



**MAY
JUNE
2022**



STAY ACTIVE  STAY CURIOUS  STAY CONNECTED









28 S. Linn Street, Iowa City, IA 52240

MAY-JUNE 2022 PROGRAMS & UPDATES

The 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 CENTER:

-  Call us at 319-356-5220
-  Visit icgov.org/senior
-  Subscribe to our weekly emails
-  Follow us on [@IowaCitySeniorCenter](https://www.facebook.com/IowaCitySeniorCenter)
-  Explore our [@IowaCitySCTV](https://www.youtube.com/channel/UCIowaCitySCTV)
-  **The Center is OPEN:**
Monday-Friday, 8 am - 5 pm
*Closed for holidays:
Monday, May 30 (Memorial Day)
Monday, June 20 (Juneteenth)

SIGN UP FOR CLASSES!

You can register for most programs online at 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.

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 details will be provided at the time of registration or soon after.

Zoom links: For programs held virtually, the Zoom meeting link and ID/passcode will be provided via your registration confirmation email.

ORANGE TITLE =
PROGRAM MEETS
IN-PERSON



BLUE TITLE =
PROGRAM MEETS
ON ZOOM

PROGRAM LOCATIONS:

While the Senior Center is home base for most of our programs, we also hold many activities at off-site locations in the area or virtually via Zoom. Currently, you will find programs and events occurring at:

- **Senior Center** (28 S Linn St, Iowa City)
- **Voxman Music Building**
(93 E Burlington St, Iowa City)
- **Happy Hollow Park** (800 Brown St, Iowa City)
- **Englert Theatre** (221 E Washington St, Iowa City)
- **Robert A. Lee Recreation Center**
(220 S Gilbert St, Iowa City)
- **Secrest 1883 Octagonal Barn**
(5750 Osage St SE, West Liberty)
- **Colonial Lanes** (2253 Old Hwy 218 S, Iowa City)
- **Lower City Park** (200 Park Rd, Iowa City)
- **Midtown Family Restaurant 2**
(1069 Hwy 1 W, Iowa City)
- **FilmScene at The Chauncey**
(404 E College St, Iowa City)
- **Mercer Park Aquatic Center**
(2701 Bradford Dr, Iowa City)
- **North Liberty Library**
(520 W Cherry St, North Liberty)
- **Iowa City Public Library** (123 S Linn St, Iowa City)

NEW CLASSES & EVENTS

For multi-session programs, please register prior to the first meeting date and plan to attend from the beginning.

Family Dementia Class

Monday, May 2, 10:00 am - 12:00 pm

Location: Room 302

Register online or call 319-356-5220

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

Disaster PrepWise

Tuesday, May 3, 1:00-2:00 pm

Location: Assembly Room

Disaster PrepWise (DPW) is an emergency preparedness program developed by the University of Iowa College of Public Health that consists of five interactive modules and two additional sections on special topics. Through engaging in discussions about disaster preparedness and management, a trained interventionist enters participants' information into the online tool to develop a personalized disaster management plan.

The five modules are:

1. Complete a Personal & Household Assessment
2. Develop a Personal Emergency Network
3. Develop Emergency Information & Gather Important Documents
4. Keep a 3-5 Day Supply of Medications & Medical Supplies
5. Build an Emergency Supply Kit

This program is supported by the the Senior Center, University of Iowa, Johnson County Public Health, and TRAIL of Johnson County.

Tuesdays with Tom at 2

Tuesdays, May 3, 10, 31, June 7, 14, 21, 2:00-3:15 pm

Location: Zoom

Register for each date online or call 319-356-5220

Presenter: Tom Schulein

Brush up on your local history knowledge on Tuesdays at 2:00 pm with Tom! Register separately for each program you wish to attend. Membership required.

5/3: A Story of Iowa's Counties

Ever wonder why Iowa has so many "box-shaped" counties? And what about those Spanish names like Cerro Gordo and Palo Alto? This presentation will begin with the origin of the county concept in America and a brief overview of all of the counties in the United States. The talk will trace how the State of Iowa came to be, from the Louisiana Purchase to our statehood. The naming of our counties will be explored and some interesting tales concerning many of them related.

