



# IOWA CITY SENIOR CENTER

STAY ACTIVE | CURIOUS | CONNECTED



## WHAT'S NEW?

### Senior Center Unveils New Logo & Updated Name

We're officially retiring the many variations on the name and going back to basics. Reintroducing... the Iowa City Senior Center (ICSC)! The updated name clarifies our identity, celebrating where we're located, who we serve, and what we offer.

The new logo's curved, connected letters 'ICSC' are a visual representation of our values of connection, curiosity, and activity. The color shift between shades of blue signifies adaptability and openness to change, both of the organization and the people we serve.

### Where Should the Senior Center Be Located?

After an extensive master planning process for facility renovations, ICSC is left with an important question: *where* should our improvement funds be directed? Is it better to make major renovations to our existing building in downtown Iowa City or would area seniors be better served by a new home base in another location? We want to hear from you!

In November-December, we'll be distributing a short survey and holding several focus group meetings to gather community input. Please keep an eye out for these opportunities and share your thoughts. More details will be posted soon at [icgov.org/senior](http://icgov.org/senior).

## ABOUT THE SENIOR CENTER

The Iowa City Senior Center enhances quality of life by creating opportunities to support wellness, social connections, community engagement, and lifelong learning for a diverse and growing older adult population. Our vision is to extend social involvement and end social isolation for people age 50+.

As a department of the [City of Iowa City](#), Senior Center operations are financially supported by local property taxes, with additional funding from Johnson County, participation fees, grants, and generous donations to [Friends of Iowa City Senior Center](#).

## NAVIGATING THE SENIOR CENTER

Our building has four floors: Ground, 1st, 2nd, and 3rd. Most rooms are numbered to indicate which level it is located on (e.g. room G13 is on ground, room 302 is on 3rd). The Assembly Room is on the 1st floor. You can find the reception desk at the south end of the ground floor; it is staffed Monday-Friday, 8 am - 5 pm.

## TAKE A TOUR!

Interested in getting to know your way around the building better? Join a Senior Center member for a guided tour! [Sign up online](#) or call 319-356-5220.



## SIGN UP FOR CLASSES!

You can register for most programs online at [icgov.org/senior/registration](http://icgov.org/senior/registration) or call the Senior Center at 319-356-5220.

Check out our online registration how-to video at [tinyurl.com/SC-onlinereg](http://tinyurl.com/SC-onlinereg).

Some programs require you to register with the instructor or partner organization. In these cases, details are provided in the program description.

**Membership requirements:** Current Senior Center membership is required for some classes. If needed, this will be noted in the program description.

**Fees:** Programs are offered without charge unless otherwise noted. For in-person programs that have fees, please pay instructors on the first day of class. For virtual programs with fees, payment instructions are provided at the time of registration or soon after.

## HOW TO ACCESS ZOOM PROGRAMS:

The Senior Center uses Zoom to host virtual and hybrid programs. Zoom allows you to join in live discussions and see and hear other participants using your desktop computer, laptop, tablet, smartphone, or landline phone (audio only).

**Zoom links:** Please register for a program to receive the Zoom meeting link and ID/passcode. Details will be provided via your registration confirmation email.

### JOIN BY WEB BROWSER (COMPUTER):

Copy and paste the Zoom link into your internet browser's address bar, then click "Join from Browser" and follow the prompts. Or go to [zoom.us/join](http://zoom.us/join) and enter the meeting ID and passcode.

### JOIN BY APP (SMARTPHONE, TABLET, COMPUTER):

Download the free Zoom app for your device at [zoom.us/download](http://zoom.us/download). Open the app, tap "Join a Meeting," enter meeting ID and passcode, tap "Join."

### JOIN BY PHONE (audio only):

Call 312-626-6799 at the time of the program. When prompted, dial the Zoom meeting ID for the program you want to join. Your phone will be automatically muted once the meeting starts. When you want to speak, press \*6 to unmute.

## NEED TECH HELP TO GET CONNECTED?

For friendly assistance troubleshooting Zoom or any other technology challenges, you can make an appointment for a tech help session over Zoom, by phone, or in person. Contact Brad Mowrey, Technology & Video Specialist, at 319-356-5211 or [bmowrey@iowa-city.org](mailto:bmowrey@iowa-city.org).

## NEW CLASSES & EVENTS

*For multi-session programs with registration, please sign up prior to the first meeting date and plan to attend all (or most) sessions.*

*Some single-session programs may be offered more than once; dates are listed as separate bullets in the program description.*

### Intermediate Tai Chi

**Fridays, October 28 - December 16, 10:30-11:30 am**

**Location: Room G13**

**Register online or call 319-356-5220**

*Instructor: Robin Ungar*

This class serves ongoing students of tai chi and those with previous experience who wish to re-start a practice. Classes will work progressively through the Cheng Man Ching style of the form, applying the basic principles of tai chi, such as balance, posture, stability, efficient movement, relaxation and others. Tai Chi is like an onion--there are always new layers of understanding and refinement to peel away. It is a lifelong journey with a multitude of physical and mental benefits. Fee: \$50 for 6 weeks; pay instructor. Membership required.

### Happy Halloween Trivia!

**Monday, October 31, 3:30 pm**

**Location: Assembly Room**

**Register online or call 319-356-5220**

*Host: Abby Liebach, Senior Center intern*

Come join us for fall-inspired trivia and refreshments, costumes optional! Invite your friends or come meet some new ones.

