

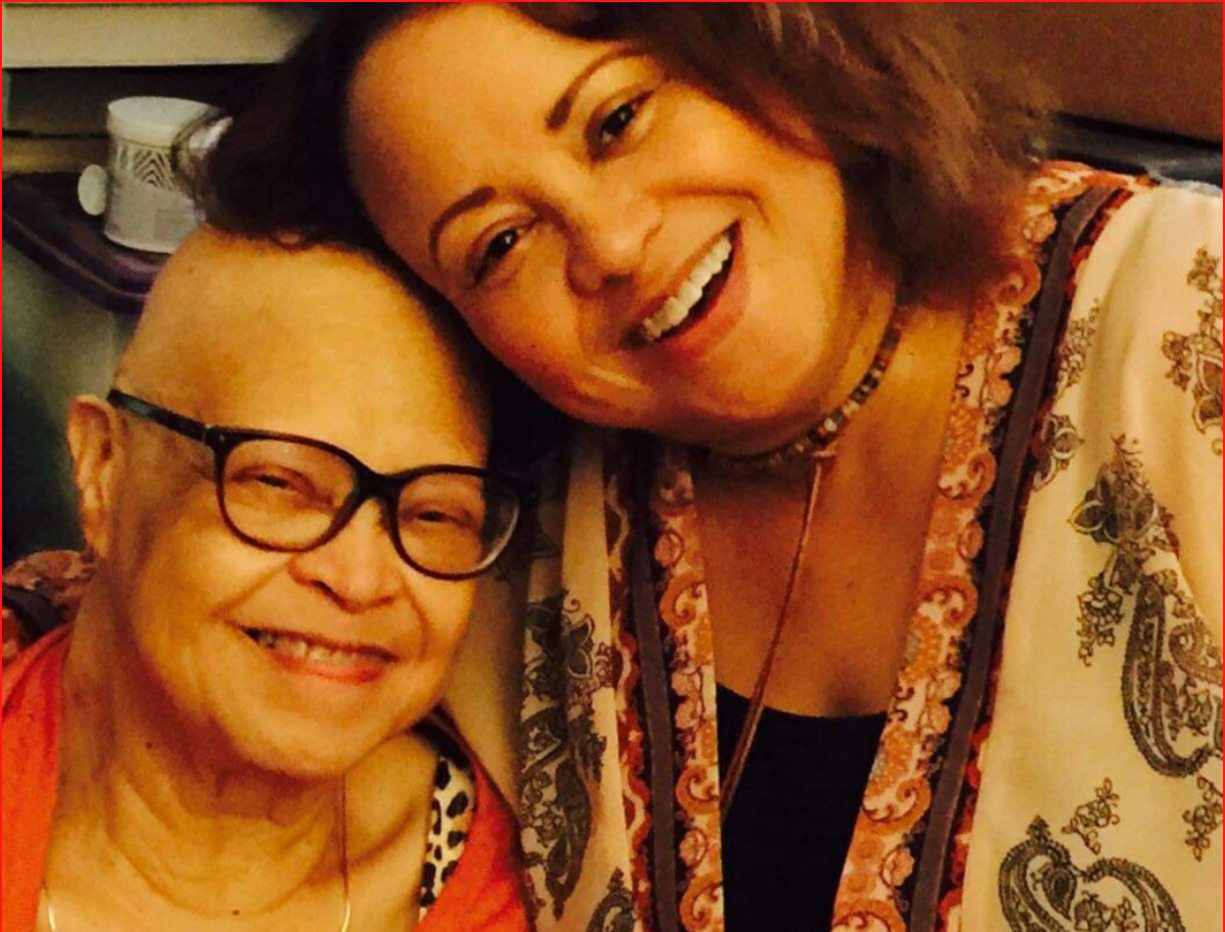
CHICAGO DEPARTMENT OF FAMILY & SUPPORT
SERVICES

SENIOR SERVICES - AREA AGENCY ON AGING

CHICAGO SENIORS CONNECTED

VIRTUAL SENIOR PROGRAMMING

LATE WINTER 2021



CITY OF CHICAGO
LORI LIGHTFOOT, MAYOR



CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES
LISA MORRISON BUTLER, COMMISSIONER



**Welcome to the City of Chicago
Virtual Senior Center!**

DFSS Senior Centers offer a variety of programs including social, educational, fitness, health and more!

While in-person programming at the centers is temporarily on hold due to COVID-19 we invite you to attend our Virtual Programs!

Participate in your favorite classes by instructors you may recognize from the senior centers!

**A Note from
Chicago Department of Family & Support Services**

Dear Friends:

The shift to virtual programming at our Regional and Satellite Centers has required some adjustments to our norms. However, our focus at DFSS remains keeping you safe while also keeping you engaged and connected. With your needs in mind; we offer a range of programming via virtual meeting platforms which include Zoom, and livestreaming through Facebook. For those who are not tech savvy you too are welcome to join in our classes via conference call.

With the frigid, icy and snowy weather upon us, we encourage you to participate in our virtual program offerings from the safety and comfort of home.

If you are in need of additional resources and services please call us at 312-744-4016 or email aging@cityofchicago.org.

Warm Wishes,

The DFSS Team

Follow us on Facebook Facebook.com/ChiSeniorServices	Visit us online Chicago.gov/Seniors
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DFSS Senior Services Programs and Services: At a Glance

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

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

DFSS Senior Services Programs and Services: At a Glance

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

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



SENIORS CONNECTED Virtual class Schedule

Class Schedule Through March 2021

Classes are scheduled weekly, unless otherwise noted, and are available in various virtual formats listed under "Location."