5/10: A History of Iowa City Golf Courses

Iowa City's first golf course was created in 1900, making it one of the earliest in the state. It still exists under a name different from the original. Another golf course followed, created by a legendary Iowa family. Other courses soon came about, and today Iowa City offers golfers a generous selection of courses on which to play, each challenging different skill levels. The history of golf in Iowa City will be explored.

5/31: A History of Oakdale

Oakdale was an unincorporated rural residential village established in 1908 by the State of Iowa as a statewide treatment center for tuberculosis. Later, it evolved into an entity with different purposes and was incorporated into Coralville. Today, it is largely a technology center. Interesting tales of its early life in which it served long-term TB patients will be traced.

6/7: Post-WWII Temporary Housing at the University of Iowa

Many long-term residents of Iowa City will remember the Quonset huts and barrack buildings that once graced the University of Iowa campus. The reason for their establishment and period of existence will be explored. Some personal stories of some of the inhabitants will also be related.

6/14: Iowa City Then and Now

This presentation will be offered using photographs of Iowa City, showing what was present in the past in contrast with what exists today. A smattering of images will be drawn upon to compare the "then" to the "now."

6/21: The Remarkable Irish Family

The family with the surname of Irish played significant roles in the early history of Iowa City and later influenced the educational lives of Iowa Citians and extended their expertise state-wide and beyond. The members of this family will be explored and an early Iowa City residence still in existence will be discussed.

Painting and All 2-D Techniques**Wednesdays, May 4 - June 22**

- **Morning session: 9:00-11:00 am**
- **Afternoon session: 12:00-2:00 pm**

Location: Room G07**Register online or call 319-356-5220***Instructor: James Ochs*

This class is open to water based oils, acrylic, watercolor, pastel, and all other 2-D media. Jim Ochs has a BFA in painting and MA and MFA in printmaking and has been teaching art at the Senior Center for more than 30 years. Fee: \$80; pay instructor. Membership required.

Mindfulness Practice Group**Wednesdays, 10:00-11:00 am****Location: Room 103 & Zoom****Register online or call 319-356-5220**

Mindfulness is a way of living that includes paying attention to what is actually happening now rather than jumping ahead to the future, being stuck in the past, or operating on automatic pilot. Accompanied by attitudes such as curiosity, openness, acceptance, compassion, and non-judging, this awareness supports us in responding wisely to whatever comes up in the present moment. Research suggests the consistent practice of mindfulness meditation can positively affect focus, stress resilience, physical and mental health, interpersonal skills, and overall well-being. Our weekly group practice incorporates short readings, guided meditation, gentle movement, and group discussion, facilitated by willing participants on a rotating basis. Beginners are welcome, as we are all perpetual beginners to the present moment.

Basics of Digital Photography

- **May session: Wed, May 4-25, 2:30-3:30 pm**
- **June session: Wed, June 1-22, 2:30-3:30 pm**

Location: Zoom**Register online or call 319-356-5220***Instructor: Brad Mowrey*

Modern DSLR and mirrorless cameras have dramatically improved since 2010--capable cameras are now available at affordable prices. This class will show how to take your camera out of auto mode and gain more control over your still photos. We'll cover the roles of aperture, shutter speed, and ISO, and how they interact. We will also cover the topics of white balance, aspect ratio, crop factors, and focal distance. The goal is to help you get the most out of your camera in any situation. This class will not cover smart phones. Membership required.