### Food: A Cultural Culinary History

**Tue, November 1 - March 7, 10:00 am - 12:00 pm**

**Location: Zoom**

**Register online or call 319-356-5220**

*Facilitator: Michelle Buhman*

This video lecture series explores the history of how humans have produced, cooked and consumed food from the earliest hunting-and-gathering societies to the present. The scope of this course is global, covering civilizations of Asia, America, Africa, and Europe and how cultures in each of these continents domesticated unique staples that literally enabled these civilizations to expand and flourish. The course also covers marginalized and colonized cultures that were dominated largely to feed or entice the palates of the great. A major theme of the course is the process of globalization, imperialism, and the growth of capitalist enterprise at the cost of indigenous cultures and traditional farming practices. Each week we'll view two 30-minute lectures followed by group discussion. You may attend as your schedule allows. No class 12/27. Membership required.

## Beginning Spanish

**Tue, Thu, November 1 - December 29, 10:00-11:15 am**

**Location: Hybrid (Room 308 & Zoom)**

**Register online or call 319-356-5220**

*Facilitator: Emily Edrington*

Join us to continue our friendly, collaborative language learning experience. This beginning Spanish class (already in progress) utilizes video lectures from The Great Courses, group practice, and homework exercises to progressively develop our Spanish language skills. Participants should plan to attend all or most sessions, but missed lectures can be watched on your own using the Kanopy app (available through the public library; we can help you get started if needed). You can also use Kanopy to catch up on prior lectures if you're new to the class. Membership required.

## Baseball Championship Games...Played in Iowa?

**Tuesday, November 1, 1:00-2:00 pm**

**Location: Room 302**

*Presenter: David Jepsen*

Yes, three Iowa baseball clubs have laid claim to playing for a season championship. Behind each claim lies fascinating stories about baseball, Iowa history, and odd nicknames, which will be told, accompanied by photographs, by David Jepsen. August 4, 1879, the Dubuque Rabbits, season champions of the Northwestern League, hosted the reigning National League champion Chicago White Stockings in what was advertised as a "Battle of Champions." In October 1891, the Sioux City Cornhuskers, season champions of the Western Association, hosted the Chicago Colts, again champions of the National League, for a series to determine "Champions of the West." During the summer of 1903, the Algona Brownies hosted the Chicago Unions for an eleven-game series played in towns and cities across Western Iowa. At stake was the "Colored Championship of the West." Each game offers the elements of fascinating stories: colorful characters, drama on and off the field, and unusual settings...all unfolding in Iowa.

## Re-Imagining Disability

**Wednesdays, November 2-30, 1:00-2:15 pm**

**Location: Zoom**

**Register online or call 319-356-5220**

*Instructor: Deborah Gallagher, Ph. D.*

If you grew up in a family where no one had a disability, you likely had the experience of being shushed by adults when your wee little self pointed to a person using a wheelchair and asked loud questions. You were told in stern whispers not to stare and definitely not to point. Inevitably, you were left with the troubling impression that having a disability is a dreadful thing. As adults, those experiences can leave us feeling at a loss about how

to engage with disabled people. We fear saying or doing the wrong thing. We can't seem to shake the feeling of awkwardness, and we find it easier to avoid. On the other hand, if you had a sibling or other family member with a disability, you may have grown up witnessing, and likely continue to witness, people behaving in clueless or even demeaning ways toward your loved one. Or perhaps you were the child (or now adult) with a disability who directly experienced disability stigma, struggling to get others to see you as a real person with the same hopes, dreams, and interests as anyone else. This inspiring class will transform your outlook on disability, whether or not you have a disability. It will also offer many practical rules of "disability etiquette" to guide you in having positive interactions with people who experience disability.

## Cinema Salon

- **Thursday, November 3, 2:00 pm**

- **Thursday, December 1, 2:00 pm**

**Location: FilmScene at The Chauncey**

**Register online or call 319-356-5220**

Senior Center members are invited to FilmScene to view a new film the first Thursday of every month, followed by a 30-minute discussion facilitated by Lynn Puritz-Fine. Screenings are open to the public and seating is first come, first served. Films are announced about two weeks in advance. Register with the Senior Center by 5:00 pm the day before each screening. Fee: \$5 for Senior Center members (discounted); pay at the FilmScene box office. Membership required.

## Hearing Loss, Tinnitus, and Hearing Devices

**Thursday, November 3, 2:00-4:00 pm**

**Location: Room 302**

*Presenters: UI Audiology faculty & students*

This course presents an educational session on hearing loss and tinnitus. You will also learn about communication strategies, how hearing loss affects the brain, and the difference between over-the-counter hearing aids vs. hearing aids fitting from an audiologist.

## First Fridays: Connection and Coffee

**Fridays, November 4 & December 2, 9:00-10:00 am**

**Location: 1st Floor Lobby**

**Register online or call 319-356-5220**

*Host: LaTasha DeLoach*

Come meet with community organizations, volunteers, and members. We will come together on the first Friday of each month to socialize and have coffee. This is a great way to meet others in the community and make connections. Watch for details on specific organizations in our email newsletter as each date approaches.



## Balanced Fitness

**Fri, November 4, 18, December 2, 9, 16, 10:00-10:45 am**

**Location: Assembly Room**

**Register online or call 319-356-5220**

*Instructor: Laura O'Conner*

This fitness class will improve mobility and balance while also improving cardiovascular fitness and increasing flexibility. This class starts with a short warm-up followed by 30 minutes of movement that will increase your heart rate without putting stress on your joints. The cool-down will include toning and stretching. Coordination is not necessary! Only a willingness to move your body and have fun!

Fee: \$8/session; pay instructor.

## Premium Oolong Tea Tasting

**Friday, November 4, 10:00-11:30 am**

**Location: Room 302**

**Register online or call 319-356-5220**

*Instructor: Judith Leavitt*

You're a black tea drinker. You've tried green teas. Now you're ready to explore oolong teas. Oolongs are partially oxidized teas, anywhere from 12-80% and flavor profiles range from floral and fruity to cinnamon and stone fruit. In this tasting, you'll explore the styles, aromas and flavors of 5 premium oolong teas from China and Taiwan. Judith Leavitt is the author of *Talking Tea: Casual Tea Drinker to Tea Connoisseur*. A long-time member of the Specialty Tea Institute, she is a trained and knowledgeable tea professional who is passionate about the history, taste, and art of tea. Fee: \$20; pay instructor.

