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

LIFE ENRICHMENT PROGRAMS
For Chicagoans 60 Years and Better

Summer 2018

Mayor Rahm Emanuel
City of Chicago

Lisa Morrison Butler
Commissioner
# Summer 2018

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notes from the Commissioner</td>
<td>3</td>
</tr>
<tr>
<td>Information and Assistance</td>
<td>4-6</td>
</tr>
<tr>
<td>Legal Assistance Services</td>
<td>7</td>
</tr>
<tr>
<td>Senior Enrichment Seminar Series</td>
<td>8-12</td>
</tr>
<tr>
<td>Trips &amp; Events</td>
<td>13-17</td>
</tr>
<tr>
<td>Wellness Program</td>
<td>18-28</td>
</tr>
<tr>
<td>Healthy Eating Tips</td>
<td>29-30</td>
</tr>
<tr>
<td>Older Adult Choice Markets:GCFD</td>
<td>31</td>
</tr>
<tr>
<td>Flu Facts and Flu Shot Clinics</td>
<td>32-34</td>
</tr>
<tr>
<td>Chicago Fitness Plus</td>
<td>35-40</td>
</tr>
<tr>
<td>Regional Highlights</td>
<td>41-57</td>
</tr>
<tr>
<td>Heat Safety Tips</td>
<td>58</td>
</tr>
<tr>
<td>September:National Senior Month</td>
<td>59</td>
</tr>
<tr>
<td>Senior Center Locations</td>
<td>60</td>
</tr>
</tbody>
</table>
Dear Friends:

Summer is here! We hope the warmer weather gives you a heightened energy and sense of discovery as you contemplate the variety of classes we offer at the Chicago Department of Family and Support Services (DFSS) Senior Centers.

Perhaps it’s time to join one of the many exercise classes, or be inspired to begin a new hobby such as painting, writing or dancing, or improve skills you already possess. Is it finally time to learn more about computers, or how to navigate the internet? DFSS Senior Centers presents a stimulating array of classes with outstanding instructors.

We hope to see you soon at your local senior center.

Sincerely,

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

Dear Fellow Seniors:

During these warm summer months, it is especially important to watch out for one another. Residents who wish to seek relief from the heat can visit any of the City’s Cooling Centers. Or, if you see or know of a friend or relative who appears to be in distress or needs non-emergency assistance, please call 311 for a well-being check.

Also, do not forget to join us at Mayor Emmanuel’s Senior Fest on Thursday, September 13, 2018 at Millennium Park. There is a terrific lineup of exciting activities such as live entertainment, cultural programming, health resources and much more.

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

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

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

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

Regional and Satellite Senior Centers
DFSS Senior Centers offer a variety of social, educational, cultural, recreational activities for seniors and their informal caregivers. There are twenty-one (21) senior centers located throughout the city. Contact information for each of the centers is listed on the back page of the brochure. Each center is tailored to the needs and interests of the local community. All centers offer resources for caregivers, Life Enrichment activities, computer learning centers including internet access, fitness programming, congregate dining, and more.
| 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
<table>
<thead>
<tr>
<th><strong>DFSS Senior Services Programs and Services: At a Glance</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Golden Diners Nutrition Program</strong>&lt;br&gt;Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.</td>
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<td><strong>Home Delivered Meals</strong>&lt;br&gt;Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.</td>
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<td><strong>Health &amp; Wellness Program</strong>&lt;br&gt;Health promotion and disease prevention programming provided at all DFSS senior centers through monthly presentations, health screenings, and one-on-one consultations with wellness nurses, dietitians, pharmacists, and social workers.</td>
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<td><strong>Older Relatives Raising Children</strong>&lt;br&gt;For seniors who have primary caregiving responsibility of a child, from birth to age 18 or those caring for their severely-disabled adult children. Short-term one-on-one counseling and support groups are available. Emergency financial assistance can be accessed for one-time emergency rent payment, school uniform and equipment, medication, and other basics.</td>
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<td><strong>Ombudsman Program</strong>&lt;br&gt;Ombudsmen protect, defend and advocate for residents in long term care facilities such as nursing homes and assisted living facilities. Utilizing staff and volunteers, they inform residents and their families of their rights, resolve complaints, provide information on residents needs/concerns to families, facility staff and the department, and advocate for quality individualized care for the residents.</td>
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<td><strong>Respite Care</strong>&lt;br&gt;Allows family caregivers caring for a senior, time for themselves. Respite provides professional trained staff to care for a frail senior, who has a familial caregiver, on a temporary basis. This care can be provided in home or in a nursing facility. Respite can be used in an emergency, such as the illness of a caregiver or for planned time away; such as a vacation, special event, appointment or just some time for themselves.</td>
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<td><strong>Senior Companion Program</strong>&lt;br&gt;Opportunity for seniors to make a difference in the lives of lonely, frail and homebound seniors by reading, engaging in conversation, preparing light meals and more. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.</td>
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<td><strong>Senior Medicare Patrol</strong>&lt;br&gt;The SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. Program staff and volunteers help people with Medicare and Medicaid to: educate, detect, and report possible Medicare and Medicaid fraud, waste, and abuse.</td>
</tr>
<tr>
<td><strong>Senior Employment Training</strong>&lt;br&gt;Employment training and job placement for seniors (at least 55 years old) for re-entry into the job market.</td>
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</tbody>
</table>

FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT  (312) 744-4016
CARPLS is the legal aid hotline for Cook county. Each year, CARPLS conducts over 54,000 legal consultations with low and modest means clients. CARPLS has dedicated a new hotline for addressing the legal needs of older adults in the City of Chicago through a grant award from the Chicago Department of Family & Support Services—Senior Services Division.

**CARPLS will assist with a wide range of legal issue areas including:**

- Housing
- Family Law
- Consumer Debt
- Probate and Estates
- Immigration
- Civil Rights
- Public Benefits & Taxes
- Other

CARPLS attorneys provide brief legal services, which includes legal analysis of the client’s situation, legal advice and strategy, legal counseling on the best course of action, review of court documents or other legal documents, and in appropriate situations, drafting of legal pleadings and letters.

CARPLS attorneys do not provide direct representation in court on behalf of clients; if a client needs an in court attorney, CARPLS tries to refer the client to a network of 40 legal aid programs in Cook county.

**To make a referral for services call DFSS Senior Services Information and Assistance Telephone Line at (312)744-4016. Or, you can email your legal services request to:** Aging@cityofchicago.org and include your name, address, telephone number, and date of birth.
FREE SENIOR ENRICHMENT SEMINAR SERIES:

EVERYTHING YOU WANT TO KNOW ABOUT GUARDIANSHIP

Topics to Include:
- Guardians’ duties and responsibilities
- Guardianship process and procedures
- Guardianship vs. Power of Attorney

SPEAKERS:

Daniel Belko
Deputy Public Guardian
Office of the Cook County Public Guardian

Catherine Evans
Assistant Director
Guardianship Assistance Desk for Minors

Thursday, July 26, 2018
12:00 noon – 1:30 p.m.

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

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

Aging at Home: Safety and Support Systems

Topics to Include:
- Home fire safety tips
- Law-enforcement services
- Tips on how to declutter your home

SPEAKERS:
- Officer Susan M. Kenny
  Chicago Police Department
  8th District – Community Policing Senior Citizen Officer

- Minnie Tenort
  Public Safety Officer – Chicago Fire Department

- Coralyn Hudik
  Senior Services Officer Ret. – Chicago Police Department

Thursday, August 9, 2018
12:00 noon – 1:30 p.m.

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

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

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

When a Mental Illness Requires Protective Care

Topics to Include:

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

SPEAKERS:

Hon. Maureen Kirby-Ward
Presiding Judge County Division
Circuit Court of Cook County

Alexa James
NAMI-Chicago

Thursday, August 23, 2018
12:00 noon – 1:30 p.m.

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

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

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

This Place Seems Nice: Adult Day Care Services

Topics to Include:
- Types of adult day care services
- How to choose the right service for your needs
- Payment options

SPEAKERS:

Winnie Lam – Education Chair
Illinois Adult Day Service Association
Chinese American Service League

Carolyn Hicks
Executive Director
Renaissance Adult Day Services, Inc.

Elizabeth Cagan – Executive Director
White Crane Wellness Center

Thursday, September 6, 2018
12:00 noon – 1:30 p.m.

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

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

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

Empowering Nursing Home Residents

Topics to Include:
- Nursing home residents’ rights
- Common problems residents encounter and resolutions
- The Illinois Department of Public Health’s role as a regulator
- Investigation and reporting procedures

SPEAKERS:  
Bernard Cobbins, Jr.  
Regional Ombudsman, Chicago  
Illinois Association of Long Term Care Ombudsmen - President  
Chicago Department of Family and Support Services

Michelle Millard  
Special Investigation Unit, Illinois Department of Public Health

Thursday, September 20, 2018
12:00 noon – 1:30 p.m.