Exegesis Saves: Q, Paul and the Gospels**Thursdays, May 5 - June 9**

- **Morning session: 10:00-11:30 am**
- **Afternoon session: 1:00-2:30 pm**

Location: Room 302**Register online or call 319-356-5220***Instructor: Louis DeGrazia*

What is the earliest Christian writing we have? Was it the Gospel of Matthew or Mark, or the letters of Paul? How many letters did Paul write? Was there a source available to the Gospel writers which pre-dated their proclamations? What is Q? [Q, which comes from the German word *Quelle*, means Source.] Where does it come from? Is it a written document? Is it the first Gospel? Who actually wrote the Gospels? When and where were they written? How do we reconcile the inconsistencies and differences in their stories? Can we write a biography of Jesus using the Gospels? How do all these questions affect Christian liturgy and worship? How do they impact Christmas and Easter? These and many other such questions are in the balance when we do an exegesis of Paul and the Gospels. Scholars have been searching and debating these questions almost frantically. Let's check it out. Bring your Bible. Register for either the morning or afternoon session. Membership required.

Death Café

- **Friday, May 6, 2:00-3:00 pm**
- **Friday, June 3, 2:00-3:00 pm**

Location: Room 302**Register for each date online or call 319-356-5220***Hosts: Michelle Buhman, Craig Mosher*

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 or contact Michelle Buhman at 319-356-5222.

Responsible and Problem Gambling

- **May session: Monday, May 9, 10:00-10:30 am**
- **June session: Tuesday, June 21, 10:00-10:30 am**

Location: Room 308**Register online or call 319-356-5220***Facilitators: Carrie Hough and Kara Hooper, Prelude Behavioral Services*

This short presentation, offered once in May and repeated in June, is for anyone who wants to educate themselves on how to be a responsible gambler. We will give an overview of Iowa's history in gambling,

discuss three forms of gambling, and differentiate between responsible and problem gambling. Join us to learn low-risk guidelines, find support, and explore resources available to you and your loved ones.

Book Report**Thursdays, May 10 & June 14, 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.

New Horizons Band Spring Concert**Tuesday, May 10, 3:00 pm****Location: Voxman Music Building**

The Iowa City New Horizons Band is made up of musicians who meet and practice at the Senior Center (or partner locations) on Tuesday and Thursday mornings. Concert selections range from singable tunes you will know to cutting edge works that might surprise you. Join us for an exciting live performance!

How to Speak with your Legislator--Effectively!**Wednesday, May 11, 2:00-3:30 pm****Location: Room 302****Register online or call 319-356-5220***Presenter: American Civil Liberties Union of Iowa*

What's the best way to contact my legislator? How do I get my message across in the most effective way? Join us for a workshop on how to craft an effective 'ask' to your legislator--or any elected official! This interactive workshop will focus on the topics of unjust policing and mass incarceration in order to practice this skill.

Connected for Life**Thursdays, May 12 & June 9, 10:00-11:30 am****Location: Zoom****Register online or call 319-356-5220**

Connected for Life: Object-based Digital Programming to Foster Active Minds for Senior Living Communities, is jointly administered by the Stanley Museum of Art, the Office of the State Archaeologist, UI Pentacrest Museums, and University Libraries. Join us over zoom on the 2nd Thursday of each month for a new and unique program. May's topic will be Art Movements, from Romanticism to Abstract Expressionism.

Write Your Life Story

Fridays, May 13, 27, June 10, 24, 1:00-2:30 pm

Location: Room 308

Register online or call 319-356-5220

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.

Traditional Country Dance

Saturdays, May 14 & June 11, 2:00-5:00 pm

Location: Happy Hollow Park

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--we'll have plenty of people to dance with! Wear comfortable clothing and shoes. This is a combination of the English Country Dance and Barn Dance groups. Newcomers always welcome.

Family Folk Machine Spring 2022 Concert

Saturday, May 14, 3:00 pm

Location: Englert Theatre

Please join us at the Family Folk Machine's spring concert, "Sing a Song: To Noisemaking!" The FFM is an intergenerational, non-auditioned, community-building choir in which people of all ages enjoy singing with their neighbors accompanied by a band. After two years of virtual choir and outdoor choir, this concert features songs about the joy of singing together, from Pete Seeger to Earth, Wind, and Fire to Hozier. The FFM kids will present a puppet shadow play under the direction of Monica Leo as part of the performance. The concert is free with donations accepted; please check the Englert's Covid policies for updated entry information: englert.org/covid.

