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REGISTRATION STARTS THURSDAY, AUGUST 22 AT 8 AM
Wow! Chapter one of my time at The Center has come and gone! I started here in the quiet month of August last year before band and choir practices resumed and the busy season of students returning for classes. Being downtown for a full year has been invigorating and at The Center it has been a joy. My heart is full and I am enjoying meeting all of you. If you haven’t been here in a while we would love to see you back here at The Center.

Welcome to our new members and those who are interested in our programming. Thank you all for opening your hearts and allowing time for me to settle in and feel at home at The Center. I’ve enjoyed getting to know many of you, learning the history of the building, and meeting the people who contribute time and energy to make The Center amazing.

We have made many new friends at The Center in year one of my tenure. Over the past five to eight years, our membership has been stable at 1,550 to 1,600 members. This year we hit a record number of 1,732 members! There have been many impactful events that allowed The Center to shine as we continue to move forward with serving more older adults in the community.

In the last year we welcomed two new staff members, development specialist Jessi Simon and receptionist Lisa Dreesman, celebrated retirement with our longtime receptionist Sharon Stubbs, and said farewell to our afternoon receptionist Lori Weitzell. Please stop by and say hello to our new staff members if you haven’t already. They would love to meet you!

Turn to page 9 for a few tips about The Center’s services, upcoming events, and exciting updates.

We are here to serve you! If you need me, please stop by my office, send me a note, give me a call at 319-356-5225, or email latasha-deloach@iowa-city.org.
Registration starts Thursday, August 22 at 8 AM

New to The Center? Get Connected!

• Take a tour of the Senior Center with a volunteer from the Membership Committee. See p. 83 for details.
• Visit the reception desk and sign up to receive our seasonal program guide and weekly email updates.
• Check out a class or attend an event; many are free and don’t require membership.
• Become a member to get the full experience, including extended member hours and exclusive access to the fitness rooms, computer lab, and certain classes.
• Share your talents as a volunteer! Teach a class, lead an activity, work on a committee, or provide services to older adults in our community. The possibilities are endless!

Stay active. Stay curious. Stay connected.

28 South Linn Street, Iowa City, Iowa 52240

319-356-5220
www.icgov.org/senior
www.icseniorcenterfriends.org
Facebook: @IowaCitySeniorCenter
YouTube: @IowaCitySCTV

WITH SUPPORT FROM:

Fall 2019 Program Guide • Volume 39, Number 3

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17.....2:00 PM .....The Tale of University Heights .........................48
19.....2:00 PM .....Growing Season: Got Shade? ............................64
19.....3:30 PM .....Jazz’s Greatest Generation ...............................43
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Support The Center at www.icseniorcenterfriends.org
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<th>Event</th>
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</thead>
<tbody>
<tr>
<td>21</td>
<td>7:00 PM</td>
<td>English Country Dance</td>
</tr>
<tr>
<td>22</td>
<td>1:00 PM</td>
<td>Life Drawing Drop-In</td>
</tr>
<tr>
<td>23</td>
<td>3:30 PM</td>
<td>Computer Comfort</td>
</tr>
<tr>
<td>24</td>
<td>2:00 PM</td>
<td>Advance Health Care Planning</td>
</tr>
<tr>
<td>24</td>
<td>7:00 PM</td>
<td>The Lustron Steel Home</td>
</tr>
<tr>
<td>25</td>
<td>2:00 PM</td>
<td>The Gospel of Eureka</td>
</tr>
<tr>
<td>26</td>
<td>3:00 PM</td>
<td>Online Music Services</td>
</tr>
<tr>
<td>27</td>
<td>11:00 AM</td>
<td>VNA Flu Clinic</td>
</tr>
<tr>
<td>28</td>
<td>7:30 PM</td>
<td>Barn Dance</td>
</tr>
<tr>
<td>30</td>
<td>3:30 PM</td>
<td>Computer Comfort</td>
</tr>
<tr>
<td>30</td>
<td>6:30 PM</td>
<td>Reversing Global Warming</td>
</tr>
</tbody>
</table>

