



It is our pleasure to provide these community listings for information or activities relating to seniors. If you have questions or information to include, please call **Regional Planning Commission - Senior Services at 328-3313** and ask for Vicky Quitschau or Vic Christensen, or call IL Relay 711, or fax to 328-2426.

### **January Events**

**January 9 – 13<sup>th</sup>, 9 am – 5 pm. Tax-Aide Training** at Rantoul Public Library, 106 W. Flessner Ave., Rantoul. For more information and to receive the training materials, contact Coni Arseneau: [carsenea@illinois.edu](mailto:carsenea@illinois.edu) or 398-1416.

**Tuesdays and Wednesdays, beginning January 10 & 11 Arthritis Foundation Tai Chi Program classes**, 5:30 – 6:45 p.m. at PACE, 1317 E. Florida Ave., Urbana. For questions and registration contact Hadley Ravencroft 344-5433 or [Hadley@pacecil.org](mailto:Hadley@pacecil.org).

**Wednesday, January 11 Rules of the Road class**, 1:30 p.m., Hays Center, 1311 W. Church St., Champaign. To register contact Callie Fitzgerald 398-2591.

**Thursdays, beginning January 12<sup>th</sup>, Minds in Motion**, 10:00 a.m. – 2:00 p.m., Offers activities and programs for older adults designed to improve or maintain cognitive, mental, and physical functioning and decrease or allay depression. For more information or to register, call Sandy Burgener 898-4251 or [sburgener@illinois.edu](mailto:sburgener@illinois.edu).

**Tuesday, January 24, CPR class at 1p.m.** Lutheran Church of Mahomet, 410 E. Andover Dr., Mahomet. To register contact Rural Health Farm Safety [farmsafety@carle.com](mailto:farmsafety@carle.com) or 383-4601.

**Monday, January 23, Driver Safety Class**, 1p.m., Provena Center for Healthy Aging, Champaign. Call 337-2022 for more information and to register.

**Monday, January 30, Driver Safety Class**, 1p.m., Provena Center for Healthy Aging, Champaign. Call 337-2022 for more information and to register.

## **2012 Rules of the Road Classes in Champaign County**

**Hays Center, 1311 W. Church St., Champaign at 1:30 p.m.**

- April 11
- July 11
- October 10

**Call Callie Fitzgerald at 398-2591 for more information or to register.**

**Helen Stevick Senior Center, 48 E. Main Street, Champaign at 10:00 a.m.**

- February 7
- May 1
- August 7
- November 13

**Call Debbie McCoy at 359-6500 for more information or to register.**

**Phillips Recreation Center, 505 W. Stoughton St., Urbana at 10:00 a.m.**

- March 1
- June 7
- September 6
- December 6

**Call Janet Soesbe at 367-1544 for more information or to register.**

**Rantoul Recreation Center, 100 E. Flessner, Rantoul at 1 p.m.**

- March 20
- June 19
- August 21
- October 16

**Call Debbie Briggs at 893-0461 for more information or to register.**

## **Ongoing Events/Activities**

**Low Income Home Energy Assistance Program (LIHEAP) to apply for Winter Benefit call: LIHEAP @ Regional Planning Commission, 384-1226.**

**3<sup>rd</sup> Tuesday of the month, Committee on Aging, 11:30 a.m. - 1:00 p.m., Provena Home Health & Hospice, 1501 Interstate Dr., Champaign. For more information contact: Chris Bruns 373-1708 or Kathy Rhoads 359-7937.**

**3<sup>rd</sup> Wednesday of each month, Senior Task Force, 9 – 10 a.m. Health Alliance entrance of Lincoln Square. For more information contact Rosanna McLain 352-5100 or Patrick Harness 337-3486.**

## **Educational Opportunities**

### **Computer Classes (a partial list)**

**Douglas Branch Library**, 504 E. Grove St., Champaign, **403-2090**. Registration is not needed.

- Monday: 5-8 p.m. individual time,  
6 – 7 p.m. Using a computer and the Internet.
- Tuesday: 5-8 p.m. individual time,  
6-7 p.m. Setting up and using email.
- Wednesday: 5-8 p.m. individual time,  
6-7 p.m. Creating your resume.
- Thursday: 5-8 p.m. individual time,  
6-7pm Finding and applying for a job.

**Urbana Free Library**, 210 W. Green, Urbana, IL, **367-4405**

We can teach you how to search the Web more effectively; create an e-mail account and send messages; manage and save digital files; design and print documents; and more!

#### **Tech volunteers hours**

- Tuesday, 3 – 7 p.m.
- Thursday, 4-8 p.m.
- Saturday 1 – 5:00 p.m.

***Note: Other computer classes may be available through your local public library, park district or senior center.***

**Osher Lifelong Learning Institute (OLLI)**, Registration for Spring 2012 began 12/5. For more information, call 244-9141 or visit <http://olli.illinois.edu>.

**Parkland College Lifelong Learners Program**. For information call 353-2055 or <http://www.parkland.edu/communityed/LLL.aspx>

**Provena Center for Healthy Aging, 410 E. University, Champaign. Health and wellness programs are offered.** The VIP program includes health education and social opportunities. Call 337-2022 for more information or visit <http://www.provena.org/covenant/homepage.cfm?id=218>.

**Urbana Adult Education:** For enrollment and registration information, please contact 384-3530 or [www.usd116.org/adult](http://www.usd116.org/adult).

## **Employment information**

**Champaign Consortium Workforce Investment Act (WIA), Contact 278-5700 or [www.illwa17.com](http://www.illwa17.com)**

**Illinois Department of Employment Security (IDES).** Link to workforce services. **Contact 278-5700 or [www.ides.state.il.us](http://www.ides.state.il.us).**

**Senior Community Service Employment Program (SCSEP) - Experience Works.** Training, counseling and community service assignments for people 55 years of age and older who meet eligibility guidelines. **Contact: 800-368-7569 or [www.experienceworks.org](http://www.experienceworks.org)**

## **Volunteer Activities**

**Retired Senior Volunteer Program (RSVP) - A Family Service program offering the opportunity for meaningful service. For more information call 359-6500.**

## Medicare Q & A presented by SHIP

**Q: I have a friend who is using a Care Credit card to pay for her health care. I have not heard of this card before. Can you tell me what it is and where I can get one?**

**A.** The Care Credit card is a credit card – it is NOT a discount card of any kind. The card is a way to pay for health care and offers members the choice to pay their balance on a 6, 12, 18, or 24month basis, depending on the plan they get. This gives people longer to save the money to pay off the health care charges they charged to the card. It is important to note that the person will incur interest charges if they do not pay their balance in full by the due date. The card website indicates the interest rate is 26.99%, and interest accrues monthly. One could accrue large amounts of interest quickly and have trouble paying it off. The card is legitimate and is offered by GE Money. Go to the website [www.carecredit.com](http://www.carecredit.com) for additional information. The card may be an option for people who need to pay off health care charges in the short term and will be able to pay the balance before the due date.

**Q. How do I contact SHIP to discuss my questions???**

**A. Visit the website: [www.insurance.illinois.gov](http://www.insurance.illinois.gov), call toll free in Illinois @ 1-800-548-9034 or contact:**

**RPC-Senior Services: 328-3313  
Center for Healthy Aging: 337-2022**

***How do I contact Senior Services for more information?***



**RPC-Senior Services  
1776 E. Washington St.  
Urbana, IL 61802  
217-328-3313  
[www.ccrpc.org](http://www.ccrpc.org)**

