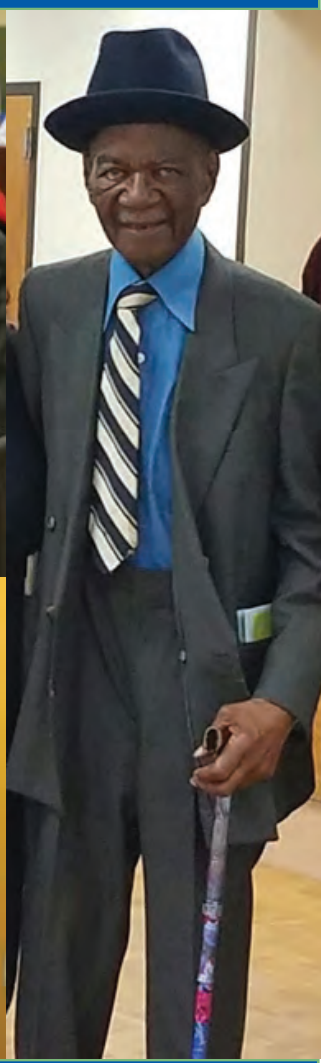
Chicago Department of Family & Support Services
SENIOR SERVICES AREA AGENCY ON AGING

LIFE ENRICHMENT PROGRAMS

For Chicagoans 60 Years and Better

Spring 2017



Mayor Rahm Emanuel
City of Chicago

CHICAGO DEPARTMENT OF
FAMILY & SUPPORT SERVICES
BUILD • SUPPORT • EMPOWER

Lisa Morrison Butler
Commissioner

Spring 2017

A Note from the Commissioner

Dear Friends:

Getting older doesn't mean what it used to. For many aging Chicagoans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Since 1963, Older Americans Month has been a time to celebrate older Americans, their stories, and their contributions. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

You can ***Age Out Loud*** at your local DFSS senior center as you participate in a new class, explore a volunteer opportunity, make a new friend, or by taking charge of your health and staying independent for as long as possible.

Sincerely,

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

A Note from the Executive Director

Dear Fellow Seniors:

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

Blessings,

Joyce

Programs and Services

• • •

Benefits Eligibility Checkup

Caregiving Resources

Care Coordination Services

Chicago Fitness Plus

Chore / Housekeeping

Adult Protective Services Program

Foster Grandparent Program

Golden Diners Nutrition Program

Home Delivered Meals

Health & Wellness Program

Older Relatives Raising Children

Ombudsman Program

Respite Care

Senior Companion Program

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

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

Information & Assessment Services

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

Regional and Satellite Senior Centers

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

DFSS Senior Services Programs and Services: At a Glance	
Benefits Eligibility Checkup	Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including; prescription drug coverage, weatherization, energy assistance, & financial assistance. Staff then works with seniors in applying for identified benefits.
Caregiving Resources	Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.
Care Coordination Services	Through a referral from I&A, trained and certified care coordinators provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.
Chicago Fitness Plus	Award-winning fitness program that boosts endurance, strength, balance and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.
Chore/ Housekeeping: Heavy Duty & Short-Term	Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.
Adult Protective Services Program	Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.
Foster Grandparent Program	Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016	

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

Older Adult Choice Market

Free fresh fruit, vegetables and non-perishable groceries

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

WHO Ages 60+

CENTER LOCATIONS	DATES	TIME
Austin Senior Center 5071 W. Congress Parkway	April 3 and 17, 2017 May 1 and 15, 2017 June 5 and 19, 2017	9:30 a.m. to 12:30 p.m.
Levy Senior Center 2019 W. Lawrence Avenue	April 4 and 18, 2017 May 3 and 16, 2017 June 6 and 20, 2017	1:00 to 2:30 p.m.
Northwest Senior Center 3160 N. Milwaukee Avenue	April 5 and 19, 2017 May 3 and 17, 2017 June 7 and 21, 2017	12:30 to 2:30 p.m.
Atlas Senior Center 1767 E. 79th Street	April 5 and 19, 2017 May 3 and 17, 2017 June 7 and 21, 2017	1:00 to 3:00 p.m.
Southwest Senior Center 6117 S. Kedzie Avenue	April 4 and 18, 2017 May 16, 2017 June 6 and 20, 2017	1:00 to 3:00 p.m.

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

OLDER AMERICANS MONTH

SPECIAL MEAL

OLDER AMERICANS MONTH

AGE OUT LOUD: MAY 2017

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 individual 60 years of age and older and their spouses of any age. In addition to Americans style cuisine, ethnic foods are served in specific ethic communities. These include, Southeast Asian, Indian, Korean, and Chinese. Special program and activities are also provided at Golden Diners locations. Nothing is as rewarding as the friendship and companionship that the program has to offer. For more information please call 312-744-4016.

Friday May 12, 2017

MENU

- ✓ Season Chicken Breast Filet
- ✓ Baked Potatoes
- ✓ Broccoli Spears
- ✓ Salad w/dressing Wheat Roll
- ✓ Pound Cake w/Strawberry Sauce

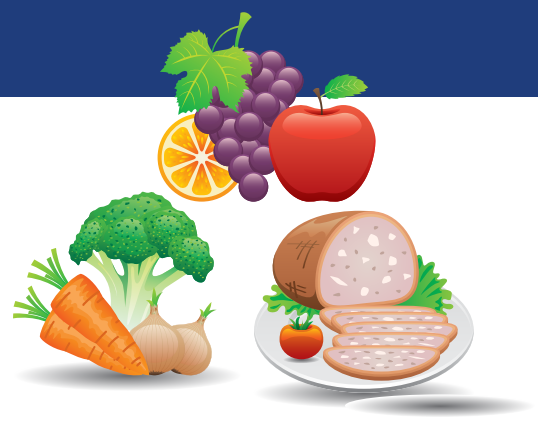
$2.00 suggested contribution. Reservation required. Contact your Center to make your reservation.

6 Ways to Eat Well As You Get Older

1 Know what a healthy plate looks like

See how to build a healthy plate at

ChooseMyPlate.gov

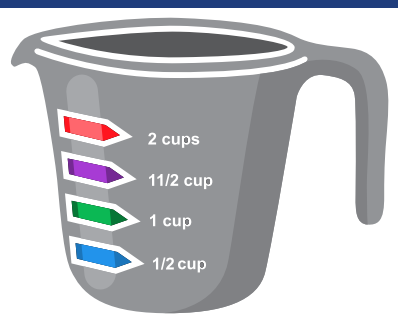


2 Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

3 Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4 Use recommended servings

Learn the recommended daily servings for adults aged 60+ at

heart.org

5 Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

6 Stretch your food budget

Get help paying for healthy food at

BenefitsCheckUp.org/getSNAP

National Council on Aging

10 tips
Nutrition Education Series

choosing healthy meals as you get older

10 **healthy eating tips** for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3 plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4 know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

(over)

National Institute on Aging

United States Department of Agriculture
Center for Nutrition Policy and Promotion
DG TipSheet No. 42
July 2015

6 eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.


Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8
Amount Per Serving
Calories 230 Calories from Fat 40
% Daily Value*
Total Fat 8g 12%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 12%
Dietary Fiber 4g 16%
Sugars 1g
Protein 3g
Vitamin A 10%
Vitamin C 8%
Calcium 20%
Iron 45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and www.nia.nih.gov/health/topics/nutrition for more information.

Brain Health As You Age:

You Can Make a Difference!

We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Developing a brain disease or injury as you age depends on a mix of your family's genes, your environment, and your health choices.

Diseases and conditions that affect brain health include:

- Genetic makeup
- Certain medicines, smoking and excessive alcohol
- Health problems like diabetes and heart disease
- Diseases like depression and Alzheimer's
- Brain injury
- Poor diet, insufficient sleep, lack of physical and social activity

Some risks to brain health cannot be controlled or prevented, like your genes. Others, like health choices, are under your control. For example, you can:

- Take care of your health
- Eat a healthy diet
- Drink alcohol moderately, if at all
- Get active and stay active
- Sleep 7-8 hours each night
- Learn new things
- Connect with your family, friends, and communities

ACL Administration for Community Living

NIH National Institutes of Health

CDC Centers for Disease Control and Prevention

Brain Health As You Age: You Can Make a Difference!

Your doctor or health care provider can provide information to you about taking care of your health, and there are a number of resources on the Internet and at libraries on healthy choices in diet, exercise, and social activities.

Resources

For more information on local programs and resources about health and aging, you can contact your local Area Agency on Aging (AAA) by calling 1-800-677-1116 or visiting the Website **http://www.eldercare.gov**.