<u>Zoom Instructions</u>	<u>Phone Instructions</u>	<u>Facebook Instructions</u>
Step 1: Go to Zoom.com Step 2: Click "Join Meeting" Step 3: Type in Meeting ID Step 4: Type in Passcode (if applicable)	Step 1: Dial Phone Number Step 2: Enter Password	Type website as instructed

MONDAY

Time	Class	Location
8:30am	<u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
8:30am	<u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i>	Meeting ID: 802 534 0244 Passcode: 2rbnmM
9:15am	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<u>Forever Fit Class with Patricia (ZOOM)</u> Cardio and Core is a get-tough workout with a lot of variety, as well as a quick yet effective core-focused strength segment. This class finishes with calming, deep stretches. Intermediate to advanced exercisers will enjoy this class. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac

MONDAY

Time	Class	Location
10:00am	<p><u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i></p>	Meeting ID: 769 1575 3572 Passcode: 9hyWpX
10:00am	<p><u>Sit & Be Strong with Joyce (PHONE & ZOOM)</u> Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture because the stronger that your muscles are the better your balance. Overall fitness is essential for day-to-day basic living. Seated and standing exercises. Appropriate for all levels. <i>Joyce Bloom, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	Phone: (312) 626-6799 Meeting ID: 781 8847 6951 Passcode: 452540
11:00am	<p><u>Sit & Be Strong with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac
12:00pm	<p style="text-align: center;"><i>Beginning February 22nd</i> <u>Chicago Style Stepping Dance Class (Zoom)</u> Stepping, also known as "steppin", is an urban dance genre that evolved from the "Bop" in the 1970s. Learn the smooth fancy foot motion of steppin'. <i>James Drake, Instructor</i></p>	Meeting ID: 886 6639 5011 Passcode: 752042
12:45pm	<p><u>Ballroom Dance Fitness (ZOOM)</u> Learn Waltz, Foxtrot, Rumba, Tango, and more! No partner needed! <i>Norm Viray, Instructor</i></p>	Meeting ID: 891 4358 1291 Passcode: 467002
1:00pm	<p><u>Balance Boosters Class (ZOOM)</u> Balance and Stretch is an increase flexibility, joint stability, balance, coordination, agility and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Chair <i>Patricia Dereef, Symbria Well-Being Specialist</i></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac

MONDAY

Time	Class	Location
1:00pm	<p>BINGOCIZE with Tatiana (English) (Phone/ZOOM) This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels. Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend!</p> <p>To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org.</p>	<p>Phone: (312) 626-6799 Meeting ID: 981 0931 0744# Passcode 123</p> <p>Zoom: Meeting ID: 981 0931 0744 Passcode: 123</p>
1:00pm	<p><u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	<p>Meeting ID: 907 424 6822</p> <p>Passcode: q5QBVj</p>
1:00pm	<p><u>Virtual Social Support Group (Phone/ZOOM)</u> Do you want to connect to others during this time of social distancing? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as you explore new ideas and ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. You may participate in the group with video from your computer/tablet, or you can participate by phone only. <i>Mary Ellen Winthers, LCSW</i></p>	<p>Phone: (312) 626 6799</p> <p>Meeting ID: 976 2321 3071</p> <p>Zoom: Meeting ID: 976 2321 3071</p>
1:30pm	<p><u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	<p>Meeting ID: 802 534 0244</p> <p>Passcode: 2rbnmM</p>
2:00pm	<p><u>Core Builders Class with Ash (ZOOM)</u> Easy to Intermediate class is designed for persons seeking to strengthen core muscles, reducing lower back pain in a seated and standing class As we age, we lose balance and stability. Core exercises train your muscles in your pelvis, lower back, abdomen, and hip to work in harmony. Strong core enhances balance and stability and reduces the risk of injury. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria</i></p>	<p>Meeting ID: 782 7973 0070</p> <p>Passcode: 3J0BV8</p>

MONDAY

Time	Class	Location
2:00pm	<p style="text-align: center;">Beginning March 08th</p> <p><u>Indoor Gardening (ZOOM)</u></p> <p>Boost your mood, productivity, concentration and creativity. Learn techniques to grow healthy plants during all seasons. Determine how to select the right plant and proper lighting for a particular indoor space. <i>Nelson Fluker, Instructor</i></p>	<p>Meeting ID: 832 3576 4258</p> <p>Passcode: 728103</p>

TUESDAY

Time	Class	Location
9:00am	<p style="text-align: center;">March 2nd & March 16th</p> <p><u>Dietician Presentation (Phone/Zoom)</u></p> <p><u>Tame Joint Inflammation with Healthy Foods</u></p> <p>Osteoarthritis is very common beginning at age 40. Although joints may wear down over time, you can rebuild them with graceful and slow exercise movements. Regular exercise will encourage the growth of new cartilage to cushion and strengthen your joints. Vitamins such as vitamin A, C, and E may help tame inflammation to reduce pain in your joints. Include fruits, vegetables, dairy, and plant-based fats in your diet to lower inflammation. Reducing the sugar in your diet and eating “smart carbs,” with their built-in fibers also help lower inflammation. Your diet and lifestyle choices matter for your better joint health. <i>Kristin Gustashaw MS, RDN, LDN, CSG</i></p>	<p>Phone: (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
9:00am	<p><u>Zumba (ZOOM)</u></p> <p>Enjoy moving to Salsa, Bachata, Swing, Tango, and much more! The steps are fun and easy to learn. This class will brighten and energize your day. It's a blast! <i>Frances Strain, Instructor</i></p>	<p>Meeting ID: 861 3451 7175</p> <p>Passcode: 081807</p>
10:00am	<p style="text-align: center;">March 2nd & March 16th</p> <p><u>Ask the Dietician Group Nutrition Q&A</u></p> <p>Join a conference call for a lively discussion with Kristin Gustashaw MS, RDN, LDN CSG and participants regarding any nutrition related questions. You can participate as much or as little as you would like as you learn new ways to meet your nutritional needs! <i>Kristin Gustashaw, MS, RDN, LDN, CSG</i></p>	<p>Phone: (312) 535-8110</p> <p>Access Code: For <u>March 2nd</u>: 120 259 0674</p> <p>For <u>March 16th</u>: 120 079 8044</p>
10:00am	<p><u>Forever Fit Class with Patricia (ZOOM)</u></p> <p>Cardio Kickbox is a high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. Stand or Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>

TUESDAY

Time	Class	Location
10:00am	<p><u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<p><u>Stretch & Flex Class (Phone/ZOOM)</u> Get moving to improve balance, endurance, coordination, along with flexibility. Proper stretching creates flexibility in muscles and joints increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain which encourages bending and twisting without strain. Seated and standing exercises. Appropriate for all levels. <i>Joyce Bloom, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	Phone: (312)626- 6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:00am	<p style="text-align: center;">March 9th</p> <p><u>Talk with Wellness Nurse Cindy (Phone)</u> Take a coffee break with your Wellness Nurse Cindy!</p> <p>Pour yourself a cup of coffee or make yourself some tea and grab your phone and call your Wellness Cindy to discuss your health concerns. She has set aside time especially for you from 10:00 – 11:30 a.m. Dial 312-945-8430 and ask for Cindy Please leave a message if the line is busy and your call will be returned during call in times. All callers will receive a joke of the day since it is so important to keep our sense of humor during these challenging times! Remember, if you are having a medical or mental health emergency, please call 911. <i>Cindy Nissen, MSN,APN,</i></p>	Phone: 312-945-8430 Ask for Cindy
10:30am	<p><u>BINGOCIZE with Tatiana (English) (Phone/ZOOM)</u> This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels. Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend!</p> <p>To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org.</p>	Phone: (312) 626-6799 Meeting ID: 981 0931 0744 Passcode: 123 Zoom: Meeting ID: 981 0931 0744 Passcode: 123