## Write Your Life Story

**Fridays, Nov 4, 18, Dec 2, 16, 10:00 am - 12:00 pm**

**Location: Zoom**

**Register online or call 319-356-5220**

*Facilitator: Chuck Felling*

Write Your Life Story gathers together persons to write about the people, places and events that have created their memories. We encourage and inspire writing using our own everyday vocabulary, grammar, etc. We find that writing about the past is a pleasure for ourselves as much as for others. Authors usually read their stories for the other writers to listen and offer supportive, constructive comments to help the story. Sharing is optional. Membership required.

## Funeral Pre-Planning

**Friday, November 4, 1:00-2:00 pm**

**Location: Room 302**

**Register online or call 319-356-5220**

*Presenter: Ken Holmes*

What is funeral preplanning? Can I preplan without prepaying? Do I have to be embalmed? Doesn't state law require a vault? Can I have visitation and a service before body donation? Isn't it against the law

to scatter cremated remains in a lake? What are funeral benefits for military veterans? What happens if I die away from home? Can I write my own obituary? How can I make all of this easier for my family? Can cremated remains be divided to keep some, scatter some, and bury some? How can I reduce funeral costs? This session will explore what you need to know and why to consider preplanning, for yourself and for your family.

## Death Café

• **Friday, November 4, 2:00-3:00 pm**

• **Friday, December 2, 2:00-3:00 pm**

**Location: Room 308**

A Death Café is a safe place for people to talk about death in order to make the most of life. New people are encouraged to join anytime. This is not a bereavement support group or grief counseling session. For more information on the purpose of this group, visit [deathcafe.com](http://deathcafe.com) or contact Michelle Buhman at 319-356-5222.

## Welcome to Medicare

• **Saturday, November 5, 10:00 am - 12:00 pm**

• **Thursday, December 8, 5:30-7:30 pm**

**Location: Room 302**

**Register online or call 319-356-5220**

*Presenters: SHIIP Counselors*

Will you be eligible for Medicare in the near future? Do you know your options for receiving Medicare benefits? Do you want to better understand how Medicare works with other health insurance options? A two-hour seminar is offered monthly by Senior Health Insurance Information Program (SHIIP) counselors to provide an overview of traditional Medicare benefits (Parts A and Part B, prescription drug plans (Part D) and Medicare supplements), as well as the growing array of Medicare Advantage plans. The Senior Health Insurance Information Program, is a service of the State of Iowa. SHIIP counselors are trained by the state and do not sell or promote any insurance companies, policies, or agents.

## The Easy Way for Anyone to Compose Music: Hyperscore!

**Mondays, November 7, 14, 11:00 am - 12:00 pm**

**Location: Room 308**

**Register online or call 319-356-5220**

*Presenter: Cecilia Roudabush*

Are you interested in a creative writing class, but for music? No pencil or staff paper needed! Join us for an overview of the free, web-based composition platform Hyperscore. Anyone and everyone can enjoy composing music with Hyperscore! Attendees are encouraged to bring their own laptop, tablet, or smartphone; a limited number of devices will also be available for use in class.

## **Rumble: The Indians Who Rocked the World**

**Monday, November 7, 2:00-4:00 pm**

**Location: Room 308**

*Host: Abby Liebach*

Join us in celebrating Native American Heritage Month by viewing the Emmy Award Nominated film, *Rumble: The Indians Who Rocked the World*. This documentary reveals the untold story of Native American influence within popular music. Some of the world's most iconic rock artists and music influencers give insight into the hidden role that Native American culture played in forming the basis of jazz and rock music through their pioneering artists, including Linc Ray, Jimi Hendrix, Jesse Ed Davis, and Buffy Sainte-Marie.

## **Book Report**

- **Tuesday, November 8, 10:30 am - 12:00 pm**
- **Tuesday, December 13, 10:30 am - 12:00 pm**

**Location: Room 305**

*Facilitator: Cheryl Walsh*

A book club that meets once a month for an informal round table discussion and sharing of books you have enjoyed reading. Choose your favorite author, old or new, best sellers or classics, fiction, non-fiction, short stories, or poetry. Not limited to presenters; anyone who is interested in finding new authors while exploring the abundance of reading opportunities in our City of Literature is welcome.

## **Nineteenth Century Presidents**

**Tuesday, November 8, 2:00-3:00 pm**

**Location: Room 302**

**Register online or call 319-356-5220**

*Presenter: Tom Schulein*

In the 19th century alone, one-half of our 46 presidents held office. The tumult associated with presidential elections of our lifetimes also accompanied many of those of the 1800s. Those presidents steered the nation through some of the most turbulent times in our history, times during which the survival of the Union was at stake. This fast-paced lecture will focus on short biographies and the epic events of the century.

## **Connected for Life: Native American Uses for Plants: Useful - Beautiful - Sacred**

**Thursday, November 10, 10:00-11:00 am**

**Location: Zoom**

**Register online or call 319-356-5220**

*Presenters: Carolina Kaufman, Cherie Haury-Artz*

Join Carolina Kaufman (Pentacrest Museums) and Cherie Haury-Artz (Office of the State Archaeologist) as they discuss objects in their collections that illustrate the many non-food uses that Native People of North America found for plants. Plants from trees to grasses were utilized for building and wood

carving, weaving and sewing, and creating colorful and beautiful objects. Connected for Life is a virtual program series coordinated by four museum and library units at the University of Iowa: Stanley Museum of Art, Office of the State Archaeologist, Pentacrest Museums, and UI Libraries. We explore objects in the museum collections focused on art, archaeology, natural history, and historical archives.