You can also check out the following user-friendly resources:

http://www.nih.gov

The Website of the National Institutes of Health has information on prevention and treatment for many conditions and disorders related to brain health. It's National Institute on Aging focuses on a variety of age-related health conditions and ways to lead a healthier life as you grow older, at http://www.nia.nih.gov. To find out about participating in research studies, visit http://www.clinicaltrials.gov.

http://www.cdc.gov/aging/aginginfo/index.htm

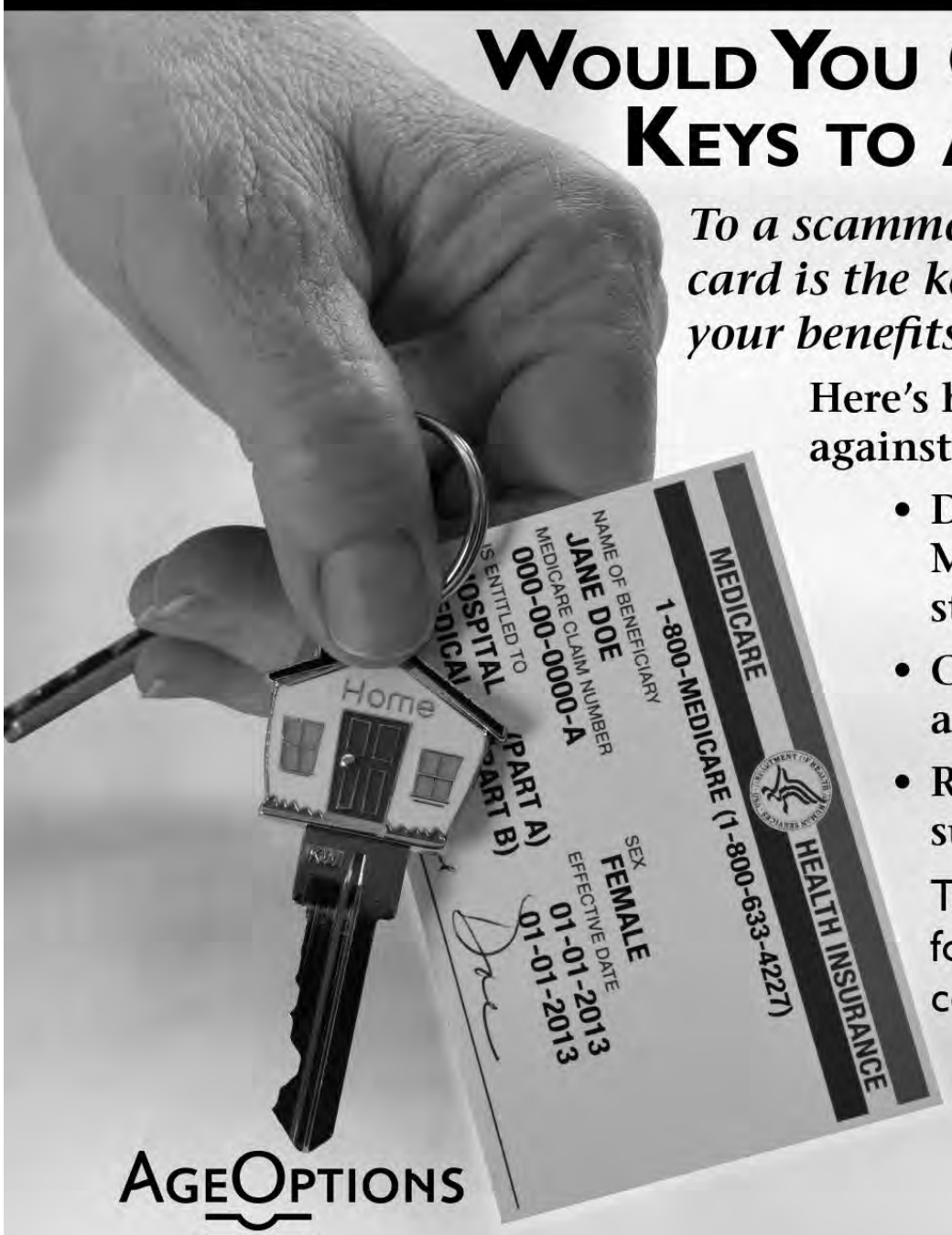
This Website from the Centers for Disease Control and Prevention has links to a wide variety of healthy aging topics of interest to older adults.

ACL Administration for Community Living

NIH National Institutes of Health

CDC Centers for Disease Control and Prevention

WOULD YOU GIVE YOUR KEYS TO A STRANGER?



To a scammer, your Medicare card is the key to stealing your benefits.

Here's how you can protect against health care fraud:

- **Don't give your Medicare number to strangers**
- **Check medical bills and statements**
- **Report errors and suspicious charges**

To report fraud or ask for more prevention tips, contact AgeOptions.

(800)699-9043
www.illinoisSMP.org

AGEOPTIONS

Connecting Older Adults with Community-based Resources and Options

SMP
Empowering Seniors To Prevent Healthcare Fraud

PROTECT Medical Numbers | **PREVENT** Scams & Errors | **REPORT** Your Concerns

This project was supported in part by grant numbers 90MP0026 and 90MP0127 from the U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

TIPS TO PREVENT MEDICARE FRAUD:

CHICAGO LEADS THE COUNTRY IN MEDICARE FRAUD .

Do's

- Do protect your Medicare number (on your Medicare card) and your Social Security Number (on your Social Security card). Treat your Medicare card like it's a credit card.
- Do remember that nothing is ever "free." Don't accept offers of money or gifts for free medical care.
- Do ask questions. You have a right to know everything about your medical care including the costs billed to Medicare.
- Do educate yourself about Medicare. Know your rights and know what a provider can and can't bill to Medicare.
- Do use a calendar to record all of your doctor's appointments and what tests or X-rays you get. Then check your Medicare statements carefully to make sure you got each service listed and that all the details are correct. If you spend time in a hospital, make sure the admission date, discharge date, and diagnosis on your bill are correct.
- Do be wary of providers who tell you that the item or service isn't usually covered, but they "know how to bill Medicare" so Medicare will pay.
- Do make sure you understand how a plan works before you join.
- Do always check your pills before you leave the pharmacy to be sure you got the correct medication, including whether it's a brand or generic and the full amount. If you don't get your full prescription, report the problem to the pharmacist.
- Do report suspected instances of fraud.

Don'ts

- Don't allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Don't contact your doctor to request a service that you don't need.
- Don't let anyone persuade you to see a doctor for care or services you don't need.
- Don't accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare or Medicaid, remember that Medicare and Medicaid don't send representatives to your home to sell products or services.
- Don't be influenced by certain media advertising about your health. Many television and radio ads don't have your best interest at heart.
- Don't give your Medicare card, Medicare number, Social Security card, or Social Security Number to anyone except your doctor or other authorized Medicare provider.

To report potential fraud, call the Illinois SMP at AgeOptions (800)699-9043 and ask for "SMP."

have you HEARD about...

Identity Theft

Here's how it works:

Someone gets your personal information and runs up bills in your name. They might use your Social Security or Medicare number, your credit card, or your medical insurance – along with your good name.

How would you know? You could get bills for things you didn't buy or services you didn't get. Your bank account might have withdrawals you didn't make. You might not get bills you expect. Or, you could check your credit report and find accounts you never knew about.

Here's what you can do:

1. **Protect your information.** Put yourself in another person's shoes. Where would they find your credit card or Social Security number? Protect your personal information by shredding documents before you throw them out, by giving your Social Security number only when you must, and by using strong passwords online.

2. **Read your monthly statements and check your credit.** When you get your account statements and explanations of benefits, read them for accuracy. You should recognize what's there. Once a year, get your credit report for free from AnnualCreditReport.com or 1-877-322-8228. The law entitles you to one free report each year from each credit reporting company. If you see something you don't recognize, you will be able to deal with it.

Chicago Department of Family & Support Services in partnership with John Marshall Law School presents:

CONSUMER FRAUD & SCAMS WORKSHOPS

Come and learn about the latest scams targeting older adults and how to protect yourself. Join us at your local **Regional Center** to learn more. Attorney R. Dennis Smith of John Marshall Law School will lead these valuable discussions.

REGIONAL CENTER	DATE	TIME
CENTRAL WEST	May 4, 2017	10:00 a.m.
NORTHEAST	April 11, 2017	9:00 a.m.
NORTHWEST	April 17, 2017	10:00 a.m.
SOUTHEAST	April 7, 2017	10:00 a.m.
SOUTHWEST	April 18, 2017	10:00 a.m.

WELLNESS PROGRAM
APRIL - JUNE 2017

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.

APRIL PRESENTATIONS

NURSE PRESENTATIONS

What Did You Say? Hearing Changes And Treatment

Approximately one in three people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing. Learn about the impact hearing loss has on people's lives and the many causes and ways to manage hearing loss and tinnitus (ear ringing).

Central West	Thursday	April 13	10:00 - 11:00 A.M.
Northeast	Thursday	April 13	9:30 - 10:15 A.M.
Northwest	Tuesday	April 11	9:30 - 10:15 A.M.
Southeast	Tuesday	April 18	9:30 - 10:30 A.M.
Southwest	Tuesday	April 25	10:15 - 11:15 A.M.
Renaissance Court	Monday	April 17*	10:30 - 11:30 A.M.

DIETITIAN PRESENTATIONS

What Did You Say? Certain Foods CAN Help Me Hear?!

Yes, you heard that right! What you eat can help preserve your hearing! Being mindful of certain minerals and essential fats are key elements to optimizing your hearing. Learn what foods you should include in your diet to keep your hearing in tip top shape!

Central West	Thursday	April 6	10:00 – 11:00 A.M.
Northeast	Monday	April 17	10:00 – 11:00 A.M.
Northwest	Monday	April 24	10:20 – 11:20 A.M.
Southeast	Friday	April 28*	10:00 – 11:00 A.M.
Southwest	Monday	April 24*	9:45 – 10:45 A.M.
Renaissance Court	Tuesday	April 25	10:30 – 11:30 A.M.

PHARMACIST PRESENTATIONS

Hearing Problems – Can You Hear Me Now?

Hearing loss is the partial or total inability to hear sound in one or both ears and it is one of the most common conditions affecting older adults. Hearing loss can occur for many reasons and hearing problems usually come on gradually and rarely end in complete deafness. In some cases, medications can be used to TREAT hearing loss and in other cases, medications can CAUSE hearing loss. Come to this session to learn about common tests your doctor may perform to detect hearing loss, and to discuss the relationship between medications and hearing.

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

** Note: change in regular schedule*

MAY PRESENTATIONS

NURSE PRESENTATIONS

Osteoporosis: Your Role In Bone Health And Safety

Both men and women need to be concerned about their bone health and fractures due to weak bones (osteoporosis) as they age. This talk reviews the causes and changes in bone health over time leading to osteoporosis, fractures, and falls. Diagnostic testing and current recommendations for maintaining bone health including exercise, calcium supplements, and osteoporosis medications are also addressed.

