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<td>Older Adult Food Assistance Options</td>
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<td>Winter Safety Tips</td>
<td>58 - 59</td>
</tr>
<tr>
<td>Senior Center Locations</td>
<td>60</td>
</tr>
</tbody>
</table>
Dear Friends:

Happy New Year! I hope your holidays were happy and healthy. Winter has arrived and often ushers in extremely cold weather and snow. Please take the necessary precautions to take care of yourself and stay safe. If you need help or are concerned about a friend or relative, call 311 for assistance.

Our Regional and Satellite Senior Centers have planned many exciting programs and activities for you this quarter. We look forward to your continued participation in our programs and services.

Best wishes for a healthy and prosperous New Year!

Sincerely,

Evelyn J. Diaz, Commissioner
Chicago Department of Family and Support Services

Dear Fellow Seniors:

I pray that your holidays were, “Merry and Bright!” I know for many this can be a difficult time and I want you to remember that we are here for you. We have senior centers throughout Chicago that will welcome you and offer opportunities to eat a nutritious meal, learn new computer skills, and exercise your mind, body, and spirit. If you need information or have a concern regarding available programs and services for Older Adults and Caregivers, you can call us at (312)744-4016. We are only a phone call or visit away. Please take advantage of the services that you so richly deserve.

Blessings,

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

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

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

Regional and Satellite Senior Centers
DFSS Senior Centers offer a variety of social, educational, cultural, recreational activities for seniors and their informal caregivers. There are twenty-one (21) senior centers located throughout the city. Contact information for each of the centers is listed on the back page of the brochure. Each center is tailored to the needs and interests of the local community. All centers offer resources for caregivers, Life Enrichment activities, computer learning centers including internet access, fitness programming, congregate dining, and more.
<table>
<thead>
<tr>
<th>Benefits Eligibility Checkup</th>
<th>Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including; prescription drug coverage, weatherization, energy assistance, &amp; financial assistance. Staff then works with seniors in applying for identified benefits.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiving Resources</td>
<td>Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.</td>
</tr>
<tr>
<td>Care Coordination Services</td>
<td>Through a referral from I&amp;A, trained and certified care coordinators provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.</td>
</tr>
<tr>
<td>Chicago Fitness Plus</td>
<td>Award-winning fitness program that boosts endurance, strength, balance and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.</td>
</tr>
<tr>
<td>Chore/ Housekeeping: Heavy Duty &amp; Short-Term</td>
<td>Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.</td>
</tr>
<tr>
<td>Adult Protective Services Program</td>
<td>Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.</td>
</tr>
<tr>
<td>Foster Grandparent Program</td>
<td>Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.</td>
</tr>
<tr>
<td>Golden Diners Nutrition Program</td>
<td>Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.</td>
</tr>
<tr>
<td>Home Delivered Meals</td>
<td>Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.</td>
</tr>
</tbody>
</table>

**FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016**
<table>
<thead>
<tr>
<th>DFSS Senior Services Programs and Services: At a Glance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health &amp; Wellness Program</strong></td>
</tr>
<tr>
<td><strong>Interim Medical Transportation</strong></td>
</tr>
<tr>
<td><strong>Legal Assistance</strong></td>
</tr>
<tr>
<td><strong>Older Relatives Raising Children</strong></td>
</tr>
<tr>
<td><strong>Ombudsman Program</strong></td>
</tr>
<tr>
<td><strong>Respite Care</strong></td>
</tr>
<tr>
<td><strong>Senior Companion Program</strong></td>
</tr>
<tr>
<td><strong>Senior Medicare Patrol</strong></td>
</tr>
<tr>
<td><strong>Senior Employment Training</strong></td>
</tr>
</tbody>
</table>

**FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016**
In Chicago, 48,459 hungry seniors are using SNAP.

Are you?

SNAP helps Chicago seniors 60+ purchase healthy food at the grocery store. If your fixed income is less than $1,862 per month, you may qualify for SNAP. And, if you have high medical or living expenses, you too may qualify with a higher income limit.

If you want help, please visit your local Senior Center.

THIS PROJECT IS SUPPORTED BY THE NATIONAL COUNCIL ON AGING WITH FUNDING FROM THE ATLANTIC PHILANTHROPIES

CHICAGO DEPARTMENT OF
family & support services

National Council on Aging
Caring for an older loved one? Feeling stressed? Overwhelmed? Looking for a place to vent and share ideas with others in a similar situation? Would you like to find resources available to you?

The Chicago Department of Family and Support Services & The Salvation Army-Family and Community Services host

**SUPPORT GROUPS FOR CAREGIVERS**

<table>
<thead>
<tr>
<th>Northwest Regional Senior Center (Copernicus)</th>
<th>Austin Senior Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>3160 N Milwaukee, 60618</td>
<td>5071 W Congress Pkwy, 60644</td>
</tr>
<tr>
<td>10:30am</td>
<td>9:30am</td>
</tr>
<tr>
<td>3rd Monday of each month</td>
<td>3rd Thursday of each month</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KROC Center</th>
<th>Portage Park Senior Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>1250 W 119th St, 60643</td>
<td>4100 N Long, 60641</td>
</tr>
<tr>
<td>12:30pm</td>
<td>9:30am</td>
</tr>
<tr>
<td>3rd Tuesday of each month</td>
<td>4th Thursday of each month</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Southwest Regional Senior Center</th>
<th>West Town Senior Satellite Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>6117 S Kedzie, 60629</td>
<td>1613 W Chicago, 60622</td>
</tr>
<tr>
<td>9:30am</td>
<td>10:00am</td>
</tr>
<tr>
<td>1st Saturday of each month</td>
<td>3to Martes a mensual</td>
</tr>
<tr>
<td></td>
<td>En Español</td>
</tr>
</tbody>
</table>

Support Groups are “drop-in”. No reservations required. For more information call 312/744-4016
Are you the caregiver for a child 18 years or under? Need some tips or advice? Want to share your story with others in a similar situation? Would you like to find resources available to you?

The Chicago Department of Family and Support Services & The Salvation Army-Family and Community Services host

**SUPPORT GROUPS FOR OLDER RELATIVES RAISING CHILDREN**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Frequency</th>
<th>Hosted by</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southeast Regional Senior Center (Atlas)</td>
<td>1767 E 79th St, 60649</td>
<td>10:30am</td>
<td>1st Thursday of each month</td>
</tr>
<tr>
<td>Austin Senior Satellite Center</td>
<td>5071 W Congress Pkwy, 60644</td>
<td>10:30am</td>
<td>3rd Thursday of each month</td>
</tr>
<tr>
<td>Roseland Senior Satellite</td>
<td>10426 S Michigan Ave, 60628</td>
<td>10:30am</td>
<td>3rd Tuesday of each month</td>
</tr>
<tr>
<td>North East Regional Center</td>
<td>2019 W Lawrence Ave, 60625</td>
<td>12:00pm</td>
<td>4th Thursday of each month</td>
</tr>
<tr>
<td>Southwest Regional Senior Center</td>
<td>6117 S Kedzie, 60629</td>
<td>11:00am</td>
<td>1st Saturday of each month</td>
</tr>
<tr>
<td>West Town Senior Satellite Center</td>
<td>1613 W Chicago, 60622</td>
<td>12:00pm</td>
<td>3rd Martes a mensual</td>
</tr>
<tr>
<td>Austin Senior Satellite Center</td>
<td>5071 W Congress, 60641</td>
<td>10:00am</td>
<td>1st Thursday of each month</td>
</tr>
<tr>
<td>Austin II</td>
<td>4909 W Division, 60651</td>
<td>5:00pm</td>
<td>2nd Tuesday of each month</td>
</tr>
<tr>
<td>Kroc Corps Community Center</td>
<td>1250 W 119th St, 60643</td>
<td>1:00pm</td>
<td>1st Friday of the month</td>
</tr>
<tr>
<td>Austin Senior Satellite Center</td>
<td>5071 W Congress Pkwy, 60644</td>
<td>10:30am</td>
<td>3rd Thursday of the month</td>
</tr>
</tbody>
</table>

*Any Relative Raising a Child can attend groups below*

Support Groups are “drop-in”. No reservations required. For more information call 312/744-4016
INTRODUCTION TO COMPUTERS FOR SENIOR

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

DATES: BEGINNER SESSIONS**

Wednesdays

March 18, 2015 - May 13, 2015 (No class April 1, 2015)

class sessions: 8:45 AM to 10:45 AM Room L933

INTERMEDIATE COMPUTERS FOR SENIORS

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

DATES: INTERMEDIATE SESSIONS**

Thursdays

March 19, 2015—May 14, 2015 (No class April 2, 2015)

class sessions: 8:45 AM to 10:45 AM Room L933

Cost associated with class $35.00

**Minimum class size of 8 Maximum class size 14 -- Seats based on availability, be the first to register**
Volunteer counselors with the Senior Health Insurance Program (SHIP) offer **free**, one-on-one insurance counseling at Select DFSS Senior Centers.

Southwest Regional Center  
6117 South Kedzie  
312-747-0440

Southwest (Atlas) Center  
1767 East 79th Street  
312-747-0189

Northeast (Levy) Center  
2019 West Lawrence Avenue  
312-744-0784

Senior Services  
Central Information & Assessment  
121 North LaSalle- Room 100  
312-744-4016

Northwest (Copernicus) Center  
3160 North Milwaukee  
312-744-6681

Northwest (Copernicus) Center  
2021 South Morgan Street  
312-743-0493  
SE HABLA ESPAÑOL

Portage Park Senior Satellite Center  
100 North Long  
312-744-9022

Pilsen Senior Satellite Center  
312-743-0493

North Center Senior Satellite Center  
4040 N. Oakley  
312-744-4015

CALL TO SCHEDULE YOUR APPOINTMENT
OVERPAYING YOUR PROPERTY TAXES?

THE CENTER FOR DISABILITY & ELDER LAW (“CDEL”) WILL SHOW YOU HOW TO SAVE ON YOUR PROPERTY TAXES.

An attorney will meet with you to review your property tax bill, identify the exemptions that may be available and will assist you in preparing the appropriate exemption requests. In addition, the attorney, if appropriate, may assist you in drafting a Certificate of Error which when approved can entitle you to retroactive tax reductions.

Please attend the Senior Tax Opportunity Program (STOP) Clinic at your local Senior Center.