**OCTOBER**

1. 2:00 PM UN Day of the Older Person
2. 10:00 AM Zentangle Advanced
3. 6:00 PM Welcome to Medicare
4. 6:15 PM Healing Touch Community Clinic
5. 10:00 AM Memory Café
6. 5:00 PM Fall Gallery Walk
7. 1:00 PM Iowa City Book Festival Talk
8. 7:30 PM Milonga (Tango Dance Party)
9. 7:00 PM Death Café
10. 3:30 PM Computer Comfort
11. 10:00 AM UI Stanley Museum of Art
12. 11:00 AM VNA Flu Clinic
13. 1:00 PM Islam in 2019
14. 3:30 PM Computer Comfort
15. 2:00 PM Book Report
16. 7:00 PM English Country Dance
17. 1:00 PM Art in the Afternoon
18. 10:00 AM Welcome to Medicare
19. 11:00 AM Hearing Society of Iowa Potluck
20. 7:00 PM English Country Dance
21. 1:00 PM Life Drawing Drop-In
22. 2:00 PM Passenger Rail History, Iowa City

**DECEMBER**

2. 2:00 PM Death Café
3. 3:30 PM Computer Comfort
4. 2:00 PM New Horizons Band Concert
5. 10:00 AM Zentangle: Holiday
6. 2:00 PM New Horizons Band Concert
7. 6:15 PM Healing Touch Community Clinic
8. 9:00 AM AARP Driver Safety
9. 1:00 PM AARP Smart DriverTEK
10. 1:00 PM Life Drawing Drop-In
11. 2:00 PM The Counties of Iowa
12. 6:30 PM SoundReach Choir Concert
13. 10:00 AM AARP Home Fit
14. 7:30 PM Barn Dance
15. 1:00 PM Life Drawing Drop-In
16. 2:00 PM East Iowa City

**NOVEMBER**

1. 10:00 AM Memory Café
2. 10:00 AM Welcome to Medicare
3. 7:30 PM Milonga (Tango Dance Party)
4. 2:00 PM Death Café

🔗 = Membership Required
# Directory of Ongoing Programs

## Ongoing Programs (by day of week and time)

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- 9:00 AM  Sports Forum ......................................... 69
- 9:30 AM  Gentle Yoga ◊ ........................................ 21
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- 1:00 PM  Mixed Media Open Studio ◊ ....................... 39
- 1:00 PM  Pinochle .............................................. 62
- 1:00 PM  Tap Cats .............................................. 17
- 1:30 PM  Lyrics Alive .......................................... 54
- 2:00 PM  Keep Us in Stitches ................................. 63
- 4:15 PM  Line Dance ........................................... 15

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- 9:30 AM  Fit 4 Life ◊ .......................................... 12
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- 10:30 AM  Slow Flow Yoga ..................................... 22
- 1:00 PM  Art Café ............................................... 38
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- 3:30 PM  Chair Yoga ........................................... 21
- 3:30 PM  Line Dance ........................................... 15
- 5:30 PM  T’ai Chi Open Practice .............................. 19
- 6:30 PM  Play Duplicate Bridge ............................... 62
- 7:00 PM  Tango Club Practica ................................. 19

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- 8:30 AM  Trailblazers Hiking ................................. 14
- 9:00 AM  Mah Jongg ........................................... 62
- 9:30 AM  Gentle Yoga ◊ ........................................ 21
- 10:00 AM  Intermediate/Advanced Spanish Club ◊ ...... 50
- 11:00 AM  Yang Style Tai Chi Chuan ......................... 20
- 12:00 PM  Advanced 108-Move Yang Tai Chi .............. 19
- 12:45 PM  Moving with Parkinson’s .......................... 13
- 1:00 PM  Artists’ Wednesday Studio Group ◊ ............. 38
- 1:00 PM  Hepatitis C & HIV Rapid Testing (2nd of month) .......... 33
- 1:30 PM  SSRO Reader’s Theatre Group ◊ .................. 57
- 4:00 PM  The Pomtastiks! ...................................... 16
- 6:00 PM  DanceAbility ........................................ 15
- 6:30 PM  Salsa Practice Group ............................... 18

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- 9:30 AM  Fit 4 Life ◊ .......................................... 12
- 9:45 AM  Slow Flow Yoga ...................................... 22
- 10:30 AM  Beginning Tap Dance ◊ .......................... 14
- 11:00 AM  Basic Yoga ◊ ....................................... 20
- 11:35 AM  Beginning-Intermediate Tap Dance ◊ .......... 14
- 12:00 PM  Meditation Group ◊ ............................... 34
- 2:00 PM  Qigong ................................................ 19
- 2:00 PM  Scrabble Club ....................................... 63
- 5:30 PM  T’ai Chi Open Practice .............................. 19