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

TO REGISTER CONTACT:  
The Circuit Court of Cook County Elder Justice Center  
(312) 603-9233
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 occur 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
PRESENTS:
RICK STONE: THE BLUES MAN

If you love the blues then you’re going to love Rick Stone the Blues Man! Join Ricky and his regulars, Dwight Neal, Theo Huff, Rhonda Preston, Cynthia Carter, Kelvin Davis and Lamont Harris, as they tear the house down singing the blues made famous by the greatest blues artists of all time like; B.B. King, Bobby Blue Bland, KoKo Taylor, Johnnie Taylor, Etta James, Taj Mahal, Fleetwood Mack and Buddy Guy just to name a few. Of course, Ricky and Dwight will perform their famous Muddy Waters and Howlin Wolf song battle and there is always a surprise guest who will take the stage.

AT THE BLACK ENSEMBLE THEATER

Thursday, July 26, 2018 @ 10:00 AM
B.E.T. Theater - 4450 N. Clark Street, Chicago, IL 60640
Cost: $35.00 includes show and transportation.


Rahm Emanuel, Mayor
City of Chicago

Lisa Morrison-Butler
DFSS Commissioner
CITY OF CHICAGO

SENIORFEST 2018

**AT MILLENNIUM PARK**

Chicago residents age 60 and better—Come and enjoy the fun!
- Picnic Lunch
- Flu Shots / Health Screenings
- Senior Resource Fair
- Dancing
- Raffle Prizes & Bingo
- And More

Thursday, Sept. 13, 2018 • 9:00 a.m. – 2:00 p.m.
Millennium Park • Michigan Ave. at Washington St.

(Drop off location: the park’s north entrance on Randolph Drive between Michigan Avenue and Columbus Drive.)

Tickets are free and available by visiting any one of the City’s 21 Senior Centers. For more information, call 312.744.4016.
Chicago Department of Family & Support Services
Along with
The Westside Coalition for Seniors

26th Annual Senior Prom

Thursday, November 15, 2018
11:00 a.m. until 4:00 p.m.
Hyatt Regency at McCormick Place
2233 South Dr. King Drive
Cost $50.00
For More Information, Please Contact
Mary Futrell (773)742 – 4455

Rahm Emanuel,
Mayor

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

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

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

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

## WELLNESS NURSE

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

## SOCIAL WORKER

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

## DIETITIAN

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

## PHARMACIST

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

NURSE PRESENTATIONS

**Thyroid Diseases: Get the Facts**
Thyroid diseases, such as hyperthyroidism and hypothyroidism, can produce symptoms that are common in a variety of illnesses and there is lack of consensus in the medical community on thyroid disease screening. Come to this session to learn the facts about these diseases and also how to talk to your doctor about being evaluated.

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

DIETITIAN PRESENTATIONS

**Got Milk? De-Coding Dairy-Free Milk Products**
If you walk down the milk aisle in any grocery store, you will find a plethora of milk and non-dairy milk alternative products to choose from. There is coconut milk, soy milk, and nut milks, just to name a few. Certain non-dairy milk products work better in recipes. Learn the advantages of non-dairy milk and how to incorporate it into your diet.

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

PHARMACIST PRESENTATIONS

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

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

*Note: change in regular schedule*
AUGUST PRESENTATIONS

NURSE PRESENTATIONS

Learning the Signs of Infection
The diagnosis of infection can be challenging, yet early diagnosis and treatment is imperative in older adults. Attend this session to learn what signs and symptoms should prompt you to make an appointment with your doctor.

Central West  Thursday  August 9  10:00 – 11:00 A.M.
Northeast  Thursday  August 9  9:30 – 10:15 A.M.
Northwest  Tuesday  August 14  9:30 – 10:15 A.M.
Southeast  Tuesday  August 21  9:30 – 10:30 A.M.
Southwest  Tuesday  August 28  10:15 – 11:00 A.M.
Renaissance Court  Monday  August 6  10:30 – 11:30 A.M.

DIETITIAN PRESENTATIONS

Preventing and Fighting Infections with Food
Good nutrition is crucial in fighting any type of infection. Learn the role calories and lean body mass make in maintaining a good immune system. We will also discuss foods that can act as natural decongestants when you have a cold.

Central West  Thursday  August 2  10:00 - 11:00 A.M.
Northeast  Friday  August 10  1:00 - 2:00 P.M.
Northwest  Monday  August 27  11:00 A.M. - 1:00 P.M.
Southeast  Friday  August 17*  10:00 - 11:00 A.M.
Southwest  Monday  August 27*  10:00 - 11:00 A.M.
Renaissance Court  Tuesday  August 14  3:00 - 4:00 P.M.

PHARMACIST PRESENTATIONS

Infections Common in Older Adults
Infection can be a major cause of illness in 40% of those ≥65 years old, and it may contribute to complications, hospitalization, and death in many cases. Pneumonia and other respiratory infections, skin infections and urinary tract infections are common among all older Medicare patients. This session, will focus on the role of targeted vaccinations and the appropriate use of antibiotic therapies in the management of common infections seen in the older adult.

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

- Note: change in regular schedule
Preventing and Treating Liver Disease
Any time your liver is prevented from doing its job, your life is at risk. Cirrhosis occurs when scar tissue replaces healthy liver tissue, which keeps the liver from working normally. It can be caused by many diseases, including hepatitis. Attend this session to learn how to prevent disease from hurting your liver.

Central West  Thursday  September 13  10:00 - 11:00 A.M.
Northeast  Thursday  September 13  9:30 - 10:15 A.M.
Northwest  Tuesday  September 11  9:30 - 10:15 A.M.
Southeast  Tuesday  September 14  9:30 - 10:30 A.M.
Southwest  Tuesday  September 18*  10:15 - 11:00 A.M.
Renaissance Court  Monday  September 10*  10:30 - 11:30 A.M.

Healthy Eating for a Healthy Liver
Abstaining from alcohol is an easy way to protect your liver. However, what you eat and weigh can also be important factors in the health of your liver. Learn how your diet affects your liver and ways to improve your diet when living with hepatitis, cirrhosis of the liver, and other liver diseases.

Central West  Thursday  September 6  10:00 - 11:00 A.M.
Northeast  Friday  September 14  1:00 - 2:00 P.M.
Northwest  Monday  September 24  11:00 A.M. - 1:00 P.M.
Southeast  Friday  September 14  10:00 - 11:00 A.M.
Southwest  Monday  September 17  10 - 11:00 A.M.
Renaissance Court  Tuesday  September 11  3:00 - 4:00 P.M.

Liver Cirrhosis and Hepatitis – Protect Your Liver and Your Liver Will Protect YOU!
The liver undergoes several changes as you age that often go unnoticed on their own. However, liver diseases are not rare and are becoming more common in the older adult. The older liver is more susceptible to drugs and other toxins. In this session, the pharmacist will review the function of the liver, common liver conditions and possible treatments as well as discuss the role of the liver and medication safety.

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

* Note: change in regular schedule
WELLNESS TEAM

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

SOCIAL WORKER: Mary Ellen Withers, LCSW
Second, Third, Fourth Thursdays, 9:00 A.M. - 12:00 P.M.

PHARMACIST: Beatrice Drambarean, PharmD
Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (July 24, August 28, September 25)

DIETITIAN: Jim Coogan, RD, LDN
Second Fridays, 1:00 P.M. - 3:00 P.M. (July 13, August 10, September 14)

BLOOD PRESSURE SCREENING
First Thursdays, 9:00 A.M. - 12:00 P.M. (July 5, August 2, September 6)

SUPPORT GROUPS

HEALTH MATTERS
Third Thursdays, 9:30 - 10:15 A.M.
- Join this group to discuss relevant health topics and to share your experiences among peers.
  - Share a little or share a lot – it is up to you! This is an open group, so you are welcome to attend at any time.
  - July 19
  - August 16
  - September 20

FOOD 4 THOUGHT
Second, Third, Fourth Thursdays, 10:00 - 11:00 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
Northwest (Copernicus) Regional Center
Wellness Schedule

WELLNESS TEAM

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

SOCIAL WORKER: Enid Fefer, LCSW
Wednesdays, 8:30 A.M. - 11:30 A.M. (Except July 4, August 1 & 29, September 19)

PHARMACIST: James Lee, PharmD
Third Fridays, 9:00 A.M. - 12:00 P.M. (July 20, August 17, September 21)

DIETITIAN: Heather Ritter, MS, RDN
Last Mondays, 11:00 A.M. – 1:00 P.M. (July 30, August 27, September 24)

BLOOD PRESSURE SCREENING
First Tuesdays, 9:00 A.M. - 12:00 P.M. (July 3, August 7, September 4)

SUPPORT GROUPS

HEALTH MATTERS
Third Tuesdays, 9:30 - 10:15 A.M.
- Join this group to discuss relevant health topics and to share your experiences among peers. Share a little or share a lot – it is up to you! This is an open group, so you are welcome to attend at any time.
  - July 17
  - August 21
  - September 18

TOO MUCH ON YOUR PLATE?
Wednesdays, 10:15 - 11:15 A.M. (Except July 4, August 1 & 29, September 19)
Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

* Note: change in regular schedule
Renaissance Court
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE: Phyllis Reynolds, MSN, APN/CNP
Mondays, 10:00 A.M. - 1:00 P.M. (Except July 16 & 30, August 27, September 3)

SOCIAL WORKER: Enid Fefer, LCSW
Mondays, 1:00 - 4:00 P.M. (Except July 2 & 30, August 27, September 3)

PHARMACIST: Erika Hellenbart, PharmD
Fourth Thursdays, 12:00 - 3:00 P.M. (July 26, August 23, September 27)