Line Dance

Mondays, May 16 - June 27, 3:00-4:30 pm

Location: Assembly Room

Register online or call 319-356-5220

Instructor: Sherian Piper

Exercise your mind and your body, make new friends, and have fun! You're welcome to come to any or all classes as your schedule allows. Membership required.

Fresh Conversations

Tuesdays, May 17 & June 21, 3:00-4:00 pm

Location: Room 308

Register online or call 319-356-5220

In this program you will learn about healthy affordable meal ideas, how to stay active and have fun, and try a tasty recipe. Fresh Conversations is a free education program and friendly group discussion that shares tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

Beginning Level Tai Chi

Wednesdays, May 18 - June 29, 11:30 am - 12:30 pm

Location: Room G13

Register online or call 319-356-5220

Instructor: Robin Ungar

Tai Chi is an ancient Chinese exercise that combines relaxed, fluid movement with a calm, alert mental state. It helps develop flexibility, balance and coordination. A daily practice cultivates health, energy, and concentration. Beginning students will learn and practice the fundamental movements and principles of the Cheng Man Ching (Yang) form. Fee: \$50 for 6 weeks; pay instructor. Membership required.

Intermediate Tai Chi

Fridays, May 20 - June 24, 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.

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Blue title = Program meets on Zoom



Welcome to Medicare

- **May session: Saturday, May 21, 1:00-3:00 pm**
- **June session: Sat, June 25, 10:30 am - 12:30 pm**

Location: Room 302

Register online or call 319-356-5220

Presenters: Roger Jensen, Bob Lower, SHIIP Counselors

This two-hour seminar, offered monthly by Senior Center SHIIP counselors, provides an overview of Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplement insurance. SHIIP, 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 Center is a local sponsor for SHIIP in Johnson County.

Generation Rx: Safe Medication Practices for Better Health

- **May session: Tuesday, May 24, 10:00-10:30 am**
- **June session: Wed, June 15, 10:00-10:30 am**

Location: Room 308

Register online or call 319-356-5220

Facilitators: Carrie Hough and Kara Hooper, Prelude Behavioral Services

This 20-minute presentation by Prelude Behavioral Services, offered once in May and repeated in June, focuses on three main themes: becoming your own health advocate, learning safe medication practices, and knowing the risks of medication misuse. It is designed for the needs of older adults to equip them with the knowledge of safe medication use. Join us to learn how to properly dispose of your prescription medications, tips for reading a prescription label, and questions to ask your doctor or pharmacist to help get the most out of your visits.

Our Gun Violence Epidemic: Alternative Approaches

Wednesdays, May 25 - June 15, 11:00 am - 12:30 pm

Location: Zoom

Register online or call 319-356-5220

Moderator: Michelle Buhman

Americans are deeply divided on the question of how to respond to the epidemic of gun violence. What is not in dispute is that the incidence of death and injuries by firearms has sharply increased during the pandemic. Gun rights advocates are concerned about threats they see to Second Amendment rights; many gun safety advocates believe strongly that gun violence should be treated as a public health issue.

Join the discussion of what is happening nationally and in Iowa, including this November's referendum on the proposed constitutional amendment on the right to bear arms.

Week 1: Our Gun Violence Epidemic: What It Looks Like and Where It's Headed

We'll take a look at the incidence of gun violence in the U.S. and Iowa: suicide, homicides, unintended gun deaths, and injuries, including trends in gun purchases and gun violence since the advent of the pandemic. We will look at the public cost of the epidemic, its impact on law enforcement, and such issues as the lethality of firearms, ghost guns, etc.

Week 2: The Second Amendment

Over the past quarter century, the argument over the scope and meaning of the Second Amendment right to keep and bear arms has become highly contentious. What rights are protected by the Second Amendment, and how has the Supreme Court's interpretation of that amendment changed over time? This session will look at the Second Amendment's origins and groundbreaking Supreme Court decisions that have had a profound impact on the firearms policy debate.

