

**Welcome Back Breakfast!**  
**Monday, October 3 @ 9 am**

Members are invited for breakfast at the Senior Center to get reacquainted with one another, meet new friends, and connect with staff.

Call **319-356-5220** to reserve your spot by **September 26**.

We look forward to seeing you!



## SEPTEMBER-OCTOBER 2022 ACTIVITY GUIDE

### SEPTEMBER-OCTOBER 2022 SENIOR CENTER ACTIVITY GUIDE

*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 SENIOR CENTER:

- ◆ Call us at **319-356-5220**
- ◆ Visit **[icgov.org/senior](https://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/UCvQvQvQvQvQvQvQvQvQvQvQ)**
- ◆ **The Senior Center is OPEN:**  
**Monday-Friday, 8 am - 5 pm**  
\*Closed Monday, September 5  
for Labor Day



## SIGN UP FOR CLASSES!

You can register for most programs online at [icgov.org/senior/registration](https://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](https://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.

**ORANGE TITLE = PROGRAM MEETS IN-PERSON**



**BLUE TITLE = PROGRAM MEETS ON ZOOM**

**GREEN TITLE = HYBRID (BOTH)**

## 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](https://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](https://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.

## 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.***

### Fitness Foundations

**Tu, Th, beginning September 1, 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. Kam is a Certified Therapeutic Recreational Specialist and has a background in fitness accountability coaching, and a minor in Physical Activity and Nutrition Science.

Fee: \$8/session or \$105 for a 15-class punch card; pay instructor. Membership required.

### Cinema Salon

- **Thursday, September 1, 2:00 pm**
- **Thursday, October 6, 2:00 pm**

**Location: FilmScene at The Chauncey (404 E College Street, Iowa City)**

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

Center members are invited to FilmScene to view a new film the first Thursday of each 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.

### Low Impact Aerobics

**Fridays, September 2 - October 28, 9:00-9:45 am**

**Location: Room G13**

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

*Instructor: Laura O'Conner*

Increase your heart rate while minimizing joint stress. Improve mobility, balance, cardiovascular fitness, and increase flexibility. We will perform a warm up and 30 minute low impact cardiovascular segment, followed by toning and stretching for a cool down. Coordination not necessary! Only a willingness to move your body and have fun! Fee: \$8/session or \$70 for a 10-class punch card; pay instructor. Membership required.



### First Fridays: Connection and Coffee

**Fridays, September 2 & October 7, 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.

### Death Café

- **Friday, September 2, 2:00-3:00 pm**

- **Friday, October 7, 2:00-3:00 pm**

**Location: Room 308**

*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, visit [deathcafe.com](http://deathcafe.com) or contact Michelle Buhman at 319-356-5222.

### Iowa City New Horizons Band

**Tu, Th, September 9 - December 15, 8:30-10:30 am**

**Location: Assembly Room**

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. Ensembles rehearse from 8:30-9:15 am, and the full band from 9:30-10:30 am. For more information, visit [iowacitynhb.org](http://iowacitynhb.org).

### You Can Draw (Yes, You Can!)

**Tu, September 6 - December 6, 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 those shapes into drawings, how light works and how to draw it, and how to create that illusion of three dimensions on a two-dimensional surface. We will explore some different drawing techniques in a variety of projects. Repeat students welcome. No class 9/20, 9/27. 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.

### History of American Comic Books

**Tuesdays, September 6-27, 10:00 am - 12:00 pm**

**Location: Room 302**

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

*Presenter: Jerry Harrington*

Super-hero blockbuster movies dominate American cinema today, but these tales have been told in American comic books for over 80 years. Learn about the origin of these iconic characters who have woven themselves into the fabric of American culture. The course is taught by an avid comic book reader who's been collecting for over 60 years. Membership required.

### Intermediate Level Conversational Spanish

**Tu, September 6 - December 27, 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, email the facilitator at [william-heald@hotmail.com](mailto:william-heald@hotmail.com). Membership required.