DIETITIAN: Jim Coogan, RD, LDN
Second Tuesdays, 3:00 P.M. - 4:00 P.M. (July 10, August 14, September 11)

BLOOD PRESSURE SCREENING
Second Mondays, 10:30 A.M. - 12:30 P.M. (July 9, August 13, September 17*)

SUPPORT GROUPS

HEALTH MATTERS
Fourth Mondays, 10:30 - 11:30 A.M.
- Join this group to discuss relevant health topics and to share your experiences among peers.
  Share a little or share a lot – it is up to you! This is an open group, so you are welcome to
  attend at any time.
  - July 23
  - August 20*
  - September 24

BALANCING YOUR LIFE
Mondays, 2:00 - 3:00 P.M. (Except July 2 & 30, August 27, September 3)
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  *(NO Nurse September 27)*
Every Thursday, 8:15 A.M. - 12:15 P.M.
August 2* (8:15A.M-10:00A.M)

**SOCIAL WORKER:** Jeaneane Quinn, LSW
First and Third Tuesdays, 9:30 – 11:30 A.M.
July 3 and 17 August 7 and 21, September 4 and 18

**PHARMACIST:** Michele Martin, PharmD
Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.
July 24, August 28, September 25

**DIETITIAN:** Kristin Gustashaw, MS, RD, CSG
First Thursdays, 9:30 – 11:30 A.M.
July 5, August 2, and September 6

**BLOOD PRESSURE SCREENING**
First Thursdays, 8:30 - 9:30 A.M.
July 5, August 2, September 6

**SUPPORT GROUPS**

**STILL GOING STRONG (NURSE)**
Third Thursdays, 10:00 - 11:00 A.M.
July 19, August 16, and September 20
This group uses a prayer-focused environment to support one another in dealing with contemporary issues of aging.

**Stroke Warrior Program (NURSE)**
This program raises stroke awareness and gives individuals a fighting chance to survive stroke if symptoms arise. The program is four one hour interactive sessions focusing on risk factors, prevention, treatment, and what actions to take if someone experiences stroke symptoms. Start date is early October, check with the center for specific dates and times.

**Group Discussion with Social Worker about Various Educational Topics (SOCIAL WORKER)**
First and Third Tuesdays – 10:30 – 11:30 A.M.
July 3 and 17 August 7 and 21, September 4 and 18
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.

SOCIAL WORKER: Daniela Mitchem, MSW, LCSW
First and Third Mondays, 9:30 – 11:30 A.M.
July 2 and 16 August 6 and 20, September 3 and 17

PHARMACIST: Amina Gassam, PharmD
First Thursdays, 9:30 - 11:30 A.M.
July 5, August 2, September 6

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
Second Fridays, 9:30 - 11:30 A.M. (Both Kristin Gustashaw and Sharon Williams (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)
July 13, August 17*, and September 14

BLOOD PRESSURE SCREENING
First and Fourth Tuesdays, 10:30- 11:30 A.M.
July 3 and 24, August 7 and 28, and September 4 and 25

SUPPORT GROUPS

WHAT’S ON YOUR PLATE? (SOCIAL WORKER)
First and Third Mondays, 10:00 – 11:00 A.M.
July 2 and 16, August 6 and 20, September 3 and 17
This group helps people cope with everyday events.
Southwest Regional Center
Wellness Schedule

WELLNESS TEAM

WELLNESS NURSE:
Cindy Nissen MSN, CWCN (NO NURSE on SEPTEMBER 25)
Every Tuesday, 8:30 A.M. – 12:30 P.M.

SOCIAL WORKER: Jeaneane Quinn, LSW
First and Third Thursdays, 9:00 A.M – 11:00 A.M.
July 5 and 19, August 2 and 16, September 6 and 20

PHARMACIST: Aimee Chevalier, PharmD
Third Thursdays, 10:00 A.M. - 12:00 P.M.
July 19, August 16, September 20

DIETITIAN: Kristin Gustashaw, MS, RD, CSG
Third Mondays, 9:30 - 11:30 A.M. (Both Kristin Gustashaw and Sharon Williams (Diet Technician) will provide on site and appointment nutritional consultations before or after the health talk. Additional appointment times available as possible.)
July 16, August 27*, and September 17

BLOOD PRESSURE SCREENING
Tuesdays, 9:00 A.M.–12:00 P.M.
July 3, August 7, and September 4
Remember to bring your blood pressure card

SUPPORT AND WEIGHT LOSS GROUPS

WE’LL EAT BETTER...TOGETHER SUPPORT GROUP (NURSE)
Tuesdays, July 10 and August 14 only at 10:15 am
- A support group for older adults to share tips and tricks for healthier eating to maintain, gain, or lose a few pounds.

RELAX AND RENEW (NURSE)
Third Tuesdays, July 17, August 21 and September 11* at 10:15 am
- Explore a variety of relaxation techniques with your Wellness Nurse for the health of it!

LOOK & LEARN: BOOKS CAN CHANGE YOUR LIFE
Tuesday, July 31 at 10:15 A.M
At this program, we will chat about the book, The Blue Zones by Dan Buettner tells the story of people around the world who are living the longest and living well. Learn the secrets of their successful aging and see which of their tips you can include in your lifestyle.

Bi-Monthly Group Discussion with Social Worker/Various topics (SOCIAL WORKER)
First and Third Thursdays, 10:00 – 11:00 A.M.
(First Thursday of the month in English/Third Thursday of the month in Spanish)
July 5 and 19, August 2 and 16, September 6 and 20
What Does “Healthy Eating” Mean?

According to the Dietary Guidelines for Americans, a healthy diet:

- Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- Balances the calories you take in from food and beverages with the calories burned through physical activity to maintain a healthy weight.

Here are some tips to help you meet the guidelines:

- Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.
- Include foods that contain fiber such as fruits, vegetables, beans, and whole-grains.
- Eat lean cuts of meat and poultry. Trim away excess fat and remove skin from poultry before cooking.
- Pay attention to portion sizes, especially at restaurants. Smaller portions equal fewer calories.
- Season your food with lemon juice, herbs, and spices, rather than using butter and salt.
- Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled, rather than fried.
- When eating out, select a dish from the menu, rather than getting your money’s worth at the all-you-can-eat buffet.

Quick Tip

Getting enough fluids each day is important. Did you know that beverages aren’t the only way to get valuable fluids? Fruits and vegetables help, too!

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for healthy eating.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.
Overcoming Roadblocks to Healthy Eating

Sometimes it’s hard to make smart food choices. Here are some suggestions from Go4Life to help you overcome barriers to healthy eating.

Does food taste different? Your sense of taste or smell can change with age. Medication side effects and other things also can affect these senses. Try using lemon juice, vinegar, or herbs to boost the flavor. Ask your doctor whether your medications affect taste and about food and drug interactions.

Do you have problems chewing food? People who have problems with their teeth or dentures often avoid eating meat, fruits, or vegetables and might miss out on important nutrients. If you’re having trouble chewing, see your dentist to check for problems. If you wear dentures, ask your dentist to check how they fit.

Is it sometimes hard to swallow food? If food gets stuck in your throat, less saliva in your mouth might be the culprit. Drinking plenty of liquids with your meal might help. Talk to your doctor about the problem.

Are you just not hungry? Try being more active. In addition to the other benefits of exercise, it may make you hungrier. Lack of appetite sometimes is a side effect of medication—you might be able to suggest a different drug. If food just isn’t appealing, vary the shape, color, and texture. Look for a new vegetable, fruit, or seafood you haven’t tried before.

Are you tired of cooking or eating alone? Try cooking with a friend to make a meal you can enjoy together. Look into eating at a nearby senior center, community center, or religious facility. You’ll enjoy a free or low-cost meal and have some company while you eat.

Quick Tip
For more ideas on healthy eating, read What’s on Your Plate? Smart Food Choices for Healthy Aging. www.nia.nih.gov/health

VISIT
www.nia.nih.gov/Go4Life
• Find tips for adding physical activity to your day.
• Print useful tools.
• Share your exercise story.
Older Adult Community Market
Free fresh fruit, vegetables and non-perishable groceries

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

WHO
Ages 60+

<table>
<thead>
<tr>
<th>CENTER LOCATIONS</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austin Senior Center</td>
<td>July 3 and 17, 2018</td>
<td>10:00 a.m. to 12:30 p.m.</td>
</tr>
<tr>
<td>5071 W. Congress Parkway</td>
<td>August 7 and 21, 2018</td>
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<tr>
<td></td>
<td>September 4 and 18, 2018</td>
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<tr>
<td>Levy Senior Center</td>
<td>July 3 and 17, 2018</td>
<td>12:30 to 1:30 p.m.</td>
</tr>
<tr>
<td>2019 W. Lawrence Avenue</td>
<td>August 7 and 21, 2018</td>
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<tr>
<td></td>
<td>September 4 and 18, 2018</td>
<td></td>
</tr>
<tr>
<td>Northwest Senior Center</td>
<td>July 18, 2018</td>
<td>12:30 to 2:30 p.m.</td>
</tr>
<tr>
<td>3160 N. Milwaukee Avenue</td>
<td>August 8 and 22, 2018</td>
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<tr>
<td></td>
<td>September 5 and 19, 2018</td>
<td></td>
</tr>
<tr>
<td>Atlas Senior Center</td>
<td>July 18, 2018</td>
<td>1:00 to 2:00 p.m.</td>
</tr>
<tr>
<td>1767 E. 79th Street</td>
<td>August 8 and 22, 2018</td>
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</tr>
<tr>
<td></td>
<td>September 5 and 19, 2018</td>
<td></td>
</tr>
<tr>
<td>Southwest Senior Center</td>
<td>July 3 and 17, 2018</td>
<td>1:00 to 2:00 p.m.</td>
</tr>
<tr>
<td>6117 S. Kedzie Avenue</td>
<td>August 7 and 21, 2018</td>
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<tr>
<td></td>
<td>September 4 and 18, 2018</td>
<td></td>
</tr>
<tr>
<td>Englewood Satellite Center</td>
<td>July 5 and 19, 2018</td>
<td>12:30 to 1:30 p.m.</td>
</tr>
<tr>
<td>653-657 W. 63rd Street</td>
<td>August 9 and 23, 2018</td>
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<tr>
<td></td>
<td>September 6 and 20, 2018</td>
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</table>

For more information about additional food resources in our community, please contact the Greater Chicago Food Depository at 773-247-FOOD or visit their website at chicagosfoodbank.org
Influenza (the flu) is a serious illness, especially for older adults.

