>
<td>Yoga</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:45 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Friday</td>
<td>10:45 AM</td>
<td>Fitness Plus</td>
</tr>
<tr>
<td>Friday</td>
<td>2:00 PM</td>
<td>Yoga</td>
</tr>
</tbody>
</table>

### FITNESS CENTER TRAINING HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:30 AM - 9:30 AM  10:30 AM - 2:30 PM</td>
<td></td>
</tr>
</tbody>
</table>
### ROSELAND  10456 S. Michigan Ave. 60628

<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>9:00 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Monday</td>
<td>10:00 AM</td>
<td>Fit &amp; Strong</td>
<td>Monday</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:00 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Fit &amp; Strong</td>
<td>Tuesday</td>
<td>8:30 AM - 10:30 AM</td>
</tr>
</tbody>
</table>

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

<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>10:00 AM</td>
<td>Fitness Plus</td>
<td>Monday</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Fitness Plus</td>
<td>Wednesday</td>
<td>11:00 AM - 1:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:45 AM</td>
<td>Fitness Plus</td>
<td>Thursday</td>
<td>8:30 AM - 10:30 AM</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:45 AM</td>
<td>Arthritis</td>
<td>Tuesday</td>
<td>8:30 AM - 10:30 AM</td>
</tr>
</tbody>
</table>

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

<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>9:30 AM</td>
<td>Weights</td>
<td>Tuesday</td>
<td>8:30 AM - 10:30 AM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Tuesday</td>
<td>11:15 AM - 12:30 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30 AM</td>
<td>Zumba</td>
<td>Tuesday</td>
<td>8:30 AM - 10:30 AM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:15 AM</td>
<td>Yoga</td>
<td>Tuesday</td>
<td>11:15 AM - 12:30 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Tuesday</td>
<td>8:30 AM - 10:30 AM</td>
</tr>
</tbody>
</table>

40
Central West Regional Senior Center
2102 W. Ogden Ave. Chicago, IL 60612
(312) 746-5300 TTY: (312) 744-0321

Regional Director: Shavette Lovemore  Assistant Director: Sharron Williams

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, January 27th; February 24th; March 16th
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: The Mother of Black Hollywood By Jennifer Lewis (January Book), Just Mercy By Bryon Stevenson (February Book), The Burning Room By Michael Connelly (March Book)

SEE JEANEANE QUINN
Every 1st and 3rd Tuesdays
10:00 a.m. until 12:00 p.m.
Jeaneane Quinn, from Rush University Medical Center is our new Social Worker. She 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, Margaret 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.
TAP 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
MARTIN LUTHER KING, JR. CELEBRATION
Tuesday, January 7, 2020
12:00 p.m. - 1:30 p.m.
Come and enjoy snacks while we watch a movie about the life and accomplishments of Dr. Martin Luther King Jr.

BLACK HISTORY MONTH CELEBRATION
Every Thursday in February
12:00 p.m. - 2:00 p.m.
Come and enjoy a wonderful movie that showcases African American producers, writers, directors, and/or actors/actress

GOSPEL FEST
Friday, March 20, 2019
12:00 p.m. - 2:00 p.m.
Come enjoy as we fill Central West with beautiful inspirational music by several musical artist.

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.
### Austin Satellite Center
5071 West Congress, 60644  
(312)743-1538

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QUILTING CLASS</strong></td>
<td>Fridays, 1:00 p.m. – 3:00 p.m. Quilting class taught by a professional quilter. This is a wonderful class with even better company.</td>
</tr>
<tr>
<td><strong>LINE DANCE CLASS</strong></td>
<td>Tuesdays, 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.</td>
</tr>
<tr>
<td><strong>TECHNOLOGY CLASSES</strong></td>
<td>Tuesdays, 1:00 p.m. – 3:00 p.m. Need help using your cell phone, tablet or you want to know more about using computers, if so, join us at Tech Class. An instructor is available to assist you with learning more about technology.</td>
</tr>
</tbody>
</table>

### Pilsen Satellite Center
2021 South Morgan, 60608  
(312)743-0493

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AGE-FRIENDLY VILLAGE MEETING</strong></td>
<td>2nd Wednesdays at 11:30 a.m. Come join us every 2nd Wednesday of the month to give your input and to volunteer to assist older persons in the community. Guest speakers, lunch, activities, and information on community resources are available at the meetings.</td>
</tr>
<tr>
<td><strong>AFRICAN AMERICAN HISTORY MONTH CELEBRATION</strong></td>
<td>Monday, Feb.3, 2020 11:30 a.m. - 12:30 p.m. Join us for a celebration of the history, stories, and music of Africans in Mexico. We will feature traditional music, dance and gastronomic favorites. The event is offered at no charge to participants.</td>
</tr>
<tr>
<td><strong>HEART HEALTH EVENT</strong></td>
<td>Friday, Feb.14, 2020 10:00 a.m. – 2:00 p.m. Bailando al Ritmo de Su Corazón – Dancing to the Beat of Your Heart. This heart health event featuring health information and screenings as well as special luncheon, physical activity demonstrations and dancing. Reservations are required and will be taken until maximum capacity is met.</td>
</tr>
</tbody>
</table>