### Tech Help Virtual Office Hours

**Tuesdays, September 6 - October 25, 1:00-2:00 pm**

**Location: Zoom**

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

*Host: Brad Mowrey*

Do you need to troubleshoot issues with your tech devices, apps, or web-based services? Or maybe you want to take part in Zoom events, but would rather test it out first? Drop in to this no-pressure Zoom meeting for a little while to chat, connect, and ask questions. All experience levels welcome; no questions are too big or small. If you can't make it to our Tuesday sessions, contact Brad at [bmowrey@iowa-city.org](mailto:bmowrey@iowa-city.org) or 319-356-5211 to make an appointment.

### Voices of Experience Chorus

**Tu, Th, September 6 - December 15, 1:00-2:00 pm**

**Location: Assembly Room**

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

*Director: Jon Ranard*

The Voices of Experience chorus returns this fall for Senior Center members who like to sing and can attend rehearsals regularly. You don't need to be a vocal virtuoso to enjoy and benefit from this fun, collaborative musical endeavor. Our goal is to bring joy, both to our members and our audiences! The chorus sings a variety of choral pieces and performs at the Senior Center and around the community. Chorus members pay a fee for each season to cover the cost of instruction and music. Fee: \$50; pay Senior Center at registration (low-income discount available). Membership required.



**Use It, Don't Lose It! Spanish Conversation****Wed, September 7 - October 26, 9:30-10:30 am****Location: Zoom****Register online or call 319-356-5220***Instructor: Jessica Ortiz*

Let's practice your Spanish with a native speaker. We will have a different topic and vocabulary every week. This will be a conversation group for intermediate to advanced levels. Membership required.

**Values-Based Communication & Decision-Making Around Aging****Wed, September 7 - October 26, 10:00-11:30 am****Location: Hybrid (Room 308 & Zoom)****Register online or call 319-356-5220***Instructor: Mary McCall, PhD*

This 6-week series of workshop discussions will cover a values-based approach to communication and decision-making in the context of a variety of issues related to aging and families/loved ones. The first week will present a values-based framework we can utilize in any situation where we are discussing topics that might feel challenging or difficult. The following weeks will cover the topics: Sharing Concerns about Aging Issues (including normal vs. atypical aging); Exploring Living/Housing/Care Options; Approaching Health & Legal Issues (advance care planning; Power of Attorney, etc.); Understanding Family Dynamics (parent-child/sibling); End of Life Conversations; Dealing with Emotions (of self and others). Each session will include a presentation of the topic, discussion and questions, and practical tools and strategies for values-based conversations and decision-making in each area. No class on 10/5, 10/12. Membership required.

**Understanding Russia****Wed, September 7 - November 23, 1:00-3:00 pm****Location: Room 302****Register online or call 319-356-5220***Facilitator: Beth Stence*

In this video lecture series from the Great Courses (produced in 2018), Russian historian Lynne Ann Hartnett of Villanova University guides us through hundreds of years of Russian culture, from the world of Ivan the Terrible to the dawn of the Soviet Union to the post-war tensions of Putin's Russia. Blending history with cultural studies, these 24 illuminating lectures are designed to bring us closer than ever before to the Russian people—not just the authoritarian rulers like Peter the Great, the Romanovs, and Stalin, but also the everyday men and women who sought their own meaning in the poetry of Pushkin, the comfort of early folk tales, the faith of medieval iconography, the avant-garde films of Eisenstein, and more. Each week, we'll view and discuss two lectures. Membership required.

**SSRO Reader's Theatre Group****Wed, September 7 - November 16, 2:00-3:00 pm****Location: Assembly Room****Register online or call 319-356-5220***Director: Jon Ranard*

A fun-loving reader's theatre troupe, SSRO (Senior Standing Room Only) has enjoyed a rich history, performing everything from original works, poetry, songs, one-act plays, vintage radio scripts, and humorous skits. Rehearsing once a week, no prior performance experience is necessary, and memorization is not required. Participation in SSRO is open to all Senior Center members, and newcomers are always welcome. Share your talents as a performer or as a behind-the-scenes sound effects person, and join in the fun! For more information, contact Michelle at 319-356-5222 or [michelle-buhman@iowacity.org](mailto:michelle-buhman@iowacity.org). Membership required.