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

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

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

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

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

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

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

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

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

For more information, visit:  
www.cdc.gov/flu
or call 1-800-CDC-INFO
Flu shots are safe and do not cause the flu.

FACT: The side effects of flu shots are mild when compared to the disease itself.

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired.

The high dose and adjuvanted flu vaccines may result in more of the mild side effects that can occur with standard-dose seasonal shots.

Long-term medical conditions also can put you at high risk for serious flu complications.

FACT: The flu can make long-term health problems worse, even if they are well managed.

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common long-term medical conditions that place people at high risk of serious flu complications. It is particularly important that all adults with these or other chronic medical conditions receive a flu vaccine every year.

FACT: There are prescription drugs that can treat influenza virus infections. People 65 and older should be treated with influenza antiviral drugs if they get the flu.

If you have flu symptoms--even if you have already had a flu shot--call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat the flu and lessen the chance of serious illness. These medicines work better the sooner they are started. If you have any or all of the following symptoms, you might have the flu and should call your health care provider and tell them about your symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It’s very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at high risk of serious flu complications, like people 65 and older.

Take control of your health and fight the flu this season with an annual flu vaccine.
Talk to your health care provider about getting a flu shot.
For more information about the flu or the vaccine, call 1-800-CDC-INFO or visit http://www.cdc.gov/flu/.
<table>
<thead>
<tr>
<th>Site Name</th>
<th>Date</th>
<th>Location</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Abbott Park Satellite</td>
<td>Thursday, October 11, 2018</td>
<td>49 E. 95th St. 60619</td>
<td>312-745-3493</td>
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<tr>
<td>Austin Satellite</td>
<td>Wednesday, October 10, 2018</td>
<td>5071 W. Congress Pkwy. 60644</td>
<td>312-743-1538</td>
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<tr>
<td>Northwest Regional Center</td>
<td>Friday, October 12, 2018</td>
<td>3160 N. Milwaukee Ave. 60618</td>
<td>312-744-6681</td>
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<tr>
<td>Kelvyn Park Satellite</td>
<td>Thursday, October 4, 2018</td>
<td>2715 North Cicero Ave. 60639</td>
<td>312-744-3350</td>
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<td>Englewood Satellite</td>
<td>Thursday, October 25, 2018</td>
<td>653-657 W. 63rd St. 60621</td>
<td>312-745-3328</td>
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<td>Auburn Gresham Satellite</td>
<td>Tuesday, September 25, 2018</td>
<td>1040 W. 79th St. 60620</td>
<td>312-745-4797</td>
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<td>Northeast Regional Center</td>
<td>Wednesday, October 24, 2018</td>
<td>2019 West Lawrence, 60625</td>
<td>312-744-0784</td>
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<td>Southeast Regional Center</td>
<td>Wednesday, October 24, 2018</td>
<td>1767 E. 79th St. 60649</td>
<td>312-747-0189</td>
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<td>Roseland Satellite</td>
<td>Thursday, October 4, 2018</td>
<td>10426 South Michigan, 60628</td>
<td>312-745-1500</td>
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<td>Garfield Ridge Satellite</td>
<td>Thursday, October 4, 2018</td>
<td>5674-B S. Archer Ave. 60638</td>
<td>312-745-4255</td>
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<td>Chatham Satellite</td>
<td>Wednesday, September 26, 2018</td>
<td>8300 S. Cottage Grove 60619</td>
<td>312-745-0401</td>
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<td>North Center Satellite</td>
<td>Wednesday, October 10, 2018</td>
<td>4040 N. Oakley Ave. 60618</td>
<td>312-744-4015</td>
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<td>West Town Satellite Center</td>
<td>Wednesday, October 17, 2018</td>
<td>1613 West Chicago Ave. 60622</td>
<td>312-743-1016</td>
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<tr>
<td>Norwood Park Satellite</td>
<td>Tuesday, October 2, 2018</td>
<td>5801 N. Natoma 60631</td>
<td>773-775-6071</td>
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<tr>
<td>South Chicago Satellite</td>
<td>Thursday, October 18, 2018</td>
<td>9233 South Burley Ave. 60617</td>
<td>312-745-1282</td>
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<td>Renaissance Court</td>
<td>Tuesday, October 23, 2018</td>
<td>78 East Washington, 60602</td>
<td>312-744-4550</td>
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<tr>
<td>Edgewater Satellite</td>
<td>Thursday October 4, 2018</td>
<td>5917 North Broadway, 60660</td>
<td>312-742-5323</td>
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<td>Portage Park Satellite</td>
<td>Thursday, October 11, 2018</td>
<td>4100 N. Long Ave. 60641</td>
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<td>Central West Regional Center</td>
<td>Wednesday, October 16, 2018</td>
<td>2102 West Odgen, 60612</td>
<td>312-746-5300</td>
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<td>Southwest Regional Center</td>
<td>Tuesday, October 22, 2018</td>
<td>6117 South Kedzie, 60629</td>
<td>312-747-0440</td>
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### Group Exercise Classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>9:00 AM</td>
<td>SFP</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Yoga</td>
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<tr>
<td>Thursday</td>
<td>9:00 AM</td>
<td>SFP</td>
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### Fitness Center Training Hours

<table>
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<tr>
<td>Tuesday</td>
<td>9:45 - 10:15 AM</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:45 - 10:15 AM</td>
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### Northeast (Levy) 2019 W. Lawrence Avenue 60625

<table>
<thead>
<tr>
<th>Day</th>
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<th>Class</th>
<th>Day</th>
<th>Hours</th>
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<tr>
<td>Monday</td>
<td>10:00 AM</td>
<td>Arthritis</td>
<td>Monday</td>
<td>9:00 - 10:00 AM</td>
<td>11:00 AM - 1:00 PM</td>
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<tr>
<td>Monday</td>
<td>1:30 PM</td>
<td>Fit &amp; Strong</td>
<td>Tuesday</td>
<td>11:30 AM - 2:00 PM</td>
<td>3:00 - 4:00 PM</td>
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<tr>
<td>Tuesday</td>
<td>2:00 PM</td>
<td>SFP</td>
<td>Wednesday</td>
<td>9:00 - 10:00 AM</td>
<td>11:00 AM - 1:00 PM</td>
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<tr>
<td>Wednesday</td>
<td>1:30 PM</td>
<td>Fit &amp; Strong</td>
<td>Thursday</td>
<td>11:30 AM - 2:30 PM</td>
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<tr>
<td>Thursday</td>
<td>10:15 AM</td>
<td>SFP</td>
<td>Friday</td>
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<tr>
<td>Saturday</td>
<td>9:15 AM</td>
<td>Aerobics</td>
<td>Saturday</td>
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### Northwest (Copernicus) 3160 N. Milwaukee Avenue 60618

<table>
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<tr>
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# CHICAGO FITNESS PLUS
## Winter 2018
### Regional Centers

### RENAISSANCE COURT 78 E. Washington Street 60602

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### SOUTHEAST (ATLAS) 1767 E. 79th Street 60649

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### FITNESS CENTER TRAINING HOURS

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### AUSTIN  5071 W. Congress Parkway 60644

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### CHATHAM  8300 S. Cottage Grove Avenue 60619

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# CHICAGO FITNESS PLUS
## Summer 2018
### Satellite Centers

## EDGEBEATER 5917 N. Broadway Street 60660

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### PILSEN  2021 S. Morgan Avenue 60608

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**GROUP EXERCISE CLASSES**

**FITNESS CENTER TRAINING HOURS**

### PORTAGE PARK  4100 N. Long Avenue 60641

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### ROSELAND  10426 S. Michigan Avenue 60628

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<td>Wednesday</td>
<td>9:30 AM</td>
<td>Zumba</td>
<td>Wednesday</td>
<td>9:00 AM - 9:30 AM</td>
<td>10:30 AM - 11 AM</td>
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<tr>
<td>Thursday</td>
<td>9:15 AM</td>
<td>Yoga</td>
<td>Thursday</td>
<td>11:15 AM - 1:00 PM</td>
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<tr>
<td>Thursday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
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### WEST TOWN  1613 W. Chicago Avenue 60622

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Day</th>
<th>Hours</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:30 AM</td>
<td>Weights</td>
<td>Monday</td>
<td>9:00 AM - 9:30 AM</td>
<td>10:30 AM - 11 AM</td>
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<tr>
<td>Tuesday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
<td>Tuesday</td>
<td>9:00 AM - 1:00 PM</td>
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<tr>
<td>Wednesday</td>
<td>9:30 AM</td>
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<tr>
<td>Thursday</td>
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<td>Yoga</td>
<td>Thursday</td>
<td>11:15 AM - 1:00 PM</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>10:30 AM</td>
<td>Fitness Plus</td>
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</tr>
</tbody>
</table>
Come to the Central West Regional Senior Center and meet old friends, make new friends and become a part of the Central West family!