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- 10:00 AM  Bananagrams! ...................................... 61
- 12:30 PM  Hand & Foot Card Game .......................... 62
- 12:30 PM  Tech Help Drop-in Hours .......................... 61
- 1:00 PM  Afternoon Quilting Group .......................... 63
- 1:00 PM  Classic Film Fridays ................................. 64
- 3:00 PM  Bone Film Fridays ................................. 12

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- 8:30 AM  Saturday Morning Yoga ............................. 21
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- 9:35 AM  Zumba Gold ......................................... 17

### SUNDAYS
- 11:00 AM  Yang Style Tai Chi Chuan ......................... 20
- 12:00 PM  Advanced 108-Move Yang Tai Chi .............. 19
- 12:30 PM  Alzheimer’s Association Caregiver Support Group (1st of month) .......... 29
- 12:45 PM  Moving with Parkinson’s .......................... 13

◊ = Membership Required

Support The Center at www.icseniorcenterfriends.org
What’s New?

Check out our new full color program guide! We’re working each season to improve this publication to make it easier to explore opportunities to stay active, curious, and connected (and to make it look sharp!). This fall, we encourage you to grab an extra copy of The Center’s program guide and share it with a friend, neighbor, or family member in the Iowa City area.

Here are a few tips about our services:

- Did you know that Center members can purchase twenty 1-hour parking passes for a discounted price of $15? (That’s a deal!)

- Also, did you know we offer visitor memberships for $5 per week? Next time you have friends in town (ages 50+), invite them to come work out with us, check out a class, or attend an event.

- As a benefit of UnitedHealthcare’s Renew Active program, those who have a UnitedHealthcare Medicare plan can receive their Center membership FREE of charge. As a matter of fact, you don’t have to wait until it’s time to renew your Center membership to sign up. We can update your membership in our system right away, and every month UnitedHealthcare will give a financial contribution to support the operation of The Center.

- Parking in the ramp during the school year... can be tricky, we know! On days when you don’t want to battle the traffic, consider checking out some of our programs held outside The Center, such as bi-monthly bowling at Colonial Lanes, Wednesday morning hikes with the Trailblazers at area parks, and Saturday morning breakfasts at Midtown Family Restaurant with the 50+ Singles Group.

Upcoming events and announcements:

- National Senior Center Month is September! Check out a new class, be adventurous, and meet someone new!

- We’re hosting an art auction to raise funds for The Center on the evening of Friday, September 27. The Center was gifted art collections of two talented local artists, Linda Brown and John Birkbeck (aka “Big John”), and we will have a silent and live auction to celebrate and appreciate their work.

- Medicare Open Enrollment is coming soon (October 15 – December 7), so don’t forget to call to set up an appointment with a SHIIP counselor to review your healthcare coverage options. See pages 72-74 in this program guide for more details.

- Please note that we will begin repairing the plaster in the grand staircase this winter, and you will see work begin on the outside of the building to prevent water damage inside the building.

- New water fountains are coming to the mezzanine and the 2nd floor as a result of your generous contributions to Friends of The Center!
FALL 2019 PROGRAMS & SERVICES

Fitness & Movement

Support The Center at www.icseniorcenterfriends.org
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**Fitness**

**Fitness Equipment Rooms**
Fee: none. No registration.  
Membership Required  

**Monday - Thursday, 7 AM - 7 PM**  
**Friday, 7 AM - 5 PM**  
**Saturday - Sunday, 10:30 AM - 1:30 PM**

Use your membership card to enter The Center’s fitness facilities in rooms G04 and G08, and take advantage of our commercial quality gym equipment in a relaxed, self-guided atmosphere. The cardio room offers a variety of treadmills, elliptical trainers, stationary bikes, and a SciFit recumbent stepper. The strength training room is equipped with Keiser resistance machines, which use pneumatic technology to offer a safer, easier way to improve core stability and gain overall muscle performance. The strength training room also provides members access to temporary storage lockers and single stall shower and restroom facilities (the strength training room is closed for cleaning on weekdays from 8:30 - 9 AM).

