



JULY-AUGUST 2022 SENIOR CENTER ACTIVITY GUIDE



28 S. Linn Street, Iowa City, IA 52240

JULY-AUGUST 2022 PROGRAMS & UPDATES

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.

STAY CONNECTED WITH THE CENTER:

- ◆ Call us at **319-356-5220**
- ◆ Visit [**icgov.org/senior**](https://icgov.org/senior)
- ◆ Subscribe to our weekly emails
- ◆ Follow us on [**Facebook**](#)
[**@IowaCitySeniorCenter**](#)
- ◆ Explore our [**YouTube videos**](#)
[**@IowaCitySCTV**](#)
- ◆ **The Senior Center is OPEN:**
Monday-Friday, 8 am - 5 pm
*We will be closed:
Monday, July 4 (US Independence Day)
Thursday, August 11 (Staff Development)

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 instructions are 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)
- **FilmScene at The Chauncey** (404 E College St, Iowa City)
- **Happy Hollow Park** (800 Brown St, Iowa City)
- **Terry Trueblood Recreation Area** (579 McCollister Blvd, Iowa City)
- **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)
- **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)
- **Robert A. Lee Recreation Center** (220 S Gilbert St, Iowa City)

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.

Film Fridays

Fridays, 2:00 pm

Location: Assembly Room

Join us on Friday afternoons for a volunteer-curated line-up of movies projected on the big screen in the Assembly Room.

- July 1: *Belfast* (2022)
- July 8: no movie
- July 15: *North by Northwest* (1959)
- July 22: *West Side Story* (2022)
- July 29: no movie
- August 5: *King Richard* (2022)
- August 12: *Three Identical Strangers* (2018)
- August 19: *Ford vs. Ferrari* (2020)
- August 26: no movie

Line Dance

Tuesdays, July 5 - October 25, 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.

Cinema Salon

• **Thursday, July 7, 2:00 pm**

• **Thursday, August 4, 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.

*July's Cinema Salon film: *The Phantom of the Open*

Mindfulness Meditation 101: Changing Your Relationship to Stress

Wednesdays, July 6 - August 31, 1:30-3:30 pm

Location: Zoom

Register online or call 319-356-5220

Instructor: Christine Allen

Practicing mindfulness meditation, which involves paying attention to your thoughts, feelings, body sensations, and environment, has been shown to improve overall well-being. Mindfulness is being aware of what is happening as it's happening in an open, non-judgmental, accepting, and compassionate way. This awareness helps develop habits of responding wisely and skillfully as we negotiate life stressors.

This class will promote the development of a personal practice of mindfulness meditation. Participants will learn formal mindfulness meditation practices including the body scan, mindful movement, sitting and walking meditation, and compassion practices. Informal mindfulness activities will invite participants to adapt daily activities such as driving, eating, communication, etc. into mindful activities.

This class encourages people to utilize internal resources to cultivate health, happiness, and manage stress more effectively in all kinds of circumstances.

Participants will be encouraged to make a commitment to engage in mindfulness activities for 20 to 30 minutes a day outside of class time. Audio links and class readings will be provided. This class is recommended for anyone who would like to respond with more skill, ease, and creativity to the stress in their lives.

Fee: \$90; pay Senior Center at registration. This course is taught by Christine Allen as a fundraiser for the Senior Center; the class fee is waived for participants in the Senior Center's low-income membership program.

Christine Allen has taught Mindfulness-Based Stress Reduction at UIHC since 2004 after receiving training from Jon Kabat-Zinn and staff at the Center for Mindfulness. She has taught classes in a variety of settings including undergraduate classes at the University of Iowa, a graduate class for educators at Grant Wood AEA, and teaching parents in school settings.

Write Your Life Story

Fridays, July 8 & 22, 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.