**SPECIAL EVENTS & PROGRAMS**

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

**CENTRAL WEST BOOK CLUB**
3rd Mondays, July 16th; August 20th; September 17th  
1:00 p.m.
Come and join the Central West’s monthly book club discussion. We have wonderful selections, great company and even better discussion. This quarter our selections include: The Last Black Unicorn By Tiffany Haddish (July Book), The Partner By John Grisham (August Book) and The Sunshine Sisters By Jane Green (September Book).

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

**CLASSES**

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

**YOGA**
Wednesdays,  
10:00 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, our computer instructor leads beginning and intermediate computer class for seniors who would like to learn how to access the internet and send email. If you are interested in keeping up with technology, you need to register to attend this class. Call (312)746-5300 to register today. **WILL RESUME AUGUST 1, 2018**
CROCHETING
Wednesdays,
12:00 p.m. - 2:00 p.m.
Johnetta Philpotts, our volunteer is now teaching seniors how to crochet. The class will cover basic stitches and techniques. The class is FREE, but you must provide your own supplies.

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

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

ZUMBA
Fridays,
10:15 a.m. - 11:15 a.m.
Victor Monterroso - Instructor
Zumba is an aerobic workout of Latin and other cultural rhythms, with simple to follow instructions. Come and join us in this new exercise program which will quicken your 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 EVENT
TRASH –N-TREASURE
Friday,
July 20, 2018
10:00 a.m. - 2:00 p.m.
Call to become a vendor (312)745-5300 and come browse from table to table to find wonderful bargains.

WHITE OUT DANCE
Friday,
August 24, 2018
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. Suggested Donation: $5.00

BLACK OUT DANCE
Friday,
September 21, 2018
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. Suggested Donation: $5.00

WESTSIDE COALITION FOR SENIORS AND CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES
26th ANNUAL SENIOR PROM
Thursday, November 15, 2018
11:00 a.m. UNTIL 4:00 p.m.
26th Annual Senior Prom tickets will be available on Monday, July 1, 2018. Make sure you get your ticket(s) for this event. Ticket cost is $50.00.

EMPOWERMENT SESSION
Every 4th Thursday
10:00 a.m. - 11:30 a.m.
Every 4th Thursday of the month an empowerment session will be held at 10:00. These sessions will review, discuss, and offer resources specific to senior needs.
# Central West Satellite Centers
## Program Highlights

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>SACCC / AUSTIN VIC SENIOR FORUM</td>
<td>Attendees will be given important information regarding current issue of concerns. SACCC &amp; the Austin Satellite Village meets the second Wednesday of each month from 10:00 a.m. - 12:00 p.m. Lunch will be available for participants.</td>
</tr>
<tr>
<td>LINE DANCE CLASS</td>
<td>Put on your dancing shoes and join us on the Austin Dance Floor. You are sure to have a good time. All are welcome.</td>
</tr>
<tr>
<td>CHAIR YOGA</td>
<td>Come join us at our newest class offering, Chair Yoga. In this class you will have a MIND, BODY, and soul experience. What’s stopping you from giving this a try.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGE-FRIENDLY VILLAGE MEETING</td>
<td>Come join us every 2nd Wednesday of the month to give your input and to volunteer to assist older persons in the community. Guest speakers, lunch, activities, and information on community resources are available at the meetings.</td>
</tr>
<tr>
<td>STAR SPANGLED LOTERIA</td>
<td>Join us for a friendly game of Mexican ‘bingo’ we’ll have fun prizes. Provided at no cost to participants.</td>
</tr>
<tr>
<td>FIESTAS PATRIAS</td>
<td>Join us for a special celebration kicking off Hispanic Heritage Month. This celebration of Mexican independence day will feature music, dancing and traditional Mexican snacks. The event is free but you must call (312) 743-0493 to register.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMERICAN MUSIC EXTRAVAGANZA</td>
<td>For fans of the 50’s music rock and roll era. Join our DH who will be playing music of the 50’s for dancing and karaoke. Special Guest: Elvis! Hugo’s Special Tribute will entertain you with the King of Rock and Roll classics. Refreshments will be served. Free.</td>
</tr>
<tr>
<td>INDEPENDENCE DAY CELEBRATION</td>
<td>Join us as we present to you the traditional dress of the Latin American countries along with a traditional dish. This Independence celebration will feature dance and music by DJ Harold Hall. Refreshments will be served. Free.</td>
</tr>
</tbody>
</table>

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

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

LUAU PARTY!!!  
Thursday, July 5, 2018  
1:00 p.m. - 3:00 p.m.  
“Aloha” Come one come all! Dance the afternoon away to Hawaiian Island music with Frances and Norm of Dancemates while they teach several easy-to-learn Hula dances! Refreshments served - FREE!!!

ICE CREAM SOCIAL  
Thursday, August 16, 2018  
1:00 p.m. – 3:00 p.m.  
Join us for our annual Ice Cream Social. Enjoy an afternoon of dancing to the vibrant sounds of DJ Chico. Refreshments served – FREE.

SUMMER SIDEWALK SALES  
Saturday- August 18, 2018  
Friday – September 14, 2019  
9:00 a.m. - 3:30 p.m.  
Reserve a space for $15.00 ASAP. Attendees must bring their own table/chair and prepared items to sell at our sidewalk sale. For more info call Alicia Henry 312 - 742-2620

BINGO – BINGO – BINGO  
Thursday, July 12th  
10:00 a.m. - 11:30 a.m.  
Friday, July 20th  
9:30 a.m. - 11:00 a.m.  
Stop by for a quick game of Bingo with Meals on Wheels volunteers great prizes and fun people!

CLASSES

AARP DRIVER SAFETY  
Thursday, July 19th & Friday, July 20th  
Thursday, Sept. 13th & Friday, Sept. 14th  
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, July 16th &  
Monday, September 17th  
12:30 p.m. – 2:30 p.m. FREE
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.

**BELLY DANCE**
Thursdays, 1:00 p.m. – 2:00 p.m.
**Instructor:** Dianne Hodges

Belly dancing is a lifelong ancient fitness alternative designed to enhance and improve your health. Dianne will teach you balance, core strength, breathing techniques and much more!
**Suggested Donation:** $1

**ZUMBA FITNESS GOLD**
Tuesdays & Saturdays
10:00 a.m. - 11:00 a.m. **Suggested Donation:** $1.00
**Instructor:** Mari Jane Dare

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

**VIBE (Visualize, Imagine, Breathe & Energize) - FREE**
Fridays 12:30 p.m. – 1:30 p.m.
**Instructor:** Bonnie Pobgee

VIBE is an interactive mind and body class designed to relieve fear, anxiety and depression through yoga breathing, creative imagery, 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
**Suggested Donation:** $1.00

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

**BASIC LINE DANCE**
Tuesdays, 1:00 p.m. – 2:00 p.m.
**Instructor:** Georgia Griffin

Let Georgia guide you through the basics of line dancing via music and organized group choreography. Don’t be afraid...this class is for the movers and shakers.
**Suggested Donation:** $1.00

**YOGA FIT W/ Bonnie**
Wednesdays, 12:30 p.m. – 1:30 p.m.

Explore body alignment and deep breathing while developing strength, flexibility, and balance in a supportive environment. This class is FREE... come with your Yoga mat.

**SPANISH CLASS**
Wednesdays 2:00 p.m. - 3:30 p.m.
**Instructor:** Sandy Gooden

Join conversational Spanish level I & II.

**ARTS w/ VIVIAN**
Fridays, 9:30 – 10:30 a.m.
**Instructor:** Vivian Visser

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

**CHOICE MARKET FOR OLDER ADULTS (Greater Chicago Food Depository) Food Pantry**
Tuesdays- 12:30 p.m.
*(Early arrival is suggested!)*
July 3rd & 17th, August 7th & 21st, and September 4th & 18th

**KARAOKE**
Tuesdays, 12:30 p.m. – 3:30 p.m.
**Suggested Donation:** $1.00

Learn how to improve your vocal chords and memory at the same time, when you sing all the best songs both in English and Spanish.