### West Town Satellite Center
1613 West Chicago, 60622  
(312)743-1016

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BINGO</strong></td>
<td>Fridays, 1:00 p.m. – 3:00 p.m. Start your weekend off with a bang and join us for a stimulating game of BINGO. Every Friday at 1:00 p.m. Come and socialize with friends and win a prize.</td>
</tr>
<tr>
<td><strong>KARAOKE</strong></td>
<td>Wednesdays, 2:30 p.m. – 4:00 p.m. Feel like singing, dancing, or just having a fun time. If so, please join Harold and the West Town family for a Karaoke good time at the West Town Satellite Center.</td>
</tr>
</tbody>
</table>

**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

LET’S PARTY LIKE IT’S 2020!!!
Thursday, January 16, 2019
1:00 p.m. – 3:00 p.m.
Join us in honor of the New Year as we celebrate and groove to tunes by DJ CHICO!!!
Refreshments served - FREE

VALENTINE’S DAY DANCE
Thursday, Feb. 13, 2019
1:00 p.m. – 3:00 p.m.
Enjoy an afternoon of mingling and dancing in the name of love DJ JOHNNY!!!
Refreshments served – FREE

HAPPY ST. PATRICK’S DAY!!!
Wednesday, March 18, 2019
1:00 p.m. – 3:00 p.m.
Join us for a lively St. Patrick’s Day celebration! We’ll kick it off with an afternoon of dancing to smooth beats with DANCEMATES!!!
Refreshments served – FREE

NO FREE AARP TAX PREPARATION!!!
Please use the following website to locate tax services.
https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action

BINGO – BINGO – BINGO
Saturday, Jan. 18th 12:30 p.m. - 2:30 p.m.
Friday, March 6th 1:00 p.m. - 2:30 p.m.
Saturday, March 7th 12:30 p.m. - 2:30 p.m.
Saturday, March 21st 12:30 p.m. - 2:30 p.m.
Stop by for a quick game of Bingo with Meals on Wheels! *Mondays, 1:00-2:00 p.m.
FEE ($0.50 per card 4 cards max.)

CLASSES

AARP DRIVER SAFETY
Thursdays & Fridays
1/9 & 1/10 - 3/12 & 3/13/2020
9:00 a.m. - 1:00 p.m.
The course is presented in two, four-hour classes. You must attend class both days to be eligible for the certification. The cost of the class is $15.00 for AARP members and $20.00 for non-members. Please make all checks payable to AARP. Class fee can be paid on the first day of class, cash or check ONLY. For more information, call (312) 744-0784.

RULES OF THE ROAD
Monday, March 16, 2020
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. Bring your driver’s license or State I.D. to attend class. FREE
ZUMBA FITNESS GOLD  
Tuesdays & Saturdays  
NEW!!! 9:00 a.m. - 10:00 a.m.  FEE: $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.

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

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

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

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

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

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

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

CHOICE MARKET FOR OLDER ADULTS (Greater Chicago Food Depository) Food Pantry  
Tuesdays, 12:30 p.m.  
Early arrival is suggested!!!  
October 8th & 22nd  
November 5th & 19th  
December 3rd & 17th

COMPUTER CLASSES:  
We offer classes Basic Computer classes. For more information call 312-744-0784.

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!
Edgewater Satellite Center
5917 North Broadway, 60660
(312) 742-5323

<table>
<thead>
<tr>
<th>PARKINSON’S DISEASE PRESENTATION</th>
<th>Northwestern University Parkinson's Disease and Movement Disorder Center will be presenting an educational program on Parkinson's Disease.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, January 15, 2020</strong></td>
<td>12:30 p.m. to 2:00 p.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WOMEN ROWING NORTH</th>
<th>Join us for a four-week discussion of Mary's Pipher's highly rated book, <em>Women Rowing North: Navigating Life’s Currents and Flourishing as We Age</em>. Facilitated by psychologist Mary Coogan, discussions will center around what author Pipher says is not a “how to” book, but a “how to think book.” Registration required, limited to 16. Contact <a href="mailto:EdgewaterVillageChicago@gmail.com">EdgewaterVillageChicago@gmail.com</a>. Sponsored by the Edgewater Village.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday, January 21 &amp; 28, 2020</strong></td>
<td>1:00 p.m. to 2:30 p.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AARP DRIVER’S SAFETY CLASS</th>
<th>This two day course is facilitated by an AARP instructor. The course is presented in two, four-hour classes. You must attend class both days to be eligible. $15 for AARP members, $20 for non-members. Call 312-742-5323 to register.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, March 23 and Wednesday, March 25, 2020</strong></td>
<td>12:00 p.m. to 4:00 p.m.</td>
</tr>
</tbody>
</table>