## **Get To Know TRAIL of Johnson County**

**Thursday, November 10, 1:00-2:00 pm**

**Location: Room 308**

**Register online or call 319-356-5220**

*Presenter: Bob Untiedt*

TRAIL of Johnson County is a nonprofit organization that seeks to help older adults stay safely and comfortably in their own homes as they age. TRAIL (Tools and Resources for Active, Independent Living) offers its members access to volunteer help and social activities. In this session, you'll learn about TRAIL's mission, fees, and member benefits; its affiliation with a network of more than 200 aging-in-place organizations nationwide; volunteer opportunities; and other details. TRAIL has been accepting members and offering services since 2017.

## **Traditional Country Dance**

- **Saturday, November 12, 5:00-8:00 pm**
- **Saturday, December 10, 5:00-8:00 pm**

**Location: Robert A Lee Recreation Center - Social Hall**

Our dances are great for beginners as there is no fancy footwork to learn; the caller tells us what to do and other dancers can help if you get mixed up. Bring a friend or come alone—there are always plenty of people to dance with! Wear comfortable clothing and shoes. This is a combination of the English Country Dance and Barn Dance groups. New people are always welcome.

## **Family Folk Machine Concert**

**Sunday, November 13, 3:00 pm**

**Location: Englert Theatre (221 E Washington St, IC)**

FFM's Fall 2022 concert, "Carry On: Songs for Living," brings together songs that reflect on how we keep on through times of struggle and how we support one another through friendship and community. We need your voice for the audience sing-alongs! And you just might need to hear these songs to remember you're not alone. The concert is free with donations gratefully accepted. Reach out to [jean@familyfolkmachine.org](mailto:jean@familyfolkmachine.org) with questions. The Family Folk Machine is an intergenerational, non-auditioned choir that seeks to build a strong community by singing and playing music with our neighbors, exploring American history and culture through song, fostering individual musical growth, and pursuing excellence as an ensemble. The FFM is a 501(c)(3) nonprofit organization.



## Tracing the Growth of Iowa City

Tuesday, November 15, 2:00-3:00 pm

Location: Room 302

[Register online](#) or call 319-356-5220

Presenter: Tom Schulein

Historical Iowa City maps as well as many photographs will be used to illustrate the expansion of Iowa City, beginning with its founding.

## S.S.R.O. Returns!

Wednesday, November 16, 2:00 pm

Location: Assembly Room

S.S.R.O. (Senior Standing Room Only), the Senior Center's reader's theatre troupe, will return after a 2-year hiatus to share an entertaining program of humor, cleverness, and fun. Relive the hilarity of George Burns and Gracie Allen, laugh at the radio antics of Lucille Ball in "My Favorite Husband," and revisit some of S.S.R.O.'s Greatest Hits (and some that will be!). We hope to see you there!

## SoundReach Choir Concert

Wednesday, November 16, 6:30 pm

Location: Assembly Room

SoundReach Choir is a performance group for adults with various cognitive and physical disabilities, under the direction of music therapists from West Music. Their concert theme this fall is "Colors of the Rainbow." SoundReach is designed to provide a structured community music experience for those who may not have other opportunities to join a performance group, and SoundReach groups are offered all around Iowa. A new virtual option called "SoundReach Singalong" is also available! More info: [musictherapy.westmusic.com/soundreach-choirs](http://musictherapy.westmusic.com/soundreach-choirs).

## Advance Health Care Planning Workshop

Friday, November 18, 10:00 am - 12:00 pm

Location: Room 308

[Register online](#) or call 319-356-5220

Presenters: Emily Edrington & Mary McCall

We can't predict when a sudden illness or injury could leave us unable to communicate or make decisions. Learn how to talk about and document your health care preferences to ensure that your family, friends, and health care team know what's important to you and your wishes are honored.

## The Role of Iowa City in the American Civil War

Tuesday, November 29, 2:00-3:00 pm

Location: Room 302

[Register online](#) or call 319-356-5220

Presenter: Tom Schulein

When the call for war came in 1861, Iowans overwhelmingly agreed to serve as soldiers and in other capacities. Two training camps were situated on the outskirts of Iowa City and one regiment was comprised of mostly Johnson County soldiers. Learn about what made Iowa unique among all of the

states, both Union and Confederate, and how its troops served the Union cause.

## Teawares

Friday, December 2, 10:00-11:30 am

Location: Room 308

[Register online](#) or call 319-356-5220

Instructor: Judith Leavitt

Judith Leavitt, author of *Talking Tea: Casual Tea Drinker to Connoisseur*, will discuss teawares and tea equipment. To become a tea connoisseur, you will want to check out these teawares and "must-haves." You will have the opportunity to taste two teas during the presentation. Fee: \$10; pay instructor.

## Fighting Against Fraud

Friday, December 2, 1:00-2:00 pm

Location: Zoom

[Register online](#) or call 319-356-5220

Presenter: Ann Thompson, Iowa City Police

Department, Victim Services Coordinator

Increase your awareness of phone and internet fraud. Scammers are professionals who target all ages. Anyone can be caught off guard by an email or phone call that demands immediate attention or threatens something bad will happen if we don't comply. Our brains go into reactive mode and we do what we're told without stepping back and thinking through the situation. We'll share tips on how to recognize when the person on the other end of a conversation is trying to intimidate you, promising false hopes of employment, or threatening you with legal claims. This course will provide tools to help you avoid financial loss and emotional trauma.