<table>
<thead>
<tr>
<th>Regional Center</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central West</td>
<td>03/06/15</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Northeast</td>
<td>01/09/2015</td>
<td>11:00 a.m.</td>
</tr>
<tr>
<td>Northwest</td>
<td>01/15/2015</td>
<td>10:15 a.m.</td>
</tr>
<tr>
<td>Renaissance Court</td>
<td>01/21/2015</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Southeast</td>
<td>02/17/2015</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Southwest</td>
<td>03/09/2015</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Satellite Center</td>
<td>Date</td>
<td>Time</td>
</tr>
<tr>
<td>----------------------</td>
<td>------------</td>
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</tr>
<tr>
<td>Abbott Park</td>
<td>01/16/2015</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Auburn Gresham</td>
<td>02/20/2015</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Austin</td>
<td>01/14/2015</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>Chatham</td>
<td>02/11/2015</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Edgewater</td>
<td>03/12/2015</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Englewood</td>
<td>02/26/2015</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Garfield Ridge</td>
<td>03/03/2015</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>Kelvyn Park</td>
<td>02/25/2015</td>
<td>10:00 a.m.</td>
</tr>
<tr>
<td>North Center</td>
<td>02/04/2015</td>
<td>11:00 a.m.</td>
</tr>
<tr>
<td>Norwood Park</td>
<td>02/18/2015</td>
<td>11:00 a.m.</td>
</tr>
<tr>
<td>Portage Park</td>
<td>01/27/2015</td>
<td>9:00 a.m.</td>
</tr>
<tr>
<td>Roseland</td>
<td>02/24/2015</td>
<td>12:00 p.m.</td>
</tr>
<tr>
<td>South Chicago</td>
<td>02/10/2015</td>
<td>11:00 a.m.</td>
</tr>
<tr>
<td>West Town</td>
<td>02/09/2015</td>
<td>12:15 p.m.</td>
</tr>
</tbody>
</table>
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 12 &amp; 26, 2015</td>
<td>9:30 a.m. to 1:00 p.m.</td>
</tr>
<tr>
<td>5071 W. Congress Parkway</td>
<td>February 9 &amp; 23, 2015</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 9 &amp; 23, 2015</td>
<td></td>
</tr>
<tr>
<td><strong>Levy Senior Center</strong></td>
<td>January 13 &amp; 27, 2015</td>
<td>12:30 to 2:30 p.m.</td>
</tr>
<tr>
<td>2019 W. Lawrence Avenue</td>
<td>February 10 &amp; 24, 2015</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 10 &amp; 24, 2015</td>
<td></td>
</tr>
<tr>
<td><strong>Northwest Senior Center</strong></td>
<td>January 13 &amp; 27, 2015</td>
<td>12:30 to 2:30 p.m.</td>
</tr>
<tr>
<td>3160 N. Milwaukee Avenue</td>
<td>February 10 &amp; 24, 2015</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 10 &amp; 24, 2015</td>
<td></td>
</tr>
<tr>
<td><strong>Atlas Senior Center</strong></td>
<td>January 14 &amp; 28, 2015</td>
<td>1:00 to 3:00 p.m.</td>
</tr>
<tr>
<td>1767 E. 79th Street</td>
<td>February 11 &amp; 25, 2015</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 11 &amp; 25, 2015</td>
<td></td>
</tr>
<tr>
<td><strong>Southwest Senior Center</strong></td>
<td>January 13 &amp; 27, 2015</td>
<td>1:00 to 3:00 p.m.</td>
</tr>
<tr>
<td>6117 S. Kedzie Avenue</td>
<td>February 10 &amp; 24, 2015</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 10 &amp; 24, 2015</td>
<td></td>
</tr>
</tbody>
</table>

For more information about additional food resources in our community, please contact the Greater Chicago Food Depository at 773-247-FOOD or visit their website at chicagosfoodbank.org
Come join us at your local Regional Senior Center to learn about Crisp! Crisp! Mobile Grocery is the affordable mobile grocer with over 400 items available for delivery right to your door. Don't have a store nearby or don't feel like going to it? No problem. Crisp will deliver, choose a delivery date and time, then enjoy.

<table>
<thead>
<tr>
<th>Regional Center</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central West</td>
<td>04/02/2015</td>
<td>11:15 a.m.</td>
</tr>
<tr>
<td>Northeast</td>
<td>03/05/2015</td>
<td>11:15 a.m.</td>
</tr>
<tr>
<td>Northwest</td>
<td>03/12/2015</td>
<td>11:15 a.m.</td>
</tr>
<tr>
<td>Renaissance Court</td>
<td>04/09/2015</td>
<td>11:15 a.m.</td>
</tr>
<tr>
<td>Southeast</td>
<td>03/19/2015</td>
<td>11:15 a.m.</td>
</tr>
<tr>
<td>Southwest</td>
<td>03/26/2015</td>
<td>11:15 a.m.</td>
</tr>
</tbody>
</table>

For more information about Crisp!, please call 312-948-7800

[www.crispgrocery.com](http://www.crispgrocery.com)
BECOME A CITY OF CHICAGO SENIOR SAFETY AMBASSADOR.

The Chicago Police Department, Fire Department, and Office of Emergency Communications in cooperation with the Department of Family and Support Services has joined forces to offer you the opportunity to become a City of Chicago Senior Safety Ambassador.

Hosted at your local senior center, this program is designed to provide you with the necessary tools to help you assist your older adult peers, as well as other residents in your neighborhood to be as safe as possible.

You will learn tips to prevent becoming a victim of crime, learn more emergency preparedness, preventing falls and fires in the home, and various other safety concerns.

For more information, please contact your local senior center.

HOME SAFETY CRIME PREVENTION
EMERGENCY PREPAREDNESS
City of Chicago, Department of Family & Support Services
Senior Safety Ambassador Program (CPD, Fire, and OEMC)
Presentations held at DFSS Senior Centers

<table>
<thead>
<tr>
<th>Senior Center</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edgewater</td>
<td>Wednesday, February 04, 2015</td>
<td>10:00 - 11:30 a.m.</td>
</tr>
<tr>
<td>Englewood</td>
<td>Wednesday, February 11, 2015</td>
<td>10:00 - 11:30 a.m.</td>
</tr>
<tr>
<td>Garfield Ridge</td>
<td>Wednesday, February 18, 2015</td>
<td>10:00 - 11:30 a.m.</td>
</tr>
<tr>
<td>Kelvyn Park</td>
<td>Wednesday, February 25, 2015</td>
<td>10:00 - 11:30 a.m.</td>
</tr>
<tr>
<td>North Center</td>
<td>Wednesday, March 04, 2015</td>
<td>10:00 - 11:30 a.m.</td>
</tr>
<tr>
<td>Norwood Park</td>
<td>Wednesday, March 11, 2015</td>
<td>10:00 - 11:30 a.m.</td>
</tr>
<tr>
<td>Pilsen</td>
<td>Wednesday, March 18, 2015</td>
<td>10:00 - 11:30 a.m.</td>
</tr>
<tr>
<td>Portage Park</td>
<td>Wednesday, March 25, 2015</td>
<td>10:00 - 11:30 a.m.</td>
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BECOME A CITY OF CHICAGO SENIOR SAFETY AMBASSADOR!

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

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

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

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

## WELLNESS NURSE

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

## SOCIAL WORKER

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

## DIETITIAN

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

## PHARMACIST

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

**NURSE PRESENTATIONS**

**Make Sure Your Thyroid Gland is Working Well – Not Too Little or Too Much, But Just Right**
The nurse will discuss the role of thyroid function in regulating metabolism. Hypothyroid and hyperthyroid conditions will be discussed, including other problems that affect the thyroid gland.

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**DIETITIAN PRESENTATIONS**

**The Low Down on Hypothyroidism**
How does a diagnosis of hypothyroidism impact weight loss? What dietary changes are helpful? What foods should you avoid while taking medications to treat the condition? Attend this talk with the dietitian to learn the basic facts about nutrition and hypothyroidism. Also to be discussed are the possible connections between thyroid disease and other health conditions.

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**PHARMACIST PRESENTATIONS**

**Over or Under? The Management and Treatment of Thyroid Disorders**
Thyroid disease is more common in patients over 60 years of age. Often, elderly patients present with atypical symptoms that are confused with other illnesses or attributed to older age. In this session, we will review common thyroid diseases (hyperthyroidism and hypothyroidism) and discuss the symptoms, evaluation and treatment strategies used to manage these conditions.

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* Note: change in regular schedule
FEBRUARY PRESENTATIONS

NURSE PRESENTATIONS

Heart Disease: Strategies for Prevention, How to Cope, and How to Treat
The nurse will share insights regarding different cardiovascular conditions and offer prevention and treatment suggestions. In addition, guidelines for hypertension and hyperlipidemia management will be included in the discussion.

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

DIETITIAN PRESENTATIONS

Take Care of Your Heart to Enjoy Life to the Fullest
Learn how to make adjustments to your diet and lifestyle that won’t keep you from enjoying life. Get creative in the kitchen with heart-healthy meals. Discover how to bring the “Mediterranean” into your cooking. We will cover the usual discussion of whole grains, fruits, vegetables, portion sizes, eating less sodium and using healthy fats, while also discussing adding ways to make your meals worthy of a special occasion.

- Central West: Thursday, February 5, 10:00 - 11:00 A.M.
- Northeast: Monday, February 2*, 10:00 - 11:00 A.M.
- Northwest: Monday, February 23, 10:20 - 11:20 A.M.
- Southeast: Friday, February 27*, 10:00 - 11:00 A.M.
- Southwest: Monday, February 23*, 9:45 - 10:45 A.M.
- Renaissance Court: Tuesday, February 24, 10:30 - 11:30 A.M.

PHARMACIST PRESENTATIONS

Cardiovascular Disease: Blood Pressure and Lipid Updates
Hypertension (high blood pressure) and hyperlipidemia (high cholesterol) are two of the most prevalent chronic health problems affecting patients today. Hypertension and hyperlipidemia are both known as “silent” illnesses because most people do not experience any symptoms when they have these problems. Both illnesses can damage vital organs in the body, such as the heart, arteries, brain and kidneys. In this session, we will review current recommendations for treatment, how to interpret your blood pressure and cholesterol levels, and the medications that are available to help treat these conditions.

- Central West: Tuesday, February 24, 10:00 - 11:00 A.M.
- Northeast: Tuesday, February 17, 10:00 - 11:00 A.M.
- Northwest: Friday, February 20, 10:30 - 11:30 A.M.
- Southeast: Thursday, February 5, 10:15 - 11:15 A.M.
- Southwest: Thursday, February 19, 10:15 - 11:15 A.M.
- Renaissance Court: Thursday, February 26, 1:30 - 2:30 P.M.

* Note: change in regular schedule
MARCH PRESENTATIONS

NURSE PRESENTATIONS

Pain and Pain Management: Understanding and Treating Mind and Body
Pain can be debilitating for some, but there are strategies to keep it under control. A variety of pain management options, including medication and therapy will be discussed during the nurse’s talk. Traditional and alternative approaches that help decrease physical and emotional pain will be included.

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DIETITIAN PRESENTATIONS

Sugar vs. Artificial Sweeteners
Are you confused by all the information out there comparing artificial sweeteners to different kinds of sugar? The dietitian will outline what is important to know about table sugar, natural sugars, such as honey, agave nectar, and molasses, as well as common artificial sweeteners like Splenda, NutraSweet, and others. Come and find out for yourself where moderation lies in sweet substances.