TUESDAY

Time	Class	Location
10:30am	<p style="text-align: center;">February 23rd</p> <p><u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Living with Heart Failure: What Can Be Done</u></p> <p>Heart failure sounds bad, but it can be treated. While heart failure is a major healthcare burden that can be costly, proper treatment can help to decrease medical costs and increase the quality of life. Treatment for heart failure is individualized and involves multiple medications tailored specifically to the patient. In this session the pharmacist will review common treatment approaches to heart failure and discuss the safety and efficacy of the medications used, as well as ways to help you remember to take your medications correctly to prevent complications.</p> <p><u>Michelle Martin, PharmD, White Crane Pharmacist</u></p>	<p>Phone: (312) 626-6799 Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
11:00am	<p style="text-align: center;">February 23rd (Phone/ZOOM)</p> <p><u>Preventing and Detecting Heart Disease</u></p> <p>Heart disease can develop over many years. Early heart disease does not typically have noticeable symptoms, which is why physical exams with your doctor are so important. High blood pressure and other risk factors, including advancing age, increase the risk of developing atherosclerosis which causes heart disease. Learn how to stay on top of your heart's health.</p> <p><u>Cindy Nissen, MSN,APN</u></p>	<p>Phone (312) 626 6799 Meeting ID: 984 1966 6268 Password 413603</p> <p>Zoom: Meeting ID: 984 1966 6268 Passcode: 413603</p>
11:00am	<p style="text-align: center;">March 2nd & March 16th (Phone/ZOOM)</p> <p><u>Nurse Presentation: Osteoarthritis- Manage Pain and Improve Function</u></p> <p>Osteoarthritis is the most common form of arthritis among older adults. It occurs when cartilage, the tissue that cushions the ends of the bones within the joints, breaks down and wears away, which can create a very painful situation for you. There are a variety of ways to address the treatment of osteoarthritis. Learn about what you can do to control your osteoarthritis and any associated pain. <u>Virginia Schelbert, MSN/APN</u></p>	<p>Phone: (312) 626-6799 Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>

TUESDAY

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11:00am	<p style="text-align: center;">March 30th (Phone/ZOOM)</p> <p style="text-align: center;"><u>Ageless Grace Brain & Body Exercise</u></p> <p>Join Wellness Nurse and Certified Ageless Grace® Educator, Cindy Nissen for a fun exercise program that works your brain and your body. This program is done while sitting in a chair. We use 21 simple tools to lubricate our joints, strengthen our muscles, improve flexibility, eye-hand coordination and tickle our funny bone. Join with ZOOM or with a speakerphone. <u>Cindy Nissen, MSN, APN</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 984 1966 6268</p> <p>Passcode: 413603</p> <p>Zoom: Meeting ID: 984 1966 6268</p> <p>Passcode: 413603</p>
11:00am	<p style="text-align: center;"><u>Sit & Be Strong with Patricia (ZOOM)</u></p> <p>Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <u>Patricia Dereef, Symbria Well-Being Specialist.</u></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>
11:30am	<p style="text-align: center;">February 23rd</p> <p style="text-align: center;"><u>Pharmacist Consultations</u> by Michelle Martin, PharmD</p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
12:00pm	<p style="text-align: center;"><u>Open Mic Karaoke (ZOOM)</u></p> <p>Join KJ (Karaoke Jockey) Vennié Tolbert-Rodgers in “Open Mic” and sing along karaoke style, request songs, read poetry, try your hand at storytelling or even tell a joke or two! <u>Vennié Tolbert-Rodgers, Instructor.</u></p>	<p>Meeting ID: 478 347 6251</p> <p>Passcode: DANCE</p>

TUESDAY

Time	Class	Location
12:00pm	<p><u>Making Jewelry in Style (ZOOM)</u> Learn jewelry making design and techniques. <i>Lisa Booker, Instructor</i></p>	<p>Meeting ID: 211 66 3627 Passcode: Music</p>
1:00pm	<p style="text-align: center;"><i>Beginning February 23rd</i></p> <p><u>Computer and Technology (ZOOM)</u> Increase your computer and technology skills. Learn basic, intermediate, and advanced skills, including how to set-up an e-mail account and to how to navigate social media. Time will be allotted for "How do I..." questions at the end of each class. <i>Joseph Fedorko, Instructor</i></p>	<p>Meeting ID: 514 975 0953</p> <p>Passcode: 727822</p>
1:00pm	<p><u>Core Builders Class with Patricia (ZOOM)</u> Core is a workout focusing on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday tasks. Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>
1:00pm	<p style="text-align: center;">February 23rd (Phone/ ZOOM)</p> <p><u>COVID 19 VACCINE FACTS AND FICTION</u> Join Cindy Nissen, RN, Rush registered nurse, and Jeaneane Quinn, LSW, Rush Social Worker-- for a presentation on this important topic. Learn what you need to know to separate facts from fiction about the Covid-19 vaccine, including the benefits of receiving the vaccination, what to expect post-vaccination, sites where the vaccine will be available, along with how to identify and avoid vaccine scammers and disinformation. <i>Cindy Nissen, RN & Jeaneane Quinn, LSW, Rush</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 893 1799 1714 Password: 401348</p> <p>Zoom: Meeting ID 893 1799 1714 Password: 401348</p>
1:00pm	<p><u>Intermediate Soul Line Dancing (ZOOM)</u> If you already know the basic steps of line dancing and you can name the moves, then join in this intermediate level line dance class. Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. <i>Hakeemah Shamsuddin, Instructor</i></p>	<p>Meeting ID: 874 4212 6494</p> <p>Passcode: cocdance</p>
1:00pm	<p><u>Tai Chi for Wellness (ZOOM)</u> Tai Chi is a fitness exercise that can improve strength, flexibility, balance and aerobic conditioning. Tai Chi has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease and Parkinson's Disease. <i>Craig Harris, Instructor</i></p>	<p>Phone (312) 626 6799 Meeting ID: 841 9879 2985 Passcode: 690519</p>