Week 3: Viewing Gun Violence as a Public Health Crisis: Alternative Approaches

Improvements in auto safety standards since the 1940s have steeply reduced deaths per million miles traveled. A similar public health approach to gun violence includes limits on who can have a gun, where and how it can be used, the lethality of firearms and magazines, firearm safety features, safe storage, etc. The rise of ghost guns poses a major public safety issue. The importance of being able to track firearms is one example of the significance of data in addressing public health.

Week 4: Gun Sense Issues in Iowa

Polls of Iowa voters indicate strong support for traditional gun safety laws. Several recent legislative actions, including in the current session, have eroded those regulations. A proposed constitutional amendment, up for public approval on November 8, 2022 would subject "any and all" restrictions on the right to bear arms to "strict scrutiny" by the courts.

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Iowa City New Horizons Band**Tuesdays, Thursdays, May 31 - July 21, 9:00-10:30 am****Location: Robert A. Lee Recreation Center**

The Iowa City New Horizons Band provides opportunities for older adults to play musical instruments. The band performs under the direction of University of Iowa Music Education students and professional music educators from within the band. For the most up-to-date information and fees, visit iowacitynhb.org.

You Can Draw (Yes, You Can!)**Tuesdays, June 7 - August 16, 9:30-11:30 am****Location: Room G07****Register online or call 319-356-5220***Instructor: Garth Conley*

Learn about observation and drawing what you see rather than what you think you see. This class explains how to see things as basic shapes and turn shapes into drawings, how to draw light, and how to create that illusion of three dimensions on a 2-D surface. We'll explore different drawing techniques in a variety of projects. Repeat students welcome. Fee: \$60; pay instructor. Membership required.

Required text: *Your Artist's Brain* by Carl Purcell (2010). Suggested materials: Ebony or other drawing pencils, white vinyl eraser, kneaded eraser, pencil sharpener, 14 X 17 drawing pad. If you already have drawing materials, bring what you have.

AARP Driver Safety**Friday, June 10, 10:00 am - 2:00 pm****Location: Room 302****Register online or call 319-356-5220**

Learn proven safety strategies to maintain your confidence behind the wheel so you can make new memories on the road. The AARP Driver Safety course has no tests; simply sign up and learn:

- 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. Fee: \$15 for AARP members, \$20 for non-AARP members; pay instructor at beginning of class.

Tour & Potluck at Secrest 1883 Octagonal Barn**Saturday, June 11, 2:00-5:00 pm****Location: 5750 Osage St SE, West Liberty**

You and your friends are welcome to enjoy a picnic and barn tour of one of the most unique barns in the world, right here in Johnson County--the Secrest 1883 Octagonal Barn. Our host, Rich Tyler, will lead a tour starting at 3:00 pm, and a potluck dinner will follow. Please bring some food and/or drinks to share, and don't forget your farm hat! This program is supported by the Senior Center and TRAIL of Johnson County.

Protecting the Rights of Transgender Iowans**Wednesday, June 15, 2:00-3:30 pm****Location: Room 302****Register online or call 319-356-5220***Presenter: American Civil Liberties Union of Iowa*

Learn more about the ACLU's work to protect the rights of transgender Iowans and the recent harmful efforts to target transgender Iowans by restricting those rights--including the recent law in Iowa banning transgender girls from participating in girls' sports.

ONGOING PROGRAMS

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

Yoga with Esther

- Mondays, 11:00 am - 12:00 pm
- Wednesdays, 10:30-11:30 am
- 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.

Bone Builders Strength Training**Mondays, Wednesdays, Fridays, 1:00-1:45 pm****Location: Zoom**

Register: www.renuyourlife.com/book-online or email kris@renuyourlife.com

Instructor: Kris Cameron

A 45-minute strength training class for people who have osteopenia, osteoporosis, or concerns about bone density or functional strength. The class requires the use of light to moderate weights (canned goods or similar household items can be substituted for dumbbells). Fee: \$5/class; pay instructor.