## The Founding of Iowa City

Tuesday, December 6, 2:00-3:00 pm

Location: Room 302

[Register online](#) or call 319-356-5220

Presenter: Tom Schulein

Who were the early figures in Iowa City's history? Why was Iowa City established to be the new territorial capital? This presentation will trace the occupancy of the land of Iowa City from prehistoric times up through the year 1839, when the City was founded.

## Staying Safer on the Internet

Tuesdays, December 6-27, 3:00-4:00 pm

Location: Zoom

[Register online](#) or call 319-356-5220

Instructor: Brad Mowrey

As more business is conducted online, it's all the more important to understand how to navigate this often-hostile environment. This class emphasizes privacy and financial security in four parts: Basic Principles & Email, Web Browsing, Smart Phones & Social Media, and Passwords. Each class will include time for Q&A.

## Connected for Life: The Art of Collecting

Thursday, December 8, 10:00-11:00 am

Location: Zoom

[Register online](#) or call 319-356-5220

*Presenters: Elizabeth Riordan & Carolina Kaufman*

Join Outreach and Engagement Librarian at the University of Iowa Libraries Elizabeth Riordan and Director of Education and Engagement at the Pentacrest Museums Carolina Kaufman for The Art of Collecting! Explore the meaning behind the art of collecting, meet people with unique personal collections and the stories their collections tell. Please bring your own collections to share!

## Family Dementia Class

Tuesday, December 13, 10:00 am - 12:00 pm

Location: Room 308

[Register online](#) or call 319-356-5220

*Presenter: Amber Buer*

Caring for a loved one with dementia can be challenging, especially when faced with the unknowns of the disease. This free class, presented by staff from Bickford Home Care, will help to offer insight and support to family caregivers as they adjust to caring for a loved one with dementia.

## New Horizons Band Concerts

- **Ensembles:** Thursday, December 8, 2:00 pm

- **Full Band:** Tuesday, December 13, 2:30 pm

Location: Assembly Room

The last two years have been challenging for the New Horizons Band. We went from no rehearsals to virtual/recorded music rehearsals, then practices outdoors and a variety of locations in Iowa City. Now we are happily back at the Senior Center. Please join us for our Winter Band Concert on December 13 at 2:30 pm, which will include a variety of music ranging from the *Snowbird March* to holiday music and pieces such as *Old Churches*, *The Bonsai Tree*, *Italian Holiday* and the *Quad City Stomp*. The Flute, Brass, and Woodwind ensembles will present their program on December 8 at 2:00 pm.

## Voices of Experience Concert

Thursday, December 15, 2:00 pm

Location: Assembly Room

Returning after a 2-year hiatus, the Voices of Experience, the Senior Center's mixed-voice choral ensemble, will proudly share songs and music from many different styles in a concert open to all. Please join us in the Assembly Room to hear sounds from the Big Band Era, folk songs, sacred classical selections, lively music from the Czech Republic, and songs of the winter season, under the direction of Jon Ranard, and accompanied by Jean Littlejohn. Settle in for good music, great fun, and a wonderful time of community.

## Winter Sing-Along

Wednesday, December 21, 2:00 pm

Location: Assembly Room

Dust off your holiday voices and join us for a come-one, come-all sing-along. We'll celebrate the songs of the winter season with gusto, vim, and verve as we fill the air with sounds of familiar tunes and melodies, guided by Jon Ranard on the piano. It's the perfect way to celebrate the official first day of winter. You won't want to miss it!

## AARP Driver Safety

Tuesday, December 27, 10:00 am - 3:00 pm

Location: Room 302

[Register online](#) or call 319-356-5220

*Instructor: Fred Stieglitz*

What are you driven by? Whether it is enjoying the open road before you, or feeling the sand between your toes, there's no limit to where you can go with the AARP Driver Safety course. You will learn proven safety strategies to maintain your confidence behind the wheel, so you can make new memories on the road. And with the AARP Driver Safety course, there are no tests. You simply sign up and learn.

AARP Driver Safety course teaches:

- Defensive driving techniques, new traffic laws and rules of the road
- How to deal with aggressive drivers
- How to safely use anti-lock brakes, air bags and safety belts
- Techniques for handling left turns, right-of way, blind spots and more

Plus, some insurance companies offer a discount for completing the course. There will be an hour lunch break around noon.

## Fitness Room Orientations

By Appointment

Location: Room G08

[Register online](#) or call 319-356-5220

Senior Center members are invited to attend an orientation session in the fitness equipment rooms. In an individual or small group setting we'll lead you through the proper use of each machine in the strength training room and introduce you to the equipment in the cardio room. Whether you're new to the Senior Center's fitness rooms or you just want to brush up your technique, all current Senior Center members are welcome.

## Take a Tour of the Senior Center

By Appointment

[Register online](#) or call 319-356-5220

Interested in getting to know your way around the building better? Join a Senior Center member for a guided tour!



## **ONGOING PROGRAMS**

Programs occur every week unless otherwise noted. Register and/or join any time.

### **Sports Forum**

**Mondays, 9:00-10:00 am**

**Location: Hybrid (Room 308 & Zoom)**

**Register online or call 319-356-5220**

*Facilitator: George Saurberg*

Members are invited to join the Sports Forum. At these informal gatherings of Hawkeye fans, we discuss Iowa sports and other sports, with occasional visits from guest speakers. The Sports Forum was started years ago by Al Grady, a sports writer for the *Press-Citizen*. For more information on the Sports Forum, contact Michelle at [michelle-buhman@iowa-city.org](mailto:michelle-buhman@iowa-city.org) or 319-356-5222.

### **Yoga with Esther**

- **Mondays, 11:00 am - 12:00 pm**

**Location: Zoom**

- **Wednesdays, 10:00-11:00 am**

**Location: Hybrid (Room G13 & Zoom)**

- **Saturdays, 8:30-9:30 am**

**Location: Zoom**

**Register online or call 319-356-5220**

*Instructor: Esther Retish*

This class emphasizes breathing, balance, and focus while increasing strength and flexibility. Some yoga experience helpful. Fee: \$7/class (up to \$30/month); pay instructor.

