



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 or Parker Lhee, or call IL Relay 711, or fax to 328-2426

March

2nd, 9th, 16th, 30th “Intro Yoga for Seniors” Meets 10:30am – 12noon, every Tuesday except March 23rd. BKS Iyengar Yoga Institute of Champaign Urbana, 407 W. Springfield Ave, Urbana. \$14 class fee, discount for semester. All mats and props provided. Call 344-9642 or www.yoga-cu.com.

2nd, 16th “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

3rd: “Why Should We Have Funerals?” Wednesday 5:45-7:15pm, Urbana Adult Education at Provena Center for Healthy Aging, 410 E. University C. Chuck Vaughn (Funeral Director) will lead workshop discussing options, cost, and values of funerals. \$5 fee, call 384-3530 to register.

4th - 18th “Stroke Fit” Thursday 1pm – 2pm, Parkland Health Professions building, room PC-H128, 1309 N. Mattis Ave, Champaign. Fee:\$20. Fitness education and exercise designed for persons who have had a stroke and want to stay fit. For more information and registration contact Community Education at: 353-2055.

4th - 25th “Minds in Motion” Every Thursday, see the “On Going Events” section of this calendar for more details.

6th: “Fall Prevention” Saturday 10am – 12pm, Parkland Health Professions building, room HP-H122, 1309 N. Mattis Ave, Champaign. Identify fall risk factors and examine ways to reduce falls in daily life. For more information and registration contact Community Education at: 353-2055.

10th: “Survivor’s Guide to Health and Insurance Issues” Wednesday 5:45-7:15pm, Urbana Adult Education at Provena Center for Healthy Aging, 410 E. University C. Richard Perry (Perry & Associates) will lead a workshop on life and health insurance benefits, handling of the decedent’s medical bills and claims, and insurance coverage options. \$5 fee, call 384-3530 to register.

10th: “Alzheimer’s Support Group” Meets the second Wednesday of every month. See the “On-Going Events” section of this calendar for more information.

12th: “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.

13th: “Caregiver Tips for Dementia: Home Safety Modifications” 10am – 12pm. Parkland Health Professions building, room HP-H122. Register by March 5th. Learn how to reduce potential hazards and enhance the quality of life for your family. Fee: \$5

18th: “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.

18th: “Clearing the Clutter” Thursday 5:45-7:15pm, Urbana Adult Education at Provena Center for Healthy Aging, 410 E. University C. Kathy Sweedler (Uof I Extension) will lead a workshop on developing a personal plan to simplify your life by clearing the clutter. Talk about reduce paper and clutter, locate important papers and create storage systems. Additional tips on simplifying finances. \$5 fee, call 384-3530 to register.

25th: “Creating a Healthy Financial Future” Thursday 5:45pm – 7:15pm, Urbana Adult Education at Provena Center for Healthy Aging, 410 E. University. Kathy Sweedler will discuss current and future financial planning. She will share several websites that have interactive elements that let people put their plan into action. \$5 fee per class, call 384-3530 to register.

27th: “Fall Prevention” Saturday 10am – 12pm, Parkland Health Professions building, room HP-H121, 1309 N. Mattis Ave, Champaign. Engage in nutritional instruction to improve health in persons with arthritis. Fee: \$7. For more information and registration contact Community Education at: 353-2055.

HOLD THAT DATE:

Practical Assistance for Survivors workshops: registration handled through Urbana Adult Education, \$5 fee per class, call 384-3530

April 7: Care Options for the Elderly

April 14: Social Security and Filing

April 17: The Celebration of Daffodils - 3pm, Carle Park south side – for a brief ceremony to remember loved ones and affirm the life we are leading in their absence.

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 appointment.

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.

Employment Opportunities for 2010 Census – Be part of the 2010 Census team. Earn competitive pay, get paid weekly, work flexible hours, receive paid training, and be reimbursed for authorized mileage and expenses. Help your community have a successful 2010 Census. Call now to schedule an appointment to take the test and apply for a job. Call 1-866-861-2010. TTY callers please use 1-800-877-8339.

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 **Winter Heating** program – Open Enrollment! Anyone who meets within 150% of Federal income poverty guidelines may call for appointments at 384-1226.

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.

Aging 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.

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.

Participate in exciting research at the Beckman Institute: The Human Perception and Performance Lab is looking for adults who are older than 65 to participate in its studies! All participants are compensated for their time. If you are interested in studies involving the driving simulator, memory tasks, and many other possibilities, please contact the lab for more information on our current research. Call 217-244-6763 or email hpplab88@gmail.com for more information.

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.

Exercise Class for Seniors: Every Mon. Wed. Fri. 8:45 to 9:45am at the Center for Healthy Aging, First United Methodist Church, 210 W. Church St., Champaign. Focus on stretching and balance. Donations accepted. Call 356-7152 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. Every Thursday Jan. 7 – May 27th 10am - 2pm, lunch provided. First United Methodist Church, 210 W. Church St., Champaign. Daily rate of \$14, couples second person is half price. Information call 356-9078, ask for Minds in Motion.

SCRABBLE CLUB: Third Monday of every month 9-11am, Savoy Recreation Center, 402 W. Graham Drive, Savoy. Ages 50 and older, players of all abilities welcome. Keep your mind sharp, enjoy socializing. Free to residents; \$2 non-residents. Call 359-3550 for more information.

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.

Information on 2010 Tax Preparation Sites on the reverse side.