**Connected for Life: Designed to Win: An Examination of Presidential Political Buttons****Thursday, September 8, 10:00-11:30 am****Location: Zoom****Register online or call 319-356-5220***Presenter: Carolina Kaufman, Pentacrest Museums*

How can one's entire political philosophy fit in a 1-inch diameter space? What can something as small as a pin-back button do to rouse crowds into action, inspire allegiance for national support, or convince someone to oppose a rival? From the collection of J. Patrick White (Iowa alum), this exhibit examines the art and rhetoric of historic presidential campaigns and the buttons that were designed to win them.

**Disaster PrepWise**

- **Thursday, September 8, 1:00-2:00 pm**

- **Tuesday, October 4, 1:00-2:00 pm**

**Location: Room 302**

*Presenter: University of Iowa College of Public Health Staff*  
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



## Generative Fiction Writing

**Thursdays, September 8 - October 13, 2:30-4:15 pm**

**Location: Room 308**

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

*Instructor: Logan Hoffman-Smith*

Have you ever wanted to write a short story to workshop with friends? In this Generative Fiction Workshop, we'll write one short story every two weeks and workshop our stories with other group members. Expect to read one published story and one story for workshop each week, and to talk about what techniques make a story fun to read! Instructor Logan Hoffman-Smith is an MFA candidate in fiction writing at the Iowa Writers' Workshop. Membership required.

## Write Your Life Story

**Fridays, September 9 & 23, October 14 & 28**

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

- **Morning Session: 10:00 am - 12:00 pm**

**Location: Zoom**

*Facilitator: Chuck Felling*

- **Afternoon Session: 1:00-2:30 pm**

**Location: Room 308**

*Facilitator: Diane LaDuke*

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

- **Saturday, September 10, 6:00-9:00 pm**
- **Saturday, October 8, 6:00-9:00 pm**

**Location: Happy Hollow Park (800 Brown St, Iowa City)**

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.

## The Changing Face of the Pentacrest, 1840-1975

**Monday, September 12, 1:00 - 2:30 pm**

**Location: Room 302**

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

*Presenter: Tom Schulein*

Many Iowa City residents know the Pentacrest as a complex of five buildings, which indeed it is. Aside from

knowing that Calvin Hall was once on the Pentacrest before moving to its present location on Jefferson Street, many are unaware that numerous other buildings have stood on the grounds since the Old Capitol was erected. The chronological development of the Pentacrest, as well as the origin of the name "Pentacrest" will be explored in this presentation. Membership required.

## Book Report

- **Tuesday, September 13, 10:30 am - 12:00 pm**
- **Tuesday, October 11, 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.

## Simple Steps to Boost Immunity

**Wednesday, September 14, 10:00-11:00 am**

**Location: Room 302**

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

Presenter: Jim Hayes, Humana Sales Representative  
This program will cover myths about the immune system and how it works, tips to help boost your immunity, and why immunizations are important.

## Beginning Level Tai Chi

**Wed, September 14 - October 19, 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.

## Rita Moreno: Just a Girl Who Decided to Go For It

**Thursday, September 15, 1:00 pm**

**Location: Room 302**

The Iowa City Senior Center kicks off National Hispanic Heritage Month with a screening of the 2021 film, *Rita Moreno: Just a Girl Who Decided to Go For It*. Over a 70+ year career, Rita Moreno defied both her humble upbringing and relentless racism to become a rare EGOT (Emmy, Grammy, Oscar, Tony) Award Winner. Through resilience and talent, Moreno triumphed over adversity and broke barriers for generations of artists.





**Latino Americans (PBS Documentary Series)****Fri, September 16 - October 21, 10:00-11:15 am****Location: Room 302****Register online or call 319-356-5220**

Latino Americans is a 6-part PBS documentary series (2013) that chronicles the rich and varied history and experiences of Latinos, who have helped shape North America over the last 500-plus years and have become, with more than 60 million people, the largest minority group in the U.S. The changing and yet repeating context of American history provides a backdrop for the drama of individual lives. It is a story of immigration and redemption, of anguish and celebration, of the gradual construction of a new American identity that connects and empowers millions of people today.

