



2010 Calendar of Community Events for Seniors

It is our pleasure to provide this calendar for those in our community looking for information or activities relating to seniors. If you have questions or events to include, please call **Regional Planning Commission - Senior Services at 328-3313** and ask for Vicky Quitschau, Parker Lhee, or call IL Relay 711, or fax to 328-2426

July

2nd, 9th, 16th, 23rd, 30th: “Sing-A-Longers” Every Friday in July. 9:30am-10:30am. Hays Recreation Center 1311 W. Church St, Champaign, FREE, but membership required. Enjoy favorite tunes with other singers. Choose from nearly 500 songs that will bring back memories. No singing experience required, just an interest in having fun. Call 398-2572 or 239-1152 about membership, or for more info.

6th, 13th, 20th, 27th: “Taking Care of You: Powerful Tools for Caregiving” Tuesdays, 2-4pm, Family Service, 405 S. State St, Champaign. This program was developed to provide family caregivers with the tools to increase their ability to care for themselves. It also provides the tools to handle situations, emotions, and decisions that family caregivers often experience. To sign up please call Roxanna or Pat at 352-5100.

6th, 8th, 10th, 13th, 15th, 17th, 20th, 22nd, 24th, 27th, 29th, 31st: “Free Computer Help” 3-7pm Tuesdays, 4-8pm Thursdays, 1-5pm Saturdays, Urbana Free Library, 210 W. Green St. and Urbana Champaign Independent Media Center, 202 S. Broadway Ave, Urbana. Volunteers available to help search the Web, send e-mail, manage and save files, print documents and more. Call the adult services librarian, 367-4405, or e-mail reference@tufli.info

6th, 20th: “Sadorus Seniors” Meets the first and third Tuesday each month. 9am-10am, Sadorus Senior Citizens Hall, 115 E. Market St. Visit and play bingo, refreshments served. Free, but donations welcome. Call 598-2271

9th: “Ask a Nurse” Second Friday of each month, 11:30am, a nurse from Addus Health Care will be at Stevick Senior Center, 48 Main St., Champaign. Free blood pressure, sugar, weight and oxygen checks. Answers to questions about medications and general medical issues. Call 359-6500 for more information.

12th, 26th: “Movie Day” Monday, 1-3pm, Douglass Annex, 804 N. 5th St, Champaign, FREE, but membership required. Call the Friday before to find out what movie is playing. Bring a friend and popcorn and drinks will be provided. Call 398-2572 or 239-1152 about membership, or for more info.

14th: “Munchies with Mary” Wednesday, 12noon – 1pm, Hays Recreation Center 1311 W. Church St, Champaign, FREE, but membership required. The latest topics on current events, jokes, poems, and more will generate the conversation at this lunch gathering hosted by Hays Recreation Center’s very own Mary. Please bring a sack lunch and additional munchies will be provided. Call 398-2572 or 239-1152 about membership, or for more info.

15th: “Caregiver Support Group: Share and Care” Every third Thursday 1-2:30pm, First United Methodist Church Center for Healthy Aging, 210 W. Church St. C. Taiji exercise will be provided for your family member with memory loss while you participate in the support group. Contact Sandy Burgener, Director at 898-4251 for more information.

16th: “Dance for Parkinson’s Disease” Friday, 10am, Krannert Center for Performing Arts, Drama Rehearsal room, level 2, 500 S. Goodwin Ave, Urbana. FREE. During this empowering class, Marianne Jarvi and Kate Kuper of Dance at Illinois lead patients, caregivers, and friends through an exploration of dance movements set to live music from Beverly Hillmer. With elements of modern dance, jazz, and ballet, these motions stretch and strengthen muscles, increase flexibility, impart balance, and improve the overall quality of life. For more information, email engagement@krannertcenter.illinois.edu, or call 333-6280.