Central West	Thursday	May 11	10:45 – 11:30 A.M.
Northeast	Thursday	May 11	9:30 – 10:15 A.M.
Northwest	Tuesday	May 9	9:30 – 10:15 A.M.
Southeast	Tuesday	May 16	9:30 – 10:30 A.M.
Southwest	Tuesday	May 23	10:15 – 11:15 A.M.
Renaissance Court	Monday	May 8*	10:30 – 11:30 A.M.

DIETITIAN PRESENTATIONS

Don't Take Those Bones For Granted!!

All too often people just expect to be supported by their bones. However, what you eat and how you live your life plays a major role in maintaining your bone health. Learn what you should be doing to prevent and slow bone loss.

Central West	Thursday	May 4	10:00 - 11:00 A.M.
Northeast	Monday	May 15	10:00 - 11:00 A.M.
Northwest	Monday	May 22	10:20 - 11:20 A.M.
Southeast	Friday	May 12	10:00 - 11:00 A.M.
Southwest	Monday	May 15	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	May 23	10:30 - 11:30 A.M.

PHARMACIST PRESENTATIONS

Osteoporosis – How Do You Maintain Healthy Bones?

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

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

- *Note: change in regular schedule*

JUNE PRESENTATIONS

NURSE PRESENTATIONS

PSST…Do You Have "Accidents"? You Know With Bladder Control

The Centers for Disease Control and Prevention (CDC) estimates that about 50% of older adults have problems with accidental bladder or bowel leakage! Most people don't get the help they need with this problem because no one talks about it. This health talk discusses the age-related changes that contribute to the problem of accidental leakage in older adults. The different types of incontinence are explained. You will learn ways to maintain and regain control, using lifestyle, drug and nondrug treatments options.

Central West	Thursday	June 1*	10:00 - 11:00 A.M.
Northeast	Thursday	June 8	9:30 - 10:15 A.M.
Northwest	Tuesday	June 13	9:30 - 10:15 A.M.
Southeast	Tuesday	June 20	9:30 - 10:30 A.M.
Southwest	Tuesday	June 27	10:15 - 11:15 A.M.
Renaissance Court	Monday	June 5	10:30 - 11:30 A.M.

DIETITIAN PRESENTATIONS

Incontinence

Urinary incontinence is a problem affecting the lives of many people, especially women. This condition can be prevented through restricting certain beverages and foods. Alcohol, caffeine, spicy foods, and excessive water may all contribute to uncontrolled urination. Body weight may also play a role. Learning the best ways to prevent accidents will help in learning to cope with loss of urinary control.

Central West	Thursday	June 8*	10:00 - 11:00 A.M.
Northeast	Monday	June 19	10:00 - 11:00 A.M.
Northwest	Monday	June 26	10:20 - 11:20 A.M.
Southeast	Friday	June 9	10:00 - 11:00 A.M.
Southwest	Monday	June 19	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	June 27	10:30 - 11:30 A.M.

PHARMACIST PRESENTATIONS

Bladder Control Problems – What Should You Do?

Many older adults experience urinary incontinence. Severe incontinence often develops due to age-related bodily changes or in association with other chronic disease states and can lead to social and hygienic consequences such as disability or dependence on caregivers. The focus of this session will be on distinguishing the different types of urinary incontinence, suggested lifestyle modifications, and available drug treatment options to help older adults.

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

* *Note: change in regular schedule*

Northeast (Levy) Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Dorothy Hill, APN
First, Second, Third Thursdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Mary Ellen Withers, LCSW
Second, Third, Fourth Wednesdays, 1:00 P.M. – 4:30 P.M.

PHARMACIST: Beatrice Drambarean, PharmD
Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (April 25, May 23, June 27)

DIETITIAN: Vivian Burr, MS, RD
Third Mondays, 8:30 A.M. - 12:30 P.M. (April 17, May 15, June 19)

BLOOD PRESSURE SCREENING
First Thursdays, 9:00 A.M. - 12:00 P.M. (April 6, May 4, June 1)

SUPPORT GROUPS

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

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
    - April 20
    - May 18
    - June 15

FOOD 4 THOUGHT
Second, Third, Fourth Wednesdays, 1:15 - 2:15 P.M.
Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

** Note: change in regular schedule*

Northwest (Copernicus) Regional Center Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Ruby Nalzaro, RN, BC
First, Second, Third Tuesdays, 9:00 A.M. - 12:00 P.M.

SOCIAL WORKER: Enid Fefer, LCSW
First, Second, Third Wednesdays, 8:30 A.M. - 11:30 A.M.

PHARMACIST: James Lee, PharmD
Third Fridays, 9:00 A.M. - 12:00 P.M. (April 21, May 19, June 16)

DIETITIAN: Vivian Burr, MS, RD
Fourth Mondays, 8:30 A.M. - 12:30 P.M. (April 24, May 22, June 26)

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

SUPPORT GROUPS

HEALTH MATTERS
Third Tuesdays, 9:30 - 10:15 A.M.

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
    - April 18
    - May 16
    - June 20

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

** Note: change in regular schedule*

Renaissance Court
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Phyllis Reynolds, MSN, APN/CNP
Mondays, 10:00 A.M. - 1:00 P.M. (Except April 3, May 1 & 29, June 26)

SOCIAL WORKER: Enid Fefer, LCSW
First, Second, Third Mondays, 1:00 - 4:00 P.M.

PHARMACIST: Erika Hellenbart, PharmD
Fourth Thursdays, 12:00 - 3:00 P.M. (April 27, May 25, June 22)

DIETITIAN: Vivian Burr, MS, RD
Fourth Tuesdays, 9:00 A.M. - 1:00 P.M. (April 25, May 23, June 27)

BLOOD PRESSURE SCREENING
Second Mondays, 10:30 A.M. - 12:30 P.M. (April 10, May 8, June 12)

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.

- April 24
- May 22
- June 26

BALANCING YOUR LIFE
First, Second, Third Mondays, 2:00 - 3:00 P.M.
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 APRIL 20*****

SOCIAL WORKER: Cydney Stein, MSW, LSW
First and Third Tuesdays, 9:30 – 11:30 A.M.
April 4 and 18, May 2 and 16, June 6 and 20

PHARMACIST: Michele Martin, PharmD
Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.
April 25, May 23, June 27

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
First Thursdays, 9:30 – 11:30 A.M.
April 6, May 4, and June 8*

BLOOD PRESSURE SCREENING
First Thursdays, 8:30 - 9:30 A.M.
April 6, May 4, and June 1

SUPPORT GROUPS

STILL GOING STRONG (NURSE)
Third Thursdays, 10:00 - 11:00 A.M.
May 18, and June 15 *****NOT HELD IN APRIL*****

- This group uses a prayer-focused environment to support one another in dealing with contemporary issues of aging.

WAYS TO FEEL GOOD (SOCIAL WORKER)
First and Third Tuesdays – 10:00 – 11:00 A.M.
April 4 and 18, May 2 and 16, June 6 and 20

Southeast (Atlas) Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Marcia Murphy, DNP, APN/ANP-BC
Every Tuesday, 8:30 A.M. - 12:30 P.M. *****NO NURSE April 25th*****

SOCIAL WORKER: Daniela Mitchem, MSW, LSW
First and Third Mondays, 9:30 – 11:30 A.M.
April 3 and 17, May 1 and 15, June 5 and 19

PHARMACIST: Amina Gassam, PharmD
First Thursdays, 9:30 - 11:30 A.M.
April 6, May 4, and June 1

DIETITIAN: Kristin Gustashaw, MS, RD, CSG / Melanie Betz, MS, RD
Second Fridays, 9:30 - 11:30 A.M.
April 28*, May 12, and June 9

BLOOD PRESSURE SCREENING
First and Fourth Tuesdays, 10:30- 11:30 A.M.
April 3 and 24, May 1 and 22, and June 5 and 26

SUPPORT GROUPS

WHAT'S ON YOUR PLATE? (SOCIAL WORKER)
First and Third Mondays, 10:00 – 11:00 A.M.
April 3 and 17, May 1 and 15, June 5 and 19
This group helps people cope with everyday events.

Brain Fit Program (NURSE)
Back by popular demand! This series of 3 classes provides education about brain health and offers ways to help maintain your memory. Brain exercises are included in the program.
Tuesday – 9:30-10:30 am, May 30th, June 6th and 13th

Southwest Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Cindy Nissen MSN, CWCN
Every Tuesday, 8:30 A.M. – 12:30 P.M. *****NO NURSE MAY 2 AND MAY 9*****

SOCIAL WORKER: Elizabeth Tampe, MSW, LSW
First and Third Thursdays, 8:30 – 10:30 A.M.
April 6 and 20, May 4 and 18, June 1 and 15

PHARMACIST: Aimee Chevalier, PharmD
Third Thursdays, 10:00 A.M. - 12:00 P.M.
April 20, May 18, and June 15

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
Third Mondays, 9:30 - 11:30 A.M.
April 24*, May 15, and June 19

BLOOD PRESSURE SCREENING
First Tuesdays, 9:00 A.M.–12:00 P.M.
April 4 and June 6
Remember to bring your blood pressure card

SUPPORT AND WEIGHT LOSS GROUPS

WE'LL EAT BETTER…TOGETHER SUPPORT GROUP (NURSE)
Second Tuesdays April 11, May 30***, and June 13 at 10:15 A.M.
- A support group for older adults to share tips and tricks for healthier eating to maintain, gain, or lose a few pounds.

RELAX AND RENEW (NURSE)
Third Tuesdays April 18, May 16, and June 20 at 10:15 A.M.
- Explore a variety of relaxation techniques with your Wellness Nurse for the health of it!

TOO MUCH ON YOUR PLATE? (SOCIAL WORKER)
First and Third Thursdays, 9:00 – 10:00 A.M.
April 6 and 20, May 4 and 18, June 1 and 15
This group helps people cope with everyday events.