**Intermediate Tai Chi****Fri, September 16 - October 21, 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.

**Fighting Against Fraud****Monday, September 19, 1:00-2:00 pm****Location: Room 302****Register online or call 319-356-5220***Presenter: Ann Thompson, Iowa City Police Department, Victim Services Coordinator*

Scammers are professionals who target all ages. Anyone can be caught off guard by an email or phone call that demands immediate action or threatens penalty if we don't comply. Our brains go into reactive mode and we do what we're told rather than stepping back to think through the situation. Get tips to recognize when the person on the other end of a conversation is a scammer trying to intimidate you, lure you with false promises, or threaten you with legal claims. Find tools to help you avoid financial loss as well as emotional trauma.

**Family Dementia Class****Tuesday, September 20, 10:00 am - 12:00 pm****Location: Room 308****Register online or call 319-356-5220***Presenter: Amber Buer, Bickford Home Care*

Caring for a loved one with dementia can be challenging,

especially when faced with the unknowns of the disease. This free class will help to offer insight and support to family caregivers as they adjust to caring for a loved one with dementia.

**Fresh Conversations****Tuesday, September 20, 3:00-4:00 pm****Location: Room 308****Register online or call 319-356-5220**

Learn about healthy, affordable meal ideas, how to stay active and have fun, and try a tasty recipe. This friendly group discussion shares tips and sensible solutions to everyday problems that get in the way of what most people want to do: eat well and live well!

**Beginning Spanish****Tu, Th, September 22 - November 17, 10:00-11:15 am****Location: Hybrid (Room 308 & Zoom)****Register online or call 319-356-5220***Facilitator: Emily Edrington*

Starting from scratch? Rusty and ready for a full review? Join us for a friendly, collaborative language learning experience. This beginning Spanish class utilizes video lectures from the Great Courses, group practice, and optional homework exercises to progressively develop our Spanish language skills. Plan to attend all or most sessions; missed lectures can be viewed independently on the Kanopy app (available through the public library; we can help you get started). Membership required.

**Welcome to Medicare****Saturday, September 24, 10:00 am - 12:00 pm****Location: Room 302****Register online or call 319-356-5220***Presenter: Roger Jensen, SHIIP Counselor*

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 (SHIIP) 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 SHIIP counselor at [icgov.org/shiip](https://icgov.org/shiip).

**An Overview of 1800s American History****Monday, September 26, 1:00-3:00 pm****Location: Room 302****Register online or call 319-356-5220***Presenter: Tom Schulein*

This lecture will detail some major events of the 19th century. The U.S. acquired all the area from the



Mississippi River to the Pacific Ocean. Enslaved African-Americans were set free and then subjected to Jim Crow laws. Native Americans were pushed off their ancestral grounds. Four major wars were waged. Twenty-four men were elected president. Membership required.

### United Nations International Day of Older Persons

**Friday, September 30, 10:00-11:00 am**

**Location: Assembly Room**

This year's celebration will focus on supporting those with dementia and how you can become a "Dementia Friend." This free one-hour session is a discussion led by a Dementia Friends Champion. You will learn some of the basics of dementia, including what dementia is, what it is like to live with the disease, and some tips for communicating with people who have dementia.

### Dealing with Death

**Mondays, October 3 - November 21**

- **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*

Explore the various dimensions of death and how it relates to us personally. Discussion topics will include how we die, legal aspects, hospice, euthanasia, suicide, homicide, funerals/memorials, and philosophical views. We will bring in guest speakers on many topics, and your own experiences and attitudes will be elicited and valued in class discussions. As death is a topic of particular concern for our age group, we hope to address issues close to us but often not faced. Membership required.

### Shall We Electrify Everything to Combat Global Warming?

**Wednesday, October 5, 1:00-2:00 pm**

**Location: Room 308**

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

*Facilitator: Craig Mosher*

For this discussion, please read *Electrify: An Optimist's Playbook for Our Clean Energy Future* by Saul Griffith. Our facilitator leads the Johnson County Clean Energy District and powers his house and electric car from the sun.