TUESDAY

Time	Class	Location
2:00pm	<p><u>Core Builders with Ash (ZOOM)</u> Easy to Intermediate class is designed for persons seeking to strengthen core muscles, reducing lower back pain in a seated and standing class As we age, we lose balance and stability. Core exercises train your muscles in your pelvis, lower back, abdomen, and hip to work in harmony. Strong core enhances balance and stability and reduces the risk of injury. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria</i></p>	Meeting ID: 782 7973 0070 Passcode: 3J0BV8
2:00pm	<p>February 23rd (Phone/ZOOM) <u>Preventing and Detecting Heart Disease</u> Heart disease can develop over many years. Early heart disease does not typically have noticeable symptoms, which is why physical exams with your doctor are so important. High blood pressure and other risk factors, including advancing age, increase the risk of developing atherosclerosis which causes heart disease. Learn how to stay on top of your heart's health. <i>Virginia Schelbert, MSN,APN, White Crane Nurse</i></p>	Phone (312) 626 6799 Meeting ID: 850 615 1785 Zoom: Meeting ID: 850 615 1785
2:00pm	<p>March 23rd (Phone/ZOOM) <u>Nurse Presentation: Osteoarthritis- Manage Pain and Improve Function</u> Osteoarthritis is the most common form of arthritis among older adults. It occurs when cartilage, the tissue that cushions the ends of the bones within the joints, breaks down and wears away, which can create a very painful situation for you. There are a variety of ways to address the treatment of osteoarthritis. Learn about what you can do to control your osteoarthritis and any associated pain. <i>Virginia Schelbert, MSN/APN,</i></p>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: Meeting ID: 850 615 1785
2:00pm	<p>(Phone/ZOOM) <u>Weekly Virtual Social Support Group</u> Do you want to connect to others during this time of social distancing? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as you explore new ideas and ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. <i>Lisa Muhammad, LSW</i></p>	Phone: (312) 626-6799 Meeting ID: 997 9024 2962 Zoom: Meeting ID: 997 9024 2962
2:00pm	<p><u>Super Circuit Group Class (ZOOM)</u> Fun fitness routine designed to safely improve and/or increase your flexibility, range of motion and comfort in all of your joints and muscles, including the heart muscle! <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 933 398 2644 Passcode: 261424

WEDNESDAY

Time	Class	Location
8:30am	<p><u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 907 424 6822 Passcode: q5QBVj
8:30am	<p><u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	Meeting ID: 802 534 0244 Passcode: 2rbnmM
9:15am	<p><u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<p><u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i></p>	Meeting ID: 769 1575 3572 Passcode: 9hyWpX
10:00am	<p><u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<p><u>Forever Fit Class with Patricia (ZOOM)</u> Cardio and Core is a get-tough workout with a lot of variety, as well as a quick yet effective core-focused strength segment. This class finishes with calming, deep stretches. Intermediate to advanced exercisers will enjoy this class. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac

WEDNESDAY

Time	Class	Location
10:00am	<p style="text-align: center;">March 3, March 10th & March 17th Nurse Presentation (Phone/ZOOM)</p> <p><u>Osteoarthritis: Manage Pain and Improve Function</u> Osteoarthritis is the most common form of arthritis among older adults. It occurs when cartilage, the tissue that cushions the ends of the bones within the joints, breaks down and wears away, which can create a very painful situation for you. There are a variety of ways to address the treatment of osteoarthritis. Learn about what you can do to control your osteoarthritis and any associated pain. <i>Marcia Haynes-Cody, RN</i></p>	<p>Phone: (312)626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:00am	<p style="text-align: center;">March 23rd Pharmacist Presentation (Phone/ZOOM) <u>Oh, My Aching _____ ! Treating Chronic Pain with Opioids</u> Pain is one of the most common symptoms that occurs with aging and chronic disease. Many seniors live with pain daily, but many of these pains can be managed with medication. Opioid medications are one such class of “pain killers” that are used. In this session we will discuss different causes of chronic pain, what opioid medications are available and the risks and benefits of using opioid drug therapy. <i>Michelle Martin, PharmD</i></p>	<p>Phone: (312)626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:00am	<p style="text-align: center;">(Phone/ZOOM) <u>Weekly Virtual Social Support Group</u> Do you want to connect to others during this time of social distancing? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as you explore new ideas and ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. You may participate in the group with video from your computer/tablet, or you can participate by phone only. <i>Sandy Rubovits, LCSW</i></p>	<p>Phone: (312)626-6799</p> <p>Meeting ID: 934 9355 5427</p> <p>Zoom: Meeting ID: 934 9355 5427</p>
10:00am	<p><u>Tai Chi for Fall Prevention & Balance (ZOOM)</u> Tai Chi is a unique body-mind form of exercise that involves a series of slow, gentle graceful flowing movements. The Tai chi movements are done with gentle graceful circular motions while breathing deeply. <i>Mari-Jane Dare, Instructor</i></p>	<p>Meeting ID: 863 2743 8687</p> <p>Passcode: 258398</p>

WEDNESDAY

Time	Class	Location
11:00am	<p style="text-align: center;"><i>Beginning March 3rd</i> <u>Belly Dance Fitness (ZOOM)</u> Learn Isolation and Coordination for core strengthening, posture, balance, and agility. Explore graceful movements for a new kind of physical confidence. Cultivate precise muscle control. Be FIT, FIRM & HEALTHY <i>Dianne Hodges, Instructor</i></p>	Meeting ID: 862 9955 9024 Passcode: 241573
11:00am	<p><u>Core Builders with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking to strengthen core/trunk/hip/pelvis muscles to improve stability, balance, stamina, reducing lower back pain in a seated, standing and MAT class. <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 933 398 2644 Passcode: 261424
11:00am	<p style="text-align: center;">March 23rd <u>Pharmacist Consultations (Phone/ZOOM)</u> <i>Michelle Martin, PharmD</i></p>	Phone: (312)626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
11:00am	<p><u>Sit & Be Strong with Patricia Class (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac
12:00pm	<p style="text-align: center;"><i>Beginning March 3rd</i> <u>Meditation (ZOOM)</u> Create Mind, Body and Soul Awareness through meditation. <i>Dianne Hodges, Instructor</i></p>	Meeting ID: 862 9955 9024 Passcode: 241573
12:00pm	<p style="text-align: center;"><i>Beginning February 22nd</i> <u>Chicago Style Stepping Dance Class (Zoom)</u> Stepping, also known as "steppin", is an urban dance genre that evolved from the "Bop" in the 1970s. Learn the smooth fancy foot motion of steppin'. <i>James Drake, Instructor</i></p>	Meeting ID: 886 6639 5011 Passcode: 752042