### **Card Games**

**Mondays, 1:30-3:00 pm**

**Location: 1st Floor Lobby**

Are you interested in playing cards? Join us on Mondays to play 500, Euchre, or Pinochle. If you have questions contact Mary Cannon at [mcannon443@gmail.com](mailto:mcannon443@gmail.com).

### **Lyrics Alive**

**Mondays, 1:30-3:00 pm**

**Location: Assembly Room**

The Senior Center's all-request singing group has triumphantly returned to meeting in-person at the Senior Center! Join us for the joy of singing with a group, minus the pressure of performing. We usually sing with live instrumental accompaniment (mostly piano and guitar), and sometimes a cappella. All are welcome!

### **Fit 4 Life with Lindsey**

**Tuesdays, Thursdays, 9:00-9:45 am**

**Location: Room G13**

**Register online or call 319-356-5220**

*Instructor: Lindsey Reed*

Join us for a fun and functional workout focused on full body strength and stability, balance, and flexibility. Members will use a variety of weights and strength bands. Exercises will be done from a chair, standing, and on the floor for those who are able. Come enjoy a great body workout in a social atmosphere. Fee: \$8/session or \$105 for 15-class punch card; pay instructor. Membership required.

### **Fitness Foundations**

**Tuesdays, Thursdays, 1:00-1:30 pm**

**Location: Room G13**

**Register online or call 319-356-5220**

*Instructor: Kam Atwater*

In Fitness Foundations, you can expect to learn the foundations of exercise, gain strength, and get into a routine of working your upper body, arms, and grip strength. This class will focus on proper lifting form, modifications, and seated exercise movements. Fee: \$10/session; pay instructor. Kam is a Certified Therapeutic Recreational Specialist and has a background in fitness accountability coaching, and a minor in Physical Activity and Nutrition Science.

### **Bowling**

**Tuesdays (1st/3rd of month), 1:00-3:00 pm**

**Location: Colonial Lanes (2253 Old Hwy 218 S, IC)**

Bowl up to 3 games for \$2/game with the Senior Bowling Group (upcoming dates: November 1 & 15, December 6 & 20). Balls and shoes are available with a cost for shoe rental, or bring your own if you have them. We bowl for fun and fellowship; all are welcome, we'd be happy to have you join us! We are wearing masks. For more info, call Beverly Tyree at 319-351-1447 and leave a message.

### **Intermediate Level Conversational Spanish**

**Tuesdays, 1:00-2:00 pm**

**Location: Room 308**

**Register online or call 319-356-5220**

*Facilitator: William Heald*

In this group we will try to create opportunities for conversing in Spanish. Although we will have the group purchase a book or two, these will be primarily used to provide material for verbal communication. There will be assigned readings and exercises, but these will be designed to create contexts for conversation. For more information about this group contact William Heald at [william-heald@hotmail.com](mailto:william-heald@hotmail.com).

## Reading Spanish Texts in Spanish

Tuesdays, 2:00-3:00 pm

Location: Room 305

**Register online** or call 319-356-5220

*Facilitator: William Heald*

This group reads, translates, and discusses intermediate level Spanish texts. We will read some famous Spanish authors and other works of interest to the group. This is not a Spanish conversation group.

## Open Studio

Wednesdays, 9:00 am - 2:00 pm

Location: Room C07

Join fellow artists using water-based oils, acrylic, watercolor, pastel, and all other 2-D media. Bring your own materials. This is an open studio, no instruction is provided.

## Mindfulness Practice Group

Wednesdays, 10:00-11:00 am

Location: Zoom

**Register online** or call 319-356-5220

*Facilitator: Emily Edrington*

Cultivate your day-to-day skills for living in the present rather than worrying about the future, ruminating on the past, or zoning out on autopilot. This awareness can help us respond wisely to whatever life throws at us. Mindfulness meditation can positively affect focus, stress resilience, physical and mental health, interpersonal skills, and overall well-being. Our weekly group practice incorporates guided meditation, gentle movement, and group conversation. Newcomers are always welcome.

## Let's Play Scrabble!

Wednesdays, 2:00-4:00 pm

Location: 1st Floor Lobby

Exercise your vocabulary and crossword skills, and join us for some friendly word play on a giant Scrabble board.

## The Pomtastiks!

Wednesdays, 3:00-4:00 pm

Location: Room G13

**Register: Contact Shirley Myers at 319-351-5872**

If you like to dance, enjoy music, are excited to learn choreography, and are comfortable performing in public, then come check out The Pomtastiks! We have over 20 choreographed dances in our repertoire and use poms and props to add fun and variety to each performance. We practice together weekly and at home using DVDs to learn the choreography. We welcome new members, so stop by a practice and meet us! For more info, contact Shirley Myers at 319-351-5872. Membership required.

## 50+ Singles Group

Thursdays, 9:30-11:00 am

Location: Midtown Family Restaurant 2 (West)

Gather Thursday mornings and one weekend evening each month with other singles. People ages 50+ meet to eat, laugh, talk, and make new friends. No dues, no commitment, no agenda, no RSVP (except for dinner). Separate checks. Weekly breakfasts meet at Midtown Family Restaurant 2 (1069 Highway 1 West in Iowa City). Monthly dinners are held at a different restaurant each month. Call David at 319-530-5001 or email [icfiftyplussingles@gmail.com](mailto:icfiftyplussingles@gmail.com) for date and location.