ABOUT OUR TRIPS AND EVENTS

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

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

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

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

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

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

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

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

ABOUT OUR TRIPS AND EVENTS CONT…

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

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

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

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

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

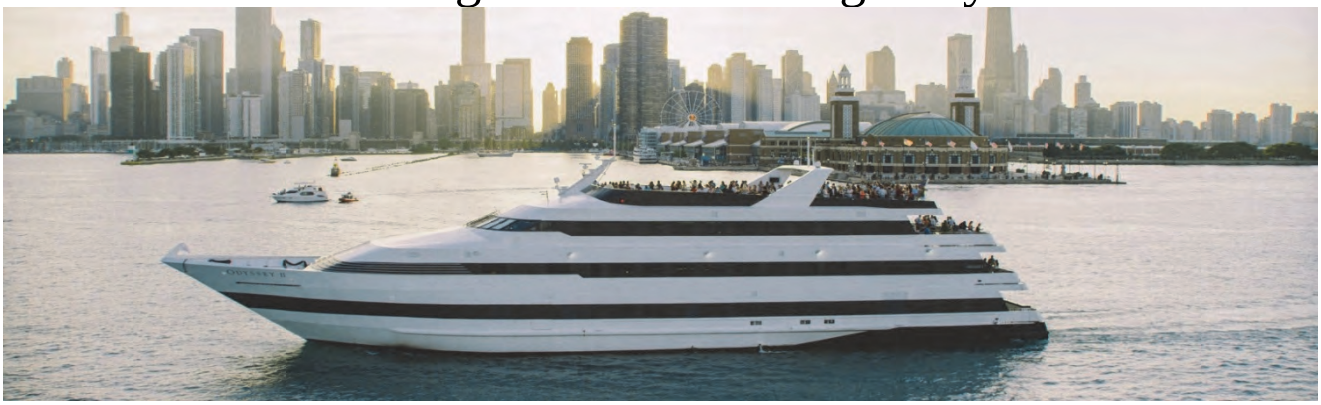
EXTREME WEATHER WARNING: In case of severely hot, cold or extreme weather please call centers to confirm trips and events.

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

Chicago Department of Family & Support Services

ODYSSEY CRUISE!!!

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



Where: Navy Pier - 600 E. Grand Ave
Boarding Time: 12:15 p.m.**Sailing Time 1:00 p.m. – 3:00 p.m.***

$55.00 - Includes: Cruise, Lunch, Entertainment & Transportation.
Ticket Sale Deadline - May 26, 2017

Menu:

Caesar Salad, Maple & Mustard Glazed Chicken Breast & Braised Beef Short Ribs, Mashed Potatoes & Broccoli, Eli's Cheesecake.

Regional Senior Centers, Wednesday, June 27, 2017
Central/West, Northeast Levy, Northwest Copernicus, Renaissance Court, Southeast Atlas, & Southwest.

Satellite Senior Centers, Thursday, June 28, 2017
Abbott, Austin, Chatham, Norwood Park, Kelvin Park, Pilsen, Portage Park, Roseland, South Chicago & West Town.

Make checks payable to Auxiliary of the Northwest. For more information please contact your nearest Regional or Satellite Senior Center.

City of Chicago,
Rahm Emanuel, Mayor

Lisa Morrison - Butler
Commissioner

Department of Family & Support Services

SENIOR DAY AT THE TASTE OF CHICAGO

Thursday, July 6, 2017

10:00 a.m. – 2:00 p.m.

Cost: $10.00 includes bus transportation, line dance instruction & party

Bus Departs 9:00 a.m.

SENIOR PAVILION Music By: DJ Chico

Line Instructor - Freda Terry

Featuring Kalapriya Indian Performance Arts Dancers

Contact your local regional or satellite center for more information.

Make checks payable to Auxiliary of the Northwest

Rahm Emanuel, Mayor
City of Chicago

Lisa Morrison - Butler
Commissioner

Kalapriya Presents: Arts for the Ages

Kalapriya and Chicago Community Trust proudly announce
Arts for the Ages, programming for Chicago's seniors in collaboration
with the City of Chicago Department of Family & Support Services

February 10 **11:00 AM**	Valentine's Day Celebration Southwest Senior Center
March 31 **11:00 AM**	Senior Marathon Event Abbott Park
April 7 **11:00 AM**	Senior Lunch Central West Senior Center
April 20 **1:00 PM**	Volunteer Appreciation Day Northeast (Levy) Senior Center
June 8 **10:00 AM**	Dances of India Chicago Cultural Center
July 8 **12:00 PM**	Taste of Chicago Grant Park
July 28 **11:30 AM**	Summer Festival South Chicago Senior Satellite Site

www.kalapriya.org
facebook.com/kalapriyachicago
instagram.com/kalapriyachicago
info@kalapriya.org
312-436-2789

KALAPRIYA

THE CHICAGO COMMUNITY TRUST AND AFFILIATES

CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES
BUILD • SUPPORT • EMPOWER

CELEBRATE OLDER AMERICANS MONTH THIS MAY

OLDER AMERICANS MONTH

AGE OUT LOUD: MAY 2017

Chicago's Senior Centers are joining in the national celebration of Older Americans Month 2017. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Visit your local senior center in May and any other month to begin to ***AGE OUT LOUD!***

Line Dancing
Zumba
Yoga
Karaoke
Billiards
Art &Crafts
Adult Coloring
Board Games
Belly Dance
Dominos
Bridge
Story Telling
Clowning
Cooking
Singing
Brain Fitness
Laugh Classes
Parties
Stepping
Gardening
Movies
Live Music
Language Arts

Note: Not all activities are available at all centers.

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

CHICAGO FITNESS PLUS
SPRING 2017
Regional Centers

CENTRAL WEST 2102 W. Ogden Avenue 60612

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

NORTHEAST (LEVY) 2019 W. Lawrence Avenue 60625

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	9:00 - 10:00 AM	11:00 AM - 1:00 PM
Tuesday	11:30 AM - 2:00 PM	3:00 - 4:00 PM
Wednesday	9:00 - 10:00 AM	11:00 AM - 1:00 PM
Thursday	11:30 AM - 2:30 PM	
Friday	11:00 AM - 12:00 PM	
Saturday	10:00 AM - 12:00 PM	

NORTHWEST (COPERNICUS) 3160 N. Milwaukee Avenue 60618

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

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

CHICAGO FITNESS PLUS
SPRING 2017
Regional Centers

RENAISSANCE COURT 78 E. Washington Street 60602

GROUP EXERCISE CLASSES

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

GROUP EXERCISE CLASSES

Day	Time	Class
Friday	9:00 AM	Weight Training
Saturday	9:00 AM	SFP

SOUTHEAST (ATLAS) 1767 E. 79th Street 60649

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	10:00 AM - 12:00 PM	2:15 PM - 3:00 PM
Tuesday	9:00 AM - 10:15 AM	11:15 AM - 2:00 PM
Wednesday	10:00 AM - 12:00 PM	2:15 PM - 3:00 PM
Thursday	9:00 AM - 10:15 AM	11:15 AM - 12:00 PM

SOUTHWEST 6117 S. Kedzie Avenue 60629

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:00 AM	SFP
Monday	1:00 PM	Fit & Strong
Tuesday	11:00 AM	SFP
Wednesday	9:00 AM	SFP
Wednesday	1:00 PM	Fit & Strong
Thursday	11:00 AM	Weights
Friday	9:00 AM	SFP
Saturday	10:00 AM	Arthritis

FITNESS CENTER TRAINING HOURS

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

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

CHICAGO FITNESS PLUS
SPRING 2017
Satellite Centers

ABBOTT PARK 49 E. 95th Street 60619

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

AUBURN GRESHAM 1040 W. 79th Street 60620

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	11:15 AM - 12:15 PM	
Tuesday	10:30 AM - 1:00 PM	
Wednesday	11:15 AM - 12:15 PM	
Thursday	12:00 PM - 1:00 PM	2:00 PM - 3:00 PM

AUSTIN 5071 W. Congress Parkway 60644

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

CHATHAM 8300 S. Cottage Grove Avenue 60619

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Monday	12:30 PM	Fit & Strong
Wednesday	10:30 AM	Fitness Plus
Wednesday	12:30 PM	Fit & Strong
Friday	10:30 AM	Limbercize

FITNESS CENTER TRAINING HOURS

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

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

CHICAGO FITNESS PLUS
SPRING 2017
Satellite Centers

EDGEWATER 5917 N. Broadway Street 60660

GROUP EXERCISE CLASSES

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

ENGLEWOOD 653-657 W. 63rd Street 60621

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

GARFIELD RIDGE 5674-B S. Archer Avenue 60638

GROUP EXERCISE CLASSES

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

KELVYN PARK 2715 N. Cicero Avenue 60639

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

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

CHICAGO FITNESS PLUS
SPRING 2017
Satellite Centers

NORTH CENTER 4040 N. Oakley Avenue 60618

GROUP EXERCISE CLASSES

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

GROUP EXERCISE CLASSES

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

NORWOOD PARK 5801 N. Natoma Avenue 60631

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

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

PILSEN 2021 S. Morgan Avenue 60608

GROUP EXERCISE CLASSES

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

FITNESS CENTER TRAINING HOURS

Day	Hours
Monday	11:00 AM - 12:45 PM
Wednesday	11:00 AM - 12:45 PM
Friday	9:00 AM - 10:00 AM
	11:00 AM - 12:45 PM

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

CHICAGO FITNESS PLUS
SPRING 2017
Satellite Centers

PORTAGE PARK 4100 N. Long Avenue 60641

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:45 AM	Fitness Plus
Tuesday	10:30 AM	Balance
Tuesday	1:00 PM	Yoga
Wednesday	9:45 AM	Fitness Plus
Thursday	10:30 AM	Fitness Plus
Friday	12:30 PM	Limbercise
Friday	2:00 PM	Yoga