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PHARMACIST PRESENTATIONS

Ouch, My Aching! Treating Chronic Pain with Opioids
Pain is one of the most common symptoms that occur with aging and chronic disease. A majority of seniors live with pain on a daily basis, but many of these pains can be managed with medication. Opioid medications are one such class of “pain killers” that are used. In this session we will discuss different causes of chronic pain, what opioid medications are available and the risks and benefits of using opioid drug therapy.

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

**WELLNESS TEAM**

**WELLNESS NURSE:** Diana Guzman, RN
First, Second, Third Thursdays, 9:00 A.M. - 12:00 P.M. (Except January 1)

**SOCIAL WORKER:** Mary Ellen Withers, LCSW
Thursdays, 9:00 A.M. - 12:00 P.M. (Except January 1 & 29, February 5*, March 5)

**PHARMACIST:** Beatrice Drambarean, PharmD
Third Tuesdays, 9:00 A.M. - 12:00 P.M. (January 20, February 17, March 17)

**DIETITIAN:** Vivian Burr, MS, RD
Third Mondays, 8:30 A.M. - 12:30 P.M. (January 5*, February 2*, March 16)

**BLOOD PRESSURE SCREENING**
First Thursdays, 9:00 A.M. - 12:00 P.M. (January 8*, February 5, 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 15
  - February 19
  - March 19

**FOOD 4 THOUGHT**
Thursdays, 10:00 - 11:00 A.M. (Except January 1 & 29, February 5*, March 5)
- 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: Roxana Barron, RN
First, Second, Third Tuesdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Enid Fefer, LCSW
Wednesdays, 9:00 A.M. - 12:00 P.M. (Except January 21, February 18, March 11)

PHARMACIST: Ann Kuchta, PharmD
Third Fridays, 9:00 A.M. - 12:00 P.M. (January 16, February 20, March 20)

DIETITIAN: Vivian Burr, MS, RD
Fourth Mondays, 8:30 A.M. - 12:30 P.M. (January 26, February 23, March 23)

BLOOD PRESSURE SCREENING
First Tuesdays, 9:00 A.M. - 12:00 P.M. (January 6, February 3, 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 20
  - February 17
  - March 17

TOO MUCH ON YOUR PLATE?
Wednesdays, 10:15 - 11:15 A.M. (Except January 21, February 18, March 11)
- Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule
Renaissance Court
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Phyllis Reynolds, MSN, APN/CNP
Mondays, 10:00 A.M. - 1:00 P.M. (Except January 19, February 16, March 2 & 30)

SOCIAL WORKER: Enid Fefer, LCSW
Mondays, 1:00 - 4:00 P.M. (Except January 19, February 16, March 2 & 30)

PHARMACIST: Erika Hellenbart, PharmD
Fourth Thursdays, 12:00 - 3:00 P.M. (January 22, February 26, March 26)

DIETITIAN: Vivian Burr, MS, RD
Fourth Tuesdays, 9:00 A.M. - 1:00 P.M. (January 27, February 24, March 24)

BLOOD PRESSURE SCREENING
Second Mondays, 10:30 A.M. - 12:30 P.M. (January 12, February 9, March 9)

SUPPORT GROUPS

HEALTH MATTERS
Fourth Mondays, 10:30 - 11:30 A.M.
- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - January 26
  - February 23
  - March 23

BALANCING YOUR LIFE
Mondays, 2:00 - 3:00 P.M. (Except January 19, February 16, 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: Joanne Miller, PhD, APN/GNP-BC
Every Thursday, 8:15 A.M. - 12:15 P.M.
*** NO NURSE JANUARY 22nd

SOCIAL WORKER: Rebecca Klein, MSW, LSW
First and Third Tuesdays, 9:30 – 11:30 A.M.
January 13* and 27*, February 3 and 17, March 3 and 17

PHARMACIST: Michele Martin, PharmD
Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.
January 27, February 24, March 24

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
First Thursdays, 9:30 – 11:30 A.M.
January 15*, February 5, and March 5

BLOOD PRESSURE SCREENING
First Thursdays, 8:30 - 9:30 A.M.
January * (not held this month), February 5, and March 5

SUPPORT GROUPS

STILL GOING STRONG
Third Thursdays, 10:00 - 11:00 A.M.
January (To Be Announced), February 19, and March 19
- This group uses a prayer-focused environment to support one another in dealing with contemporary issues of aging.

TALK WITH THE REBECCA
First and Third Tuesdays – 10:00 – 11:00 A.M.
January 13* and 27*, February 3 and 17, March 3 and 17
Southeast (Atlas) Regional Center
Wellness Schedule

WELLNESS TEAM

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

SOCIAL WORKER: Rebecca Klein, MSW, LSW
Second and Fourth Mondays, 9:30 – 11:30 A.M.
January 12 and 26, February 9 and 23, March 16* and 30*

PHARMACIST: Amina Gassam, PharmD
First Thursdays, 10:15 - 11:30 A.M.
January (To Be Announced), February 5, and March 5

DIETITIAN: Kristin Gustashaw, MS, RD, CSG / Melanie Betz, MS, RD
Second Fridays, 9:30 - 11:30 A.M.
January 9, February 27*, and March 13

BLOOD PRESSURE SCREENING
First and Fourth Tuesdays, 10:30- 11:30 A.M.
January 6 and 27, February 3 and 24, and March 3 and 24

SUPPORT GROUPS

TOO MUCH ON YOUR PLATE?
Second and Fourth Mondays, 10:00 – 11:00 A.M.
January 12 and 26, February 9 and 23, March 16* and 30*
This group helps people cope with everyday events.

NINE-WEEK WEIGHT LOSS PROGRAM
- The program offers a simple beginner weight loss plan that is based on well-balanced nutritional principles. Regular exercise is an important part of the program. The overall goal is to help older adults adopt healthy eating habits that promote weight loss, but are also safe, balanced, and nutritionally sound. Registration with the Wellness Nurse is required for this program. See Center for more information.
Southwest Regional Center
Wellness Schedule

**WELLNESS TEAM**

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

**SOCIAL WORKER:** Rebecca Klein, MSW, LSW
First and Third Wednesdays, 9:30 – 11:30 A.M.
January 14* and 28*, February 4 and 18, March 4 and 18

**PHARMACIST:** Aimee Chevalier, PharmD
Third Thursdays, 10:15 - 11:30 A.M.
January 15, February 19, and March 19

**DIETITIAN:** Kristin Gustashaw, MS, RD, CSG
Third Mondays, 9:30 - 11:30 A.M.
January 26*, February 23*, and March 16

**BLOOD PRESSURE SCREENING**
Tuesdays January 6, February 3, and March 3 (9:00 A.M.–12:00 P.M.)
Remember to bring your blood pressure card

**SUPPORT AND WEIGHT LOSS GROUPS**

**WE’LL EAT BETTER…TOGETHER SUPPORT GROUP**
Tuesdays January 13, February 10, and March 10 at 11:00 A.M.
- A support group for older adults to share tips and tricks for healthier eating to maintain, gain, or lose a few pounds.

**ASK THE NURSE**
Tuesday March 17 9:45 – 12:00 P.M.
Learn more by asking questions and raising concerns related to health and well being

**RELAX AND RENEW**
Tuesdays January 13, February 10, and March 10 at 11:00 A.M.
- Explore a variety of relaxation techniques with your Wellness Nurse for the health of it!

**TOO MUCH ON YOUR PLATE?**
First and Third Wednesdays, 10:00 – 11:00 A.M.
January 14* and 28*, February 4 and 18, March 4 and 18
This group helps people cope with everyday events.

**SPECIAL PROGRAM: REMINISCENCE: REMEMBERING OUR PAST…TODAY**
Tuesday January 20 10:15 A.M.
Join your Wellness Nurse and others to reflect the past and its impact on our lives today.

**SPECIAL PROGRAM: MUSIC AND MEDICINE**
Tuesday February 17 10:15 A.M.
Come in and celebrate Mardi Gras with the return of the Music and Medicine program. For centuries, music has been used to soothe the mind, body, and spirit. In Chinese, the letter or character for medicine, music, and happiness are the same! Join your Wellness Nurse and see how music can make you feel.

**VERY SPECIAL PROGRAM: KNOW THE 10 SIGNS OF ALZHEIMER’S DISEASE: EARLY DETECTION MATTERS**
Tuesday March 31 10:00 – 11:30 A.M.
This presentation will feature a guest speaker from the Alzheimer’s Association. If you or someone you know is experiencing memory loss or behavior changes, it’s time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future.
The City of Chicago offers free, confidential tax help at locations across Chicago from late January through mid-April. Federal and Illinois tax return preparation and e-file are offered free of charge by the City's two partner nonprofits, the Center for Economic Progress and Ladder Up, which annually prepare thousands of returns with the help of trained volunteers.

If you are a family earning up to $50,000 or an individual earning up to $25,000, you may be eligible to take advantage of this free service and find out if you qualify for the Earned Income Tax Credit (EITC), Child Tax Credit (CTC), and/or student financial aid for college! Trained volunteer tax preparers can assist you in completing Federal and state income tax returns for the 2014 tax year and, in some cases, for prior years.

For more information about how to receive free tax help, please visit any one of the following:
• Call the City’s 311 helpline
• Visit the City’s website at www.TaxPrepChicago.org
• Visit Center for Economic Progress at www.economicprogress.org or call (312) 252-0280
• Visit Ladder Up at www.goladderup.org or call (312) 409-1555
• Visit the IRS at www.irs.gov and type “free tax help” in the search box or call (800) 829-1040 / (800) 829-4059 (TDD)

What you need to bring to all locations:
✓ Social Security card or ITIN card/letter for everyone that appears on your return
✓ Photo identification
✓ All 2014 tax documents (W-2, 1099 forms)
✓ Bank account and routing numbers
✓ Proof of health insurance coverage (i.e. Form 1095-A or private/employer insurance information) or Certificate of Exemption
✓ Copy of your property tax bill paid in 2014
✓ Records of college-related expenses
✓ Copy of your 2013 tax return
2015 Tax Sites

LOOP

Harold Washington College | 30 E Lake
Mon, Tue, Wed, Thur / 10 AM-8 PM / Jan 20-Apr 15
Sat / 10 AM-1 PM / Jan 24-Apr 11
Closed Mar 30-Apr 4

Harold Washington Library | 400 S State, 5th Floor
Mon, Fri / 10 AM-4 PM / Jan 26-Apr 13
Tue, Thur / 5-8 PM / Jan 27-Apr 14
Wed / 10 AM-8 PM / Jan 28-Apr 15
Sat / 9:30 AM-12:30 PM / Jan 24-Apr 11
Closed Feb 12, Feb 16, and Mar 2

NORTH

Truman College | 1145 W Wilson
Mon, Wed / 5:30-8 PM / Jan 21-Apr 15
Tue, Thur / 2-8 PM / Jan 20-Apr 14
Sat / 10 AM-1 PM / Jan 24-Apr 11
Closed Mar 30-Apr 4