22nd, 29th: “Senior Odyssey Informational Open House” 10am, Lincoln Square Mall. This is the final opportunity to join other local seniors who have discovered the fun of Senior Odyssey! This engaging program sponsored by the University of Illinois is studying ways to prevent mental decline including memory loss. Meetings are held at Lincoln Square in Urbana, and people age 60 and over are invited to participate. For more information visit our website at www.seniorodyssey.org or call 217-265-6904 to reserve your spot at the open house and to find out if you might be eligible.

26th, 28th: “Driver Safety Class” Sponsored by AARP, Monday and Wednesday, 1-5pm, Provena Center for Healthy Aging, 210 W. Church St. Champaign. Tune up your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes and how to adjust your driving. Illinois drivers aged 50 and over whom complete this course may reduce their chance for being involved in a traffic accident. Participants may be eligible for a 10% discount on their auto insurance. AARP members pay \$12, non-AARP members: \$14. Call 337-2022 for more info.

27th: “Champaign County Fair, Senior Citizen Day” Senior Citizens should enter at the Coler street gate between 9am-4pm. You will be given a ribbon to wear denoting your special day at the Fair. The program is scheduled to begin at 11am at Kessler Hall. You may bring a lunch or purchase one on the Fairgrounds. There will be gratis seats for you in the Grandstand for the afternoon Harness Races at 12:30pm. For more information, please call 367-8461.

HOLD THE DATE

SENIOR ODYSSEY – The final 16 week session starts this fall. Please see Open House announcement above.

PACE ADA 20th Anniversary Celebration – Saturday, August 7, Holiday Inn Conference Center, Urbana (time TBD), call 344-5433 for more details.

SENIOR SHOWCASE OF TALENT – August 15th, 2-4pm, I-HOTEL, Champaign. Event is free, however, donations will be accepted to support selected food pantries in Champaign County. Call 337-2022 for more details.

DISABILITY FAIR – October 16, 9am-2pm. “Reaching Out for Answers: Disability Resource Expo” Lincoln Square Village, Urbana. Call 367-5703 for more information.

SENIOR RESOURCE FAIR – October 22, 11am-1pm, Savoy Recreation Center, 402 W. Graham, Savoy. Call Jared or Kip for more information at 359-3550.

ANNOUNCEMENTS:

Health Screenings – get a comprehensive health status report with recommendations for anyone 55 and over. 9am, Monday thru Friday, Provena Center for Healthy Aging, 410 E. University Ave, Champaign. FREE, call 337-2022 to schedule an appointment.

Lifelong Learning Institute – Free membership for the Institute at Parkland College. With free membership, get advance mailings of its newsletter twice a year with description of all Lifelong Learning classes, Travelogues, and Issues and Interest programs. Call 353-2055.

Retired Senior Volunteer Program (RSVP) - a program of Family Service that offers retirees the opportunity for meaningful service. For more information call RSVP at 359-6500.

AMPLIFIED TELEPHONE You may be eligible for other telecommunication equipment from Illinois Telecommunications Access Corporation (ITAC). For more information contact PACE at 344-5433.

Low Income Home Energy Assistance Program (LIHEAP) and Weatherization Assistance –

CCRPC is now taking applications for qualified Champaign County residents for **Weatherization**. Call 384-1226 to apply or for more information.

LIHEAP **Summer Cooling** program – July 19-31. Senior, disabled, families with child(ren) under 36 months, who meets within 150% of Federal income poverty guidelines may call 384-1226 for more information.

PARTICIPANTS NEEDED FOR RESEARCH/STUDIES:

Free Exercise Program for Women with Breast Cancer – ask your oncologist about the BEAT II cancer trial. Currently enrolling women between 18 and 65 who have no restriction for mild or moderate exercise and are NOT currently exercising. Call Ruth Franklin at 333-3180.

Ageing Well/Flex Toba – Free DVD-delivered, home-based, six-month exercise intervention for older adults, focusing on flexibility, toning and balance. Participants will also answer questionnaires and perform functional fitness assessments and be paid \$25 for each assessment test. For more info and to see if you qualify, contact Susan Herrel at 265-9848.