Piano Concert by Elenute Nicola

Friday, July 8, 2:00-3:00 pm

Location: Assembly Room

Join us for an afternoon of beautiful music by Elenute Nicola. She will be playing a variety of music such as Beethoven's 7 Variations on God Save the King WoO 78, Chopin's Nocturne Op.9 No.2, Joplin's Maple Leaf Rag, Hungarian Rhapsody No.2 by Franz Liszt, Flight of the Bumblebee by Rimsky-Korssakoff, and more.

Traditional Country Dance

- Saturday, July 9, 6:00-9:00 pm

- Saturday, August 13, 6:00-9:00 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—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 Dementia Class

- Monday, July 11, 10:00 am - 12:00 pm

- Monday, August 15, 10:00 am - 12:00 pm

Location: Room 308

Register online or call 319-356-5220

Instructor: 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 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.

Book Report

- Tuesday, July 12, 10:30 am - 12:00 pm
- Tuesday, August 9, 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.

Connected for Life: Our Journey with Trees**Thursday, July 14, 10:00-11:30 am****Location: Zoom****Register online or call 319-356-5220***Presenter: Carolina Kaufman (Pentacrest Museums)*

Take a journey exploring the historic, cultural, symbolic, and ecological diversity of trees! Root yourself in the wisdom and healing powers of trees found right in your backyard and on the University of Iowa campus grounds (an accredited arboretum!). The Pentacrest Museums also offer a monthly outdoor Tree Walking Tour experience, learn more at pentacrestmuseums.uiowa.edu/tree-tours. This is part of a virtual program series that explores objects from the collections of four UI museum and library units: Stanley Museum of Art, Office of the State Archaeologist, Pentacrest Museums, and UI Libraries.

Welcome to Medicare

- Saturday, July 16, 10:00 am - 12:00 pm
- Thursday, August 18, 5:30-7:30 pm

Location: Room 302**Register online or call 319-356-5220***Instructors: SHIP 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 Welcome to Medicare seminar is offered monthly by Senior Health Insurance Information Program (SHIP) counselors which provides 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. You may also sign up for a personal appointment with a SHIP counselor at www.icgov.org/ship.

Fresh Conversations

- Tuesday, July 19, 3:00-4:00 pm
- Tuesday, August 16, 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!

Protect Yourself from Scams**Wednesday, July 20, 10:00-11:00 am****Location: Room 308****Register online or call 319-356-5220***Presenter: Jim Hayes*

In this program you will learn the facts about scams, what to look out for, how to protect yourself, and what to do if you are a victim of scams.

Volunteer at F.W. Kent Park's Nature Center**Wednesday, July 20, 11:00-11:30 am****Location: Room 302****Register online or call 319-356-5220**

Naturalist Kristen Morrow will share about a volunteer opportunity to serve as a nature center host at Kent Park. Hosts help greet and interact with visitors on summer weekends during open hours (10 am - 2 pm), help check out Adventure Backpacks that kids can use to explore and learn about nature, and help point out other resources such as Kent Park's Bird Blind and Storybook Trail. This is a great volunteer position for anyone who likes to get outside, be in a beautiful park setting, and socialize with folks of all ages.

Woodblock Art**Thursday, July 21, 1:00-2:00 pm****Location: Room 302****Register online or call 319-356-5220***Presenter: Duane Kruse*

Woodblock art was introduced in Japan from China around 800 AD. It remained relatively unknown outside of Japan until 1868 when Japan opened to foreign trade. The art form is gaining some popularity in the West but remains unknown to many people. This presentation will provide an introduction to woodblock art and some of its many forms from classical to modern. Membership required.

Walk With Ease

Mon, Wed, Fri, July 25 - September 2, 8:30-9:30 am

Location: Terry Trueblood Recreation Area

Register online or call 319-356-5220

Certified Leader: Michelle Buhman, BBA, MFCS

The Arthritis Foundation Walk With Ease Program is an evidence-based program that has been proven to improve the quality of life of people with arthritis. The program can benefit people with or without arthritis who want to live a healthier lifestyle. It's a fun, safe six-week program that is done as a group with a trained leader. While walking is the central activity, Walk With Ease is a multi-component program that includes health education, stretching exercises, and motivational strategies to stay physically active. This program is known to improve physical and mental health, teach proper stretching and pain management techniques, and build stamina, strength, confidence, and walking pace. This group will meet three times per week for approximately 45 minutes. Each session will include time for socializing, announcements, discussion, warm-up, stretches, walking, and cool down. Membership required.