North Center Satellite Center
4040 North Oakley, 60618
(312) 744-4015

<table>
<thead>
<tr>
<th>FRAN-ERCISE</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fridays</strong></td>
<td>10:00 a.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>IMPROV LIVE</th>
<th>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. Make your endorphins happy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesdays</strong></td>
<td>January 7 – March 31, 2020 12:30 p.m. – 2:00 p.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DROP-IN TECH CLINIC MONDAYS</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mondays</strong> (except holidays)</td>
<td>10:00 a.m. – 1:00 p.m.</td>
</tr>
</tbody>
</table>

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

**VALENTINE’S DAY CELEBRATION**
Friday, February 14, 2020
12:30 p.m. – 3:00 p.m.
We are celebrating Valentine’s Day with a meal fit for all of the Northwest “cupids”. Following our lunch, we will be entertained by Dancemates. **FREE**

**SUPER BINGO**
Thursday, March 26, 2020
9:30 a.m. – 3:00 p.m.
The fun continues! **Friends- Fun- Prizes!** You asked for it and you got it.. **ALL DAY Bingo.** Cost: $3 for 4 cards

**CLASSES**

**PILATES CLASS**
1st & 2nd Mondays
10:15 a.m. - 11:15 a.m.
Classes begin in February, 2020
Bonnie Pobgee, our instructor, will teach you this type of exercise that will help you strengthen your body’s core muscle groups and increase your flexibility. **FREE**

**V.I.B.E. Visualize, Imagine, Breath, Energize**
3rd & 4th Mondays
10:15 a.m. - 11:15 a.m.
Classes begin in February, 2020

**LATIN RHYTHMS**
Tuesdays & Thursdays 1:00 p.m.
Exercise to specific styles of Latin music for example Bossa-Nova, Samba, Mambo, Rumba, Salsa etc. **Must be a gym member.**

**MANUAL CRAFTS**
2nd & 4th Wednesdays
10:15 a.m. – 11:15 a.m.
Classes begin in February, 2020

Please join Bonnie Pobgee in an Arthritis Foundation approved Tai-Chi and Qi Gong, easy to learn slow graceful movements, often called “meditation in motion”, that will balance your mind and body. **FREE**

**LINE DANCE**
1st & 2nd Mondays
1:00 p.m. – 2:00 p.m.
Classes begin in February, 2020
Our teacher Frances Strain is returning to fire up your enthusiasm for learning how to line dance. It is a lot of fun and good exercise all at once! Accomplished line dancers are always welcome too! **FREE**

**INDOOR GARDENING**
3rd & 4th Mondays
12:30 p.m. – 1:30 p.m.
Classes begin in March, 2020
Have you always wanted to grow your own flowers, fruits, vegetables, herbs? Join Nelson Fluker in this new exciting class. **FREE**
Please join our volunteer Marta Ortiz in learning how to do fun manual craft projects for your personal use or for gifts for your love ones.

**FREE**

**AARP DRIVER SAFETY**
Wednesday, February 5th & Thursday, February 6th 9:00 a.m. – 1:00 p.m.
This approved two day/ four hour course is facilitated by AARP trained and state approved instructors. You must attend class both days to be eligible for the certification. **$15 for AARP members and $20 for non-members.** Call 312-744-6681 to register.

**SNACKING AROUND THE WORLD**
2nd & 4th Wednesdays
12:00 p.m. – 2:00 p.m.
Classes begin in February, 2020
Learn recipes from around the world. Experience a new world in this class. Chef Brazley teaches great healthy lifestyle choices. **FREE**

**BEADS & BAUBLES CLASS**
1st & 3rd Fridays
10:00 a.m. to 11:15 a.m.
Classes begin in February, 2020
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!
**FREE**

**WEEKEND CLASSES & EVENTS**

**ZUMBA CLASS**
1st & 2nd Saturdays
12:15 p.m.
Classes begin in February, 2020
Created to emphasize the basics, this explosive program is so easy to follow that everyone any age can do it!

**LATIN DANCE**
1st and 3rd Sundays
12:30 p.m. – 1:30 p.m.
Classes begin in February, 2020
You are invited to join an open, formal instructional session of Latin dance including Bachata, Merengue and Salsa. Class instruction is being provided by Dancemates, Inc.
**FREE**

This fun Latin inspired dance program includes Merengue, Salsa, Cha cha, Cumbia, Belly Dance and more. These programs are guaranteed to provide the participant with a safe and effective total body workout! Many of the moves have been modified for success and safety. Some of the moves are also done 1/2 tempo so that everyone can follow.