Northeastern Illinois University | 5500 N Saint Louis, College of Business and Management
Sat / 9 AM-12 PM / Jan 24-Apr 11
Closed Mar 21

NORTHWEST

Roberto Clemente Community Academy | 1147 N Western
Tue / 5:30-8:30 PM / Feb 2-Apr 14
Sat / 9 AM-12 PM / Jan 24-Apr 11

WIC Food Center | 3110 W Armitage
Sat / 9 AM-12 PM / Jan 24-Apr 11

WIC Food Center | 4622 W Diversey
Mon, Wed / 10 AM-7 PM / Feb and on Apr 1, 6, 8, 13, 15
Sat / 9 AM-12 PM / Jan 24-Apr 11
Closed Feb 16

Wilbur Wright College | 4300 N Narragansett
Fri / 10 AM-4 PM / Feb 6-Apr 10
Sat / 9 AM-12 PM / Jan 24-Apr 11
Closed Apr 3 and Apr 4

WEST

Austin Town Hall | 5610 W Lake
Sat / 9:30 AM-12:30 PM / Jan 24-Apr 11

Neighborhood Housing Services (NHS) | 3555 W Ogden
Mon, Wed / 5:30-8 PM / Jan 26-Apr 15
Sat / 10 AM-1 PM / Jan 31-Apr 11

SOUTH

Dawson Technical Institute | 3901 S State
Mon, Tue, Wed, Thur / 5:30-8 PM / Jan 20-Apr 15
Sat / 10 AM-1 PM / Jan 24-Apr 11
Closed Mar 30-Apr 4

WIC Food Center | 5332 S Western
Tue, Thur / 10 AM-4 PM / Feb and on Apr 2, 7, 9, 14
Sat / 9 AM-12 PM / Jan 24-Apr 11
Also open Wed, Apr 15, 10 AM-8 PM

Kennedy-King College | 6301 S Halsted, Building V
Fri / 10 AM-4 PM / Feb 6-Apr 10
Sat / 9 AM-12 PM / Jan 24-Apr 11
Closed Apr 3 and Apr 4

Gary Comer Youth Center | 7200 S Ingleside
Sat / 9 AM-12 PM / Jan 31-Feb 28 and on Apr 11

Auburn Gresham Tax Site | 7903 S Racine
Mon, Wed / 5:30-8 PM / Jan 21-Apr 15
Sat / 10 AM-1 PM / Jan 24-Apr 11

Olive-Harvey College | 10001 S Woodlawn
Fri / 10 AM-4 PM / Feb 6-Apr 10
Sat / 9 AM-12 PM / Jan 24-Apr 11
Closed Apr 3 and Apr 4

SOUTHWEST

Benito Juarez Community Academy | 1510 W Cermak
Sat / 9 AM-12 PM / Jan 24-Mar 28

Instituto del Progreso Latino | 2570 S Blue Island
Mon, Wed, Thur / 5:30-8 PM / Jan 21-Apr 15
Sat / 10 AM-1 PM / Jan 24-Apr 11

Kelly High School | 4136 S California
Tue, Thur / 5:30-8 PM / Jan 22-Apr 14
Sat / 10 AM-1 PM / Jan 24 – Apr 11

WIC Food Center | 2400 S Kedzie
Sat / 9 AM-12 PM / Jan 24-Apr 11
Tips to Avoid Medicare and Medicaid Fraud

Every year, taxpayers lose BILLIONS of dollars to fraud in health care. “Health care fraud” may mean that someone charges you or your insurance for a service that they never gave you. It may also mean that someone charges for a service that was different than what they gave you. Fraudulent charges often prevent people from getting important health care services that they need. For example, an equipment company gave Mr. Jones a scooter, but charged Medicare for a wheelchair instead. Later, when Mr. Jones needed a wheelchair, Medicare would not pay for it because they already paid for one. The Illinois SMP Program is here to help you learn how to protect yourself from fraud like this.

Here are some tips to avoid Medicare and Medicaid fraud:

✿ **DO NOT** give your Medicare, Medicaid, or Social Security numbers to someone you do not know. NEVER give these numbers to someone who calls on the phone or comes to the door. Trustworthy health care providers will not sell their services by calling on the phone or coming to the door. **Telephone and door-to-door marketing are often a sign of fraud.** If a caller or visitor tries to threaten or pressure you into something, hang up the phone or shut the door.

✿ **DO NOT** give anyone your Medicare, Medicaid, or Social Security numbers in exchange for “free” services. **If a service is “free,” they should not need your information!**

✿ **DO NOT** sign forms without reading them, and never sign blank forms.

✿ **DO NOT** accept health care services or equipment that you do not need. If someone offers you services or equipment that you do not need and asks for your Medicare or Medicaid number, they may be billing Medicare or Medicaid fraudulently for those services. **DO talk to your doctor if you need health care services. Your doctor should order any services or supplies that you need.**

✿ **Read your Medicare Summary Notice (MSN) Or Explanation of Benefits statements from your insurance plan. Watch for:**
  - charges for services or supplies that you did not receive
  - services or supplies that were not ordered by your doctor
  - other errors

(Note: In Illinois, people with Medicaid do not receive statements. This makes it difficult to see if someone is billing Medicaid fraudulently. **The good news is that each of the other tips above applies to people with Medicaid.**)

The Illinois SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. If you have questions about a claim on your Medicare Summary Notice or Explanation of Benefits, call the Illinois SMP program at (800)699-9043. Information about the Illinois SMP program is also available on our website: www.illinoissmp.org

This document was supported, in part, by grant number 90MP0026 of the U.S. Administration on Aging, Department of Health and Human Services. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.
Come and join your neighbors at your local Golden Diners location. There are nearly 60 locations throughout the city, and there is sure to be one near your home. Most locations serve a hot meal at lunchtime and are open Monday through Friday. Some are open on the weekend. Golden Diners are open to individuals 60 years of age and older and their spouses of any age. In addition to American style cuisine, ethnic foods are served in specific ethnic communities. These include Southeast Asian, Indian, Korean, and Chinese. Special programs and activities are also provided at Golden Diners locations. Nothing is as rewarding as the friendship and companionship that the program has to offer... Exercise programs, educational lectures, and fun outing are also available. For more information, please call (312) 744-4016.

St. Valentine's Day Meal

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

$1.50 suggested contribution. Reservations required.
Seniors 65 and older…

Do you think it’s too late?

…at Chicago State, we'll meet you where you are.

SENIOR SATURDAY

January 17, from 8 am - 11 am

Jacoby Dickens Center (JDC), 9501 S. King Dr., Chicago, IL 60628

- Learn about CSU’s free senior tuition waiver program
- Learn how to manage your finances
- Learn how to use a computer
- Tour the campus

Call 773.821.2215 today.

(refreshments will be served)

If you can answer **YES** to these questions, sign up for Fit and Strong!.

Fit and Strong! is an award-winning, evidence-based physical activity/behavior change program developed by the University of Illinois at Chicago, Center for Research on Health Aging (CRHA) proven to benefit arthritis symptoms and promote an active lifestyle. CRHA is partnering with the **Chicago Department of Family and Support Services and ALLIANCE REHAB** to offer Fit and Strong!

The program includes:

- 12 weeks of 1 ½ hour sessions
- Each session consists of 1 hour of exercise, ½ hour of arthritis & exercise education/discussion/group problem-solving
- Sessions meet 2 days/week
- Sessions are led by trained, certified exercise instructors
- Exercises include stretching, low-impact aerobics, walking, and strengthening using exercise bands and ankle cuff weights, at your ability level

Learn about the benefits of physical activity, how to manage arthritis, how to exercise safely, how to develop & maintain a more active lifestyle.

**PARTICIPATING SITE LOCATIONS**

**South**
- Chatham
- Englewood
- Roseland
- Southeast
- Southwest

**West**
- Austin
- Pilsen
- West Town

**North**
- Northeast
- Northwest
- Portage Park

For more information or to sign up for this program:
Contact one of the senior centers listed above.
# Central West

**2102 W. Ogden Avenue, 60612**

<table>
<thead>
<tr>
<th>GROUP EXERCISE CLASSES</th>
<th>FITNESS CENTER TRAINING HOURS</th>
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## Northeast (Levy)

**2019 W. Lawrence Avenue, 60625**

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## Northwest (Copernicus)

**3160 N. Milwaukee Avenue, 60618**

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## RENAISSANCE COURT  78 E. Washington Street 60602

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<tr>
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### GROUP EXERCISE CLASSES

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<td>Saturday</td>
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<td>SFP</td>
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## SOUTHEAST (ATLAS)  1767 E. 79th Street 60649

### GROUP EXERCISE CLASSES

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<tr>
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<tr>
<td>Monday</td>
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<td>Fit &amp; Strong</td>
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<td>Friday</td>
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<td>Fit &amp; Strong</td>
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### FITNESS CENTER TRAINING HOURS

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## SOUTHWEST  6117 S. Kedzie Avenue 60629

### GROUP EXERCISE CLASSES

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### FITNESS CENTER TRAINING HOURS

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### ABBOTT PARK  49 E. 95th Street 60619

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

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### AUSTIN   5071 W. Congress Parkway 60644

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### CHATHAM   8300 S. Cottage Grove Avenue 60619

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### CHICAGO FITNESS PLUS
#### WINTER 2015
#### Satellite Centers

**EDGEWATER** 5917 N. Broadway Street 60660

<table>
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**ENGLEWOOD** 653-657 W. 63rd Street 60621

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<td>Thursday</td>
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<td>Fit &amp; Strong</td>
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<td>Fit &amp; Strong</td>
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**GARFIELD RIDGE** 5674-B S. Archer Avenue 60638

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<tr>
<td>Monday</td>
<td>9:30 AM</td>
<td>Fitness Plus</td>
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<td>Wednesday</td>
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<td>Friday</td>
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**KELVYN PARK** 2715 N. Cicero Avenue 60639

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<td>Yoga</td>
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# Group Exercise Classes

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<tr>
<td>Monday</td>
<td>9:00 AM</td>
<td>Get Fit!</td>
<td>Wednesday</td>
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<td>Zumba</td>
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<td>Monday</td>
<td>2:00 PM</td>
<td>Chair Yoga</td>
<td>Thursday</td>
<td>9:00 AM</td>
<td>Body Alive</td>
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<td>Tuesday</td>
<td>9:00 AM</td>
<td>Fit Mix</td>
<td>Thursday</td>
<td>12:15 PM</td>
<td>Arthritis</td>
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<tr>
<td>Wednesday</td>
<td>9:00 AM</td>
<td>Core</td>
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<td>Limbercize</td>
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## North Center

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<td>Core Strength</td>
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## Norwood Park