WEDNESDAY

Time	Class	Location
12:00pm	<p><u>Line Dancing (ZOOM)</u> Who says fitness can't be fun? Vennié will have you dancing your way to fitness! Beginner & intermediate dances. <i>Vennié Tolbert-Rodgers, Instructor.</i></p>	Meeting ID: 478 347 6251 Passcode: DANCE
1:00pm	<p><u>Balance Boosters Class (ZOOM)</u> Balance and Stretch is an increase flexibility, joint stability, balance, coordination, agility .and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Chair <i>Patricia Dereef, Symbria Well-Being Specialist</i></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<p><u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 907 424 6822 Passcode: q5QBVj
1:30pm	<p><u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	Meeting ID: 802 534 0244 Passcode: 2rbnmM
2:00pm	<p><u>Well-Being Yoga class (ZOOM)</u> Physical activities are good for relieving stress and this is particularly true of Yoga. Yoga improves your mind-body concentration, giving you better awareness of your own body. Yoga increase your muscle tone, improves your balance, supports joint health, and prevents back pain. Yoga helps to improve your breathing and flexibility. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i></p>	Meeting ID: 782 7973 0070 Passcode: 3J0BV8
3:00pm	<p style="text-align: center;">March 17th (Phone)</p> <p><u>TELEPHONIC SOCIAL SUPPORT GROUP</u></p> <p><u>Coping and Connection in the Time of COVID</u> The pandemic has brought a great amount of uncertainty and unprecedented changes into our lives. The session will be facilitated by Jeaneane Quinn, Licensed Social Worker, at Rush University Medical Center. The support group will feature various discussion topics and the Social Worker will help assist and guide individuals through any questions or concerns related to the ongoing pandemic. Please join us! <i>Jeaneane Quinn, LSW,</i></p>	Phone: 312-535-8110 Access Code: 928 919 117

WEDNESDAY

Time	Class	Location
2:00pm	Beginning March 08th <u>Indoor Gardening (ZOOM)</u> Boost your mood, productivity, concentration and creativity. Learn techniques to grow healthy plants during all seasons. Determine how to select the right plant and proper lighting for a particular indoor space. <i>Nelson Fluker, Instructor</i>	Meeting ID: 832 3576 4258 Passcode: 728103

THURSDAY

Time	Class	Location
9:00am	Beginning February 25th <u>Computer and Technology (ZOOM)</u> Ask Joe Anything! This class is designed with all of your technology questions in mind. This 'study hall' will consist of fielding questions about specific issues you may have about any of your devices (e.g: Desktop, tablet/ iPad, smartphone). <i>Joseph Fedorko, Instructor</i>	Meeting ID: 514 975 0953 Passcode: 727822
9:00am	March 4th <u>Pharmacist Consultations (Phone/ZOOM)</u> <i>Amina Gassam, PharmD</i>	Phone: (312)626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
9:00am Spanish	March 18th <u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Oh, My Aching _____ ! Treating Chronic Pain with Opioids</u> Pain is one of the most common symptoms that occurs with aging and chronic disease. Many seniors live with pain daily, but many of these pains can be managed with medication. Opioid medications are one such class of "pain killers" that are used. In this session we will discuss different causes of chronic pain, what opioid medications are available and the risks and benefits of using opioid drug therapy. Christina Carrizales, <i>PharmD</i>	Phone: (312)626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785

THURSDAY

Time	Class	Location
9:30am Spanish	<p style="text-align: center;">February 25th & March 25th <i>Pharmacist Presentation (Phone/ZOOM)</i> <u>Living with Heart Failure: What Can Be Done</u> Heart failure sounds bad, but it can be treated. While heart failure can be costly, proper treatment with individualized medications can help to decrease costs and increase the quality of life. In this session the pharmacist will review common treatment approaches to heart failure and discuss the safety and efficacy of the medications used, as well as ways to help you remember to take your medications correctly to prevent complications. <i>Sol Farias, PharmD</i></p>	Phone: (312)626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
10:00am Spanish	<p style="text-align: center;">March 18th <i>Pharmacist Consultations (Phone/ZOOM)</i> Christina Carrizales, <i>PharmD</i></p>	Phone: (312)626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
10:00am	<p><u>Forever Fit with Patricia (ZOOM)</u> Cardio Kickbox is a high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. Stand or Chair. <i>Patricia Dereef, Symbria Well-Being Specialist.</i></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	<p style="text-align: center;">March 4th <i>Pharmacist Presentation (Phone/ZOOM)</i> <u>Oh, My Aching _____ ! Treating Chronic Pain with Opioids</u> Pain is one of the most common symptoms that occurs with aging and chronic disease. Many seniors live with pain daily, but many can be managed with medication. Opioid medications are one such class of “pain killers” that are used. In this session we will discuss different causes of chronic pain, what opioid medications are available and the risks and benefits of using opioid drug therapy. <i>Amina Gassam, PharmD</i></p>	Phone: (312)626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
10:00am	<p><u>Sit & Be Strong with Joyce (Phone & ZOOM)</u> Total body conditioning with hand weights designed to tone and strengthen your entire body. Resistance training aims to improve bone density, increase muscle strength, and assist in weight loss. Benefits may include improved balance and posture due to stronger muscles. Seated and standing exercises. Appropriate for all levels. <i>Joyce Bloom, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	Phone: (312)626-6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540

THURSDAY

Time	Class	Location
10:30am Spanish	February 25th & March 25th <i>Pharmacist Consultations (Phone & ZOOM)</i> <u><i>Sol Farias, PharmD</i></u>	Phone: (312)626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
11:00am	March 25th (Phone & ZOOM) <u>“Crisis Confidence” Presentation & Discussion</u> Join Rush Social Worker, Jeaneane Quinn, LSW, for a presentation and discussion about “ <i>Crisis Confidence</i> ,” and how older adults are more likely to have found the resiliency to weather the Covid-19 pandemic, having fostered this form of confidence across the life span. We will have a guided discussion on what “crisis confidence,” means to you, and to identify and learn new ways to foster this form of confidence in your own life.	Phone: (312)626-6799 Meeting ID: 891 7395 3642 Password: 653520 Zoom: Meeting ID: 891 7395 3642 Passcode: 653520
11:00am	<u>Sit & Be Strong Class with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <u><i>Patricia Dereef, Symbria Well-Being Specialist.</i></u>	Meeting ID: 781 025 7235 Passcode: 1WVMac
12:00pm	<u>Line Dancing with Lisa (ZOOM)</u> Have fun while getting fit. Learn popular line dance moves and techniques. <i>Instructor, Lisa Booker</i>	Meeting ID: 211 66 3627 Passcode: Music
12:30pm	<u>Cooking with Everyday Ingredients (Facebook)</u> Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home! You may find a new favorite recipe! <u><i>Chef Gloria Hafer, Instructor</i></u>	Facebook Live facebook.com/ Gloria.hafer or search for Gloria Dattulo Hafer on facebook