**FREE**

**COMPUTER BASICS**
1st, 2nd, & 3rd Saturdays
10:00 a.m. - 11:00 a.m.
Classes begin in February, 2020
Basic introduction to computers. Designed for beginners with little or no knowledge of computers. **FREE**

**SPANISH FOR BEGINNERS**
Saturdays, 2:00 p.m. – 3:30 p.m.
Classes begin in February, 2020
The Northwest Center is continuing to offer the popular conversational Spanish class to students with all levels of fluency. Enrollment will be conducted quarterly. Classes resume the second week of January. **$2.00 Suggested Donation per class (covers materials).**

**FREE**
# Northwest Satellite Centers

## Program Highlights

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kelvyn Park Satellite Center</td>
<td>2715 North Cicero, 60639</td>
<td>(312) 744-3350</td>
</tr>
<tr>
<td>Norwood Park Satellite Center</td>
<td>5801 North Natoma, 60631</td>
<td>(773) 775-6071</td>
</tr>
<tr>
<td>Portage Park Satellite Center</td>
<td>4100 North Long, 60641</td>
<td>(312) 744-9022</td>
</tr>
</tbody>
</table>

### BOOK CLUB IN SPANISH
- **Join in our new Book Club in Spanish- our first selection will be "Liderazgo" the book on leadership by John MacArthur. The book is provided for free. Please call to register! 312-744-3350.**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kelvyn Park Satellite Center</td>
<td>2715 North Cicero, 60639</td>
<td>(312) 744-3350</td>
</tr>
<tr>
<td>Norwood Park Satellite Center</td>
<td>5801 North Natoma, 60631</td>
<td>(773) 775-6071</td>
</tr>
<tr>
<td>Portage Park Satellite Center</td>
<td>4100 North Long, 60641</td>
<td>(312) 744-9022</td>
</tr>
</tbody>
</table>

### LINE DANCE
- **Louis Stallone will lead out new Line Dancing class with Latin and American dance music- put on your dancing shoes and join in the fun. Free Class.**

### LITTLE DRESSES
- **Do you enjoy sewing? Stop by to make simple dressed that will be sent to Little Dressed for Africa, to be distributed overseas to girls in need. Sewing machines and all needed materials will be furnished. No cost for the program. For more information and to register call (773) 775-6071.**

### AARP DRIVER SAFETY CLASS
- **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 (773) 775-6071 to register or for more information.**

### VALENTINE’S DAY LUNCHEON/PARTY
- **Join us for an “Elvis” Valentine’s Day with Elvis Impersonator Hugo Colin! Enjoy music and entertainment, raffles, and lunch! Suggested donation: $3.00**

### WRITING WORKSHOP PERFORMANCE
- **Join us for this FREE event and listen to GeNarrations Writing Workshop present their final performance pieces! These narratives are based upon themes raised by a Goodman Theatre production!**

### ST. PATRICK’S DAY LUNCHEON/PARTY
- **Enjoy a day filled with music, dancing, raffles and lunch as we celebrate St. Patrick’s Day! Suggested donation: $3.00**

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.
Renaissance Court
78 E. Washington Street, Chicago, IL 60602
(312) 744-4550 TTY: (312) 744-6777

Regional Director: Crystal Warren
Please Note: Wheelchair accessible entrance at 77 E. Randolph St.

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

SPECIAL EVENTS & PROGRAMS

AARP DRIVER SAFETY
Wednesday, April 1 & Thursday, April 2
12:30 p.m. – 4:30 p.m.
$20 AARP Members and $25 for Non Members. Must attend both days to receive certificate. Call 312-744-4550 for more information or to sign up.

ME, MYSELF & I: “TURNING MEMORIES INTO MEMOIRS
Wednesdays, Jan 29; Feb 5 & 19; Mar 4 & 11
11:30 a.m. – 1:00 p.m.
Facilitator: Beth Finke
FREE. Space is limited. Think you are hopeless when it comes to writing? If you’d like to get your stories down on paper 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.

STORYTELLING CIRCLE
Every 2nd & 3rd Wednesday
1:30 p.m. – 3:00 p.m.
Facilitator: Sharon Kramer
Come tell your truth and story. The topics will vary…. Ex: beauty, receiving gifts, cooking.

CONVERSATIONAL FRENCH
Thursdays, 10:00 a.m. – 11:30 a.m.
Beginning Jan 9
Come learn the language of love “French” From Yvonne Fawell, an educator who lived in Paris, Helsinki and Beijing. This fun class will have you speaking French very fast. Registration is not required. Fee: $5.00 per Class.