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<td>SFP</td>
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<td>8:30 AM - 10:00 AM</td>
<td>Fit &amp; Strong</td>
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<td>GROUP EXERCISE CLASSES</td>
<td>FITNESS CENTER TRAINING HOURS</td>
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<td><strong>PORTAGE PARK</strong> 4100 N. Long Avenue 60641</td>
<td><strong>FITNESS CENTER TRAINING HOURS</strong></td>
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<td>Thursday</td>
<td>10:30 AM</td>
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<td>2:00 PM</td>
<td>Fit &amp; Strong</td>
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| **ROSELAND** 10426 S. Michigan Avenue 60628 | **FITNESS CENTER TRAINING HOURS** |
| **Day** | **Time** | **Class** | **Day** | **Hours** | **Hours** |
| Monday | 9:15 AM | SFP | Monday | 10:00 AM - 1:00 PM | |
| 1:00 PM | Fit & Strong | Wednesday | 10:00 AM - 1:00 PM | |
| Wednesday | 9:15 AM | SFP | Friday | 10:15 AM - 12:00 PM | |
| 1:00 PM | Fit & Strong | |

| **SOUTH CHICAGO** 9233 S. Burley Avenue 60617 | **FITNESS CENTER TRAINING HOURS** |
| **Day** | **Time** | **Class** | **Day** | **Hours** | **Hours** |
| Monday | 10:00 AM | SFP | Monday | 9:00 AM - 10:00 AM | 11:00 AM - 1:00 PM |
| 1:00 PM | Arthritis | Wednesday | 9:00 AM - 10:00 AM | 11:00 AM - 1:00 PM |
| Wednesday | 10:00 AM | SFP | Thursday | 9:00 AM - 10:30 AM | 11:30 AM - 1:00 PM |
| 1:00 PM | Arthritis | |

| **WEST TOWN** 1613 W. Chicago Avenue 60622 | **FITNESS CENTER TRAINING HOURS** |
| **Day** | **Time** | **Class** | **Day** | **Hours** | **Hours** |
| Monday | 9:30 AM | Weights | Monday | 9:00 AM - 9:30 AM | 10:30 AM - 1:00 PM |
| Tuesday | 9:00 AM | Fit & Strong | Tuesday | 11:30 AM - 1:00 PM | |
| Tuesday | 10:30 AM | SPS | Wednesday | 9:00 AM - 9:30 AM | 10:30 AM - 1:00 PM |
| Wednesday | 9:30 AM | Zumba | Thursday | 11:30 AM - 12:00 PM | |
| Thursday | 10:30 AM | Fit & Strong | Thursday | 9:00 AM - 9:30 AM | 10:30 AM - 12:00 PM |
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**

**DR. MARTIN LUTHER KING CELEBRATION**
Tuesday, January 13, 2015
12:00 p.m. - 2:00 p.m.
This year we will be celebrating Dr. King’s Birthday with Sporty King. Lunch is only $1.50 for a hot nutritious meal. Call (312)746-5300 and make your lunch reservation today.

**AFRICAN AMERICAN FILM FESTIVAL**
Monday- Friday
12:00 p.m.
During the month of February, the Central West Regional Senior Center will be showing film starring and directed by African Americans. Come and enjoy films of the present and films from the past.

**BLACK HISTORY MONTH**
Tuesday, February 11, 2015
12:00 p.m. – 2:00 p.m.
Bessie Coleman was the first African American female to pilot an airplane. Central West will celebrate Black History Month by featuring Ms. Coleman’s great-niece. She will tell her Aunts’ story. Come and hear the history first hand.

**GOSPEL FEST**
Tuesday, March 25, 2015
12:00 p.m. - 2:00 p.m.
Central West Auxiliary is planning another great event this year our Gospel Fest. Live entertainment will be provided by gospel groups and choirs. The fee for the event is $5.00.

**DANCING AT CLUB CENTRAL WEST**
Friday, April 25, 2015
12:00 p.m. until 4:00 p.m.
Come to Central West and join others as we dance the afternoon away, cost for this event is only $5.00.

**CLASSES**

**STEPPING CLASS**
Wednesday, 9:00 a.m. - 10:00 a.m.
Darrel Davis will teach you how to step. Come join the fun and enjoy the company of friends.

**JEWELRY MAKING**
Friday, 10:00 a.m. - 11:00 a.m.
Madie Cannonmore - Instructor
Learn how to make custom jewelry.
YOGA
Wednesdays,
10:00 a.m.
Sensei Chester Digby is available every week to help you improve your flexibility and muscle tone.

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

COMPUTER CLASSES
Mondays starting March 10, 2015
9:15 a.m. - 10:15 a.m.
Central is offering beginning and intermediate computer class for seniors wanting to learn how to access the internet and send email. Persons with laptops can also attend this class.

CENTRAL WEST BOOK CLUB
Mondays, January 26, February 16, and March 16, 2015
1:00 p.m.
January’s Book Club selection will be Terry McMillan’s “Who Asked You?” February and March selection will be announced. Come and let us discuss popular books and give your interpretations and thoughts on each one. You must register to attend. Call (312)746-5300.

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

SEE REBECCA
Every 1st and 3rd Tuesdays
10:00 a.m. until 12:00 p.m.
Jane is no longer here, however, Rebecca Klein, from Rush is our new Social Worker. She is available to talk with you. If you are worried about your health changes, suffered a recent loss of a loved one, or if you just need someone to talk to social worker will be available to listen and talk with you.

APP’s WORKSHOP
Every 2nd Tuesdays, January 13, February 10, March 10, 2015
10:15 a.m.
Linda Moore - Instructor
Interested in learning about all the great apps available to you to download on your mobile telephone, iPad, tablets, and laptop computers? Linda Moore will help you access the different apps for your devices. Sign up today, space is limited.

ARTS AND CRAFTS
Thursdays
10:15 a.m. – 11:30 a.m.
Eric Tillman – Instructor
Come out and enjoy making items for yourself or to give away as gifts.

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

EMPOWERMENT SESSION
Every 4th Thursday
10:00 a.m. – 11:30 a.m.
Every 4th Thursday of the month an empowerment session will be held at 10:00 a.m. These sessions will review, discuss, and offer resources specific to senior needs.
<table>
<thead>
<tr>
<th>Satellite Center</th>
<th>Address</th>
<th>Phone</th>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td><strong>Austin Satellite Center</strong></td>
<td>5071 West Congress, 60644</td>
<td>(312)743-1538</td>
<td><strong>DR. KING CELEBRATION</strong></td>
<td>Friday, Jan 16, 2015</td>
<td>1:00 p.m. – 3:00 p.m.</td>
<td>Come join us as we celebrate Dr. Martin Luther King, Jr. The program will include a MLK video, a discussion of MLK’s life and refreshments.</td>
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<td><strong>BLACK HISTORY MONTH CELEBRATION</strong></td>
<td>Friday, Feb. 20, 2015</td>
<td>1:00 p.m. - 3:00 p.m.</td>
<td>Program will include readings and video clips on historically significant African–American men and women including a discussion of their lives. Refreshments will be served.</td>
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<td><strong>WOMEN’S MONTH CELEBRATION</strong></td>
<td>Friday, Mar. 20, 2015</td>
<td>1:00 p.m. – 3:00 p.m.</td>
<td>Come join us as we celebrate Women. The program will include oral readings, video clips, etc. of significant women in the United States and their contributions to society.</td>
</tr>
<tr>
<td><strong>Pilsen Satellite Center</strong></td>
<td>2021 South Morgan, 60608</td>
<td>(312)743-0493</td>
<td><strong>GET COVERED ILLINOIS</strong></td>
<td>Sun, Feb. 15, 2015</td>
<td>8:00 a.m. – 8:00 p.m.</td>
<td>On this last day of enrollment for 2015, Certified In-Person Counselors will be available to provide information about and assistance with enrolling in the Get Covered Illinois insurance programs.</td>
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<td><strong>SPRING FLING</strong></td>
<td>Friday, Mar. 20, 2015</td>
<td>11:00 a.m. – 2:00 p.m.</td>
<td>Bring in the Spring with an event featuring a healthy meal, snacks, dancing, and other physical activity.</td>
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<tr>
<td><strong>West Town Satellite Center</strong></td>
<td>1613 West Chicago, 60622</td>
<td>(312)743-1016</td>
<td><strong>CHINESE NEW YEAR CELEBRATION</strong></td>
<td>Wed, Feb. 18, 2015</td>
<td>12:30 p.m. - 4:30 p.m.</td>
<td>Come join as we celebrate the Chinese New Year, the important festivity in the Chinese Calendar. We will celebrate our Chinese participants and their culture!</td>
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<td><strong>CHORUS</strong></td>
<td>Every Other Wed, <strong>beginning in March</strong> (contact center for more specific information)</td>
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<td>I hear you . . . come join the chorus! Participants will have the opportunity to sing alone to old time favorite songs in English and Spanish.</td>
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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

NEW YEAR CELEBRATION!
Thursday – Jan. 8
12:30 – 3:30 p.m.
We’re throwing a party and it just wouldn’t be right if you weren’t with us! You’ll have a blast as we dance in the New Year with an afternoon of dancing to vibrant sounds from DJ Norman! Join us as we kick the year off right!
Refreshments served – FREE

VALENTINE’S MEET & GREET!
Thursday – February 14
12:30 to 3:30 p.m.
Love is in the air! Come join us as we celebrate Valentine’s Day with energetic beats of DJ Chico!!!
Refreshments served – FREE

BINGO – BINGO - BINGO
Saturday, January 24
Friday, February 20
Stop by for quick game of Bingo with Meals on Wheels volunteers – great prizes and fun people!

CLASSES

AARP DRIVER SAFETY
Thursday, 1/15 & 3/12
Friday, 1/16 & 3/13
9:00 a.m. - 1:00 p.m.
This approved two day course is facilitated by AARP trained instructors. The course is presented in two, four-hour classes.
You must attend class both days to be eligible for the Certification.
The cost of the class is $15.00 for AARP members and $20.00 for non-members. Please make all checks payable to AARP. Class fee can be paid on the first day of class, cash or check ONLY. For more information, call (312) 744-0784.

RULES OF THE ROAD
Monday, March 16
9:30 – 11:30 a.m.
Secretary of State’s driving test review course. This course is designed to assist you with taking your driving test and highway safety review. Handouts will be available. Bring your driver’s license or State I.D. to attend class. FREE

Mind, Body & Pilates
Thursdays, 12:30 – 1:30 p.m.
Instructor: Bonnie Pobgee
Suggested Donation: $1
Combining the power of Pilates and the ballet barre, this class fuses the two for the ultimate workout. Pilates is a great way to strengthen your core muscles, as well as aligning the whole body using fun exercises that challenge and balance you. This class is open to men and women alike.

**ZUMBA FITNESS GOLD**
* Tuesdays & Saturdays 10:00 - 11:00 a.m.
* Suggested Donation: $1
* Instructor: Mari Jane Dare

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

**VIBE (Visualize, Imagine, Breathe & Energize) - FREE**
* Fridays, 12:30 – 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 - FREE**
* Fridays, 1:00 – 2:00 p.m.
* Instructor: Louie Stallone

If country and traditional line dancing is your forte...this is the class for you. Let Louie show you how to glide on the dance floor....join the fun.