**Fitness Room Orientations**
Fee: none. Registration required.  
Membership Required  

**Dates and times to be determined**  
**Meet in room G08**

Senior Center members are invited to join volunteers for 1-hour orientation sessions in the fitness equipment rooms. In a small group setting we’ll lead you through the proper use of each machine in the strength training room and introduce you to the equipment in the cardio room. Whether you’re new to The Center’s fitness rooms or you just want to brush up your technique, all current Senior Center members are welcome. Check at the reception desk for current orientation dates and times, and register for each session you’d like to attend.

**Bone Builders**
Fee: $5/class; pay instructor. Registration required.  
Membership Required  

**Fridays**  
**3 - 3:45 PM in room G13**  
Instructor: Kristy Cameron

According to the National Osteoporosis Foundation, about 54 million Americans have osteopenia and low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis. Exercising allows us to maintain muscle, strength, coordination, and balance, which in turn helps to prevent falls and related fractures. Bone Builders is an intermediate level class which combines weight bearing exercise, strength training, balance and flexibility. Exercises are performed seated, standing, and on the floor.

**Fit 4 Life**
Fee: $6/class or $50 for 10-class punch card; pay instructor. Register with activity leader.  
Membership Required  

**Tuesdays, Thursdays**  
**8:30 - 9:15 AM in room G13**  
**Tuesdays, Thursdays**  
**9:30 - 10:15 AM in room G13**

Instructor: Megan Johnson

A fun, low-impact, full-body workout geared towards improving cardiovascular fitness,
total body strength, balance, and flexibility for the active older adult. Participants will use a variety of equipment such as weights and resistance bands to strengthen the bones and muscles. The class is designed for all fitness levels with exercises done while sitting, standing, or on the floor. This forty-five minute class will help you stay Fit 4 Life!

*Megan Johnson is a UI alumna, Master of Public Health, and Senior Fitness Specialist who emphasizes the mental, physical, and social benefits of regular exercise participation.*

**Individual Assessment and Training with Collin**

**Fee:** Personal Training (60 minutes): $45/person; $65/2 people. Assessment: $25; pay instructor. Register by contacting Collin at 319-321-9170 or www.fitspossible.com.

**Membership Required**

**Date, time, and location arranged with instructor**

Instructor: Collin Kerstetter

Select an individual fitness assessment, personal one-on-one training, or both! Assessment includes physical performance in the areas of strength, agility, balance, flexibility, and cardio output, followed by the creation of an individualized fitness program. Personal training can be done at your home or The Center. It includes an assessment, setting target goals, and developing the regimen to meet them.

**Moving with Parkinson’s**

**Fee:** $5/class or $50 for 12-class punch card; pay instructor. Registration required.

**Sundays, Wednesdays**

**12:45 - 1:45 PM in room G13**

Instructor: Kristy Cameron

Exercise is medicine, especially for people with Parkinson’s Disease. Moving with Parkinson’s combines a variety of exercises including flexibility, range of movement, strength, cardiovascular, balance, cognition, and gait to help improve daily function. We also add the FUN in function by providing a supportive and encouraging atmosphere. Care partners are welcome to attend.

**Stretching and Mobility (Aquatics)**

**Fee:** $4/visit or purchase a 10-punch card ($31 for Iowa City residents or $36 for nonresidents) or annual pass through the Iowa City Parks and Recreation Department. No registration.

**Membership Not Required**

**Monday - Friday**

**8 - 9 AM, All Year**

**11 AM - 12 PM, Labor Day - Memorial Day**

**12 - 1 PM, Memorial Day - Labor Day**

**Mercer Park Aquatic Center**

This program is designed for people with arthritis and related conditions. It is a recreational program involving gentle range of motion water exercises. Goals of the class are to help decrease pain and stiffness, improve or maintain joint mobility and flexibility, and increase muscle strength and endurance. Leaders encourage a fun, friendly, and supportive atmosphere.

**DID YOU KNOW?**

You can rent a room at The Center for your special event or gathering! Classrooms, fitness rooms, and the Assembly Room can be rented for an affordable hourly fee during evenings and weekends. See p. 94 for more information.
Trailblazers Hiking
Fee: none. No registration.
Membership Not Required

Wednesdays
8:30 - 10 AM, meet at 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. Contact Jill Stephenson at 319-354-9569 after 5 PM for more information. The group walks in all weather conditions except ice and heavy rain. Meet in the parking lot at lower City Park to carpool to each week’s hiking location.