**COMPUTER CLASSES:**
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 312-744-0784.*

**LATIN & SWING DANCE LESSONS**
Saturdays, 12:30 p.m. – 1:30 p.m.
**Instructor:** Norman

Come learn instructional dance with a Latin flare!
<table>
<thead>
<tr>
<th>Edgewater Satellite Center</th>
<th>5917 North Broadway, 60660</th>
<th>(312) 742-5323</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUMMER HEALTH TIPS</strong></td>
<td>The Edgewater Senior Village is sponsoring this seminar from the Loyola Community Nursing Center: 1. What is the Mediterranean Diet? What are the benefits? 2. The Secret to Beautiful Skin. 3. The Short Story About Longevity. These seminars from Loyola University are always a fan favorite.</td>
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</tr>
<tr>
<td>Mondays, July 9, 16 &amp; 23</td>
<td>12:30 p.m. to 1:30 p.m.</td>
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<tr>
<td><strong>BRIDGE IN JULY &amp; AUGUST</strong></td>
<td>Love to play Bridge, but don’t have a place to go? Look no further. Three days a week this summer you can sharpen your bridge skills, make new friends and relax in a fun and comfortable environment. Coffee and snacks are always on hand. The cost is just $1 to play on Tuesdays and Thursdays and $5 on Fridays. Want to learn to play? Lessons are $10 each and are given Fridays from 11:45 a.m. to 12:45 p.m.</td>
<td></td>
</tr>
<tr>
<td>Every Tuesday &amp; Thursday</td>
<td>12:00 p.m. to 3:00 p.m. &amp; Every Friday,</td>
<td>12:45 p.m. – 3:45 p.m.</td>
</tr>
<tr>
<td><strong>NORMAL SCHEDULING RETURNS IN SEPTEMBER</strong></td>
<td>Welcome Back. Summer Camp is over, the kids are back in school, and our schedule is back to normal. Badminton returns on Mondays, Wednesdays and Fridays. Chair Yoga is back to Monday afternoons in a bigger space. Zumba returns to the main gym at 11:30 a.m. Line Dancing and Dance Practice return to the Main Gym. Tai Chi returns to a bigger space. Group Fitness returns to a 10:30 a.m. start time and Walking the Gym returns five days a week from 8:30 a.m. to 10:30 a.m.</td>
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<tr>
<td>Monday - Friday</td>
<td>8:30 a.m. to 4:30 p.m.</td>
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<tr>
<td>North Center Satellite Center</td>
<td>4040 North Oakley, 60618</td>
<td>(312) 744-4015</td>
</tr>
<tr>
<td><strong>DROP IN TECH CLINIC</strong></td>
<td>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. 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.</td>
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<tr>
<td>Mondays, (except Holidays),</td>
<td>10:00 a.m. – 1:00 p.m.</td>
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<tr>
<td><strong>ART STUDIO WITH TOM HICKE</strong></td>
<td>All levels welcome. The studio includes beginning drawing, watercolors, pen &amp; ink, and much more. $2.00. Please bring your own supplies.</td>
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<td>Tuesdays,</td>
<td>12:30 p.m. – 2:30 p.m.</td>
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<tr>
<td><strong>CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.</strong></td>
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</tbody>
</table>
Director: Rafael Gonzalez

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

SPECIAL EVENTS & PROGRAMS

AUXILIARY OF THE NORTHWEST SIDEWALK SALE
Friday, July 27, 2018 and August 24, 2018
9:00 a.m. to 3:00 p.m.
Once again the Northwest Auxiliary will be hosting its annual Sidewalk Sale and we are inviting you to participate whether you are trying to sell or buy some new or gently used items. Applications will be accepted from July 10th; please make checks payable to the Auxiliary of the Northwest.
NOTE: You must bring your own table and chairs. COST: $15.00 a space

HISPANIC HERITAGE MONTH/OPEN HOUSE
Friday, September 21, 2018
10:30 a.m. to 3:30 p.m.
Let’s celebrate Hispanic Heritage Month by enjoying a performance by a Flamenco Dancer, followed by a dance with DJ Norm. Refreshments will be served. FREE

CLASSES

LINE DANCE
1st, 2nd and 3rd Monday of the month
12:30 p.m. – 1:30 p.m.

Our teacher Frances Strain is firing up your enthusiasm by teaching you how to line dance. It is a lot of fun and good exercise all at once! Accomplished line dancers are always welcome too. $1.00 Suggested donation.

PILATES CLASS
1st and 2nd Monday of the month
10:30 a.m. - 11:30 a.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

MANUAL CRAFTS
2nd and 4th Wednesday of the month
10:15 a.m. – 11:45 a.m.
Join instructor Marta Ortiz as she teaches you the simple art steps that will help you create a basic forms of artifacts to decorate your home !!! FREE
AARP DRIVER SAFETY PROGRAM  
Wednesday, August 8th and Thursday, August 9th,  
Wednesday, October 10th and Thursday, October 11th, 2018  
9:00 a.m. – 1:00 p.m.  
This two-day course is facilitated by AARP trained and state approved instructors. The course is presented in two, four-hour classes. Please make all checks payable to AARP. Class fee can be paid on the first day of class. Please call the center to register 312-744-6681. Cost is **$15.00 for AARP members**, **$20.00 for non-members**.

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

FIT AND STRONG  
Thursdays, 10:00 a.m. - 11:00 a.m.  
Continuation for participants of the Fit and Strong class and any others who want to continue their exercises in balance. **FREE**

WEEKEND EVENTS  
AUTUMN SEASON DANCE  
Sunday, August 12, 2018  
1:00 p.m. - 3:00 p.m.  
Celebrate the end of a wonderful summer by dancing to the lively recorded music provided by Dancemates and enjoy a fun filled afternoon. **FREE**

SPANISH FOR BEGINNERS  
Saturdays, 1:30 p.m. – 3:00 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 and 2ND Saturday of the month  
12:30 p.m.  
Melt your pounds away while having fun dancing to music and learning new dance moves.

VIDEO MATINEE MOVIES  
4th Saturday of the month  
12:30 p.m.  
On Saturdays afternoon, will feature the newest and latest titles released by Hollywood! Popcorn will be available for a small donation. **FREE**

LATIN DANCING  
1st and 3rd Sunday of the month  
1:00 p.m. – 3:00 p.m.  
You are invited to join an ongoing and open, informal session of ballroom dance every Sunday afternoon for our participants, with familiar favorites from the 50s, 60s and 70s. **FREE**

SAVE THE DATE !!!  
2ND ANNUAL POLISH HERITAGE DAY  
October 5, 2018 from 11:30 a.m. to 2:30 p.m.  
Please join us on this date to celebrate Polish Culture and Heritage. We will enjoy a Polish Meal and listen to the music of polish music and folklore. **FREE**

4th ANNUAL SENIOR HEALTH FAIR  
Friday, October 12, 2018  
10:00 a.m. – 2:00 p.m.  
Health and wellness resource providers will be on hand to provide you with screenings for, mammograms referrals, and blood pressure screenings. Free hearing tests and diabetic eye/macular degeneration screenings will be provided by the Lions of Illinois Foundation. In addition, Secretary of State will be available for driver license renewals and identification cards. **FREE**

VOLUNTEERS NEED IT ON WEEKENDS!!!  
Call 312-744-6681 on the weekends.
## Northwest Satellite Centers
### Program Highlights

<table>
<thead>
<tr>
<th>Kelvyn Park Satellite Center</th>
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<tbody>
<tr>
<td>2715 North Cicero, 60639</td>
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<tr>
<td>(312) 744-3350</td>
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<table>
<thead>
<tr>
<th><strong>BINGO</strong></th>
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<tbody>
<tr>
<td>Tuesdays at 10:00 a.m. &amp;</td>
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<tr>
<td>Fridays at 1:00 p.m.</td>
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<tr>
<td>Join the best game of BINGO at Kelvyn Park Satellite Center. Every Tuesday 10:00 a.m. and Friday at 1:00 p.m. Come and socialize with friends.</td>
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<table>
<thead>
<tr>
<th><strong>ZUMBA GOLD</strong></th>
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</thead>
<tbody>
<tr>
<td>Tuesdays &amp; Thursdays,</td>
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<tr>
<td>1:00 p.m. – 2:00 p.m.</td>
</tr>
<tr>
<td>Come join Mari Jane at Kelvyn Park for Zumba Gold. This action packed, fun –filled exercise program is sure not to disappoint. Ditch the workout and come join the party!</td>
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</tbody>
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<thead>
<tr>
<th>Norwood Park Satellite Center</th>
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<tr>
<td>5801 North Natoma, 60631</td>
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<tr>
<td>(773) 775-6071</td>
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<table>
<thead>
<tr>
<th><strong>ANNIVERSARY CELEBRATION</strong></th>
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<tbody>
<tr>
<td>Thursday, Sept. 13, 2018</td>
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<tr>
<td>2:00 p.m.</td>
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<tr>
<td>9th Anniversary Party of the Norwood Park Senior Center with light refreshments. No charge for this event, reservation requested (773) 775-6071 to register or email at info@npseniorcenter.</td>
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<thead>
<tr>
<th><strong>ZUMBA</strong></th>
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<tbody>
<tr>
<td>Thursdays,</td>
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<tr>
<td>3:00 p.m.</td>
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<tr>
<td>Ditch the workout and come join the party at Norwood Park’s Zumba class. A good workout time will be had by all.</td>
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</tbody>
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<thead>
<tr>
<th>Portage Park Satellite Center</th>
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<tbody>
<tr>
<td>4100 North Long, 60641</td>
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<tr>
<td>(312) 744-9022</td>
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<thead>
<tr>
<th><strong>AARP DRIVER SAFETY</strong></th>
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<tbody>
<tr>
<td>July 6, 2018 &amp;</td>
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<tr>
<td>July 13, 2018</td>
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<tr>
<td>12:15 p.m. – 4:15 p.m.</td>
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<tr>
<td>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.)</td>
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<table>
<thead>
<tr>
<th><strong>WALKING WITH WELLNESS</strong></th>
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<tbody>
<tr>
<td>Every Tuesday,</td>
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<tr>
<td>9:00 a.m. – 10:00 a.m.</td>
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<tr>
<td>Come and improve your overall fitness through this FREE supervised program! The group also trains for the annual Fall into Fitness 5K (held in the park!)</td>
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<thead>
<tr>
<th><strong>END OF SUMMER SOCIAL</strong></th>
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<tbody>
<tr>
<td>Monday, Sept. 17, 2018</td>
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<tr>
<td>1:45 p.m. – 3:45 p.m.</td>
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<tr>
<td>Join us for a Free End of Summer Social with Norm &amp; Fran! Dance lessons will be taught throughout this FREE event! All are welcome!</td>
</tr>
</tbody>
</table>