**BASIC LINE DANCE**
* Tuesdays 1:00 – 2:00 p.m.
* Suggested Donation: $1
* Instructor: Darrel Davis

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

**YOGA**
* Wednesdays 12:30 – 1:30 p.m.

**Instructor: Laurine Clark**
De-stressing the body is an ancient art form which you can learn with instructor Laurine. This class is FREE...but please come with your Yoga mat.

**PAINTING on SILK w/ Vivian**
* Fridays 9:30 – 10:30 a.m.
* Instructor: Vivian Visser

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

**CHOICE MARKET FOR OLDER ADULTS (Greater Chicago Food Depository) Food Pantry**
* Tuesdays, 12:30 p.m.
  Jan. 13 & 27
  Feb. 10 & 24
  March 10 & 24

**KARAOKE- FREE**
* Tuesdays & Saturdays, 12:30 - 3:30 p.m.
* Instructor: Carlos Morales

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

**COMPUTER CLASSES:**
Here at Northeast (Levy) Senior Center we have a state-of the art computer lab with the most updated technology. We offer 4 classes at a variety of times – Basic Computers; Advance Digital Imaging; Basic Digital Camera and Get Hooked on the Internet – as well as occasional IPad, Windows “8” and Surface Pro classes. For more information call Court Chilton – 312-742-2623.

**WEEKEND PROGRAMS**

**SALSA & SWING DANCE LESSONS**
* Saturdays- Free & Fun!!!
  12:30 – 1:30 p.m.
* Instructor: Fran Strain
Come learn instructional dance with a Latin flare. Starts Jan. 10
## Northeast Satellite Centers

### Program Highlights

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

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>FLU SHOT CLINIC &amp; MORE</td>
<td>Make a day of it! Get your flu shot and find out about colorectal cancer screening initiative from Presence Saint Francis Hospital. Bring your questions to the nurse and get your blood pressure checked; join the social worker's lively discussion and get your heart pumping at the noon Zumba class.</td>
</tr>
<tr>
<td><strong>QUARTERLY BIRTHDAY PARTY &amp; SENIOR MEETING</strong></td>
<td>It’s time to celebrate winter birthdays and gather for a discussion of upcoming senior events and activities. Bring your comments, questions, and suggestions to the party/business meeting. Meet new friends and make the Senior Center the best it can be.</td>
</tr>
<tr>
<td>ALDERMAN OSTERMAN’S SENIOR HEALTH FAIR</td>
<td>Join Alderman Harry Osterman and other civic leaders for the Annual Health Fair. There will be food, music, health care professionals, RTA assistance, community partners and much, much more. Free.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>GENARRATIONS STORYTELLING PROGRAM</td>
<td>Come explore your own voice and experiences through writing and performing personal narratives with art professionals from the world-renown Goodman Theater. Program begins January 23, 2015.</td>
</tr>
<tr>
<td>BELLY DANCING</td>
<td>Learn this ancient way to move your body and spirit. Men are invited to participate! Suggested Donation only $1.00.</td>
</tr>
<tr>
<td>“ZUMBA”</td>
<td>Ditch the workout and join the party! Join us on Wednesdays in this fusion of aerobic exercise and Latin movements.</td>
</tr>
</tbody>
</table>

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.
Northwest Regional Senior Center
3160 N. Milwaukee Ave. Chicago, IL 60618
(312) 744-6681 TTY: (312) 744-0321

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

SPECIAL EVENTS & PROGRAMS

DOMINOES, CARDS, BOARD GAMES AND BILLIARDS MARATHON
Wednesday, January 21, 2015
9:30 a.m. – 2:30 p.m.
We will be having a marathon of board game and billiards going on all day. Come and join us and compete with your colleagues for the title of best in play and braggers rights.
FREE

VALENTINE’S DAY - I’ll Take That Saturday, February 14, 2015
12:30 pm
We are celebrating Valentine’s Day with a game called “I’ll Take That” in which prizes will be awarded to participants.
FREE

SENIOR HOUSING RESOURCE FAIR
Wednesday, March 18, 2015
10:00 a.m. - 2:00 p.m.
Information and resources for housing opportunities and options for seniors.
FREE

CLASSES

AARP DRIVER SAFETY PROGRAM
Wednesday, January 28 and Thursday, January 29, and Wednesday March 18 and Thursday, March 19, 2015.
9:00 a.m. – 1:00 p.m.
This approved two-day course is facilitated by AARP trained and state approved instructors. Please call to register (312-744-6681). Fees are payable the first day of class.

LINE DANCE
Mondays, 12:30 p.m. – 1:30 p.m.
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!
$1.00 suggested donation.

PILATES CLASS
1ST and 2ND Monday of the month
10:30 a.m. - 11:30 a.m. (Starts Jan. 5th)
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

TAI-CHI
Fridays – 10:30 a.m.
Learn the controlled and graceful movements of this ancient Chinese form of exercise and self-defense.
FREE
V.I.B.E. Visualize, Imagine, Breath, Energize
3rd & 4th Monday of the month
10:30 a.m. - 11:30 a.m. (Starts Jan. 19th)
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

FIT AND STRONG
Mondays 12:30; Thursday 10:00 a.m. and Fridays at 9:30 a.m. (Starts Mon. Jan. 5th)
Participants must be 66 years and older. Must not have already taken part in Fit & Strong in 12 months prior to enrollment (ex. If someone took F&S two years ago, he/she is considered eligible for the study). The ideal goal is to recruit between 15 to 20 people who meet these qualifications. We are only collecting the data on those who meet the qualifications for the CMS evaluation.

ZENTANGLE
1st & 3rd Thursday of the month
10:00 a.m. – 11:30 a.m. (Starts Feb. 5th)
Please join instructor Susan Gomez in learning the easy creative drawing practices for relaxation, meditation, inspiration and fun.
FREE

BEADS & BAUBLES CLASS
1st & 3rd Friday of the month
(Starts Feb. 5th)
10:00 a.m. - 11:15 a.m.
Annette Abajian, 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

WII TOURNAMENT
1st & 3rd Thursday of the month
10:00 a.m. – 11:00 a.m.
Come and join us for this entertaining and fun game of video bowling. Beginners are always welcome as more accomplished bowlers. Are you one of them? Let’s find out!
FREE

WEEKEND EVENTS
SPANISH FOR BEGINNERS
Saturdays, 1:30 p.m.
The Northwest Center is continuing to offer the popular conversational Spanish class to students with all levels of fluency. Enrollment will be conducted quarterly. Classes resume the second week of January. $2.00 suggested donation per class (covers materials).

SELF DEFENSE CLASS
1st & 3rd Saturday of the month
1:00 p.m.
Learn self-defense techniques on how to defend yourself in the event of an attack.
FREE

ZUMBA
2nd & 4th Saturday of the month
12:30 p.m.
Melt your pounds away while having fun dancing to music and learning new dance moves.
FREE

BALLROOM DANCING
Sundays, 1:00 p.m.
We will be providing instruction in ballroom dance class where you will be taught dance steps to popular music of the 50s and 60s. Our new instructor will be teaching (dates to be determined) two Sundays a month and the other two Sundays you can come in, to practice on your own.

We are always looking for volunteers that speak Polish/English - Spanish/English. Volunteers are needed in the following areas: Clerical, fitness room monitor, greeters, bingo calling, other duties as need it.
<table>
<thead>
<tr>
<th>Kelvyn Park Satellite Center</th>
<th>2715 North Cicero, 60639</th>
<th>(312)744-3350</th>
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</thead>
<tbody>
<tr>
<td><strong>ZUMBA GOLD</strong></td>
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<tr>
<td>Tuesdays &amp; Thursdays, 1:00 p.m. – 2:00 p.m.</td>
<td>Come ready to sweat and prepare to leave empowered and feeling strong with this Zumba choreography that focused on balance, range of motion and coordination.</td>
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<tr>
<td><strong>ST. VALENTINE’S DAY PARTY</strong></td>
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<tr>
<td>Friday, Feb. 13, 2015 11:00 a.m. – 4:00 p.m.</td>
<td>Can you feel the love in the air, help us celebrate Valentine’s Day! This year’s celebration will consist of music, refreshments, bingo, and plenty of fellowship.</td>
<td></td>
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<tr>
<td><strong>STOP PROPERTY TAX CLINIC</strong></td>
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<tr>
<td>Wed, Feb. 25, 2015 10:00 a.m.</td>
<td>Attendees will receive important information regarding Property Taxes.</td>
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<thead>
<tr>
<th>Norwood Park Satellite Center</th>
<th>5801 North Natoma,60631</th>
<th>(773)775-6071</th>
</tr>
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<tbody>
<tr>
<td><strong>A ROADSIDE HISTORY OF ILLINOIS</strong></td>
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<tr>
<td>Mon, Jan. 16, 2015 4:00 p.m.</td>
<td>Author Stan Banish will present a brief overview of his book, explain some of the state’s history from the Ice Age to the present and take you to the significant incidents in the state’s seven regions. A cowboy-style dinner will follow the event. Suggestion Donation: $5.00</td>
<td></td>
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<tr>
<td><strong>STOP PROPERTY TAX CLINIC</strong></td>
<td></td>
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</tr>
<tr>
<td>Wed, Feb. 18, 2015 11:00 a.m.</td>
<td>Attendees will receive important information regarding Property Taxes.</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Portage Park Satellite Center</th>
<th>4100 North Long,60641</th>
<th>(312)744-9022</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ZENTANGLE</strong></td>
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<tr>
<td>Every Other Monday at 11:45 a.m.</td>
<td>Zentangle is a relaxing and rewarding process that allows all ages to create artistic designs with repetitive patterns (tangles). No artistic talent needed. The process helps anyone get in touch with life, solve problems, turn mistakes into positives, be innovative and become more creative. Free.</td>
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</tr>
<tr>
<td><strong>BALLROOM DANCE</strong></td>
<td></td>
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</tr>
<tr>
<td>Wednesdays 1:30 p.m. - 2:30 p.m.</td>
<td>Put on your dance shoes and join us on the dance floor for Ballroom dance lessons. All are welcome. Free.</td>
<td></td>
</tr>
</tbody>
</table>

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

SPECIAL EVENTS & PROGRAMS

BOOTCAMP FITNESS GOLD
Every Tuesdays, Beginning Jan 20
9:00-10:00 a.m.
Instructor: Myah McKinnie
This exhilarating fitness class is designed for “seniors” to get fit and fabulous, all while having fun. Join Myah as she navigates you through circuit training while focusing on aerobics, strength and stretching to improve better stamina, health and balance. Suggested Donation: $3.00
Sponsored by the Friends of Renaissance

HOW TO STICK TO YOUR EXERCISE PROGRAM
Tuesday, Jan 20
10:00-11:00 a.m.
Facilitator: Sandra Beaty, Ph.D. Licensed Psychologist
Is your exercise bike serving as a clothes hanger?? This program is designed for you! You will learn simple to use techniques that will make sticking to your exercise program easy and manageable. Learn how to overcome inertia and celebrate the New Year by engaging and embracing a more active lifestyle. FREE