Dance Fitness

Beginning Tap Dance
Suggested donation: $5/class; pay instructor.
Registration required.
Membership Required

Thursdays
10:30 - 11:30 AM in room G13
Instructor: Judy Allen

Beginning Tap Dance will introduce its students to the fundamental steps, rhythms, and vocabulary which comprise the basics of tap dance. Shoes appropriate to this activity will be discussed in class; comfortable exercise or casual clothing can be worn. No prior dance experience is required. This class is great exercise to great music!

Judy Allen has been teaching Tap Dance at the Senior Center for 3 years, and is a retired Professor of Dance. She has taught at the University of Iowa, University of Hawaii, George Mason University, and California State University, Long Beach.

Beginning-Intermediate Tap Dance
Suggested donation: $5/class; pay instructor.
Registration required.
Membership Required

Thursdays
11:35 AM - 12:50 PM in room G13
Instructor: Judy Allen

This class will continue to add and develop intermediate tap steps, vocabulary, and rhythms onto the basic tap skills already acquired in Beginning Tap Dance.

BeMoved Dance
Fee: $10/class for drop-in or $40 for 6 week session; pay instructor. No registration.
Membership Required

Tuesdays, 8/27 - 10/1
10:30 - 11:30 AM in room G13

Fridays, 8/30 - 10/4
10:30 - 11:30 AM in room G13

Tuesdays, 10/15 - 11/19
10:30 - 11:30 AM in room G13

Fridays, 10/18 - 11/22
10:30 - 11:30 AM in room G13

Walk-in sessions
Tuesdays, Fridays, 12/3 - 12/20
10:30 - 11:30 AM in room G13
Instructor: Hillary Granfield

BeMoved Dance is a dance fitness experience for people of all movement abilities. Participants experience a wellbeing transformation. The warm-up infuses breath and movement through choreographed, easy to learn artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous, engaging
dance combinations to inspire anyone from first-time dancers to those with dance experience. Finally, the cool down brings your workout full circle, leaving you balanced in mind, body, and soul, feeling rejuvenated. Participants will be on their feet, moving throughout the entire class. Participants can be in bare feet or wear exercise shoes. The BeMoved method has proven to successfully teach dance to adults who have had little or no dance experience. To learn more about BeMoved and see video clips of a class, visit www.bemoved-dance.com. Newcomers are welcome at any time.

Hillary studied with BeMoved’s creator, Sherry Zunker, and is a licensed BeMoved instructor. 

**DanceAbility**  
**Fee:** $50/month or $200 for 4 months; pay Infinity Dance Company. No registration.  
Membership Not Required  

**Wednesdays**  
**6 - 7 PM in room 103**  
Instructor: Sarah Furnish

DanceAbility is a method that uses improvisation and contemporary modern dance to make dance available to all people whether they are highly trained dancers, beginning dancers, persons with disabilities, or using mobility devices. Dancers learn through structured improvisation to make individual choices that enhance the design of the dance. Participants are given unique exercises to invent their own choreography. Dance is the perfect artistic medium to facilitate inclusion because dance is based on creating unity. Our goal is to create a diverse dance community in class and in performance that is a realistic reflection of the society we live in. For more information contact Sarah Furnish at 319-594-6178.

Sarah Furnish is the Artistic Director for Infinity Dance Company and the only certified DanceAbility instructor in Iowa. DanceAbility training gives certified instructors the tools to work with highly trained dancers, brand new dancers, dancers who use a wheelchair, dancers who are amputees, who are blind or have other mental or physical conditions, all at the same time.