THURSDAY

Time	Class	Location
1:00pm	<p style="text-align: center;">Beginning March 4th <u>Beginning Soul Line Dancing (ZOOM)</u></p> <p>This is a fun, interactive beginner soul line dance class that will have you up and moving! Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. <i>Hakeemah Shamsuddin, Instructor</i></p>	<p>Meeting ID: 822 8021 0462</p> <p>Passcode: ccbegdance</p>
1:00pm	<p style="text-align: center;">Core Builders Class with Patricia (ZOOM)</p> <p>Core is a workout focusing on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday task. Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>
2:30pm	<p style="text-align: center;">February 18th & February 25th <u>Dietician Presentation (Phone/ZOOM)</u> <u>Care for Your Heart with a Healthy Diet</u></p> <p>Eating a healthy diet and following a healthy lifestyle can lower your risk of heart disease. By reading nutrition labels, you can limit trans fats and moderate sodium intake. Replace saturated fats in your diet with monounsaturated and polyunsaturated fats, like olive oil, avocados, and nuts. Include at least half an hour of exercise daily to lower blood pressure and triglycerides (if too high), improve cholesterol scores, strengthen your heart, and increase circulation. Be kind to your heart, it works 24/7 for you. <i>Jim Coogan, RD, LDN</i></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
2:30pm	<p style="text-align: center;"><u>Dietician Presentation (Phone/Zoom)</u> <u>Tame Joint Inflammation with Healthy Foods</u></p> <p>Osteoarthritis is very common beginning at age 40. Although joints may wear down over time, you can rebuild them with graceful and slow exercise movements. Regular exercise will encourage the growth of new cartilage to cushion and strengthen your joints. Vitamins such as vitamin A, C, and E may help tame inflammation to reduce pain in your joints. Include fruits, vegetables, dairy, and plant-based fats in your diet to lower inflammation. Reducing the sugar in your diet and eating “smart carbs,” with their built-in fibers also help lower inflammation. Your diet and lifestyle choices matter for your better joint health. <i>Jim Coogan, RD, LDN</i></p>	<p>Phone: (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>

FRIDAY

Time	Class	Location
8:30am	<p><u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 907 424 6822 Passcode: q5QBVj
8:30am	<p><u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	Meeting ID: 802 534 0244 Passcode: 2rbnmM
9:15am	<p><u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<p><u>Forever Fit Class with Ash (ZOOM)</u> Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i></p>	Meeting ID: 769 1575 3572 Passcode: 9hyWpX
10:00am	<p><u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<p><u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	Meeting ID: 802 534 0244 Passcode: 2rbnmM

FRIDAY

Time	Class	Location
10:00am	<p><u>Hula Hoop Stretch Class (ZOOM)</u> This stretch is usually performed by making a circular rocking motion with the hips while standing with the feet slightly apart. Some workouts involve standing an extended leg or placing the body in different positions to work different muscle groups and improve balance. Stretching is also a huge component to increase strength and range of motion. Partial standing and chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	<p><u>Stretch & Flex Class (Phone/ZOOM)</u> Get moving to improve balance, endurance, coordination, along with flexibility. Proper stretching creates flexibility in muscles and joints increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain which encourages bending and twisting without strain. Seated and standing exercises. Appropriate for all levels. <i>Joyce Bloom, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	Phone: (312)626- 6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:30am	<p><u>BINGOCIZE with Tatiana (English) (Phone/ZOOM)</u> This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels. Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend!</p> <p>To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org.</p>	Phone: (312) 626-6799 Meeting ID: 981 0931 0744 Passcode: 123 Zoom: Meeting ID: 981 0931 0744 Passcode: 123
10:30am	<p><u>Fran-ercise (ZOOM)</u> Fitness with A mix of stretch, aerobics, weights, bands and ball, tai chi and yoga. Wonderful music, singing and more! <i>Frances Strain, Instructor</i></p>	Meeting ID: 830 7725 0626 Passcode: 142518
11:00am	<p><u>Arthritis Ability Class (ZOOM)</u> Arthritis is both range-of-motion (ROM) and stretching exercises help to maintain or improve the flexibility in affected joints and surrounding muscles. This contributes to better posture, reduced risk of injuries and improved function. These more vigorous exercises are designed to work muscles a bit harder. As the muscle becomes stronger, it provides greater joint support and helps reduce loading and stress through the painful joint. Chair <i>Patricia Dereef, Symbria Well-Being Specialist</i></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac

FRIDAY

Time	Class	Location
12:00pm	<p><u>Chicago Style Stepping Dance Class (Zoom)</u> Stepping, also known as “steppin”, is an urban dance genre that evolved from the "Bop" in the 1970s. Learn the smooth fancy foot motion of steppin’. <i>James Drake, Instructor</i></p>	<p>Meeting ID: 332 293 0968</p> <p>Passcode: 930653</p>
1:00pm	<p><u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	<p>Meeting ID: 907 424 6822</p> <p>Passcode: q5QBVj</p>
1:00pm	<p><u>Zumba (ZOOM)</u> Latin-inspired cardio dance fitness workout class that features Latin and International music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. No. dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm and an open mind. <i>Mari-Jane Dare, Instructor.</i></p>	<p>Meeting ID: 882 2601 1446</p> <p>Passcode: 463339</p>
1:00pm	<p><u>Drawing and Painting (ZOOM)</u> Reveal your creative side. Learn visual art while applying your own artistic vision. <i>Sharon Pate-Martin, Instructor</i></p>	<p>Meeting ID: 484 648 2271</p> <p>Passcode: 726050</p>
2:00pm	<p><u>Super Circuit Group Class (ZOOM)</u> Fun fitness routine designed to safely improve and/or increase your flexibility, range of motion and comfort in all of your joints and muscles, including the heart muscle! <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	<p>Meeting ID: 933 398 2644</p> <p>Passcode: 261424</p>

SATURDAY

Time	Class	Location
12:00pm	<p><u>Line Dancing with Lisa (ZOOM)</u> Have fun while getting fit. Learn popular line dance moves and techniques. <i>Instructor, Lisa Booker</i></p>	<p>Meeting ID: 211 66 3627</p> <p>Passcode: Music</p>
1:30pm	<p><u>Latin Dance Class & Party (ZOOM)</u> No partner needed! Learn Salsa, Bachata, Merengue, Cha-Cha, and more! Then stick around and dance for fun! <i>Norm Viray, Instructor</i></p>	<p>Meeting ID: 884 3614 5921</p> <p>Passcode: 856171</p>

WELLNESS TEAM PHONE CONSULTATIONS

Looking for personalized help? Our team of wellness professionals are available by phone to answer your health-related questions and to refer you to resources wherever possible. Please note, phone consultations are not designed to address emergencies. Please call 911 if you are having an emergency.