BLACK HISTORY CELEBRATES “BESSIE COLEMAN”
Wednesday, Feb 4
11:30-1:00 p.m.
Facilitator: GiGi Coleman
Come join GiGi as she re-enact the great history of the first African-American female aviator, BESSIE COLEMAN. This audience thrilling story will take you through every phase of Bessie’s life as an aviator. FREE

BLACK HISTORY CELEBRATES “POETRY DEVINE”
Wednesday, Feb 11
11:30-1:00 p.m.
This mind exploding performance orchestrated via the “Brown Bag Poetry” orators will excite and stimulate your mind. Come journey through history along the path of African-American ancestry to unite the power of the spoken word. FREE
LADIES & GENTS WHO LUNCH
If you like dining at the finest restaurants in Chicago, then join us for an elegant afternoon for lunch and great company. This social group meets once a month to socialize, dine and voice their comments about the food and service via social media “Yelp”. Membership is free, but the lunch and transportation is on you. If you are interested, please call us at 312-744-4550 to reserve your seat at the table

Restaurants
January 20- Triple Crown, 2217 South Wentworth
February 17 – Lux Bar Restaurant, 18 East Bellevue
March – Weber Grill, 539 North State Street

CLASSES
CONTEMPORARY WORLD HISTORY
Every 1st & 3rd Wednesday
10:45-11:45 a.m.
Facilitators: Rose Marie Miles & Carol Holmes
Discover, explore, discuss and provide commentary to current and historical world events. All information is sourced via news articles, magazines, internet, radio and books. If you want to hear about an issue and would like to be heard, this is the class for you! Your view matters.
Suggested Donation: $2.50 per session

FUN with SCIENCE & INNOVATION NEWS
Every Thursday
10:00 – 11:30 a.m.
Facilitator: Don Moyer, PhD., Physicist & Historian of Science
Although too much worldly news can be negative and draining; reliable science and innovation news can be positive, inspiring, thought provoking and fun. At each session, you will view and discuss several short and easy to understand science and innovation news videos. FREE

Topics:
Asteroid Bennu
Working at the CDC (Center for Disease Control)
Diversity in STEM
Vortex Trick
Where is the Anti-matter

FRENCH via the Arts
Every Saturday
12:15 – 1:45 p.m.
Instructor: Nicole Lehman
This class is for students with very little to no prior French study. The class will cover all four language skills; listening, speaking, reading and writing while using cultural categories in music and art. Learn basic vocabulary and grammar. Suggested Donation: $4.00 per session.
Registration is not required

MEDITATION & MOVEMENT
Every Wednesday
1:30 – 2:30 p.m.
Instructor: Dianne Hodges
Learn how to relieve stress by letting the breath relax the muscles and channel energy through the body. You will also learn how to relax while delicately moving intricate muscles in the body via choreographed movement. Registration is not required. FREE

AARP DRIVER SAFETY
Wednesday, Mar 25 & Thursday, Mar 26
12:00 noon – 4:00 p.m.
Facilitator: Dorothy Flanagan
This approved two (2) day course is facilitated by AARP trained and State certified instructors. The course is presented in two, four-hour classes. You must attend class both days to be eligible for the Certification. The cost of the class is $15.00 for AARP members and $20.00 for non-members. Please make all checks payable to AARP. Class fee can be paid on the first day of class. Please call to reserve a seat (312) 744-4550.
Southeast Regional Senior Center  
1767 E. 79th Street Chicago, IL 60649  
(312) 747-0189 TTY: (312) 744-0322

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 21, 2015  
9:30 – 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 readings of poems of peace by the ensemble members. A birthday cake will be served with lunch to commemorate the occasion. FREE.

VALENTINE’S DAY SPECIAL MEAL & MUSIC CONCERT
Friday, February 13, 2015  
11:30a.m.-12:30p.m.
Join us for a music concert during lunch, featuring the performers of THE MYRON MILLS PROJECT. The lunch is at a suggested donation, and the concert is FREE.

WEEKEND PROGRAMS

SOUNDS OF MUSIC
Saturdays, January 10, February 14 and March 14, 2015  
11:30 a.m.
Join us for our lunchtime music series. Musician Andre Miles returns to entertain us with great music and discussion, plus some special surprises along the way. FREE.

AFRICAN-AMERICAN HISTORY MONTH CELEBRATIONS
African-Americans and music have a long history together. Join us for these musical films:

“Standing in the Shadows of Motown”  
Saturday, February 7, 2015 12:30 p.m.

“The Wiz”  
Saturday, February 21, 2015 12:00 p.m.

KARAOKE FOR SENIORS
Saturdays, January 24, February 28 and March 28, 2015  
12:30 p.m.
“Be-Bop” is back! Come join us for an afternoon of great songs and great fun. Singing is strongly encouraged. FREE.
CLASSES

THE CLAY CLASS
Mondays, starting January 26, 2015
9:00 a.m. – 11:00 a.m.
The clay class is a sculpture and pottery class, using clay and glazing. Students will learn modeling and clay-building techniques to create pots, animal masks, and animals, etc. FREE.

BEADS & BAUBLES
Thursdays, March 5 & 19, 2015
10:00 a.m. - 12:00 p.m.
Instructor Annette Abajian will teach you how to create bracelets, necklaces and other pieces of jewelry; once you make the pieces, you can keep them and wear them. Class size is limited; call Kalyna at (312) 747-0189 ext. 103 to register. FREE.

SENIOR BELLY DANCING WITH DJALAAL
Thursdays, 1:00 – 2:00 p.m.
All seniors welcome, no matter what shape, or size, to learn this joyous, ancient dance from Djalaal (who was featured in the August 2007 Ebony magazine). This dance helps strengthen your spine, firm the stomach, hips and buttocks. New 4-week terms begin 1/8/15 & 2/5/15; call (773) 924-1253 to register. Suggested Donation: $20 for 4 weeks, or $7 per class.

CONVERSATIONAL SPANISH
Wednesdays, 1:30 p.m. – 3:00 p.m.
Instructor: Senora Lula Rucker
Suggested Donation: $2.00

TAI – CHI
Tuesdays, 12:45 – 2:00 p.m.
Instructor: Craig Harris
Suggested Donation: $3.00
AARP DRIVER SAFETY EDUCATION
Wednesday & Thursday, March 25 & 26
9:00 a.m. – 1:00 p.m.
This approved two-day course is facilitated by AARP-trained and state-approved instructors. The course is presented in two, 4-hour classes. You must attend the class on both days to be eligible for the certification. The cost of class is $15.00 for AARP members and $20.00 for non-members. Please call Ms. Evelyn Clark to register at (773) 881-7812.

RULES OF THE ROAD
Wednesday, March 4, 2015
10:30 a.m. – 12:30 p.m.
The Secretary of State office provides this free review class, which will assist you with your driving test. Pre-registration is required; please call (312) 747-0189 x103 to register. FREE.

KNIT/CROCHET
Mondays, 12:30-2:30 p.m.
Instructor: Jo-Ann McKelphin
Suggested Donation: $3.00
Interested in creating a scarf, hat, or just want to learn some basic techniques, then join us in class and let your creativity run free.

SEWING BASICS
Fridays, 9:30 a.m. – 12:30 p.m.
Instructor: Mary Simmons
The instructor, will provide an introduction of “how to” sewing basics. What you don’t know, you can learn. A limited number of sewing machines is available, but you can bring your own. And bring your sewing materials.
Suggested Donation: $5.00 per class

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

## Program Highlights

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Number</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>
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### Abbott Park Satellite Center

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td><strong>KARAOKE W/DANNY</strong></td>
<td><strong>1st &amp; 3rd Fridays, 1:00 p.m. – 4:00 p.m.</strong> Abbott Park is looking for Karaoke singers to join us every 1st and 3rd Fridays. Come join us for a great time.</td>
</tr>
<tr>
<td><strong>AARP DRIVER SAFETY</strong></td>
<td><strong>March 2015 Call for Dates &amp; Times</strong> This approved course taught by AARP for accident prevention. You may be eligible for a premium deduction on your auto insurance at the completion of the class. $15.00 AARP members and $20 for non-members.</td>
</tr>
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### Chatham Satellite Center

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td><strong>BRIDGE CLASS</strong></td>
<td><strong>Every Monday &amp; Thursday 1:00 p.m. – 3:00 p.m.</strong> Come join Richard Boyd as he leads us in an exciting game of bridge. Great fun and great company. Beginners are welcome.</td>
</tr>
<tr>
<td><strong>ICE CREAM SOCIAL</strong></td>
<td><strong>3rd Thursdays - 12:30 p.m.</strong> Bring your best singing voice and dancing shoes for a line dance good time or just sit back and enjoy the festivities. And, while you are here have a cup of ice cream.</td>
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### Roseland Satellite Center

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td><strong>FITNESS PLUS CLASS</strong></td>
<td><strong>Mon-Wed-Fridays at 9:15 a.m. – 10:00 a.m.</strong> Join us as we get Fit and Fabulous this year! You are invited to come and energize your body, make new friends, and learn fun ways to stay fit for the New Year.</td>
</tr>
<tr>
<td><strong>PAINT THE TOWN RED</strong></td>
<td><strong>Friday, Feb. 13, 2015 1:00 p.m. – 3:00 p.m.</strong> You’re invited to Roseland Satellite Center to paint the town red. Wear your best red outfit and bring your dancing shoes as we celebrate St. Valentine’s Day! Refreshments will be served, don’t miss the fun.</td>
</tr>
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### South Chicago Satellite Center

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td><strong>KARAOKE W/DANNY</strong></td>
<td><strong>Fridays, 10:00 a.m. – 12:00 p.m.</strong> Bring your best voice and dance moves to South Chicago Satellite Center. Come join us for a great time and even better company!</td>
</tr>
<tr>
<td><strong>ZUMBA</strong></td>
<td><strong>Thursdays, 9:30 a.m.</strong> Ditch the workout and join the party at South Chicago. This class is sure to please. Come ready to sweat and prepare to leave empowered and feeling strong with this Zumba choreography.</td>
</tr>
</tbody>
</table>

Contact the Satellite Center for a detailed monthly calendar.
Southwest Regional Senior Center
6117 S. Kedzie Ave.
Chicago, IL 60629
(312) 747-0440 TTY: (312) 744-6777

Director: Tom Jones                                               Program Contact: Daniel Fafore

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

SPECIAL EVENTS & PROGRAMS

CABIN FEVER SOCIAL & DANCE PARTY
Friday, January 16, 2015
1:00 p.m. - 3:00 p.m.
Get up and join the seniors 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 other seniors during a dance party. Dance music and refreshments will be provided.  FREE

VALENTINE DAY CELEBRATION
Friday, February 13, 2015
12:30 p.m. - 3:30 p.m.
Join the Southwest Auxiliary Council in the celebration of valentine day. Dance music will be provided and refreshments will be served. There will be raffle and prizes awarded.  Suggested Donation: $6.00