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

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

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

SPECIAL EVENTS & PROGRAMS CLASSES

ANNUAL RENAISSANCE COURT TALENT SHOW
Theme: “Anything Goes”
Friday, July 27th in Cassidy Theatre
Chicago Cultural Center 2nd Fl.
2:00 p.m. – 4:30 p.m.  Free Admission

HOOP FITNESS (NEW)
Saturdays, Beginning July 7
11:00. a.m. – 12:00 p.m.
Instructor: Andrea Mattson
Hula hooping is all the craze and Renaissance Court is elated to host HOOP FITNESS with Andrea Mattson. Hoop Fitness can strengthen your core, help your balance and isolate muscle movement. Hoop Fitness is a fun way to total fitness.
Free...Registration is required on Friday, July 6th at 9:00 a.m.

FIGURE DRAWING
Wednesdays,
11:00 a.m. – 12:30 p.m.
Instructor: Vivian Visser
Beginning and experienced artist are welcome to join this class exploring basic aspects and concepts of figure drawing.
Registration is not required. FREE Class canceled on: July 4, 2018

WATERCOLOR WORKSHOP
Thursdays, July 5 - September 27
11:00 a.m. - 1:00 p.m.
Instructor: Dan Stevens
"People Your Paintings". This self-taught twelve week sequence will focus on letting your paintings be a home for people large and small. Painters will need to provide their own equipment and supplies. FREE. Sponsored by the Friends of Renaissance Court Auxiliary. Registration is not required. Class Canceled on: Aug 9, 2018

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

MAKE & TAKE JEWELRY
Every 3rd Tuesday, 2:00 p.m. – 3:30 p.m.
Instructor: Susan Gomez
Sue Gomez will guide the group in how to make a variety of projects, each session we will create unique jewelry gifts for others or one of a kind pieces for yourself. There will be a $5 materials fee for each session. Sponsored by the Friends of Renaissance Court Auxiliary. Registration is not required.
RENAISSANCE COURT GALLERY

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

Judy Katz
The World of Abstract Painting
July 13 – September 7

Opening Reception & Gallery Talk
Monday, July 16
4:00 p.m. – 6:00 p.m.
Judy Katz
Judy@jrecreations.com
www.jrecreations.com/judy

TRIBAL FUSION
Mondays, Beginning July 23
11:00 a.m. – 12:00 p.m.
Instructor: Dianne Hodges
Tribal Fusion is a modern form of dance utilizing breath, isolated movements and meditation while blending elements of North American dance fused with drills to strengthen legs, shoulders and core. FREE Registration is not required. Call for more information. Class canceled on: Sept 3, 2018

PERFORMANCE WORKSHOP
Wednesdays,
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 Class Canceled on: July 4; August 15 & Sept 19, 2018

CHAIR YOGA
Tuesdays,
11:30 a.m. – 12:30 p.m.
Instructor: Peggy Figiel
Breath, stretch, explore your inner self. This yoga class is for the student who does not feel comfortable getting down on the floor to exercise on a yoga mat. A chair or wheelchair based practice is known to improve balance, increase energy, and relieve stress and tension. All will benefit your general well-being through conscious breathing and stretching. No yoga experience required. Class Canceled on: Aug 28, 2018. Registration is not required. FREE

CHICAGO SENIOR CLOWN TROUPE CLASS
Every 1st & 3rd Wednesday
1:30 p.m. – 3:30 p.m.
Facilitator: Karen Hoyer
Laugh and have fun -- and learn to spread joy as a clown! Learn juggling, mime, puppetry, make up and costuming, gag writing, joke telling, magic, improvisation -- everything you need to become a clown. FREE Registration is not required. Class canceled on: July 4, 2018

AARP DRIVER SAFETY
Wednesday, August 8 & Thursday, August 9, 2018
12:00 p.m. – 4:00 p.m.
$15 AARP Members and $20 for Non-Members. Must attend both days to receive certificate. Call 312/744-4550 for more information or to sign up.

RENAISSANCE TRAVEL CLUB
Wednesday, July 25; Aug 22; Sept 26
12:30 – 1:30 p.m.
Facilitator: Doris Jackson
If you are interesting in traveling but don’t want to travel by yourself…come join the travel club.
Southeast Regional Senior Center
1767 E. 79th Street
Chicago, IL 60649
(312) 747-0189   TTY: (312) 744-0322

Director: Robin Tillotson                 Program Contact: 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
COME CELEBRATE ATLAS’ 35TH ANNIVERSARY WITH
MUSIC, SONG & DANCE!!!

THE MYRON MILLS PROJECT
Saturday, July 21, 2018
11:30 a.m. – 1:30 p.m.
Atlas’ 35th Anniversary Musical
Celebration continues with a performance
by the popular Myron Mills Project. FREE.

D.J. ELWIN TOBIAS
Mondays, Wednesdays, Fridays
11:30 a.m. – 1:30 p.m. FREE.

WEEKEND CLASSES &
EVENTS
TUNES WITH ANDRE
Saturdays, July 14, August 11, and
September 8, 2018
11:30 a.m. – 1:30 p.m.
Come enjoy great music performed by Andre Miles, while enjoying lunch. FREE.

KARAOKE
Saturdays, July 28, August 25, and
September 1, 2018
11:30 a.m. – 1:30 p.m.
Warm up those vocal cords and join us for
Karaoke fun with Be-Bop. FREE.

SATURDAY LINE DANCE CLASS
Saturday, August 18, 2018
10:00 a.m. – 11:30 a.m.
Line dance instructor, Marvella Ross,
teaches FREE line dance classes. Come
join the fun.
KONORA AND THE ENCHANTERS  
Saturday, September 29, 2018  
12:00 p.m.  
Their special blend of vocals, piano, and harmonica make this performance simply enchanting. FREE.

CLASSES

JEWELRY MAKING WITH BEADS  
Second & Fourth Thursdays  
July 12, 26; August 9, 23, 2018  
10:00 a.m. – 11:30 a.m.  
Instructor: Veronica Echols-Noble  
Please join the instructor for fun, making jewelry—earrings, bracelets, necklaces-- for yourself, family, or friends. FREE.

HOME GARDENING: WINTERIZING YOUR GARDEN  
Thursdays, September 6, 13, 20, 27; October 4, 11, 2018  
10:00 a.m. – 11:00 a.m.  
Instructor: Nelson Fluker  
FREE.

AARP DRIVER SAFETY EDUCATION  
Wednesday & Thursday,  
August 22 & 23 2018  
9:00 a.m. – 1:00 p.m.  
Instructor: Lois Travis (new)  
Please register with instructor at (773)568-7261 (daytime hrs.)

RULES OF THE ROAD  
Wednesday, September 5, 2018  
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

TAI CHI  
Tuesdays,  
12:45 p.m. – 2:00 p.m.  
Instructor: Craig Harris  
Suggested Donation: $3

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

STEPPING  
Tuesdays,  
10:00 a.m. – 11:30 a.m.  
Instructor: James Drake

Wii: BOWLING  
Mondays & Thursdays  
9:30 a.m. – 10:30 a.m.  
Instructor: Marie Sims

NOTE: for other daily/weekly center classes, please consult our Monthly Calendar—we have a wide variety of class and activity offerings!

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

**Abbott Park Satellite Center**  
49 East 95<sup>th</sup> Street, 60619  
(312)745-3493

**LINE DANCE**  
Every Friday,  
11:00 a.m. – 12:00 p.m.  
Calling all beginners, now is your opportunity to learn the latest line dances. Instructor, Ms. Vennie will teach you the latest dances.

**KARAOKE**  
Every 3<sup>rd</sup> & 4<sup>th</sup> Friday  
1:00 p.m. – 3:00 p.m.  
Make music a part of your life- no audition just a desire to sing, so please join us for Karaoke with Meechie.