Body and Bone Composition Lab: Study is on body composition, blood markers, energy and strength in the Department of Kinesiology & Community Health at the University of Illinois. Men and Women aged 60 – 85. Please contact Rudy Valentine at rvalenti@illinois.edu or by phone at 265-8490.

Muscle Quality: Eating Right or Individualized Training: Sedentary, non-smoking women ages 60-80 sought for study of muscle, strength and health performed by the Departments of Kinesiology & Community Health and Mechanical Engineering at the U of I. The opportunity may exist to participate in a weight loss or exercise program delivered on campus. Please contact Dolores Guest for more info at dfdoane@illinois.edu or 333-2774.

Language & Memory Studies: See your brain in action! Looking for healthy adults, 60 or older, native English speakers, and right-handed to participate in language and memory study. \$10 per hour, 1-4 hour experiments. Participants will perform a task while having their brainwaves recorded (safe noninvasive procedure). If you are interested, e-mail cablab.over60@gmail.com or call 244-7334 and leave a message.

ON-GOING EVENTS:

Free Health Screenings: Provena Covenant Center for Healthy Aging, Suite 102 (East Entrance), 410 E. University Ave., Champaign. Heart, lung, blood pressure, sleep apnea, body-fat, cholesterol, and blood sugar screenings. Participants get one free screening a year. Pre registration required must be 55 or over. Call 337-2022 to register or for more information.

Weekly Bluegrass Jam: Every Tuesday 7-10pm, Lincoln Square Village, Urbana. Free open jam sessions for learning – playing- or listening to Bluegrass.

Coffee Shop: Wednesdays 7:30 – 10:30am Provena Covenant Center for Healthy Aging, 410 E. University. C. Free coffee & donuts. Cards, dominos, scrabble and other games. Talks on health topics some days. Call 337-2022 to register or for information.

Mettler Center Classes Specifically for Seniors: 2006 Crossing Court, Champaign. **PACE** (People with Arthritis Can Exercise) - 45 minute class designed for those with arthritis. Improve range of motion, balance, agility and much more while decrease pain in the joints. **Full Of Life** – 55 minute class with focus on older adults, strength, balance, flexibility, and cardiovascular. Both classes free to members, non members \$40/10 classes or \$4/class. Call 356-6543 for information.

Minds in Motion: Center for Healthy Aging Activities designed to improve cognitive, mental, and physical functioning and decrease depression for older adults and those with early memory loss. July 8, 15, 22 and 29.10am -2pm, lunch provided. First United Methodist Church, 210 W. Church St., Champaign. Daily rate of \$16, or \$50 for all four weeks. Call 356-9078 and ask for Minds in Motion.

STROKE SUPPORT GROUP: First Wednesday of every month 3-4:30pm, 4th floor Provena Covenant Medical Center, 1400 W. Park, U. A self help group where stroke survivors and their families meet to help one another. For more information please call Beth at 337-2202.

DIABETES SUPPORT GROUP: University Room of Provena Covenant, 1400 W. Park, U. Ongoing group designed for those coping with diabetes and their families. Call 1-866-776-8362 to register or for more information.

ALZHEIMER'S SUPPORT GROUP: Every 2ND Wednesday of the month, 6pm, Bridle Brook Asst. Living, 1505 Patton Drive, Mahomet. Group for caregivers, offers tips, resources and connection with other family caregivers. Free adult day care provided. For more information call 217-586-3200.

VISION LOSS SUPPORT GROUP:

1st Wednesdays of each month from 1:30 – 3:00 p.m. at PACE, 1317 E. Florida Av., Urbana. The 3rd Friday of each month 1:00 – 2:00 p.m., at Prairie Village, 200 W. International Av., Rantoul. For more information call PACE at 344-5433.

For more information on support groups, please refer to the Self Help directory: <http://selfhelp.famservcc.org/> or the Self-Help Center of Family Service: 352-0099.

*****For special accommodations for any of these activities, please contact the sponsoring group or agency*****

RURAL TRANSPORTATION (Outside Champaign-Urbana)

Call Champaign County Regional Planning Commission at 328-3313, ext.183.