Mixed Media Open Studio**Mondays, 1:00-3:00 pm****Location: Room G07**

The Senior Center art room is available for members to drop in on Monday afternoons to work on any mixed media, draw, paint, sketch, knit, or anything you would like to do with other artists. Provide your own materials. Drop-ins are always welcome.

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.

Lyrics Alive**Mondays, 1:30-3:00 pm****Location: Room 302 & Zoom****Register online or call 319-356-5220**

The Center's all-request singing group has been meeting on Zoom during the pandemic and is now offering the option to sing in-person at the Senior Center too. Join us for the joy of singing with a group, minus the pressure of performing. We sing with a mix of live instrumental accompaniment, karaoke tracks from YouTube, and a cappella. Register to receive the Zoom link for remote gatherings or just show up for live meetings. 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 Payton*

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. No class on May 5, 17, or 26. Fee: \$105 for 15-class session (\$7/class) or \$8/class for drop-in; pay instructor. Membership required.

BeMoved Dance**Tuesdays, April 26 - May 31, 10:30-11:30 am****Location: Room G13****Register: Email hillster2942@icloud.com***Instructor: Hillary Granfield*

A dance fitness experience for people of all movement abilities; newcomers welcome anytime. Learn more at www.bemoveddance.com. Fee: \$60 for 6-week session, \$12 for a single class; pay instructor.

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

Bowl 1-3 games for \$2 each with the Senior Bowling Group (upcoming dates: May 3 & 17, June 7 & 21). 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.

Cribbage**Tuesdays, 1:00-3:00 pm****Location: 1st Floor Lobby**

You are invited to play the fun game of cribbage. If you don't know how to play, this is a great time and place to learn. Cribbage boards and cards will be provided.

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.

Trailblazers Hiking**Wednesdays, 8:30-10:00 am****Location: Lower City Park**

Hiking for exercise, fun, and great conversation! The Trailblazers hike up to 3 miles, or 1.5 to 2 hours each week. The group walks in all weather conditions except ice and heavy rain. Hikers are welcome to just show up before 8:30 a.m. every Wednesday morning in parking lot 2 at Lower City Park. If we are carpooling somewhere, we leave the park right at 8:30 sharp. Contact Karen Sivitz at 319-337-8325 for more information.

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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 fun, friendly word play on a giant Scrabble board. All are welcome!

The Pomtastiks!

Wednesdays, 3:00-4:00 pm

Location: Assembly Room

Register: Contact Shirley Myers at 319-351-5872

Do you like to dance, have fun, and get an aerobic workout all at the same time? Join the Pomtastiks! Founded in 2006, the Pomtastiks have performed at the Downtown Block Party, Walk to End Alzheimer's, UI Dance Marathon, and many senior living communities. The Pomtastiks love to entertain, and use poms/props to add to the fun and variety! Even if you don't want to perform in public, take part in the practice experience for laughs, friends, and a head-to-toe workout! For questions or to book a performance, call Shirley at 319-351-5872. Membership required.

50+ Singles Group

Thursdays, 9:30-11:00 am

Location: Midtown Family Restaurant

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, Iowa City). Monthly dinners are held at a different restaurant each month. Call David at 319-530-5001 or email icfiftyplussingles@gmail.com for date and location.

Intermediate Spanish Practice & Maintenance

Thursdays, 11:00 am - 12:00 pm

Location: Zoom

Register online or call 319-356-5220

Facilitator: Emily Edrington

Keep your Spanish language skills fresh with weekly meetings that include conversation practice and regular review of grammar and vocabulary. The

format of this class will vary and may involve role plays, guest speakers, resource and media recommendations, games, field trips, and other opportunities to practice our Spanish skills in a friendly, informal atmosphere.

Cinema Salon

Thursdays (1st of month), 2:00 pm

Location: FilmScene at The Chauncey

Register online or call 319-356-5220

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.