To make an appointment for a phone consultation, please call White Crane Wellness Center at (773) 271-9001. Appointments are available on a first come, first served basis and last for approximately 15 minutes.

- **Ask the Nurse**
 - The nurse can help quickly answer your most pressing health questions and direct you to follow up care as needed.
- **Ask the Social Worker**
 - The social worker can provide emotional support as you adjust to a new way of life, as well as provide resources for accessing social services where possible.
- **Ask the Pharmacist**
 - The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe.
- **Ask the Dietitian**
 - The dietitian has ideas for ways to get creative with healthy food, as many of us are cooking more these days, and can provide suggestions for the safest ways to access healthy foods during quarantine.



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**HOME WELLNESS PROGRAMS
FOR CHICAGOANS 60 YEARS & BETTER**

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BY PHONE
OR
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Exercise with a Twist!



BINGOCIZE is an evidence-based group exercise program designed to increase mobility and fitness. Exercises offered are appropriate **for people at all fitness levels**. Join us to improve your health, make new friends and win **PRIZES!**

Participate from the comfort of your own home, by Tablet, Computer or Phone! If you need help getting online, don't worry. Our computer specialist will help you get connected!

Space is limited; so register today to reserve your spot, and bring a friend!

**Mondays from 1-2 PM, Tuesdays from 10:30 -11:30 AM
and Fridays from 10:30 to 11:30 AM via ZOOM**

[Click here to register](#)

Or to register over the phone, please contact White Crane Wellness Center at 773-271-9001. Or email us at mflores@whitecranewellness.org.



Rush Generations is with you during social distancing

Throughout this time of social distancing, our dedication to healthy aging and wellbeing continues to be energetic and unwavering.

Mini-Clip Rush Generations Wellness Lectures. Every Monday, we will be posting video clips on the Rush Generations Facebook page to help you stay well. If you have a Facebook account, you can like, comment, and ask questions! We will also send these clips out through email.

Take Charge of Your Health workshops will be offered virtually through the Zoom videoconferencing platform. If you are interested in joining an upcoming 6-session group, call our 800 line.

Fitness Classes will be offered virtually, as well! More information on how to access these exercise classes will be on our Facebook page and e-newsletter.

Support Groups for Diabetes, Caregiving, Huntington's Disease, and Loneliness will continue to be offered virtually through conference calls.

Call our toll-free number at **800.757.0202** if you are in need of services, are feeling lonely, or would like more information about any of these virtual programs!

To make sure you are taking advantage of all of our virtual programming, make sure to "Like" us on Facebook and sign up for our e-newsletter!

Like us on Facebook at www.facebook.com/RushGenerations

To start receiving the Rush Generations e-newsletter, email us at Rush_Generations@rush.edu

Feeling Disconnected? We Have a Solution for You!

Designed Just For Seniors!

During this time of social distancing, the City of Chicago's Health Promotion Providers are using ZOOM to offer health and wellness services online.

You can still participate by phone, but if you would like to enhance your experience, you can connect online via a laptop, desktop computer, tablet or cell phone. By connecting online, you will be able to see our health promotion team (Nurses, Social Workers, Dietitians, Pharmacists, and Evidence-Based Class Leaders), as well as your fellow senior participants.

The tutorial will cover the basics of using Zoom including:

- Where is the microphone / mute button?
- Where is the video button?
- Where is the "chat" button?
- How can I see who is talking?
- How can I see everyone on the call?
- How do I change my screen name?

**To register for a free tutorial, please contact:
White Crane Wellness Center
by phone at (773) 271-9001
or by e-mail at info@whitecranewellness.org .**

White  Crane
Wellness Center

¿Te sientes desconectado? ¡Tenemos una solución para

¡Diseñado solo para personas mayores!

Durante este tiempo de distanciamiento social, los proveedores de promoción de la salud de la ciudad de Chicago están utilizando el ZOOM para ofrecer servicios de salud y bienestar en línea.

Aún puede participar por teléfono, pero si desea mejorar su experiencia, puede conectarse en línea a través de una computadora portátil, computadora de escritorio, tableta o teléfono celular. Al conectarse en línea, podrá ver a nuestro equipo de promoción de la salud (enfermeras, trabajadores sociales, dietistas, farmacéuticos y líderes de clase basados en evidencia), así como a sus compañeros participantes mayores.

El tutorial cubrirá los conceptos básicos del uso de ZOOM, incluidos:

- ¿Dónde está el botón de micrófono / silencio?
- ¿Dónde está el botón de video?
- ¿Dónde está el botón "chat"?
- ¿Cómo puedo ver quién está hablando?
- ¿Cómo puedo ver a todos en la llamada?
- ¿Cómo cambio mi nombre de usuario?

**Para registrarse para obtener un tutorial gratuito, comuníquese con: White Crane Wellness Center
Por teléfono al (773) 271-9001**

O por correo electrónico a info@whitecranewellness.org



FREE TAX PREPARATION

Preparación de Impuestos Gratuita

Clients will be seen by Appointment **ONLY** from
January 25 - April 15, 2021.

Make an appointment today! Visit us at
www.goladderup.org or call **312-588-6900**

*¡Haga una cita hoy! Visítenos en
www.goladderup.org o llame al 312-588-6900*

Drop-Off/Express Service:

Come to a tax site and drop-off your tax documents and have your return completed virtually. This service is offered by appointment only!

*Servicio de Entrega/Servicio Express:
Venga a un sitio de impuestos y deje sus documentos de impuestos y su declaración de impuestos se completará virtualmente. ¡Este servicio se ofrece con cita previa solamente!*

Virtual TAP:

Coming soon, check our website for updates on this service model. Visit us at
www.goladderup.com/VirtualTAP or call 312-409-1555

LADDER UP

**JOIN US
FOR A WEBINAR SERIES!**



TOPIC: SAVVY CAREGIVER TRAINING™ PROGRAM FOR CAREGIVERS OF PEOPLE WITH ALZHEIMER'S DISEASE OR RELATED MEMORY PROBLEMS

The Savvy Caregiver™ is a six-week educational program focused on providing instructional material for caregivers of people with Alzheimer's Disease and related disorders. Each session is 2 hours for a total of 12 hours. Please try to attend all 6 sessions. Caregivers receive a pdf file of the Savvy Caregiver Manual.