CONVERSATIONAL SPANISH
Saturdays
Beginning January 11
10:15 a.m. – 12:00 p.m. - Novice Level
Instructor: Dee Sampson
$6.00 per class
12:00 p.m. – 1:00 p.m. – Intermediate Level
$3.00 per class
Registration is not required
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.
Beginning January 13, 2020
Instructor: Majid Memar, PhD
FREE. Registration is not required

RENAISSANCE BOOK CLUB
Every 2nd Monday
11:00 a.m. – 12:30 p.m.
Facilitator: Marlene Saxton
Come meet new people, choose a book, exchange ideas and have fun. This is member lead book discussion for the reader at heart. Suggest a book and bring a friend. FREE
Upcoming Books:
January: The Stranger by Camus
February: Never Enough by Judy Grissel
March: What Went Wrong by Bernard Lewis
April: The Known World by Edward Jones

PERFORMING FOR LAUGHS
Every 1st & 3rd Wednesday
1:30 p.m. – 3:30 p.m.
Jan 15; Feb &19; Mar 4 & 18
Facilitator: Karen Hoyer
Do you love to laugh and have fun? Do you have a playful spirit? It’s a great feeling to perform for laughs and this class explores it all: jokes, stand-up, storytelling, mime, slapstick, puppetry, improv, eccentric dance, comic movement, and clowning around. Learn to create, rehearse and perform - everyone is welcome! Taught by Karen Hoyer, professional clown and variety artist.
FREE. Registration is not required

HOOP FITNESS
Saturdays, 12:00 p.m. – 1:00 p.m.
Instructor: Andrea Mattson
Hula hooping is all the craze and Renaissance Court is elated to host HOOP FITNESS with Andrea Mattson. Hoop Fitness can strengthen your core, help your balance and isolate muscle movement. Hoop Fitness is a fun way to total fitness. FREE. Registration is required.

FABRIC ARTS & CRAFTS
Wednesdays,
Beginning January 8, 2020
11:00 a.m. – 1:00 p.m.
Instructor: Connie Hinkle
FREE. Registration is not required

RENAISSANCE COURT GALLERY
Renaissance Court Gallery features Artists age 55 and over.
Peggy Franklin
“An Artist Amongst Angels & Dancers”
January 17 – March 13, 2020
Opening Reception: Thursday, January 30 from 4:30 p.m. – 6:30 p.m.

Peggy Franklin is a professional artist who specializes in creating works of art using different mediums. She has been an artist for over 30 years and shared her passion of art with art lovers everywhere through different events and exhibits throughout the City of Chicago. Some of her art has been showcased at the Museum Of Science and Industry in Chicago, IL, for the annual Black Creativity Exhibit.
Southeast Regional Senior Center
1767 E. 79th Street Chicago, IL 60649
(312) 747-0189 TTY: (312) 744-0322

Regional Director: Robin Tillotson

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

DAY OF PEACE
Wednesday, January 15, 2020
9:30 a.m. – 11:00 a.m.
Our annual tribute to the life of Dr. Martin Luther King, Jr. follows the observance of a national holiday on the third Monday of January when we honor his birth, life, and dreams. The Atlas Choral Ensemble will perform a formal choral tribute to inaugurate the program followed by testimonials and readings of poems of peace by the ensemble members. A birthday cake will be served with lunch to commemorate the occasion. FREE.

ABSOLUTE BEGINNING LINE DANCE CLASS (NEW)
Mondays, January-March 2020
10:00 a.m. - 11:30 a.m.
Instructor: Marvella Ross
This class is only for people who DO NOT know any line dance steps. Join this class and soon you’ll be on the dance floor with ease. COST: $5.00 per class

TAI-CHI
Tuesdays, 12:45 p.m. 2:00 p.m.
Instructor: Craig Harris
Tai Chi is an effective physical fitness exercise that can improve strength, flexibility, balance and aerobic conditioning. Practicing Tai Chi has been clinically proven to boost the immune system and improve other health conditions including stress, heart disease, high blood pressure, Parkinson’s Disease, arthritis and low bone density. Suggested Donation: $3.00

WEEKEND CLASSES & EVENTS

MUSIC MAGIC
Saturday, January 11, February 8 and March 14, 2020
11:30 a.m. - 1:30 p.m.
Hey Music Lovers! Come on in and Listen, Sing and Dance to the Music by Keyboard Master Andre Miles. Let’s have some fun!

KARAOKE
Saturday, January 25, February 22 and March 28, 2020
11:30 a.m. - 1:30 p.m.
Warm up those vocal cords and get your karaoke on with the one and only Be-Bop! Come prepared to have a singing good time!
SATURDAY LINE DANCE CLASS
Saturday, February 15, 2020
10:00 a.m. – 11:30 A.M.
You made that New Year’s resolution to learn line dancing this year. Here’s your chance! Marvella Ross will teach you all the latest steps. Wear comfortable shoes. **FREE**

**CLASSES**

**KNIT/CROCHET**
Mondays, 12:30 p.m. - 2:30 p.m.
Instructor: Jo-ann McKelphin
Join us for a good time knitting and crocheting. You can start from scratch, rekindle an old hobby or get support on a current project! **$3.00**

**MASSAGE THERAPY (By Appointment Only)**
Wednesdays, 9:30 a.m. - 3:30 p.m.

**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 **$5.00**

**QUILTING ARTS**
Fridays, 1:00 p.m. - 2:30 p.m.
Instructor: Tamara Laville **FREE.**

**FITNESS PLUS**
Saturdays, 10:00 a.m. - 11:00 a.m.
Instructor: Jaime
# Southeast Satellite Centers

## Program Highlights

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

### Abbott Park Satellite Center

**LINE DANCE & OPEN MIC PERFORMANCE**  
Fridays, 11:00 a.m. – 2:00 p.m.  
Have fun learning line dances on Fridays at 11:00 a.m. but the fun does not stop there! Stay and sing a song and share your talent at Abbott Park Senior Satellite Center.