**Line Dance**  
**Fee:** none. No registration.  
Membership Not Required

**Mondays, 4:15 - 5:30 PM**  
**Tuesdays, 3:30 - 5 PM**  
**9/9 - 11/19 in room G13**  
Instructor: Sherian Piper

Line dance exercises both the mind and the body. Plus it’s a great way to meet new people. These two drop-in classes will concentrate on beginner dances. Time will be given to learning steps. We will be dancing to all types of music—country, classic rock, today's rock, and Latin. No experience necessary, no partner necessary. Keep it simple and keep it fun!
The Pomtastiks!
Fee: none. Register with activity leader. 
Membership Required

Wednesdays 
4 - 5 PM in the Assembly Room

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 numerous nursing and assisted-living homes in the area. The Pomtastiks love to entertain and use poms and other props to add to the fun and variety! Those who don’t care to perform in public are welcome to share the learning and practice experience. Come for laughs, friends, and a head-to-toe workout! Public dance troupe members must be dedicated to memorizing and performing selected routines at a skill level comparable to the rest of the group. For additional information, or to book a performance, contact Shirley Myers at 319-351-5872.

Sacred Dance: Our Sacred Bodies
Free Form Dance and Movement
Fee: $90; pay instructor. Registration required. 
Membership Not Required

Wednesdays, 8/28 - 10/16
8:30 - 10:30 AM in the Assembly Room
Instructor: Adina Joy Levitt

When we hold our bodies as sacred and work on connecting with them during intentional movement, we can establish a loving relationship with our bodies which allows us to really take time to listen to them. What are they trying to communicate with us? Each week will have a unique focus, instead of learning steps to a specific dance routine, participants will be diving into the mystery of their very being.

Free Form Dance and Movement means that each participant is free to dance in their own unique way following their body and heart. Throughout the six weeks, Adina will share stories of her personal journey from the two-day Medicine Dance that inspired her to create this class. No dance experience necessary, all body types welcome! Participants are welcome to use a chair. This is a judgement-free space; there is no wrong way to dance in this class.

What makes this class Sacred Dance? The clear intention behind each weekly class creates a space for us to connect beyond our everyday reality, beyond time and space, into the mystery. This class is not linked to any religious affiliation, and participants from any background are welcome to attend.

How is the class structured? Opening circle, teaching theme for the week, dancing and movement for 45 minutes to an hour, and closing sharing in small groups. Don’t worry, we are not dancing for two hours; this class is dancing and whole lot more.
Sacred Dance: Exploring Stress in our Sacred Bodies Through Free Form Dance and Movement
Fee: $90; pay instructor. Registration required.
Membership Not Required
Wednesdays, 10/30 - 12/11
8:30 - 10:30 AM in the Assembly Room
Instructor: Adina Joy Levitt

Our bodies can become a resource to help us alter our own realities. When we hold our bodies as sacred and connect with them during intentional movement, we can begin to understand our stress on a whole new level. Each week will have a unique focus. Instead of learning steps to a specific dance routine, participants will explore their stress through dance.

Free Form Dance and Movement means that each participant is free to dance in their own unique way, following their body as their true teacher. Adina will teach students about typical stress responses in the body and alternatives to this instinctual approach. Dancers will connect to their Future Selves and pull their highest form of being to the present. No dance experience necessary, all body types welcome! Participants are welcome to use a chair. This is a judgement-free space; there is no wrong way to dance in this class.

This class is not linked to any religious affiliation, and participants from any background are welcome to attend.

How is the class structured? Opening circle, teaching theme for the week, dancing and movement for an hour to 75 minutes, and closing sharing in small groups. Don’t worry, we are not dancing for two hours; this class is dancing and whole lot more.

Tap Cats
Fee: none. No registration.
Membership Not Required
Mondays
1 - 2 PM in room G13
Activity Leader: Mary Ann Letizio

This is a group for those who have some years of tap experience. Attendees should know all the basic steps and be able to dance choreographed routines. We will be focusing on rhythm style tap which incorporates lower body footwork, syncopation, and rhythm. Join us for perfecting your thirds and cramp rolls in double time. If you love tap, this is the group for you. For more information, contact group facilitator Mary Ann Letizio at 319-338-6497 or maryann871486@gmail.com.

Zumba Gold
Fee: $6/class or $50 for 10-class punch card; pay instructor. No registration.
Membership Not Required
Saturdays
9:35 - 10:20 AM in the Assembly Room
Instructor: Dawn Rogers

Zumba Gold is an innovative and fun fitness program integrating Latin music with an aerobic workout. It is designed and tailored for the active older adult who may feel unconditioned, needs modifications, or prefers instruction to the various rhythms that will be introduced (salsa, merengue, cambia).