### 100 Grannies Fall Film Series

**Thursdays, October 6-27, 1:00-2:00 pm**

**Location: Room 302**

This fall the 100 Grannies continue their annual environmental film series. You're invited to join us for a series of enlightening documentaries, followed by short group discussions. Films include:

- October 6: *Plastic Planet* (2010)
- October 13: *Tomorrow* (2015)
- October 20: *Straws* (2017)
- October 27: *Bag It* (2010)

### Staying Safer on the Internet

**Thursdays, October 6-27, 1:00-2:00 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.

### Fall Gallery Walk at the Old Post Office Gallery

**Friday, October 7, 5:00-8:00 pm**

**Location: Assembly Room**

*Artists: Rita Tomanek, Nicholas Chakley, Cheryll Clamon*  
Fall Gallery Walk will feature two unique displays. The Old Post Office Gallery exhibit will be "Yours, Mine and Ours," a joint show with Rita Tomanek and her grandson Nicholas Chakley. The Top Floor Gallery (3rd Floor) will feature photography by Cheryll Clamon.

### 10 Tips to Boost Your Energy

**Wednesday, October 12, 10:00-11:00 am**

**Location: Room 302**

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

*Presenter: Jim Hayes, Humana Sales Representative*

In this program you will learn the benefits of having energy, the impact of aging on your energy level, ten energy-boosting tips for health and happiness, and potential energy zappers.

### Mindfulness Meditation 101: Changing Your Relationship to Stress

**Th, October 13 - December 8, 9:00-11:00 am**

**Location: Hybrid (Room 302 & 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 and informal mindfulness activities. Participants will be encouraged to make a commitment to engage in daily mindfulness activities outside of class. Audio links and class readings will be provided. Fee: \$90; pay Senior Center at registration. Christine Allen teaches this course as a fundraiser for the Senior Center; class fee is waived for low-income membership participants.



## 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 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**

- **Saturdays, Sept. 24 & Oct. 29, 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.

### 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: Assembly Room**

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!

### 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.

### BeMoved Dance

- **Tuesdays, August 30 - October 4, 10:30-11:30 am**

- **Tuesdays, Oct. 18 - Nov. 29, 10:30-11:30 am**

**Location: Room G13**

**Register: Email [hillster2942@icloud.com](mailto:hillster2942@icloud.com)**

*Instructor: Hillary Granfield*

A dance fitness experience for people of all movement abilities; newcomers welcome anytime. Learn more at [bemoveddance.com](http://bemoveddance.com). Fee: \$60 for 6-week session, \$12/session for drop-in; pay instructor.

### Bowling

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

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

Bowl up to 3 games for \$2/game with the Senior Bowling Group (upcoming dates: September 6 & 20, October 4 & 18). 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.

### Line Dance

**Tuesdays through 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.



## Open Studio

**Wednesdays, 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**

*Facilitator: Emily Edrington*

Cultivate your day-to-day skills in 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. Along with attitudes such as curiosity, openness, acceptance, compassion, and non-judging, this awareness helps us respond wisely to whatever comes up in the present moment. 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 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 fun, friendly word play on a giant Scrabble board. All are welcome!

## 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! Founded in 2006, we've performed at UI Dance Marathons, Walks to End Alzheimer's, Iowa City Block Parties, and many senior living communities. 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. 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 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.

- September 2: *Minari* (2021)
- September 9: *Adam's Rib* (1949)
- September 16: *Nobody's Fool* (1994)
- September 23: *The Eagle Huntress* (2017)
- September 30: *Knives Out* (2019)
- October 7: *Magnificent Seven* (1960)
- October 14: *South Pacific* (1958)
- October 21: *CODA* (2021)
- October 28: *Invasion of the Body Snatchers* (1978)

## 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](https://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](https://www.iowa.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.

### **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](https://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 [trailofjohnsoncounty.org](https://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**

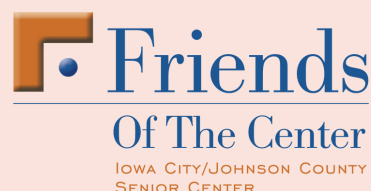
Thursday afternoons, by appointment (\$12)

Upcoming dates: September 22, October 20

## 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:

**[icseniorcenterfriends.org](https://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](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 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 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 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](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)





## 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 Senior 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](mailto: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 nearing completion. 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 [icgov.org/transit](#).

## MAP OF DOWNTOWN PARKING