Hearing Loss

Monday, July 25, 10:00-11:00 am

Location: Room 302

Register online or call 319-356-5220

Do you or a loved one have a hearing loss? If so, please join us for an informational session to learn with others about hearing and hearing loss, tinnitus, hearing aids, and cochlear implants. Your frequent communication partners are welcomed. We will also introduce some communication strategies to practice together. Please bring your own questions about hearing loss or amplification. The session will be led by audiology graduate student clinicians and Clinical Assistant Professor Eun Kyung (Julie) Jeon, AuD/PhD.

New Horizons Band Summer Concert

Tuesday, July 26, 2:00 pm

Location: Assembly Room

Mark your calendars and plan to attend the Iowa City New Horizons Band's summer concert in the Assembly Room at the Senior Center. The Iowa City New Horizons Band provides opportunities for people age 50+ to learn and play music in an atmosphere of casual camaraderie mixed with a passion for making beautiful music!

Death Café

Friday, August 5, 2:00-3:00 pm

Location: Room 302

Register online or call 319-356-5220

Hosts: Michelle Buhman and 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.

Connected for Life: We Are What We Wear: Fashion Through the Ages

Thursday, August 11, 10:00-11:30 am

Location: Zoom

Register online or call 319-356-5220

Presenters: Amanda Lensing (Stanley Museum of Art), Chérie Haury-Artz (Office of the State Archaeologist), Carolina Kaufman (Pentacrest Museums), and Elizabeth Riordan (UI Libraries Special Collections)

What is fashion? What is style? Are we what we wear? This program looks at the ways in which people of different times and cultures used clothing and adornment to express themselves and fit into the cultural norms of their times. This is part of a virtual program series that explores objects from the collections of four UI museum and library units: Stanley Museum of Art, Office of the State Archaeologist, Pentacrest Museums, and UI Libraries.

Healthy Sleep

Wednesday, August 17, 10:00-11:00 am

Location: Room 308

Register online or call 319-356-5220

Presenter: Jim Hayes

In this program you will learn about healthy sleep, why sleep matters, how much sleep you may need, the stages of sleep, common challenges, and tips for better sleep.

Orange title = Program meets in-person
Blue title = Program meets on Zoom

Family Folk Machine: Fall 2022 Session**Sundays, August 21 - November 13, 3:00-5:00 pm****Location: Assembly Room****Register: Email jean@familyfolkmachine.org***Director: Jean Littlejohn*

The Family Folk Machine is a non-profit, intergenerational, non-auditioned choir that welcomes kids and adults of all ages and backgrounds to sing together with a band. We seek to build community through singing songs with our neighbors, to explore American history and culture through song, to foster individual musical growth, and to pursue excellence as an ensemble.

The Family Folk Machine's Fall 2022 session theme will be "Carry On: Songs for Living." We'll work up a great set of songs about friendship, resolve, and perseverance in preparation for a November 13 concert at the Englert Theatre! To join, please email jean@familyfolkmachine.org. You can also just show up to our first rehearsal, but registering in advance will ensure that you receive information about health and safety requirements and any potential changes to our plans. Fee: \$50/adult, \$30/kid, reduced fees available; pay Family Folk Machine.

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

Location: Zoom

- Wednesdays, 10:00-11:00 am

Location: Hybrid (Room G13 & Zoom)

- Saturdays, 8:30-9:30 am

Location: Zoom

- Saturdays, July 23 & August 27, 8:30-9:30 am

Location: Hybrid (Room G13 & 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.

Lyrics Alive**Mondays, 1:30-3:00 pm****Location: Assembly Room (beginning July 11)**

The 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!

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.