DID YOU KNOW?
Discounted parking options are available to Senior Center members! See p. 82 for more information.
Social Dance

Barn Dance
Fee: Sliding scale $5-$15; pay what you can at the door. No registration.
Membership Not Required

Saturdays, 9/28, 10/26, 11/23
7:30 - 10:30 PM in the Assembly Room

Everyone is welcome to the Barn Dance! Fun for all ages and abilities, no experience is necessary as all dances are taught and called. There’s no fancy footwork involved; you simply walk through a series of movements that you’ll learn quickly with help from the caller and experienced dancers. Even if you don’t want to dance, come enjoy the old time music, provided by excellent local bands. The Barn Dance is open to all: singles, couples, and the entire family. Lessons available at 7:30 PM; dance starts at 8 PM. No dance in December.

English Country Dance
Fee: Sliding scale $3-$6; pay what you can at the door. No registration.
Membership Not Required

Saturdays, 9/21, 10/19, 11/16, 12/28
7 - 10 PM in the Assembly Room

Come to the English Country Dance and enjoy moving in smooth figures to gorgeous live music. Everyone who wants to dance is guaranteed a partner. Each dance is taught, and all ages are encouraged to participate. The dance form dates back to the 16th century. It appears in some movies portraying Queen Elizabeth I, as well as in film adaptations of Dickens and Jane Austen novels. Each dance has its own music. The tunes are hauntingly beautiful, ranging from old ballads, jigs, and reels to several immortalized in classical music and opera.

Milonga (Tango Dance Party)
Fee: $5/person; pay at the door. No registration.
Membership Not Required

Saturdays, 9/7, 10/5, 11/2
7:30 - 11 PM in the Assembly Room

Join us for a Milonga hosted by the Iowa City Tango Club. A Milonga is a festive time to concentrate on dancing, socializing, and enjoying food and refreshment with fellow dancers and friends. Dance, listen, and enjoy authentic Argentine tango music. Admission includes some snacks and non-alcoholic drinks. Feel free to bring your own favorite snacks or non-alcoholic beverage to share. Help with set-up and take-down is welcome.

Salsa Practice Group
Fee: none. No registration.
Membership Not Required

Wednesdays
6:30 - 8:30 PM in the Assembly Room

The Iowa City Salsa Group offers free Latin dance practice to interested dancers of all ages. The group meets Wednesday evenings to work on improving their salsa, bachata, merengue, and cha-cha dance moves. All beginner, intermediate, and advanced levels of dancers are welcome. Newcomers may receive instruction if desired. Please contact Damon Rogers at adept_one@hotmail.com or 319-321-9885 for more information.