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	9:00 AM - 9:45 AM	10:30 AM - 1:00 PM
Tuesday	9:00 AM - 10:30 AM	11:15 AM - 12:00 PM
Wednesday	9:00 AM - 9:45 AM	10:30 AM - 1:00 PM
Thursday	9:00 AM - 10:30 AM	11:15 AM - 12:00 PM
Friday	10:30 AM -12:30 PM	

ROSELAND 10456 S. Michigan Avenue 60628

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:15 AM	Fitness Plus
	12:30 PM	Arthritis
Wednesday	9:15 AM	Fitness Plus
	12:30 PM	Arthritis
Friday	9:15 AM	Yoga

FITNESS CENTER TRAINING HOURS

Day	Hours
Monday	10:00 AM - 12:30 PM
Wednesday	10:00 AM - 12:30 PM

SOUTH CHICAGO 9233 S. Burley Avenue 60617

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	10:00 AM	Fitness Plus
Wednesday	10:00 AM	Fitness Plus
Thursday	9:45 AM	Fitness Plus
	10:45 AM	Arthritis

FITNESS CENTER TRAINING HOURS

Day	Hours	Hours
Monday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Wednesday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Thursday	9:00 AM - 9:45 AM	11:30 AM - 1:00 PM

WEST TOWN 1613 W. Chicago Avenue 60622

GROUP EXERCISE CLASSES

Day	Time	Class
Monday	9:30 AM	Weights
Tuesday	10:30 AM	Fitness Plus
Wednesday	9:30 AM	Zumba
Thursday	10:30 AM	Fitness Plus
Thursday	10:30 AM	Fitness Plus

FITNESS CENTER TRAINING HOURS

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

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

Director: Shavette Lovemore

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

SPECIAL EVENTS & PROGRAMS

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

CENTRAL WEST BOOK CLUB
3rd Mondays, April 17; May 15; June 19
1:00 p.m.
Step out on Nothing by Byron Pitts (April Book), **Everybody's Got Something** by Robin Roberts (May Book) **The Immortal Life of Henrietta Locks** by Rebecca Skloot (June Book). We have wonderful selections, great company and even better discussion.

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

CLASSES

STEPPING CLASS
Wednesdays,
9:00 a.m. - 10:00 a.m.
We are calling all dancers to the Central West Regional Center dance floor. Come join us as Dr. Loretta Martin teaches you how to Step all while enjoying the company of friends.

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

COMPUTER CLASSES
Wednesdays,
1:00 p.m. – 3:00 p.m.
Linda Moore is our computer instructor. Central West is offering beginning and intermediate computer class for seniors wanting to learn how to access the internet and send email**.** Persons wanting to keep up with technology need to register to attend this class. Call (312)746-5300 to register today.

CROCHETING

Wednesdays,
12:00 p.m. until 2:00 p.m.
Johnetta Philpotts, is now teaching seniors how to crochet. The class will cover basic stitches and techniques. The class is FREE, but you must provide your own supplies.

TAP DANCE CLASS

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

ARTS & CRAFTS

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

ZUMBA

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

LINE DANCING

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

UPCOMING EVENTS

SPRING FLING DANCE

Friday, April 21, 2017
12:00 p.m. - 4:00 p.m.
Spring has finally arrived, so let's celebrate. Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.

AARP Driver Safety Class

April 24, 2017 and April 25, 2017
Monday and Tuesday
9:00 a.m. - 1:00 p.m.
Come and learn how to be safe on the road. Members pay $15, Non-Members pay $20. This class may result in a discount with your insurance company.

OLDER AMERICANS MONTH CELEBRATION

Friday, May 19, 2017
12:00 p.m. - 2:00 p.m.
Come and enjoy live entertainment and raffle give a ways while we celebrate the life of our seniors.

BINGO BONANZA

Friday, May 26, 2017
1:00 p.m. - 2:30 p.m.
Come enjoy a fun-filled day of Bingo. Bingo Bonanza will feature lots of great prizes. Be sure to join us. Suggested Donation: $5

BLUE SKY DANCE

Friday, June 23, 2017
12:00 p.m. - 4:00 p.m.
Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.

Central West Satellite Centers
Program Highlights

Austin Satellite Center 5071 West Congress,60644 (312)743-1538	
SENIOR FORUM Wed., April 12, 2017 9:30 a.m. -12:00 p.m.	Monthly senior informational/educational meeting devoted to discussing issues and concerns relevant to our center participants.
SENIOR FORUM & ANNUAL MOTHER'S DAY APPRECIATION EVENT Wed., May 10, 2017 9:30 a.m. - 12:00 p.m.	Monthly senior informational/educational meeting and annual Mother's Day appreciation for Mothers and Grandmothers /with a Mother's Day Flower.
VIC/AGE- FRIENDLY TRAINING EVENT Wed., June 14, 2017 9:30 a.m. - 12:00 p.m.	A community training session intended to assist senior with dealing with mental health issues that come with growing older, being caregivers and /or needing care, as well as other mental health issues.
Pilsen Satellite Center 2021 South Morgan,60608 (312)743-0493	
WELLNESS NURSE Wed., April 26, 2017 11:00 a.m. – 12:00 p.m.	An Alivio Medical Center nurse will offer presentation on healthcare topic of interest to older adults. Program is offered in Spanish and English. The event is offered at no charge to participants.
LOTERIA Tuesday, May 9, 2017 11:00 a.m. –12:00 p.m.	Join us for a game of Loteria, Mexican Bingo. You are sure to have a fun time, win great prizes. The event is offered at no charge to participants.
West Town Satellite Center 1613 West Chicago, 60622 (312)743-1016	
MOTHER'S DAY TEA Friday, May 12, 2017 12:30 p.m.-2:30 p.m.	Please join us as we celebrate all of the wonderful women we call MOM. We will be hosting a Mother's Day Tea in their honor. Light refreshments will be served.
FATHER'S DAY TREAT Friday, June 16, 2017 12:30 p.m. - 1:30 p.m.	Come and have a pop with your Pop. A" Paleta" pop, that is. We will be serving this sweet and cool treat. First come, first served.

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR

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

Regional Director: Paula Basta **Programming: Alicia Henry**

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

SPECIAL EVENTS & PROGRAMS

SIDEWALK SALE

Friday - May 12, 2017
Rain Date: May 19, 2017
9:00 a.m. - 3:00 p.m.
Reserve a space for $15.00 by May 5th. Attendees must bring their own table/chair and prepared items to sell at our sidewalk sale. **Lunch will be provided. For more info contact Alicia Henry 312-742-2620.**

MABUHAY – LONG LIVE THE PHILLIPPINES!!! FREE!!!

Thursday, June 15, 2017
12:30 p.m. - 3:30 p.m.
Join us as we celebrate Philippines Independence Day at the Northeast Levy Senior Center! Refreshments will be served.

BINGO – BINGO – BINGO

Friday, April 7, 2017
1:00 p.m. - 2:30 p.m.
Every 2nd Wednesdays,
starting April 10, 2017 12:30 p.m. - 2:00 p.m. and Saturday, May 13, 2017
12:30 p.m. - 2:30 p.m.
Stop by for quick game of Bingo with Meals on Wheels volunteers – great prizes and fun people!

CLASSES

AARP DRIVER SAFETY

Thursday, May 18 & Friday, May 19, 2017
9:00 a.m. - 1:00 p.m.
This approved two day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes**. You must attend class both days to be eligible for the certification.** The cost of the class is **$15.00 for AARP members and $20.00 for non-members.** Please make all checks payable to AARP. Class fee can be paid on the first day of class, cash or check ONLY. For more information, call (312) 744-0784.

RULES OF THE ROAD

Monday, May 15, 2017
9:30 a.m. – 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. Bring your driver's license or State I.D. to attend class.
FREE!!!

BELLY DANCE

Thursdays, 1:00 p.m. - 2:00 p.m.
Instructor: Dianne Hodges
Dianne will teach graceful body movement with stretching, balance, core strength, breathing techniques and much more. This **FREE** class is open to men and women alike.

ZUMBA FITNESS GOLD

Tuesdays & Saturdays

10:00 a.m. - 11:00 a.m.
Instructor: Mari Jane Dare
This class is a fusion of aerobic exercise and Latin movements designed to strengthen and tone. Suggested Donation: $1.00

TAI-CHI

Mondays. 9:15 a.m. – 10:15 a.m.
Instructor: Vivian Visser
Join Tai-Chi and watch your strength and flexibility increase, feel your posture, breathing and balance improve. **FREE!!!**

LAUGHTER YOGA

Instructor: Cielo Lopez
Wednesdays, 1:30 p.m. – 2:30 p.m.
This class has the complete blend of elements of play and exercise. **FREE!!!**

SPANISH I & II

Wednesdays, 2:00 p.m. - 4:00 p.m.
Instructor: Marvin Childress
Come learn conversational Spanish level I & II.

UPCYCLING & BEYOND CRAFTS

Tuesdays, 9:30 a.m. - 11:30 a.m.
Instructor: Sandy Gooden
Learn how to recycle old items into new creative crafts!!! **FREE**

GENTLE YOGA

Wednesdays, 12:30 p.m. – 1:30 p.m.
De-stressing the body is an ancient art form which you can learn with instructor Laurine. Please come with your yoga mat.
Spring Class begins April 19th!!!