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 July 28, August 9, 11, 18. Fee: \$8/class or \$105 for 15-class punchcard; pay instructor. Membership required.

BeMoved Dance

- Tuesdays, July 5 - August 9, 10:30-11:30 am

- Fridays, July 8 - August 12, 9:00-10:00 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.

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Bowling

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

Location: Colonial Lanes

Bowl up to 3 games for \$2/game with the Senior Bowling Group (upcoming dates: July 5 & 19, August 2 & 16). 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.

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 am 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.

Open Studio

Wednesdays, July 6 - August 24, 9:00 am - 2:00 pm

Location: Room G07

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

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.

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

If you like to dance, enjoy music, are excited to learn choreography, and are comfortable performing in public, then come check out The Pomtastiks! Founded in 2006, The Pomtastiks! dance group has performed at UI Dance Marathons, Walks to End Alzheimer's, Iowa City Block Parties, and many senior living communities. The Pomtastiks! love to entertain and use poms and props to add to the fun and variety of each performance. With over 20 choreographed dances in their repertoire, The Pomtastiks! enjoy learning new dances. We practice together weekly and at home using DVDs to learn the choreography. The Pomtastiks! welcome new members, so if performing in a high-energy dance group interests you, please stop by a practice session and meet us! For more information, contact Shirley Myers at 319-351-5872. Membership required.



50+ Singles Group**Thursdays, 9:30-11:00 am****Location: Midtown Family Restaurant (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 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.

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.

Orange title = Program meets in-person
Blue title = Program meets on Zoom

HOW TO ACCESS OUR VIRTUAL PROGRAMS

The Center uses Zoom, a free video conferencing application, to host remote programs. Zoom allows you the option to join in live discussions and see each other through your desktop computer, laptop, tablet, smartphone or phone (audio only).

To receive Zoom meeting details for virtual programs, register online using the program-specific links or call the Senior Center at 319-356-5220. Locate Zoom meeting details on your registration receipt, then join the meeting in one of the following ways:

**JOIN BY WEB BROWSER (COMPUTER):**

Copy and paste the appropriate Zoom link into your internet browser, then click "Join from Browser" and follow the prompts. Or go to zoom.us/join and enter the meeting ID and passcode.

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

Download the free Zoom app to your device at zoom.us/download. Open the app, click "Join a Meeting," enter meeting ID for the program, and click "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?

For a friendly voice to help troubleshoot any technology challenges, you can call Senior Center technology specialist and staff member Brad Mowrey at **319-356-5211**.

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

Iowa City Public Library

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



Text Effects in Illustrator

Thursday, July 14, 7:00-8:00 pm, ICPL Digital Media Lab

Instructor: Emma Runestad

Learn how to add unique effects to text in Adobe Illustrator to make your posters, logos, social media posts, and stationery stand out. We'll put letters on a curved path, stretch them to a custom shape, add borders, apply gradients, and create 3D effects!

Mac Computer Drop-In

Friday, July 15, 10:30-11:30 am, ICPL Digital Media Lab

Instructors: Stacey McKim & Olivia Waller

Have questions about your Mac computer (laptop or desktop)? Stop in for some help with any issue you'd like to discuss, such as organizing your files, setting up iCloud, or customizing your computer's appearance.

Craft Night in the Lab

Monday, July 18, 7:00-8:00 pm, ICPL Digital Media Lab

Instructor: Stacey McKim

Adults are invited to make some free 2.25" buttons and shrinky dinks. (What's a shrinky dink? Draw on these special sheets of plastic with a Sharpie, and they shrink down in a toaster oven to become good keychains, magnets, or jewelry). Use the lab's computers to print original digital artwork, scanned items of yours, or online images to form your creations. You can also bring your own portable craft project and make progress in the company of other artsy Iowa Citians. Craft Nights are offered every other month.