The Cinema Salon film on May 5 will be *Everything Everywhere All at Once*; the film for June 2 will be announced within two weeks of the screening.

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.

Need Tech Help?

For a friendly voice to help troubleshoot any technology challenges, you can call Senior Center Technology & Video (SCTV) staff member Brad Mowrey at **319-356-5211**.

Leave a message and he'll return your call soon to provide assistance.



COMMUNITY SERVICES

Make an appointment at www.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 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.

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. Adults of all ages are 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 tends to be well supplied with dry beans, rice, pasta, and canned corn. We can always use more 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 and consider placing an order to purchase and ship items directly to the Senior Center. Your support and generosity are sincerely appreciated!

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, 11:00 am - 1:00 pm

- **Cholesterol Clinics**

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

- **Foot Care Clinics**

Thursday afternoons, by appointment (\$12)

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 www.trailofjohnsoncounty.org or stop by the TRAIL office in Room 301 of the Senior Center to learn more. TRAIL's office hours are Mon-Fri, 9 am - 1 pm.

Iowa City Parks & Recreation

offers a variety of water fitness classes at Robert A. Lee Community Recreation Center and Mercer Park Aquatic Center. For current class details, visit icgov.org/pools or call 319-356-5100.

The Arthritis Foundation Aquatic Program uses a variety of water exercises to increase physical activity among adults with arthritis. Classes include movements designed to increase range of motion and muscle strength while reducing fatigue and stiffness. Classes build in intensity from gentle to moderate to increase function and confidence in participants' state of wellbeing. Participants do not need to know how to swim to participate.

SUPPORT YOUR SENIOR CENTER

Your gifts help keep The 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 of The Center are accepted by mail and online:

www.icseniorcenterfriends.org



Iowa City Public Library

View all events and register for classes at www.icpl.org/events/ages/adults.



Does University of Iowa Have Black Hawk's Remains?

Wednesday, May 4, 7:00-8:00 pm, Meeting Room A
Historian, author, and documentarian Russ Fry of Burlington will give a presentation about the mystery around the final resting place of the Sauk warrior who led Native Americans in the Black Hawk war of 1832.

Intro to Google Calendar

Friday, May 6, 10:30-11:30 am, Zoom

Get started using Google Calendar, a free online tool you can access from any device! We'll show you how to create an event, create a calendar (for a group or specific purpose), set notifications, create repeating events, and share events and calendars with others.

Genealogy Resources at Iowa City Public Library

Tuesday, May 10, 10:30-11:30 am, Digital Media Lab
Learn about genealogical resources available for use in the library such as microfilm of Iowa City's earliest newspapers, printed copies of Iowa City high schools' yearbooks, and printed guides to county cemeteries (compiled by Iowa City Genealogical Society). Plus, digital resources like Ancestry Library Edition, Family Search, Newspaper Archives, and Social Security Death Index.

Intro to Audacity

Thursday, May 12, 7:00-8:00 pm, Digital Media Lab

Learn to use this free audio editing software for projects like podcasting or editing music with Aaron Longoria of Public Space One; also offered on Zoom.

Introduction to Genealogy

Tuesday, May 17, 10:30-11:30 am, Digital Media Lab
Have you ever wondered how to map your family tree? Learn what questions to ask, where to start searching, and how to keep track of the information you find.

More Gmail Tips & Tricks!

Friday, May 20, 10:30-11:30 am, Zoom

We'll cover how to schedule emails to be sent later, writing in different languages, forwarding multiple emails as attachments, the best way to write inline replies, how to know when a recipient reads your email, and how to use variations of your email address to create especially effective filters. Bring your questions, too!

Google Skills Drop-In

Thursday, May 26, 6:00-7:00 pm, Digital Media Lab

Get a copy of ICPL's new "Google Skills Check-up" handout to see if you know what's possible in selected

Google products such as Gmail, Drive, and Google Docs. If you have remaining questions, drop in for some help!

How to Find a Good Book

Thursday, June 2, 6:00-7:00 pm, Zoom

Not sure how you'll choose books for the Summer Reading Program? In a reading rut? Try these pro tips for using the library's catalog, digital browsing, and Novelist.