PAINTING on SILK w/ Vivian

Fridays, 9:30 a.m. – 10:30 a.m.
Suggested Donation: $2.00
This class will let you try basic silk painting techniques to create a silk scarf. All supplies will be provided. ***Note: paints do not come out of clothes!!!**

VIBE (Visualize, Imagine, Breathe & Energize)

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

COUNTRY WESTERN LINE DANCE

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

SHUFFLE N' SLIDE DANCING

Fridays, 2:30 p.m.
Instructor: Georgia / Freda
For advanced line dancers enjoy the afternoon with music and organized group choreography. Suggested Donation: $5

KARAOKE

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

CHOICE MARKET FOR OLDER ADULTS (Greater Chicago Food Depository) Food Pantry

Tuesdays, 12:30 p.m.
Early arrival is suggested!!!
April 4 & 18, 2017
May 2 & 16, 2017
June 6 & 20, 2017

COMPUTER CLASSES:

We offer 4 classes at a variety of times – Basic Computers; Advance Digital Imaging; Basic Digital Camera and Get Hooked on the Internet – as well as occasional IPad, Windows "8" and Surface Pro classes. For more information call **Court Chilton 312-742-2623.**

WEEKEND PROGRAMS

SALSA & SWING DANCE LESSONS

Saturdays, 12:30 p.m. – 1:30 p.m.
Instructor: Fran Strain
Come learn instructional dance with a Latin flare.

Northeast Satellite Centers
Program Highlights

Edgewater Satellite Center 5917 North Broadway,60660 (312)742-5323	
SENIOR LUNCHEON AND DANCE Wednesday, April 5, 2017 11:00 a.m. – 1:00 p.m.	The Chicago Park District is once again celebrating seniors. This year the party is at the Broadway Armory, home of the Edgewater Satellite Senior Center. A buffet lunch will be served, then dancing to the tunes of Dr. Zylo and the Brainiacs. All this for only $5.00
CINCO DE MAYO DANCE Friday, May 5, 2017 12:00 p.m. – 2:00 p.m.	The 24th Police District CAPS Office is sponsoring a Cinco De Mayo Dance ….on Cinco de Mayo. Light refreshments and dancing to a Latin beat. Cost is $2.00 Please register with the Edgewater Satellite Senior Center by Friday, April 28, 2017.
OLDER AMERICANS MONTH CELEBRATION Wednesday, May. 24, 2017 12:00 p.m. – 2:00 p.m.	The Edgewater Satellite Senior Center and the Edgewater Village are coming together to celebrate Older Americans Month. Proclamation, photos, and delicious pastry (cake) is the order of the day!
North Center Satellite Center 4040 North Oakley,60618 (312)744-4015	
DROP IN TECH CLINIC Mondays, (except Holidays), 10:00 a.m. – 1:00 p.m.	Drop-in coaching for Smart Phones, Tablets and Laptops. Learn how to get the most out of your device(s) with Mary Ann and Nancy. Did you get a new device for Christmas or do you have one and don't even know how to turn it on.– Just bring your device and your questions, they will find the answers. Did you know you could set up your address/phone book, keep an appointment calendar, read and answer email and much more? No fee – No appointment.
LITFEST Sunday, June 11, 2017 12:00 p.m. – 4:00 p.m.	Annual Used Book Sale and LITFEST - includes readings of original stories read by our seasoned writers. No entry fee. Call the senior center for additional information.
BELLY DANCING Fridays, at 10:00 a.m.	Get movin' to the rhythm of ancient music and popular new music. These moves get your body in shape and are lots of fun. Frances Strain is a fabulous teacher. Suggested Donation: $1.00

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

Northwest Regional Senior Center
3160 N. Milwaukee Ave. Chicago, IL 60618
(312) 744-6681 TTY: (312) 744-0321

Director: Rafael Gonzalez **Programming: Velma Luciano**

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

SPECIAL EVENTS & PROGRAMS

VOLUNTEER RECOGNITION CEREMONY

Wednesday, April 27, 2017
1:00 p.m. - 3:30 p.m.
Please join us in honoring all of our volunteers from the Northwest Region. Volunteers should have served **at least 100 hours in 2016 in any capacity**.
Invitation only!!!!

MEMORIAL DAY SALUTE

Thursday, May 25, 2017
9:15 a.m. – 10:30 a.m.
Once again we will be honoring our fallen soldiers with a special program. The cadets from the JROTC program at Schurz H.S. will be serving as Honor Guard, Drill Team and Drum Line. Refreshments will be served.

NORTHWEST COPERNICUS 41ST ANNIVERSARY PARTY

Friday, June 16, 2017
10:00 a.m. to 3:30 p.m.
Come celebrate our 41st Anniversary in this community. We have been very fortunate to have you, our seniors as our participants and we want to celebrate YOU! First we will begin our day with Hugo an Elvis Impersonator, followed by a nutritious lunch and then we can dance our feet off to all kinds of music including Polka's, line dance, merengue's, salsa and special selections by DJ Chico. So let's celebrate!!!

AUXILIARY OF THE NORTHWEST SIDEWALK SALE

Friday, June 23, 2017
9:00 a.m. to 3:00 p.m.
The Northwest Auxiliary will be hosting its annual Sidewalk Sale and we are inviting you to participate whether you are trying to sell or buy some new or gently used items. Applications will be accepted starting **May 23, 2017; please make checks payable to the Auxiliary of the Northwest.**
NOTE: You must bring your own table and chairs. Suggested Donation: $15.00 a space

CLASSES

AARP DRIVER SAFETY PROGRAM

Wednesday, April 12, and Thursday, April 13, 2017 Wednesday, June 14 and Thursday, June 15, 2017
9:00 a.m. – 1:00 p.m.
This two-day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes**.** Please make all checks payable to AARP. Class fee can be paid on the first day of class. Please call the center to register 312-744-6681. Cost is **$15.00 for AARP members, $20.00 for non-members.**

LINE DANCE

First three Mondays,
12:30 p.m. - 1:30 p.m.
Our teacher Frances Strain is firing up your enthusiasm by teaching you how to line dance. It is a lot of fun and good exercise all at once! Accomplished line dancers are always welcome too. **$1.00 suggested donation.**

PILATES CLASS

1ST and 2ND Mondays of the month
10:30 a.m. - 11:30 p.m.
Bonnie Pobgee, our instructor will teach you this type of exercise that will help you strengthen your body's core muscle groups and increase your flexibility. **FREE**

V.I.B.E. Visualize, Imagine, Breath, Energize

3rd & 4th Monday of the month
10:30 a.m. - 11:30 a.m.
Bonnie Pobgee has an Arthritis Foundation approved Tai-Chi and Qi Gong class, easy to learn slow graceful movements, often called "meditation in motion", that will balance your mind and body. **FREE**

COMPUTER CLASSES

Introduction to Windows 7 and Word (Word Processing)
Our computer classes will begin with Introduction to Windows 7, starting on Tuesday, May 2, 2017. You will learn about the OS or operating system for most computers, how to turn on your PC, work with the Windows system, what to expect and how to send emails. Also, you will be introduced to the wonderful world of Word processing, where you will learn how to read and make new documents, how to make letters or documents and how to store them on your computer. ***Each class is 4 weeks long, on Tuesdays @ 12:30 p.m.***
COST - $30.00 for Windows 7 and $10.00 for the book. $35.00 for Word Processing and $5.00 for the booklet.

BEADS & BAUBLES CLASS

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

TAI-CHI

Fridays, 10:30 a.m. – 11:15 a.m.
Join us every Friday to learn and practice the ancient art of Tai-Chi. Jack our instructor will teach how this It will help you develop your inner core and strengthen your bones and muscles. It will also help become more flexible. **FREE**

WEEKEND CLASSES & EVENTS

WII BOWLING TOURNAMENT

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

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).**

ZUMBA GOLD

1st & 2ND Saturdays of the month
12:15 p.m.
Melt your pounds away while having fun dancing to music and learning new dance moves. **FREE**

"AT THE MOVIES"

4th Saturday of the month at 12:30 p.m.
By popular demand will feature the newest and latest titles released by Hollywood! Popcorn will be available for a small donation. **FREE**

LATIN DANCE

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

SPRING DANCE

Sunday, May 21, 2017
12:30 p.m.
Let's celebrate the beginning of Summer by dancing to the music of DJ's Norma and Fran, who will play your favorite polkas, salsa, merengue's, bachatas, waltz and 50's, 60's and 70's music. Refreshments will be served. **FREE**

Northwest Satellite Centers
Program Highlights

Kelvyn Park Satellite Center 2715 North Cicero,60639 (312)744-3350	
MEMORY SCREENINGS Tuesday, April 18, 2017 10:30 a.m. – 1:30 p.m.	Rush Alzheimer's Disease Center will be conducting memory screenings at our center. We invite anyone who is interested to visit our site.
MOTHER'S DAY SPA AND PARTY Friday, May 12, 2017 12:00 p.m.	We will be hosting our annual Mother's Day Spa and Party. We will provide free manicures, facials and haircuts to all the mothers to celebrate their special day. We will also have music, dancing and a potluck style get-together.
JEWELRY SALE FUNDRAISER Friday, June 16, 2017 12:00 p.m.	Our Jewelry Club is working on special bracelets, necklaces and other various jewelry pieces for our first jewelry fundraiser. Come join us and purchase some beautiful jewelry for a great cause.
Norwood Park Satellite Center 5801 North Natoma,60631 (773)775-6071	
STRETCHING WORKSHOP Thursday, April 27, 2017 10:00 a.m.	Learn how to ease tension and stress, improve range of motion, strength and flexibility. No charge. To register, please call 773-775-6071.
AARP DRIVER SAFETY Tuesday, June 6 & Thursday, June 8, 2017 1:00 p.m. – 5:00 p.m.	Sharpen your defensive driving knowledge by attending the **AARP Driver Safety Class**. The class is open to persons 55 years of age or older, and the cost is $20 per person ($15 per person for AARP members.) Call the Senior Center at (773) 775-6071 to register or email at info@npseniorcenter.org.
Portage Park Satellite Center 4100 North Long,60641 (312)744-9022	
FLEA MARKET Friday, April 7, 2017 9:30 a.m. – 3:30 p.m.	Stop by our annual Spring Flea Market! Various vendors will be on hand and box lunches will be available for purchase! All are welcome.
OLDER AMERICANS LUNCHEON/ PARTY Friday, May 12, 2017 11:00 a.m. – 3:00 p.m.	Join us for music from Tony Bernard, raffles, and lunch as we celebrate Older Americans Month (and honor our veterans!) $3:00 Suggested Donation
FREEDOM FEST Thursday, June 29, 2017 11:00 a.m. – 3:00 p.m.	Bring your dancing shoes as we celebrate, Independence Day with music (featuring a 1950s Elvis Tribute Artist,) raffles, and lunch. $2.50 Suggested Donation