## Keep Us in Stitches

Fridays, 1:00-3:00 pm

Location: Room 311

Join an informal group of "fiber friends" in an afternoon of knitting, sewing, crocheting, weaving, or whatever fiber craft strikes your fancy. Stuck on casting on, using a pick-up stick, what an overcast stitch is? Gather a group of your friends and find more who share your interest in the fiber arts. Conversation, sharing, and helpful support make this a relaxing break from a stressful day. Come and go any time.

## Film Fridays

Fridays, 2:00 pm

Location: Assembly Room

*Host: Minnetta Gardinier*

Join us on Fridays for a volunteer-curated line-up of movies shown on the big screen in the Assembly Room, along with fresh popcorn!!

- October 28: *Invasion of the Body Snatchers*(1978)
- November 4: *Hit the Road* (2022)
- November 11: no film (Veteran's Day)
- November 18: *Maiden* (2019)
- November 25: no film (Thanksgiving)
- December 2: *Thirteen Lives* (2022)
- December 9: *Elvis* (2022)
- December 16: *Saving Brinton* (2017)
- December 23: no film (Christmas)
- December 30: *Downton Abbey: A New Era* (2022)

## Conversation Partner and Tutor

Meets by appointment

Location: Date, time, location to be determined

Register: Email [mitchell.kathy5@gmail.com](mailto:mitchell.kathy5@gmail.com)

*Instructor: Kathy Mitchell*

Kathy Mitchell will offer one-on-one tutoring for English language learners. Meetings will last 1-2 hours per week. Conversation topics will be the student's choice. Kathy may also help students with GRE and TOEFL preparation, editing, mock interviews, homework, reading, and vocabulary. Email Kathy to make an appointment.



## **SENIOR CENTER SERVICES**

Make an appointment at [icgov.org/senior](http://icgov.org/senior) or call the Senior Center at 319-356-5220

### **SHIIP Medicare Counseling**

Senior Health Insurance Information Program (SHIIP) is a free, confidential service of the [State of Iowa](http://www.stateofiowa.gov) that helps Iowans make informed decisions about Medicare and other health insurance coverage. Appointments are available in-person at the Senior Center, Mercer Park Aquatic Center, North Liberty Library, and virtually via Zoom or phone.

The Medicare Open Enrollment Period is underway now (October 15 - December 7). Be sure to make an appointment with a SHIIP counselor as soon as possible to get help reviewing your healthcare and prescription drug plan options for 2023.

### **Advance Care Planning**

We can't predict when a sudden illness or injury could leave us unable to communicate or make decisions. Would anyone know what kind of medical treatment you would want...or not want? Honoring Your Wishes is a community-wide program that helps you talk about and document your health care preferences (before a crisis occurs) to ensure that your family, friends, and health care team know what's important to you and your wishes are honored. Certified Advance Care Planning facilitators are available to guide you through these critical conversations and assist you in creating or updating your written health care directive. All ages welcome.

### **Simple & Free Pantry Exchange**

Studies show that older adults are at a higher risk of being food insecure. As a modest but meaningful intervention, the Senior Center houses a little free pantry where anyone can freely give and/or take food and personal care items.

The pantry is located near the Washington Street entrance on the ground level of the Senior Center and is open to the public from 8:00 am to 5:00 pm, Monday-Friday. Donations of non-perishable food items and toiletries can be dropped off in the labeled bins near the pantry area and volunteers will sort, organize, and stock the pantry.

The pantry can always use donations of beans, rice, pasta, canned vegetables, canned tuna and meats, soups, peanut butter, nuts, dried and canned fruits and fruit juices, cereal, granola bars, and meal kits. Find our shopping list at [tinyurl.com/pantry-list](http://tinyurl.com/pantry-list) and consider placing an order to purchase and ship items directly to the Senior Center. Your support and generosity are sincerely appreciated!

## **ON-SITE PARTNER ORGS**

The Senior Center supports these senior-serving organizations with in-kind operational space

### **Horizons Congregate Dining**

Horizons hosts congregate dining on the 1st floor of the Senior Center Monday-Friday from 11 am-12 pm. Congregate meals are available to any adult age 60 or older, their spouse regardless of age, and their child with disabilities (who lives with and attends with an eligible parent) with a suggested contribution of \$5. Meal sites are open to anyone 59 and under for a \$6 donation. Please RSVP for lunch by 1 pm the day before; call 319-338-0515.

### **TRAIL of Johnson County**

TRAIL of Johnson County is a nonprofit, membership based organization whose mission is to help older adults successfully age in place by providing Tools and Resources for Active Independent Living.

Visit [trailofjohnsoncounty.org](http://trailofjohnsoncounty.org) or stop by the TRAIL office in Room 301 of the Senior Center to learn more. TRAIL's office hours are 9 am - 1 pm, Mon-Fri.

### **Visiting Nurse Association Community Clinics**

**Call 319-337-9686, ext. 1155 to make an appointment**

The VNA offers community health services at the Senior Center in room G03:

- **Walk-in Blood Pressure Clinics**

Mondays, Wednesdays, Fridays, 11 am - 1 pm

- **Cholesterol Clinics**

2nd Wednesday of month, by appointment (\$17)

- **Foot Care Clinics**

Thursday afternoons, by appointment (\$12)

Upcoming dates: November 17 & December 15



**FRIENDS**  
OF IOWA CITY  
SENIOR CENTER

Your gifts help keep the Iowa City Senior Center accessible, affordable, and a vital part of our community. All gifts, no matter how large or small, make a *big* difference.

Donations to Friends can be made online or by mail:

- [www.icseniorcenterfriends.org](http://www.icseniorcenterfriends.org)

- Friends of Iowa City Senior Center  
28 South Linn Street  
Iowa City, Iowa 52240

## BECOME A SENIOR CENTER MEMBER!

Membership is open to anyone age 50+ and includes access to the Senior Center fitness equipment rooms. Memberships can be purchased at any time and are good for one year from the date of purchase.