ST. JOSEPH/ST.PATRCK DANCE PARTY
Friday, March 13, 2015
1:00 p.m. - 3:30 p.m.
Come and celebrate two very popular Saints with the Southwest Auxiliary Council. Lunch will be served at 11:30 a.m., followed by a dance party. Light refreshments will be served during the intermission. There will be raffle and prizes awarded
Suggested Donation: $6.00

SOUNDS & RHYTHMS OF AFRICA
A CELEBRATION OF MUSIC FROM THE DIASPORA
Friday, February 20, 2015
1:00 p.m. - 3:00 p.m.
Let us celebrate the African-American cultural heritage of our society. Come and dance or listen to some music from the diaspora. Music will be provided by Chico’s Disc Jockey Service.  FREE

CLASSES

AARP DRIVERS’ SAFETY PROGRAM
Thursday, February 26, 2015
Friday, February 27, 2015
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 $15.00 fee is required for the two day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited.  $15.00 for AARP members and $20.00 for non-members (payable to AARP)
SEWING FOR LEISURE
Tuesdays, 9:30 a.m. - 11:30 a.m.
Instructor: Mary Simmons
Come and join us to learn the art of sewing. A limited number of sewing machines will be available, so participants with sewing machines are encouraged to bring their own machines. Students will supply their own sewing materials for the class. Classes meet every Tuesday, except on holidays. The class size is limited to 15 students. **Suggested Donation: $3.00 per person for each class**

ZUMBA GOLD
Thursdays (1st & 3rd)
9:00 a.m. – 10:00 a.m.
Instructor: Myah McKinnie
Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. The Zumba Gold format is designed for the active older adult or the beginner participant and features dances from popular rhythms such as meringue, Salsa, Cha Cha, Belly Dance Flamenco, Tango, Rock and Roll and more. The format is so easy that anyone and any age can do it! Zumba is for people who like to exercise, dance, party, and have fun!!! **FREE**

RULES OF THE ROAD
Friday, February 27, 2015
10:00 - 12:00 Noon
Secretary of State Jessie White’s Office is providing a Rules of the Road class, which will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your driver’s license or state I.D. to attend. Handouts will be available, but please sign up at the center to make sure we have enough material for everyone. **FREE**

COMPUTER CLASSES
Tuesdays, February 10, 2015 (Eight week sessions)
1:00 p.m. - 3:00 p.m.
Instructor: Myron Nash
This beginner computer course will teach you how to e-mail, use the Internet and create labels. Advance registration is required, so please call (312) 747-0440. **$40.00 (Due on the first day of class)**

TOO MUCH ON YOUR PLATE?
Wednesdays, January 7, 21; February 4, 18; March 4, 18, 2015
10:00 a.m. - 11:00 a.m.
Have you forgotten how to relax? Have you got too much to do and not enough time to do it? Do you feel overwhelmed? Do you want to handle stress better? Do you want to learn how to take better care of yourself? If you answer yes to any of these questions, this support group is for you. It will meet every other Wednesday morning. The group facilitator is Rebecca Klein LSW from Rush University Medical Center, Bowman Health Center. **FREE**

WEEKEND PROGRAMS
CERAMICS
Saturdays, 9:30 a.m. - 11:30 a.m.
Join us for a fun class of ceramics and learn the fine art and technique of pottery. **FREE**

SPA DAY AT THE SOUTHWEST CENTER
Saturday, March 21, 2015
10:30 - 2:30 p.m.
The Southwest Regional Center will feature presentation on grooming, and beauty tips from professionals in the area of cosmetology. Participants may also receive courtesy manicure, grooming, and facial touch-ups from a group of local school interns **FREE**
## Auburn Gresham Satellite Center
**1040 West 79th Street, 60620**
**Phone:** (312) 745-4797

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| **LINE DANCING WITH LISA** | Tuesdays, 9:30-11:00 a.m.  
The instructor guide students through basic and advanced line dancing techniques to enhance their learning experience. Come join dance class with enjoyable music and organized group choreography. |
| **COMPUTER CLASSES: BEGINNERS & INTERMEDIATE** | Tuesdays at 9:00 a.m. & Fridays beginning 8:45 a.m.  
Students will learn to use the keyboard, mouse, internet, create flyers, insert clip art, email, cut, paste, drag and drop, etc. These classes are 8 sessions. Suggested Contribution: $35.00 |
| **YOGA WITH TONI** | Thursdays at 1:00-2:00 p.m.  
This ancient art form of de-stressing exercise fuses the mind and body into a total form of relaxation. |

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

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| **ST. VALENTINE’S DAY CELEBRATION** | Friday, Feb 13, 2015  
12:30 p.m.  
Come join us and wear your red and show your love for each other. There will be music, dancing, refreshments and lots of Englewood “LOVE”!! See who’ll be crowned Englewood Satellite’s King & Queen of 2015. |
| **TAI-CHI** | Mondays, 8:30 a.m. – 9:30 a.m.  
Tai Chi Chuan Classes are led by Curtis Sweat. Mr. Sweat has 30+ years of experience of teaching his craft. This class helps older adults to become steadier on their feet, which cuts down the chance of falling. Classes are FREE. Register at the reception desk |

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

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| **TAI-CHI** | Thursdays, 1:00 p.m. – 2:00 p.m.  
Join us to learn and practice the ancient art of Tai-Chi. You will learn to develop your inner core and strengthen your bones and muscles. |
| **COOKING W/CHEF GLORIA** | Wednesdays, 12:45 p.m.  
Chef Gloria Hafer provides a cooking demonstration with free tastings (first 25 to sign up the day of the class are guaranteed tasters.) |

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**
Get the Facts: Extreme Cold

Temperatures in Chicago are usually the coldest in January, when the average low is 16.5°F, but there are steps you can take ahead of time to make sure you’re prepared whenever extreme cold hits the City. Taking preventative action is the best way to stay safe from the serious health risks associated with winter weather. This fact sheet includes tips to help you prepare for extreme cold.

How can I protect myself from the dangers of extreme cold?

- Avoid unnecessary trips outside. If the task can wait until the weather gets warmer, let it wait.
- If you go out into the cold, limit the time you stay outside. Break longer tasks into shorter ones, with indoor rest periods in between. Do not let children play outside for long periods of time.
- Wear several layers of loose, warm clothing.
- Pay special attention to keeping your head, ears, hands and feet warm. Wear a hat, scarf, gloves, thick socks and winter boots. Stay dry to help your clothes keep you warmer.
- Pay extra attention to your body’s daily needs. Get enough sleep. Eat high energy foods. Drink warm beverages and soup to help your body stay warm. Avoid alcoholic beverages, which can impair your judgment. Alcohol also dilates blood vessels, which makes the body lose heat faster.

What can I do at home to prepare for extreme cold?

- Make sure your heat is in proper working order.
- The Chicago Fire Department (CFD) does not recommend the use of space heaters as an alternate heat source.
- Monitor various outlets for updates about the weather (TV, Radio, Emergency Alert System)
- Keep at least three days’ worth of drinking water and canned/no-cook food on hand.
- Put together an emergency kit that includes extra blankets, first aid and medication supplies and a flashlight with spare batteries.
- Don’t forget about pets. Even dogs and cats need help handling winter weather. Bring them indoors and make sure they have water and blankets.

How can I help others stay safe from extreme cold?

- Keep a list of contact information for relatives, neighbors and friends, and identify both primary and alternate means of communicating with each other.
- Check on them frequently, especially those who are elderly, disabled and/or live alone.
- Know where to locate, and how to contact emergency service providers such as police, fire department, EMS and hospitals.
- Keep a spare battery and charger for mobile devices.
- If you are not comfortable checking on someone, call 311 to request a well-being check.

If you do not have access to heating, call 311 for assistance. You can also go to one of the City warming centers located throughout Chicago. 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.
Get the Facts: Winter Storms

Winter storms can be dangerous, but there are steps you can take ahead of time and during storms to make sure you’re prepared. Taking preventative action is the best way to stay safe from the serious health risks associated with winter weather. This fact sheet includes tips to help you prepare for winter storms.

How can I protect myself from the dangers of winter storms?

- Stay inside where it’s warm. If you go outside, limit the time and wear plenty of layers. Loose, warm clothes are best. Don’t forget gloves, scarves, hats, ear muffs and boots.
- Keep at least three days’ worth of drinking water and canned/no-cook food on hand. Put together an emergency kit that includes extra blankets, first aid and medication supplies and a flashlight with spare batteries.
- If you need to be outside shoveling snow, work slowly. Take breaks and listen to your body.
- Even if you have salted and shoveled your own walkway, walk carefully and slowly as there may still be snow and ice on the sidewalks. Exercising caution can help prevent head and other injuries from falling.
- Don’t forget about pets. Even dogs and cats need help handling winter weather. Bring them indoors and make sure they have water and blankets.

How can I protect myself while traveling during winter storms?

- Traveling during winter storms can be dangerous, so avoid long trips if possible.
- If you have to drive, plan your trip ahead of time and let someone know where you’re heading.
- Make sure your vehicle is in good working condition before driving. Make sure the windows are free of ice and that you have an emergency kit that includes water, blankets and a snow shovel.
- Drive slowly, increase your following distance and ALWAYS be prepared to turn back if conditions become too dangerous.
- If you’re taking public transit, take the extra step of locating the bus or train schedule so you know what time it will arrive. This will limit the time you have to spend outside at the stop.

How can I help others stay safe from winter storms?

- Keep a list of contact information for relatives, neighbors and friends, and identify both primary and alternate means of communicating with each other.
- Check on them frequently, especially those who are elderly, disabled and/or live alone.
- Know where to locate, and how to contact emergency service providers such as police, fire department, EMS and hospitals.
- Keep a spare battery and charger for mobile devices.
- If you are uncomfortable checking on someone, call 311 to request a well-being check.

If you do not have access to heating, call 311 for assistance. You can also go to one of the City warming centers located throughout Chicago. 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.
# Regional Senior Centers

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

**Northwest (Copernicus) Regional Senior Center**  
3160 N. Milwaukee Ave.  
(312) 744 -681 (60618)  
TDD: (312) 744- 0321

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

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

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

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

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# Satellite Senior Centers

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

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

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

**Chatham Senior Satellite Center**  
8300 S. Cottage Grove, 60619  
(312) 745 - 0401  
Operator: South Central Community Service

**Edgewater Senior Satellite Center**  
5917 N. Broadway, 60660  
(312) 745-5323

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

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

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

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

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

**Pilsen Senior Satellite Center**  
2121 S. Morgan  
(312) 743-0493  
Operator: Alivio Medical Center

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

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

**Roseland Senior Satellite Center**  
10426 S. Michigan Ave., 60617  
(312) 745 – 1500  
Operator: Sinai Community Institute

**West Town Senior Satellite Center**  
1613 W. Chicago, 60622  
(312) 743-1016  
Operator: Sinai Community Institute

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