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR

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

Director: Crystal Warren

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

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

SPECIAL EVENTS & PROGRAMS

THE GERMAN CABARET LEGACY IN AMERICAN POPULAR MUSIC

Thursday, June 15, 2017
10:00 a.m. - 11:30 a.m.
Facilitator: William Farina

What do Louis Armstrong, Lennon and McCartney, Bob Dylan and Marlene Dietrich have in common? Find out when local author **William Farina** discusses his book ***The German Cabaret Legacy in American Popular Music***. This multi-media presentation is a fascinating look at nightclub entertainment during Weimar-era Germany, and how it influenced and still influences pop music in America and internationally. Bill uses vintage photographs, audio of songs, and compelling stories about the performers, the history and the lore. **FREE. Registration is not required.**

SECRET WITNESS: EMMETT TILL

Friday, June 30, 2017
1:00 p.m. – 2:30 p.m.
Facilitator: Bonnie Blue

Author/ Researcher Bonnie Blue will take you back in time to recant the story of Emmett Till as seen through the eyes of the "Secret Witness". The Secret Witness: FBI Confidential Source Speaks, is a non-fictional novel; the full account of the infamous 1955 kidnap and lynching of Emmett Till. You will hear the story like never before through the eyes of the FBI investigators, J.W. Milam; the leader of the Lynch Mob, and other Mississippians involved willing to recant the story. The tragedy of Emmett Till forced social change and ushered in the civil rights movement. Come with your questions and Bonnie will be prepared to answer. **FREE**

ENCORE!! ENCORE!! TALENT SHOW

Renaissance Court's
Annual Talent Show
Friday, July 28, 2017

TALENT SHOW SIGN – UP

April 3 - June 2, 2017
Singers, comedians, dancers & poets needed!
Call to sign – up at 312-744–4550

CLASSES

RENAISSANCE BOOK CLUB

Every 2nd Monday
11:00 a.m. – 12:30 p.m.
Facilitator: Marlene Saxton

Come meet new people, choose a book, exchange ideas and have fun. This is member lead book discussion for the reader at heart. Suggest a book and bring a friend. **FREE**

FACIAL YOGA

Tuesdays, April 4 – June 13, 2017
10:00 a.m. – 11:00 a.m.
Instructor: Laurine Clark

Did you know that facial muscles can benefit from exercise as much as any other muscles? Like the rest of your body, exercising facial muscles can tone and firm them. Discover the muscles of your face. Experience yoga based relaxation and breathing techniques that rejuvenate facial muscles. **Registration is not required. FREE**

PERFORMANCE WORKSHOP

Wednesdays, Beginning April 12, 2017
2:30 p.m. – 4:00 p.m.
Facilitator: Ron Tolisano

If you are interest in performance arts, this is the place to be. Come hone your skills while exploring your interest in singing, interpretive dance, comedy, readers theatre and one act plays, oration and spoken word. Let's play together and learn from each other. **FREE**

QI GONG FOR WOMEN'S BREAST HEALTH

Wednesdays,
12:00 p.m. – 1:00 p.m.
Instructor: Rasheedah Israel

There are seven (7) unique Wu Ming Qigong exercises that will be used. Each movement can help unblock stagnant Qi in the meridians in the stomach, liver and kidney and allow energy to run through the breast area.
$3 per class. This class is sponsored by the Friends of Renaissance Court Auxiliary. Class canceled on 4/5, 5/3 & 6/7

INTERMEDIATE WATERCOLOR WORKSHOP "Focus on Methods"

Thursdays, April 13 – June 29, 2017
1:30 p.m. - 3:30 p.m.
Instructor: Dan Stevens

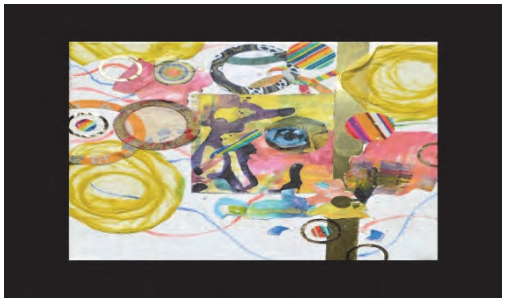
This quarter we will look at basic watercolor methods and how each one can be used in both abstract and realistic art. For figurative artists, there are images to paint. This class allows developing artists to interact and to explore the world of learning to share. Your own painting tools are required. **FREE sponsored by the Friends of Renaissance Court Auxiliary. Registration is not required. Class cancelled on 4/6 & 6/8**

RENAISSANCE COURT GALLERY

Renaissance Court Gallery features Artists age 55 and over. Featured in the gallery this quarter:

Jean Nerenberg- Judy Petacque--Susan Redeker

"THE KALEIDOSCOPE 3"
April 21 – June 10, 2017
Artist Reception: April 27, 2017
4:00 p.m. – 6:30 p.m.
Artist Talk: May 18, 2017 at 4:00 p.m.



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

Director: Robin Tillotson **Programming: Kalyna Pomirko**

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

SPECIAL EVENTS & PROGRAMS

VOLUNTEER APPRECIATION LUNCHEON
Thursday, April 20, 2017
12:00 p.m. – 2:00 p.m.
A special event to pay tribute to our regional volunteers, who are blessed to serve others. This is an invitation-only event. **FREE.**

SPRINGTIME LINE DANCE PARTY
Thursday, May 18, 20017
12:00 p.m. – 3:00 p.m.
D.J. Chico plays the tunes. A line dance instructor will be here to show you the steps. Suggested Donation: $5.00, which includes turkey box lunch and beverage. Please contact Robin Tillotson at (312)745-4401 for ticket information.

THE PROSCENIUM PLAYERS
Friday, May 26, 2917
10:30 a.m. – 11:30 a.m.
The Proscenium Players, an award-winning senior performing arts troupe, will present a musical variety show, including various styles of music, comedy skits, and dance routines. Included will be selections for audience participation. **FREE.**

"ATLAS SWINGS"
Friday, June 30, 2017
11:30 a.m. – 1:30 p.m.
A musical performance, featuring the **Myron Mills Project,** preceding the 4th of July holiday, with numerous patriotic musical selections to allow us to dwell on the importance of freedom. Great music. **FREE.**

WEEKEND CLASSES & EVENTS

MUSIC FOR EVERYBODY
Saturdays, April 8, May 13, and June 10, 2017
11:30 a.m. – 1:30 p.m.
Andre Miles returns to entertain us during lunch with musical favorites. **FREE.**

KARAOKE
Saturdays, April 22, May 27, and June 24, 2017
11:30 a.m.- 1:30 p.m
Join Shirley "Be-Bop" Buchanan in singing your favorite songs. **FREE.**

SATURDAY LINE DANCE CLASSES
Saturdays, April 15, May 20, 2017
10:00 a.m. – 11:30 a.m.
Line dance instructor, **Marvella Ross,** teaches free line dance classes. Come learn the latest steps!

KYNORA AND THE ENCHANTERS
Saturday, April 29, 2017
12:00 p.m.
Back by popular demand, Kynora and her enchanting group present : “Romantic music that steals the heart.” **FREE.**

SUNDAYS WITH CHICO
Sunday, April 29, 11:00 a.m. – 1:00 p.m.
Sunday, June 25, 11:30 a.m. – 1:30 p.m.
Join D.J.Chico for some soulful, mellow sounds. **FREE.**

CLASSES

JEWELRY MAKING WITH BEADS
2nd & 4th Thursdays of the month
April 12 and 27; May 11 and 25;
June 8 and 22, 2017
10:00 a.m. - 11:30 a.m. FREE.
Instructor: Veronica Echols-Noble

CONTAINER GARDENING
Thursdays, April 6, 13 and 20, 2017
10:00 a.m. – 11:00 a.m.
Instructor: Nelson Fluker

SNACKING AROUND THE WORLD
Fridays, April 27 until June 9, 2017
12:00 p.m. – 2:00 p.m.
Instructor: Sheri Brazley

AARP DRIVER SAFETY EDUCATION
Wednesday & Thursday,
June 21 & June 22, 2017
9:00 a.m. – 1:00 p.m.
Instructor: Gloria Andrews
Please register with instructor at (773)551-7977 between the hours of 9:00 am – 5:00 pm.