### Annual membership fees for an individual and additional household members:

Iowa City resident: \$40 (+\$25/additional person)

Non-Iowa City resident: \$75 (+\$45/additional person)

### Membership offer for North Liberty residents:

Thanks to grant funding from the City of North Liberty, NL residents age 50+ receive the same discounted membership rate as Iowa City residents. Call 319-356-5220 or stop in to take advantage of this special discount.

### How to sign up or renew your membership:

- Go online: [icgov.org/senior/registration](http://icgov.org/senior/registration)
- Stop in: Monday - Friday, 8:00 a.m. - 5:00 p.m.
- Call us: 319-356-5220
- Mail a check: 28 S. Linn St, Iowa City, IA 52240

### Low-income discount:

We never want financial concerns to be a barrier to membership. The Iowa City Senior Center has a low-income discount program available, which reduces the cost of membership to \$10 per year or fully waives the fee if needed. To learn more, please inquire with our staff when you join or renew.

### Free membership with Renew Active:

A program of United Healthcare Medicare plans, Renew Active covers the cost of your membership by making monthly contributions to support our Senior Center. Check at the reception desk for more details.

## BECOME A SENIOR CENTER VOLUNTEER!

Lend a hand. Take the lead. Pitch in. Give Back. No matter what you call it, volunteering is good for our community—and good for you! If you have time, spend it wisely as a Senior Center volunteer.

Our volunteers of all ages and are skilled, dedicated, and passionate about giving back. Volunteers help the Senior Center achieve its mission to improve quality of life by facilitating opportunities for older adults to stay active, curious, and connected.

Visit [icgov.org/senior](http://icgov.org/senior) to submit a volunteer application, or make an appointment with Emily ([emily-edrington@iowa-city.org](mailto:emily-edrington@iowa-city.org) or 319-356-5224) to explore ways you can support your Senior Center and community with your time and talents.

## OUR EQUITY STANDARD

Our equity standard is to purposefully embrace inclusion by creating a more equitable, accessible, safe, welcoming, and inclusive senior center where differences are recognized, respected, valued, and celebrated.

## CODE OF CONDUCT

To ensure that everyone can enjoy their experience at the Senior Center, a code of conduct is in place. It is available for review at the front desk and at [icgov.org/senior](http://icgov.org/senior).

## PHOTOS & VIDEO

Activities at the Senior Center may be photographed or recorded for promotional and outreach purposes. If you have concerns about photos or videos taken by Senior Center staff or volunteers, contact Emily at 319-356-5224 or [emily-edrington@iowa-city.org](mailto:emily-edrington@iowa-city.org).

Due to the public nature of our facility and programs, the media may take photos or video of events. The Senior Center is not responsible for images taken by the media.

## CLASS AND PROGRAM CONTENT

The Senior Center neither approves nor disapproves the content, ideas, or subject matter presented in programs or used by individuals, non-profit groups, and organizations. The Senior Center does not accept responsibility for ensuring accuracy or that all points of view are represented.

## LANGUAGE LINE

Language Line Services Available (Over-the-phone Interpretation Service for more than 170 languages)

تتوفر خدمات خطوط اللغة (خدمة الترجمة الفورية عبر الهاتف لأكثر من 170 لغة)

提供语言专线服务 (超过 170 种语言的电话口译服务)

Servicios de línea de idiomas disponibles (Servicio de interpretación por teléfono para más de 170 idiomas)

Services linguistiques disponibles (service d'interprétation par téléphone pour plus de 170 langues)

Huduma za Laini ya Lugha Zinapatikana (Huduma ya Ukalimani kwa njia ya simu kwa zaidi ya lugha 170)

## FACILITY RENTAL

Rent a room at the Senior Center for your next event or gathering! Classrooms, fitness rooms, and the Assembly Room can be rented for a reasonable hourly fee during evenings and weekends. For more details, visit [icgov.org/senior](http://icgov.org/senior) or contact Kristin at [kristin-kromray@iowa-city.org](mailto:kristin-kromray@iowa-city.org) or 319-356-5221.





IOWA CITY SENIOR CENTER  
28 S. Linn Street, Iowa City, IA 52240

## NOVEMBER-DECEMBER 2022 SENIOR CENTER ACTIVITY GUIDE

The Iowa City Senior Center enhances quality of life by creating opportunities to support wellness, social connections, community engagement, and lifelong learning for a diverse and growing older adult population.

### STAY CONNECTED with the Senior Center:

- Call us at 319-356-5220
- Visit [icgov.org/senior](http://icgov.org/senior)
- Subscribe to our weekly emails
- Follow us on [@IowaCitySeniorCenter](https://www.facebook.com/IowaCitySeniorCenter)
- Explore our videos on [YouTube @IowaCitySCTV](https://www.youtube.com/IowaCitySCTV)
- The Senior Center is open Monday-Friday, 8 am - 5 pm
- The Senior Center will be closed for holidays: November 11, 24, 25, December 23, 26, and January 2

### LOCATION

The Iowa City Senior Center is located at 28 South Linn St, Iowa City, Iowa 52240.

Our main entrance is on Washington St. The reception desk is located just inside at the south end of the ground floor.

The Skywalk entrance at level 3A of the Tower Place parking ramp leads into the 3rd floor of the Senior Center.

### PARKING

Hourly public parking is available in the Tower Place parking ramp directly north of the Senior Center, Dubuque St. ramp next to the public library, and Chauncey Swan ramp across from City Hall. For details on discounted member parking permits, inquire at the reception desk.

### FREE BUS RIDES FOR AGES 65+

Iowa City Transit offers free bus fares for persons ages 65+ and those who have a disabled bus pass card, Medicare card, and/or SEATS card. Find more information at [icgov.org/transit](http://icgov.org/transit).