**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 on Tuesdays and Wednesdays at Abbott Park Senior Satellite Center and recharge your mind, body and soul through yoga. Tony will show you step by step how to relax, meditate, and stretch your way to a better you.

### Chatham Satellite Center

**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.

**ICE CREAM SOCIAL**  
4th Thursdays, 1:30 p.m. – 3:00 p.m.  
EVERYONE IS WELCOME at Chatham Satellite’s Dancing Singing, and Socializing with Friends. Have a cup of ice cream and try your hand at Karaoke with Stefon. If you would like to dance, feel free.

### Roseland Satellite Center

**OPEN MIC**  
3rd Mondays, 12:00 p.m. – 2:00 p.m.  
Do your sing? Tell jokes? Are you poetic? Come join us at Roseland Satellite every third Monday of the month and showcase your talent!

**CREATIVE CAFÉ**  
Tuesdays, 10:00 a.m. – 12:00 p.m.  
Do you sew, crochet or quilt? Whether you are a beginner or an expert come to Roseland Satellite on Tuesdays to learn or show off your creations.

### South Chicago Satellite Center

**ZUMBA WITH MARIA**  
Tuesdays, 10:00 a.m. – 11:00 a.m.  
Ditch the workout and join the party with Ms. Maria. You are sure to have a Zumba good time.

**IT’S NOT OVER YET HALLOWEEN PARTY!**  
Friday, February 14, 2020, 10:00 a.m. – 12:30 p.m.  
Put on your red dress, bring a Valentine’s day card and come have a good time at the South Chicago Satellite Center. Music will be provided. Please call the center for additional details.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.
Come to the Southwest Regional Senior Center and meet old friends, make new friends and become a part of the Southwest family!

SPECIAL EVENTS & PROGRAMS

ELVIS PRESLEY’S 85th BIRTHDAY
Saturday, January 11, 2020
11:30 a.m. - 1:30 p.m.
Come join us in celebrating one of Rocks Most Iconic Legends, often regarded as the “King Of Rock and Roll”, with Karaoke entertainment offered by Harold Hall.
Suggested Donation: $5.00 to the Southwest Auxiliary.

WINTER BLUES DANCE
Saturday, January 25, 2020
11:30 a.m. - 1:30 p.m.
Get up and join us at the center for an afternoon of fun. We can just forget about the cold and snow for now while we share the holiday’s memories with each other during a dance party, with Karaoke entertainment offered by Harold Hall.
Suggested Donation : $5.00 to the Southwest Auxiliary.

VALENTINE’S DAY CELEBRATION
Friday, February 14, 2020
11:30 p.m. - 1:30 p.m.
Join the Southwest Auxiliary Council in the celebration of Valentine’s Day. Dance music will be provided and refreshments will be served. There will be a raffle and prizes. Suggested Donation: $5.00 to the Southwest Auxiliary.

SOUNDS & RHYTHMS OF AFRICA
A CELEBRATION OF MUSIC FROM THE DIASPORA
Friday, February 21, 2020
10:30 a.m. – 2:30 p.m.
Let us celebrate the African-American cultural heritage of our society. There will be two special guest keynote speakers and music will be provided by D.J. Chico. FREE

ST. JOSEPH / ST. PATRICK’S DANCE PARTY
Saturday, March 14, 2020
11:30 a.m. - 1:30 p.m.
Come and celebrate two very popular Saints with Karaoke Harold. Suggested donation: $5.00 to the Southwest Auxiliary.

INTERNATIONAL DAY OF HAPPINESS
Friday March 27, 2020
11:30 a.m. - 1:30 p.m.
Join us for a warm afternoon of lunch and dancing to the music of happiness.
Suggested Donation : $5.00 to the Southwest Auxiliary.