RULES OF THE ROAD
Wednesday, May 3, 2017
10:30 a.m. – 12:30 p.m.
Please call (312)747-0189 x. 103 to register

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

KNIT/CROCHET
Mondays, 12:30 p.m. – 2:30 p.m.
Instructor: Jo-Ann McKelphin

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

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

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

S T E P P I N’
Tuesdays, 10:00 a.m. – 11:30 a.m.
Instructor: James Drake

VISIT OUR WEBSITE: 79THSTREETSENIORS.COM

Southeast Satellite Centers
Program Highlights

Abbott Park Satellite Center 49 East 95th Street, 60619 (312)745-3493	
BID WHIST Tues., Thurs, & Fridays, 1:00 p.m. – 4:00 p.m.	Looking for a good game of Bid? Join us at the game table & play at Abbott Park Satellite. Please bring some cards with you.
AARP DRIVER SAFETY COURSE April 17 & 24, 2017 12:00 p.m. – 4:00 p.m.	Refresh your driving skills with the AARP Smart Driver Safety Course. Monday, April 17 & 24, 2017, it is a two-day course (4 hours each session.) Please register at (312)745-1201. The course is $15 for AARP members and $20 for non-members.
Chatham Satellite Center 8300 South Cottage Grove,60619 (312)745-0401	
ICE CREAM SOCIAL 3rd Thursdays 1:30 p.m. – 3:30 p.m.	EVERYONE IS WELCOME at Chatham Satellite's ***Dancing and Singing with Friends***. Have a cup of ice cream and try your hand at Karaoke. Come join us you may see some old friends or make some new ones.
BINGO W/JANET Every Wednesday 1:00 p.m. - 3:00PM	Come and enjoy a good game of bingo. Light refreshments served and gifts. There is even a "Mystery" gift on special Wednesdays.
Roseland Satellite Center 10426 South Michigan, 60628 (312)745-1500	
GAME DAY Fridays, 1:00 p.m.- 3:00 p.m.	Join us as we have fun in the afternoon. If you play Bid-Whist, Spades, or Board games, this is the place to be!
MOTHER'S DAY TEA/ FASHION SHOW Friday, May 12, 2017 1:00 p.m. - 3:00 p.m.	Come and see all of the talented creations from our Crochet/Knitting Club as we host our fashion show and celebrate the lady we call "Mom." Light refreshments will be served. A donation of $5.00 will be asked of each participant, so please sign up at the center.
South Chicago Satellite Center 9233 South Burley, 60617 (312)745-1282	
COOKING W/GLORIA Wednesdays, 12:30 p.m. – 2:30 p.m.	Come for the food stay for the fun! Chef Gloria shares affordable and practical cooking techniques and recipes. You do not want to miss this fun-filled class.
KARAOKE Fridays, 10:00 a.m. – 12:00 p.m.	Calling all singers, dancers, and those who love to have a good time. South Chicago Satellite has a fun –filled karaoke session just waiting for you. See you there!

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

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

Director: Tom Jones **Programming: Daniel Fafore**

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

SPECIAL EVENTS & PROGRAMS

VOLUNTEER RECOGNITION

Thursday, May 11, 2017
1:00 p.m. – 3:00 p.m.
An event to pay tribute to our volunteers at the Regional Center as well as the Satellite Centers in the Southwest side of the City of Chicago.

CLASSES

AARP DRIVERS' SAFETY PROGRAM

Thursday, April 6, Friday April 7, 2017
Thursday, June 8, Friday June 9, 2017
9:00 a.m. - 1:00 p.m.
This approved course is taught by AARP for accident prevention. You must be at least 55 years old and a $20.00 fee is required for the two day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited. **$15.00 for AARP members and $20.00 for non-members (payable to AARP)**

SEWING FOR LEISURE

Tuesdays,
9:30 a.m. - 11:30 a.m.
Instructor: Mary Simmons
Come and join us to learn the art of sewing. A limited number of sewing machines will be available, so participants with sewing machines are encouraged to bring their own machines. Students will supply their own sewing materials for the class. Classes meet every Tuesday, except on holidays. The class size is limited to 15 students.
Cost: $3.00 per person for each class

ZUMBA GOLD

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

ILLINOIS SECRETARY OF STATE PHOTO ID PROGRAM

Tuesday, May 9, 2017
10:00 a.m. - 2:00 p.m.
The staff from the Secretary of State office will be at the Southwest Regional Senior Center to provide photo I.D. cards for senior citizens. This service is free to Seniors 65 years and older. Call and register today (312) 747-0440.
Required documents for issuance of a photo I.D. are:
- Social Security Card
- Two acceptable forms of identification that provide your name, date of birth, residency and signature.

RULES OF THE ROAD

Friday, June 23, 2017
10:00 a.m. - 12:00 p.m.
Secretary of State Jessie White's Office is providing a Rules of the Road class, which will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your driver's license or state I.D. to attend. Handouts will be available, but please sign up at the center to make sure we have enough material for everyone. **FREE**

COMPUTER CLASSES

Tuesdays, June 13, 2017
(Eight week sessions)
1:00 p.m. - 3:00 p.m.
Instructor: Myron Nash
This beginner computer course will teach you basic computer skills, and the Internet. Advance registration is required, so please call (312) 747-0440.
Cost: $40.00 (Due on the first day of class.) Only a check or money order to "Southwest Auxiliary" will be acceptable.

TOO MUCH ON YOUR PLATE?

Thursdays, April 6, 20; May 4; 18, June 1, 15, 2017
10:00 a.m. - 11:00 a.m.
Have you forgotten how to relax? Have you got too much to do and not enough time to do it? Do you feel overwhelmed? Do you want to handle stress better? Do you want to learn how to take better care of yourself? If you answer yes to any of these questions, this support group is for you. It will meet every other Thursday morning. A facilitator from Rush University Medical Center, Bowman Health Center will lead the discussion group.
FREE

HOME GARDENING

Fridays, April 21, 28, 2017
May 5, 12, 26, 2017
June 2, 2017
10:00 a.m. – 11:15 a.m.
Instructor: Nelson Fluker
FREE

SOUL LINE DANCE CLASS

Thursdays,
1:00 p.m. – 2:00 p.m.
Instructor: Hakeemah Shamsuddin
FREE

WEEKEND PROGRAMS

SPRING FLING DANCE PARTY

Saturday, April 29, 2017
1:00 p.m. – 3:00 p.m.
The Southwest Regional Center will feature a dance party welcoming the arrival of the spring season. Music will be supplied by D J Chico. Refreshments will be served.
FREE

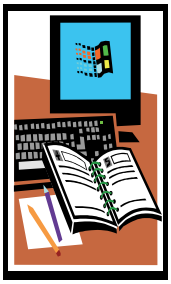
Southwest Satellite Centers
Program Highlights

Auburn Gresham Satellite Center 1040 West 79th Street, 60620 (312)745-4797	
YOGA WITH TONI Thursdays, 1:00 p.m. - 2:00 p.m.	This ancient art form of de-stressing exercise fuses the mind and body into a total form of relaxation while using various breathing techniques.
LINE DANCE WITH LISA Tuesdays, 9:30 a.m. - 11:00 a.m.	Lisa guides the students through basic and advance steps of line dance techniques to enhance their learning experience with enjoyable music and organized group choreography.
BEGINNERS & INTERMEDIATE COMPUTER CLASSES Tuesdays, 9:00 a.m. Fridays, 8:45 a.m.	Students will learn the basics of using a personal computer which includes browsing the internet for official web sites, sending and receiving emails, creating flyers, copy, cut and paste, file organization, power point, and much more. Please call center to sign up for next session which last for 8 weeks. $35.00 Suggested Donation
Englewood Satellite Center 653 - 657 West 63rd Street,60621 (312)745-3328	
ENGLEWOOD VILLAGE "EXCLUSIVELY US" CELEBRATION Saturday, May 20, 2017 10:00 a.m. – 3:00 p.m.	Join Englewood Satellite and Englewood Village – Age Friendly in the celebration of "Ourselves." We are commandeering the street! Main stage on 63rd and Union. Vendors*Food* Entertainment*Raffles* Fun. For additional info:773-609-4863 Email: Englewoodvillage63@gmail.com
***"SIMPLY ELEGANT"* ALL WHITE ANNIVERSARY CELEBRATION** Friday, June 30, 2017 12:00 p.m. – 4:00 p.m.	We are celebrating "35 years of serving the Older Adults of Englewood. Dancing, Dining, Entertainment, Good Company and the one and only DJ Chico!!! At the beautiful Martinique Grand Ballroom, Transportation provided. For ticket information: 312-745-3328.
Garfield Ridge Satellite Center 5674-B S. Archer, 60638 (312)745-4255	
BRAIN AEROBICS Wednesdays at 10:00 a.m. April 26, May 3, 10, 24, and 31 and June 7, 2017.	Instructor Joni Gatz is back with this six week class with the latest information and exercises to keep your cognition intact. Joni makes it informative and fun.
21st ANNIVERSARY CELEBRATION June 20, 2017 11:00 a.m. – 3:00 p.m.	Come celebrate our 21st Anniversary with a party at Crystal Sky Banquets. Entertainment provided by DJ Chico. Advance ticket purchase required. $35.00 per person. Raffle, dancing, food, friends and fun!

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.

SENIOR PROGRAMS AT TRUMAN COLLEGE

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



LIFELONG LEARNERS PROGRAM 2016 REGISTRATION (June 7, 2017 - July 27, 2017)

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

INTERNET SAFETY & SECURITY / SOCIAL MEDIA

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

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

Tuesdays June 13, 2017– July 11, 2017 **class sessions: 8:45 AM to 10:45 AM** **Room L935**

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 June 7, 2017– July 26, 2017
class sessions: 8:45 AM to 10:45 AM **Room L584**

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, June 8, 2017– July 27, 2017
class sessions: 8:45 AM to 10:45 AM **Room L935**

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

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

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

THANK YOU:
DFSS—SENIOR SERVICES VOLUNTEERS

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

April is National Volunteer Appreciation Month. On behalf of the Chicago Department of Family & Support Services, we express our sincere gratitude to our Senior Services—Area Agency on Aging network of volunteers that make all that we do possible.

Senior Health Insurance Program *Regional and Satellite Senior Centers *Golden Diners *Ombudsman *Advisory Councils *Senior Companion *Foster Grandparents *Student Interns *Senior Medicare Patrol * Auxiliary Councils * Village Interdependent Collaboratives and many more...

If you are interested in becoming a Senior Companion or Foster Grandparent, please call (312)746-8572. For other volunteer opportunities, please call (312)743-1503.

REGIONAL SENIOR CENTERS

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

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

Northwest (Copernicus) Regional Senior Center
3160 N. Milwaukee Ave.
(312) 744 - 6681 (60618)
TDD: (312) 744 - 0321

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

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

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

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

SATELLITE SENIOR CENTERS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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