### Chatham Satellite Center  
8300 South Cottage Grove, 60619  
(312)745-0401

**BRIDGE CLASS**  
Every Monday & Thursday  
1:30 p.m. – 3:00 p.m.  
Come join Richard Boyd as he leads us in an exciting game of bridge. Great fun and great company. Beginners are welcome. Richard is a very patient instructor; why not give Bridge a try…

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

### Roseland Satellite Center  
10426 South Michigan, 60628  
(312)745-1500

**BINGO**  
Thursdays,  
1:00 p.m. – 3:00 p.m.  
Come enjoy a great game of Bingo and win great prizes! .50 cents per card.

**KARAOKE**  
Last two Mondays of the month  
12:00 p.m. – 2:00 p.m.  
If you like to sing, come to Roseland for a good time with Karaoke. Feel free to express yourself!

### South Chicago Satellite Center  
9233 South Burley, 60617  
(312)745-1282

**ZUMBA WITH VICTOR**  
Tuesdays,  
10:00 a.m. – 11:00 a.m.  
Meet Mr. Victor on the dance floor and come join the South Chicago party! This fun-filled Zumba class will make you forget the workout and join the party.

**SMART PHONE HELP**  
Fridays,  
9:30 a.m. – 11:30 a.m.  
In need of a little help with your cell phone, come join Ms. Mary as she teaches you to save your contacts, take pictures, send text messages, search the internet and more.

**SUMMER DANCE**  
Friday, July 27, 2018  
10:00 a.m. – 12:30 p.m.  
Come join our 2<sup>nd</sup> Annual Summer Dance Festival featuring the South Chicago Hoofers and the South Chicago Steppers. A good time will be had by all.

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

SPECIAL EVENTS & PROGRAMS

ICE CREAM SOCIAL
Friday July 20, 2018
1:00 p.m. - 3:00 p.m.
Summer is here already! You are invited to enjoy your Friday afternoon with us at the Southwest Center. D.J. Chico will provide the music for the occasion, and Ice Cream will be served for refreshment.
FREE

HARVEST FEST
Friday August 17, 2018
12:30 p.m. – 3:30 p.m.
This is an event featuring the display, judging, and awarding of prizes to the winners of the home grown fruit and vegetable contest. Bring your home grown fruits and vegetables and you may win a prize! This will be followed by a dance party. Refreshments will be served.
FREE

MEXICAN INDEPENDENCE DAY CELEBRATION
Friday September 7, 2018
12:30 p.m. – 3:30 p.m.
A day to celebrate Mexico’s Independence day with a display of Mexican cultural artifacts at the center by the Latino Heritage Group. Entertainment will be provided by the Mariachi Band, followed by a Disc Jockey.

Refreshments will be served.
Suggested Donation: $8.00 per person

SOUTHWEST CENTER’S 38th ANNIVERSARY CELEBRATION AND OPEN HOUSE
Friday, September 21, 2018
12:30 p.m. – 3:30 p.m.
Join us for the celebration of our Center’s 36th anniversary. Long time regular participants will be recognized. This is also considered a special day to welcome new participants to our Center. D. J. Chico will provide music for the party. Refreshments will be served.
FREE

CLASSES

AARP DRIVERS’ SAFETY PROGRAM
Thursday, August 16, &
Friday, August 17, 2018
9:30 a.m. - 1:30 p.m.
This approved course is taught by AARP for Accident Prevention. You must be at least 55 years old and a $20.00 fee is required for the two day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class. Interested persons should call the center at (312) 747-0440 to register. Class size is limited. $15.00 for AARP members and $20.00 for non-members (payable to AARP).
SEWING FOR LEISURE
Tuesdays, 9:30 a.m. - 11:30 a.m.
Instructor: Mary Simmons
Come and join us to learn the art of sewing. A limited number of sewing machines will be available, so participants with sewing machines are encouraged to bring their own machines. Students will supply their own sewing materials for the class. Classes meet every Tuesday, except on holidays. The class size is limited to 15 students. Suggested Donation: $5.00 per person for each class.

COMPUTER CLASSES
Tuesdays, August 14, 2018
(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.

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

RULES OF THE ROAD
Friday, August 24, 2018
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

WHAT’S ON YOUR PLATE?
Thursdays, July 5, 19, 2018; August 2, 16, 2018 September 6, 2018
9:00 a.m. - 10:00 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.. Jeaneane Quin MSW, LSW from Rush University Medical Center, Bowman Health Center. will lead the discussion group. FREE

SOUL LINE DANCE CLASS
Thursdays
1:00 p.m. – 2:00 p.m.
Instructor: Hakeemah Shamsuddin
Come and join us on the dance floor, you can improve your endurance and exercise the brain and memory all while having fun learning popular line dances. FREE
<table>
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<tr>
<th>Facility</th>
<th>Location</th>
<th>Contact Number</th>
<th>Programs</th>
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| Auburn Gresham Satellite Center | 1040 West 79th Street, 60620       | (312)745-4797  | **BLUE MONDAY MOVIES**
12:30 p.m. Sharp
Please join us on Mondays to enjoy light hearted movies (old and new) as well as a lovely critique conversation. Popcorn will be served upon request. |
|                               |                                   |                | **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. |

| Englewood Satellite Center     | 653 - 657 West 63rd Street,60621   | (312)745-3328  | **SEWING CLASS**
Wednesdays & Fridays,
9:30 a.m. – 11:30 a.m.
Mr. Joe Jackson is resuming his sewing class! Learn a skill that you pass on to your grandchildren!!! Call the center for further details (312)745-3328. |
|                               |                                   |                | **AFRICAN DANCE**
Wednesdays,
8:45 a.m. – 9:45 a.m.
Come join this class led by internationally acclaimed, Darlene Blackburn. She is the founder of the director of the Darlene Blackburn Dance Troupe! |

| Garfield Ridge Satellite Center| 5674-B S. Archer, 60638            | (312)745-4255  | **JEWELRY MAKING CLASS**
Wednesdays,
July 11 - Sept. 5, 2018
12:45 p.m. – 2:45 p.m.
Award-winning instructor, Madie Cannamore leads this make it and take it class. This is a fun class! You don’t have to know anything about jewelry making Madie teaches all levels. Class is free. Students pay for and bring their own supplies. Madie will provide you with a list at the first class. The senior center has bead boards and some tools for participants to use. |
|                               |                                   |                | **CHRISTMAS IN JULY BUNCO PARTY**
Friday, July 20, 2018
9:00 a.m. – 2:00 p.m.
Celebrate Christmas in July at this fun BUNCO party. There will be BUNCO (with prizes), some fun Christmas oriented games (with prizes), an ugly Christmas t-shirt contest (with a prize), a sandwich lunch from Villa Rosa and more. You don’t need to know how to play Bunco or find your own teammates. We’ll teach you how to play and pair you up with teammates. The cost is $15.00 per person and the last day to buy your tickets is July 13, 2018. |
|                               |                                   |                | **COOKING W/ GLORIA**
Wednesdays,
12:45 p.m.
Sept. 12- Dec. 26, 2018
Chef Gloria D. Hafer demonstrates entrees, desserts, appetizers and more with knowledge and lots of humor. Class is open to all (first 25 to SIGN UP THE DAY OF CLASS are guaranteed tastings). No pre-registration necessary. |

CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.
Oppressive summer heat is more than uncomfortable. High temperatures and humidity can pose a health and safety threat. The City of Chicago has many services available to help residents cope safely with extreme weather conditions.

**CALL 311 TO:**
- Locate a Cooling Center near you.
- Request a well-being check for someone who may be suffering from the heat.
- Register for the City’s Extreme Weather Notification System.

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

**REMEMBER...**
Check on relatives, neighbors and friends. If you are unable to make contact, call 3-1-1 and request a well-being check.
SEPTEMBER 2018: BUILDING MOMENTUM
NATIONAL SENIOR CENTER MONTH

Come join us at your local DFSS Senior Center! Senior Centers are the future of what aging can be. Innovative programs hosted at DFSS Senior Centers can change the perception of aging, and can create important community resources for aging expertise. DFSS Senior Centers are building momentum in the movement to empower older adults and is demonstrating how are our centers are the future of aging in our local communities.

DFSS SENIOR CENTERS OFFER:

- Golden Diner’s Nutrition Program
- Fitness Programming
- Health Promotion Program (staffed by: Registered Nurses, Dieticians, Social Workers and Pharmacists)
- Computer Learner Center and Wi-Fi Access
- Wide range of classes & recreational opportunities
- City-Wide Trips and Special Event Programming
- Information Assistance and Linkage to Community Resources
- More

For more information, call (312)744-4016
## Regional Senior Centers

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

**Northwest (Copernicus) Regional Senior Center**
3160 N. Milwaukee Ave.
(312) 744 - 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

**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: Southwest 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)

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

**Southside Senior Satellite Center**
1613 W. Chicago Ave.
(312) 743 - 1016  (60622)

**West Town Senior Satellite Center**
5674-B S. Archer Ave.
(312) 744 - 9022  (60641)

### Regional Senior Centers Hours
Monday - Friday, 8:30 a.m. - 4:30 p.m. Many have weekend hours.

### Satellite Senior Centers

- Auburn Gresham
- Central West
- Renaissance Court
- Chatham
- Garfield Ridge
- Kelvyn Park
- North Center
- Norwood Park
- Pilsen
- Portage Park
- Roseland
- South Chicago
- West Town

### Satellite Senior Centers Hours
Monday - Friday, 8:30 a.m. - 4:30 p.m.