CLASSES
AARP DRIVERS’ SAFETY PROGRAM
Thursday, January 16, 2020
Friday, January 17, 2020
9:00 a.m. - 1:00 p.m.
This approved course is taught by AARP for Accident Prevention. You must be at least 55 years old and a $20.00 fee is required for the two day training. You may be
eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited. $20.00 for AARP members and $25.00 for non-members (payable to AARP)

ZUMBA GOLD
Thursdays, 9:00 a.m. - 10:00 a.m.
Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. The format is so easy that anyone and any age can do it! FREE

RULES OF THE ROAD
Friday, February 28, 2020
10:00 a.m. - 12:00 p.m.
The Rules of the Road class will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your current driver's license or state I.D. to attend. Please register in advance, to ensure an accurate number of materials are available for each participant (312) 747-0440. FREE

COMPUTER CLASSES
January 15, 2020 (Eight week sessions)
9:30 a.m. - 11:30 a.m.
This is an Intermediate class. You will learn to identify parts of Word, learn how to cut and paste, learn about templates, mail merge, and create tables. Please call (312) 747-0440. Suggested Donation: $35.00 (Due on the first day of class.) Only a check or money order to the “Southwest Auxiliary” will be acceptable.

MASSAGE THERAPY
Wednesdays and Fridays at 9:00 a.m.
Come and experience tranquility with relaxing massage to relieve stress, increase relaxation, and general wellness. Please call for more details and to schedule an appointment with Kathy at 312-747-0440.

TAI CHI/QIGONG
Saturdays, February 15, 22, 29

Saturdays, March 21 and 28
1:00 p.m. - 2:00 p.m.
This is a gentle, low impact approach to fitness that helps seniors ease the pain and stiffness of arthritis. FREE

CHAIR YOGA - NEW CLASS
Starting February 3, 2020
Mondays and Wednesdays at 10:00 a.m.
This class focuses on breathing, stretching, balancing, relieving stress, improving flexibility, and a few selections of modified yoga poses. FREE

SPA DAYS AT THE SOUTHWEST CENTER WITH TRENZ BEAUTY SCHOOL
January 24, February 28 & March 20 from 1:00 p.m. - 3:00 p.m.
The event will feature a presentation on grooming and beauty tips. Participants may also receive courtesy manicure, grooming, and men's haircuts from a group of local school interns. This event is FREE.

TREASURES TO CHERISH
Wednesdays from 9:30 a.m. - 11:30 a.m.
Have you ever wanted to learn to crochet, knit, or do plastic canvas? Participants must bring their own materials. Everyone is welcome. FREE

BID WHIST CLUB
Fridays at 1:00 p.m. with Ms. Bobbie
Join us for an afternoon of enjoyment in playing classic card game “Whist”. Decks of cards will be provided. Participants will give a donation of $5.00 with proceeds going towards the purchase of game prizes.

SOUTHWEST CINEMA
Fridays and Saturdays at 1:00 p.m.
Enjoy classic movies and television shows. Store bought snacks are provided.

SOUL LINE DANCE
Thursdays at 1:00 p.m.
Join us for a fun cardio workout with Hakeemah Shamsuddin. FREE
**Southwest Satellite Centers**

**Program Highlights**

| **Auburn Gresham Satellite Center** | 1040 West 79th Street, 60620  
(312)745-4797 |
|------------------------------------|-----------------------------|
| **DOUBLE FEATURE MONDAYS**  
12:00 p.m. & 2:00 p.m. | 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. |
| **LINE DANCE WITH LISA**  
Tuesdays,  
9:30 a.m. | 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. |

| **Englewood Satellite Center** | 653 - 657 West 63rd Street, 60621  
(312)745-3328 |
|--------------------------------|-----------------------------|
| **TAP DANCE CLASS**  
Mondays,  
1:00 p.m. | Seniors Tap is a positive aging chair tap class designed to strengthen muscles and improve flexibility. The class can also be done standing for increased aerobic workout. |
| **AFRICAN DANCE**  
Wednesdays,  
2:30 p.m. – 3:30 p.m. | Come join this class led by internationally acclaimed, Darlene Blackburn. She is the founder of the director of the Darlene Blackburn Dance Troupe! |

| **Garfield Ridge Satellite Center** | 5674-B S. Archer, 60638  
(312)745-4255 |
|------------------------------------|-----------------------------|
| **COOKING WITH CHEF GLORIA**  
First Wednesdays at 10:30 a.m.  
Remaining Wednesdays at 12:30 p.m. | Chef Gloria D. Hafer demonstrates easy recipes for seniors to make good, interesting and healthy meals at home. The first 25 people to sign up on the day of class are guaranteed tastings. Call the center for additional details. |
| **TAI CHI CLASS**  
Thursdays at 1:00 p.m. | Tai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Fran Strain, the instructor makes the class fun! |
| **ST. VALENTINE’S DAY PARTY**  
Friday, February 14, 2020 | Come join our St. Valentine’s Day for food, fun and more. |

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**
The Office of the Illinois Attorney General and the Social Security Administration (SSA) are warning seniors about a new scam to steal Social Security benefits.