PRESENTER: Victoria Russo, PhD
Chicago Department of Family and Support Services

WINTER – SPRING 2021 SCHEDULE

SERIES 2

WEDNESDAY

7 PM – 9 PM | February 17, 24, March 3, 10, 17, 24

SERIES 3

TUESDAY

10 AM – 12 Noon | March 2, 9, 16, 23, 30, April 6

SERIES 4

THURSDAYS

2 PM – 4 PM | March 4, 11, 18, 25, April 1, 8

SERIES 5

WEDNESDAY

7 PM – 9 PM | April 7, 14, 21, 28, May 5, 12

SERIES 6

TUESDAY

10 AM – 12 Noon | April 13, 20, 27, May 4, 11, 18

SERIES 7

THURSDAY

2 PM – 4 PM | April 15, 22, 29, May 6, 13, 20

To register, please go to the link: <http://bit.ly/3a9vCNN>
Call **312-743-3528** or email victoria.russo@cityofchicago.org for more information



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WHAT TO EXPECT **BEFORE GETTING** **A COVID-19 VACCINE**

BEFORE VACCINATION

- See if COVID-19 vaccination is recommended for you right now and make an appointment.
- Learn more about the benefits of getting vaccinated, different types of COVID-19 vaccines, and how they work.
- Consult with your doctor if you have a history of significant allergic reactions to vaccines, food, or medicine.

DURING VACCINATION

- Do not take any pain medication before your shot.
- Wear a mask and stay 6 feet away from others while inside and in lines.
- You will receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it.
- You will receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered.
- You will be monitored on-site for 15 minutes. If you have a history of significant allergic reactions, you will be observed for 30 minutes following vaccination.

AFTER VACCINATION

- You may have some side effects, which are normal signs that your body is building protection. Although these side effects may be unpleasant for 1-3 days, they are not dangerous. The vaccine does not contain a live virus and cannot give you COVID-19.
- Make an appointment and get your second shot as close to the recommended 3-week or 1-month interval as possible. You need 2 shots to get the most protection.
- Register for v-safe at vsafe.cdc.gov and help keep COVID-19 vaccines safe. V-safe is a smartphone-based tool that provides personalized health check-ins. Through v-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you and get more information.



QUÉ ESPERAR **ANTES DE RECIBIR**

UNA VACUNA CONTRA EL COVID-19

ANTES DE LA VACUNACIÓN

- Vea si en este momento se le recomienda la vacuna contra el COVID-19 y programe una cita.
- Obtenga más información sobre los beneficios de vacunarse, los diferentes tipos de vacunas contra el COVID-19 y cómo funcionan.
- Consulte con su médico si usted tiene antecedentes de reacciones alérgicas importantes a vacunas, alimentos o medicamentos.

DURANTE LA VACUNACIÓN

- No tome ningún analgésico antes de la inyección.
- Use una mascarilla y manténgase a 6 pies de distancia de los demás mientras esté dentro de un espacio y en filas.
- Usted recibirá una tarjeta de vacunación o una copia impresa que le indica qué vacuna contra el COVID-19 recibió, la fecha en que la recibió y dónde la recibió.
- Usted recibirá una versión impresa o electrónica de una hoja informativa que le brinda más información sobre la vacuna contra el COVID-19 específica que se le ofrece.
- Usted será monitoreado en el lugar durante 15 minutos. Si usted tiene antecedentes de reacciones alérgicas importantes, se le observará durante 30 minutos después de la vacunación.

DESPUÉS DE LA VACUNACIÓN

- Usted puede tener algunos efectos secundarios, que son señales normales de que su cuerpo está construyendo una protección. Aunque estos efectos secundarios pueden ser desagradables durante 1 a 3 días, no son peligrosos. La vacuna no contiene un virus vivo y no le puede contagiar el COVID-19.
- Haga una cita y obtenga su segunda inyección lo más cerca posible del intervalo recomendado de 3 semanas o 1 mes. Usted necesita 2 inyecciones para obtener la mayor protección.
- Regístrese para v-safe en vsafe.cdc.gov y ayude a mantener seguras las vacunas contra el COVID-19. V-safe es una herramienta para teléfonos inteligentes que proporciona controles de salud personalizados. A través de v-safe, usted puede informar rápidamente al CDC si tiene algún efecto secundario después de recibir la vacuna contra el COVID-19. Dependiendo de sus respuestas, alguien del CDC puede llamarlo para ver cómo está y obtener más información.

REGIONAL SENIOR CENTERS
GROUP ACTIVITY TEMPORARILY SUSPENDED

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
CLOSED UNTIL FURTHER
NOTICE

SATELLITE SENIOR CENTERS
GROUP ACTIVITY TEMPORARILY SUSPENDED

Abbott Park
Senior Satellite Center
49 East 95th St., 60619
(312) 745- 3493
Operator: Catholic Charities

Auburn Gresham
Senior Satellite Center
1040 W. 79th St., 60620
(312) 745-4797
Operator: Catholic Charities

Austin Senior Satellite Center
5071 W. Congress, 60644
(312) 743-1538
Operator: Catholic Charities

Chatham
Senior Satellite Center
8300 S. Cottage Grove, 60619
(312) 745 - 0401
Operator: Centers for New Horizons

Edgewater Senior Satellite
Center
5917 N. Broadway, 60660
(312) 742-5323
Operator: Catholic Charities

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

Garfield Ridge
Senior Satellite Center
5674-B S. Archer, 60638
(312) 745-4255
Operator: SSSSO

Kelvyn Park Senior Satellite Center
2715 N. Cicero, 60639
312-744-3350
Operator: Northwest Side Housing
Center

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

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

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

Portage Park Senior Satellite Center
4100 N. Long, 60641
(312) 744-9022
Operator: Catholic Charities

South Chicago Senior Satellite Center
9233 S. Burley (60617)
(312) 745-1282
Operator: Catholic Charities

Roseland Senior Satellite
Center
10426 S. Michigan., 60628
(312) 745 - 1500
Operator: Catholic Charities

West Town Senior Satellite
Center
1613 W. Chicago, 60622
(312) 743-1016
Operator: Catholic Charities