Intermediate Photoshop

Thursday, July 21, 7:00-8:00 pm, ICPL Digital Media Lab

Instructor: Stacey McKim

Let's take the next step in Photoshop, the industry standard in photo editing and digital art. We'll get into compositing – the process of combining multiple photos into one. You'll get comfortable with layers, selections, and masking. This program is for those who attended Photoshop for Beginners on June 23 or already have those skills.

Twitter Tips

Friday, July 22, 10:30-11:30 am, Meets on Zoom

Instructor: Amanda Mae Ray

Get started using Twitter for your professional or personal use! We'll go over the best practices for using this social media site in a savvy way, learn accepted etiquette, and pick up some tips on getting the most out of Twitter.

Intro to Coding with Python

Thu, August 4 & 11, 7:00-8:00 pm, ICPL Digital Media Lab

Instructor: Emma Runestad

Have you ever wanted to learn to code, but had no idea where to start? Curious about how the apps on your smartphone and programs on your computer are made? This intro to coding will teach you the basic building blocks all programs are constructed from, and you'll be learning Python, one of the most widespread and beginner-friendly programming languages used today. Part 1 covers some important skills like variables, if-else statements, for loops and while loops. Part 2 applies what you learned to make a simple quiz game.

To Do Apps and Websites

Friday, August 12, 10:30-11:30 am, Meets on Zoom

Instructor: Amanda Mae Ray

Do you love organization and thrive on planners, calendars, and checklists? Or could your current method of scattered notes and vague memories use some help? Tune in to hear about some apps and websites that can help you get organized. From grocery lists to major project management, you can take advantage of portable technology to keep you on track.

Intro to TikTok

Thu, August 18, 7:00-8:00 pm, ICPL Digital Media Lab

Instructor: Bond Drager

TikTok, the social media network where people post their short videos, just achieved 1 billion users worldwide! In this how-to session, you'll learn the basics of the TikTok app and how to create your first simple TikTok.

Tour of the Digital Media Lab

Thu, August 25, 5:30-6:00 pm, ICPL Digital Media Lab

Instructor: Stacey McKim

Interested in what you can do in the library's Digital Media Lab? Get a run-down of the equipment and software here for your creative and digitization projects. Creative projects might include photo editing, making a video or slideshow, creating a graphic design for the web or printed materials, or making an audio recording. Digitization of VHS or cassette tapes, and scanning of photos, artwork, slides, and negatives can be accomplished in the lab. Suitable for all ability levels, this space is here for you!

Intro to Wacom Drawing Tablets

Fri, August 26, 10:30-11:30 am, ICPL Digital Media Lab

Instructor: Stacey McKim

Want to try out the Digital Media Lab's drawing tablets? Using a stylus on a Wacom drawing tablet, every mark you make shows up on the computer screen. Imagine what you could create with better drawing control than a mouse. We'll experiment with different brush tools in Adobe Illustrator or Photoshop and try tracing a photo.



SENIOR CENTER 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!

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 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 www.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: June 30, July 28, August 25

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



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 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
- **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 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.

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, call 319-356-5100 or visit icgov.org/pools.

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.

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 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.

PHOTOS & VIDEO

Activities at the Senior Center may be photographed or recorded promotional and outreach purposes. If you have concerns about photos or videos taken by Senior Center staff or volunteers, please contact Emily at 319-356-5224 or 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)



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.

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 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.

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.

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, when available. For more details, visit icgov.org/senior or contact Kristin at kristin-kromray@iowa-city.org or 319-356-5221.

PARKING & TRANSIT

Hourly public parking is available in the Tower Place parking ramp directly north of the Senior Center, Dubuque Street ramp next to the public library, and Chauncey Swan ramp across the street from City Hall.

Member parking permits: Repairs to the Tower Place parking ramp are underway. The parking department has let us know that once the ramp is fully open, we will be allowed to sell a limited number of new parking permits to Senior Center members. If interested in a permit, please sign up for our waitlist at icgov.org/senior/registration (search for the activity "Parking Permit Waitlist") or call the Senior Center at 319-356-5220.

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.

MAP OF DOWNTOWN PARKING