THE SCAM

Identity thieves are fraudulently re-routing Social Security benefits to their own bank accounts and prepaid debit cards. The identity thieves get their hands on your personal information by posing as Social Security Administration employees or health care providers working to make sure their records are accurate. The scammers call, email or send a letter asking for personal data such as your:

- Social Security number
- Birth date
- Mother’s maiden name
- Bank account information

This information can then be used to steal your identity and your money. After obtaining the information, the scammers contact the Social Security Administration and request that your payments be rerouted to their accounts.

HOW TO AVOID BECOMING A TARGET

Never provide your Social Security number, bank account information or other personal information over the telephone or to someone you have just met unless you initiated the call or contact.

Remember, a Social Security representative or health care provider will not contact you by email, but may reply to you by phone or letter if you’ve applied for benefits or medical services.

WHEN IN DOUBT…CHECK IT OUT

Before providing any information regarding your Social Security number, call the Social Security Administration directly at 1-800-772-1213 (TTY: 1-800-325-0778) or visit your local SSA office to verify the request.

If you have been the victim of identity theft, contact the Illinois Attorney General’s Identity Theft Hotline at 1-866-999-5630 (TTY: 1-877-844-5461).
The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.

Risk factors for heart disease are:
- Smoking
- High blood pressure
- High blood cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Heart disease is largely preventable. Here’s what you can do now to reduce your risk:
- Don’t smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

Show your support and wear red!
<table>
<thead>
<tr>
<th>Northeast (Levy) Regional Senior Center</th>
<th>Northwest (Copernicus) Regional Senior Center</th>
<th>Regional Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019 W. Lawrence Ave.</td>
<td>3160 N. Milwaukee Ave.</td>
<td>1767 E. 79th St.</td>
</tr>
<tr>
<td>(312) 744 -0784 (60625)</td>
<td>(312) 744 -6681 (60618)</td>
<td>(312) 747- 0189 (60649)</td>
</tr>
<tr>
<td>TDD: (312) 744 - 0320</td>
<td>TDD: (312) 744 - 0321</td>
<td>TDD: (312) 744 -0322</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Southwest Regional Senior Center</th>
<th>Central West Regional Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>6117 S. Kedzie Ave.</td>
<td>2102 W. Ogden Ave.</td>
</tr>
<tr>
<td>(312) 747 -0440 (60629)</td>
<td>(312) 746 – 5300 (60612)</td>
</tr>
<tr>
<td>TDD: (312) 744 -0323</td>
<td>TDD: (312) 744 – 0319</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>REGIONAL SENIOR CENTERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m. Many have weekend hours.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SATELLITE SENIOR CENTERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Abbott Park Senior Satellite Center</th>
<th>Auburn Gresham Senior Satellite Center</th>
<th>Austin Senior Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>49 East 95th St., 60619</td>
<td>1040 W. 79th St., 60620</td>
<td>5071 W. Congress, 60644</td>
</tr>
<tr>
<td>(312) 745-3493</td>
<td>(312) 745-4797</td>
<td>(312) 743-1538</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chatham Senior Satellite Center</th>
<th>Edgewater Senior Satellite Center</th>
<th>Englewood Senior Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>8300 S. Cottage Grove, 60619</td>
<td>5917 N. Broadway, 60660</td>
<td>653 - 657 W. 63rd St., 60621</td>
</tr>
<tr>
<td>(312) 745 - 0401</td>
<td>(312) 742-5323</td>
<td>(312) 745 - 3328</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Garfield Ridge Senior Satellite Center</th>
<th>Kelvyn Park Senior Satellite Center</th>
<th>North Center Senior Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>5674-B S. Archer, 60638</td>
<td>2715 N. Cicero, 60639</td>
<td>4040 North Oakley, 60618</td>
</tr>
<tr>
<td>(312) 745-4255</td>
<td>312-744-3350</td>
<td>(312) 744 - 4015</td>
</tr>
<tr>
<td>Operator: South Side Senior Services Org.</td>
<td>Operator: Northwest Side Housing Center</td>
<td>Operator: Catholic Charities</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Norwood Park Senior Satellite Center</th>
<th>Pilsen Senior Satellite Center</th>
<th>Portage Park Senior Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>5801 N. Natoma 60631</td>
<td>2121 S. Morgan, 60608</td>
<td>4100 N. Long, 60641</td>
</tr>
<tr>
<td>(773) 775-6071</td>
<td>(312) 743-0493</td>
<td>(312) 744-9022</td>
</tr>
<tr>
<td>Operator: Norwood Seniors Network Assoc.</td>
<td>Operator: Alivio Medical Center</td>
<td>Operator: Catholic Charities</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>South Chicago Senior Satellite Center</th>
<th>Roseland Senior Satellite Center</th>
<th>West Town Senior Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>9233 S. Burley (60617)</td>
<td>10426 S. Michigan., 60628</td>
<td>1613 W. Chicago, 60622</td>
</tr>
<tr>
<td>(312) 745-1282</td>
<td>(312) 745 – 1500</td>
<td>(312) 743-1016</td>
</tr>
</tbody>
</table>