Ebooks from the Library

Friday, June 3, 10:30 am, Zoom

The Iowa City Public Library now has two sources for free ebooks available to local cardholders: Libby and Hoopla. Join us for an overview of both!

Creating Graphics in Illustrator

Thursday, June 9, 7:00-8:00 pm, Digital Media Lab

Learn the basics of Adobe Illustrator for all your design needs! Get familiar with the software's interface, get the hang of working with clipping masks, the line snapping system, and the tools you'll use to make graphics. Learn to make shapes, draw lines, and add text to your posters, invitations, logos, and digital art.

Buy, Sell, and Share on Facebook

Friday, June 10, 10:30-11:30 am, Zoom

Have you heard of Facebook Marketplace but weren't sure if you should try it? Have you seen recommendations for "plant swap" and "buy nothing" groups and want to learn more? We'll cover the basics of safely buying, selling, and giving things away on Facebook.

Digital Media Lab Tour

Thursday, June 16, 3:30-4:00 pm, Digital Media Lab

Get a run-down of the equipment and software that's available for free in the library's Digital Media Lab for your creative and digitization projects.

Intro to InDesign

Thursday, June 16, 7:00-8:00 pm, Digital Media Lab

Adobe InDesign is the industry-leading layout and page design software for print and digital media. Learn to use InDesign for projects like newsletters and books with Kalmia Strong of Public Space One.

Photoshop for Beginners

Thursday, June 23, 7:00-8:00 pm, Digital Media Lab

Ready to finally try Photoshop? Get comfortable with the software's interface, learn how to open or create a new document, and begin making basic edits to improve a photo's appearance.



ABOUT THE SENIOR CENTER

The 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 The Center.

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.

BECOME A MEMBER!

Membership is open to anyone age 50+ and includes access to the Senior Center's fitness rooms/equipment. 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 lower rate as Iowa City residents. Call to sign up by June 30, 2022.

How to sign up or renew your membership:

- **Go online:** www.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 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 Senior Center 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 Center. Check at the reception desk for more details.

LOCATION & FACILITY

The Center is located at 28 S. Linn Street in Iowa City and is open Monday - Friday, 8:00 am - 5:00 pm. The reception desk is located on the ground floor near the Washington Street entrance.

Washington Street is now the main public entrance to the Senior Center. The Skywalk entrance at level 3A of the Tower Place parking ramp remains open to the public. Linn Street is no longer a public entrance.

The building has four levels: Ground, 1st, 2nd, and 3rd. Room numbers indicate on which level the room is located (e.g. room G13 is on ground floor, room 302 is on 3rd floor). The Assembly Room is on the 1st floor.

PARKING & TRANSIT

Hourly parking in the Tower Place parking ramp is available, but limited due to ongoing repairs. Please plan accordingly and consider alternative parking or transportation options when visiting the Senior Center. Nearby parking ramps include the Dubuque Street ramp next to the public library and Chauncey Swan ramp across the street from City Hall.

Free bus fares for age 65+: Iowa City Transit offers free bus fares for persons age 65+ and those who have a disabled bus pass card, Medicare card, and/or SEATS card. Find info at www.icgov.org/transit.

COVID SAFETY AT THE CENTER

- Masks are recommended when visiting the Senior Center and may be required in designated spaces. Masks are available at each entrance. The Center observes local mask mandates when in place.
- The Senior Center does not require proof of vaccination as a condition of entry/participation. Please continue taking personal precautions.
- Many people prefer to maintain physical distance from others while visiting the Senior Center. Please be mindful and respect the individual boundaries of other participants.
- Stay home if you are sick or do not feel well.
- Cover coughs and sneezes.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, blowing your nose, coughing, or sneezing.
- Clean fitness equipment after use with provided sanitizing wipes.
- Occupancy and time limits may be applied to some spaces in The Center to allow for extra distance between visitors and more time to sanitize rooms.