DID YOU KNOW?
Anyone age 50+ can become a member of The Center, regardless of where you live! Annual memberships are affordably priced and help support the Senior Center’s operating expenses. See p. 84 for details.
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<thead>
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<th>Fee</th>
<th>Registration Required</th>
<th>Membership Required</th>
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<tbody>
<tr>
<td><strong>Tango Club Practica</strong></td>
<td>Fee: $5/class; pay instructor. No registration.</td>
<td>Membership Not Required</td>
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<tr>
<td><strong>Tuesdays</strong></td>
<td>7 - 10 PM in the Assembly Room</td>
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<tr>
<td>Join the Iowa City Tango Club on Tuesday evenings to dance traditional Argentine tango, a dance of passion and connection. All ages welcome and no partner or previous dance experience is required. Leather or suede bottom shoes work the best, but come with what you have. Beginner classes from 7 - 8 PM; intermediate/advanced classes from 8:15 - 9:15 PM; general practice to follow. For more information on upcoming events and classes in the surrounding area, follow Tango Iowa on Facebook or visit <a href="http://www.iowatango.com">www.iowatango.com</a>.</td>
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<tr>
<td><strong>Qigong</strong></td>
<td>Fee: none. Registration required.</td>
<td>Membership Not Required</td>
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<tr>
<td><strong>Thursdays</strong></td>
<td>2 - 3 PM in room G13</td>
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<td></td>
</tr>
<tr>
<td>Instructor: George Nelson</td>
<td>Chinese Qigong (energy exercise) has been used to improve and maintain health for over 2,500 years by cultivating the internal energy that flows through our bodies. There are thousands of different qigong exercises practiced around the world. This class emphasizes its most gentle forms and is suitable for all abilities. Mindfulness and deep breathing are important components of this class.</td>
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<tr>
<td><strong>Tai Chi &amp; Qigong</strong></td>
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<tr>
<td><strong>Advanced 108-Move Yang Tai Chi</strong></td>
<td>Fee: none. No registration.</td>
<td>Membership Not Required</td>
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<tr>
<td><strong>Sundays, Wednesdays</strong></td>
<td>12 - 12:30 PM in room G13</td>
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<tr>
<td>Instructors: George Nelson, Greg Kovaciny, Jane Lahann-Kovaciny</td>
<td>This practice group is open only to those who already know the 37 move Yang Style Tai Chi form. Each practice will consist of performing the 108 move version of Yang Tai Chi and has the additional benefit of giving more cardiovascular workout.</td>
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<tr>
<td><strong>T’ai Chi Open Practice (Cheng Man Ching 37-Posture Form)</strong></td>
<td>Fee: none. No registration.</td>
<td>Membership Not Required</td>
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<tr>
<td><strong>Tuesdays, Thursdays</strong></td>
<td>5:30 - 6:30 PM in room G13</td>
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<tr>
<td>It’s hard to keep up your t’ai chi practice on your own, so come and join a practice group. Keep on learning from each other and enjoy the collective energy. This is an informal gathering of practitioners who have already been introduced to the Cheng Man Ching style of t’ai chi. We do warm-ups and practice the form two or three times. We also study different postures in more detail with discussion of t’ai chi principles. Attending this group will help promote a more constant and mindful practice of t’ai chi. For more information, contact Robin Ungar at 319-541-2260 or <a href="mailto:robin.ungar@gmail.com">robin.ungar@gmail.com</a>, or Sue Campney at 319-331-2601 or <a href="mailto:sue_campney@hotmail.com">sue_campney@hotmail.com</a>.</td>
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</table>
**Taoist Tai Chi**

*Fee: Taoist Tai Chi Society fee of $60; pay instructor. Registration required.*

Membership Required

**Mondays, Wednesdays, 10/7 - 12/30**

2 - 3 PM in room G13

Instructor: Mary Dusterhoft

Taoist Tai Chi helps build strength, balance, and flexibility through stretching and slow movements. This introductory course to Taoist Tai Chi includes the foundation exercises.

**Taoist Tai Chi Set Class**

*Fee: Taoist Tai Chi Society fee of $60; pay instructor. Registration required.*

Membership Required

**Mondays, Wednesdays, 10/7 - 12/30**

3:15 - 4:15 PM in room G13

Instructor: Mary Dusterhoft

For those who have had exposure to the introductory exercises and moves of the 108-move set. The course continues to improve strength, balance, and flexibility through stretching and slow movements.

**Tuesday Tai Chi Practice Session**

*Fee: none. No registration.*

Membership Required

**Tuesdays, 10/8 - 12/31**

2 - 3 PM in room G13

Instructor: Mary Dusterhoft

Tuesday Tai Chi practice sessions are open to Center members registered for Taoist Tai Chi or Taoist Tai Chi Set Class during the current season. Students may attend sessions to the extent they wish.

**Yang Style Tai Chi Chuan**

*Fee: none. No registration. Membership Not Required*

**Sundays, Wednesdays**

11 AM - 12 PM in room G13

Instructors: George Nelson, Greg Kovaciny, Jane Lahann-Kovaciny

Tai Chi is an elegant moving meditation designed to improve overall health. It consists of slow, flowing movements that are performed with an emphasis on correct body alignment. This exercise is low impact and is a gentle way to improve cardiovascular health, lower blood pressure, improve range of motion, improve balance, and fight bone density loss. Yang style is the most popular form of Tai Chi practiced throughout the world today.

**Yoga**

**Basic Yoga**

*Fee: $6/class; pay instructor. No registration.*

Membership Required

**Thursdays**

11 - 11:55 AM in room 103

Instructor: Gail Ireland

Yoga is a gift you can give your body at any time, any age, any size. Practicing Yoga will strengthen and balance all parts of your body including the spine and joints, the heart, blood stream, and internal organs. Students will learn breathing patterns that remove stiffness and tension, and exercises that develop vitality and strength. Beginning movements consist of bends, twists, and stretches while standing, lying down, or sitting; postures to increase body awareness.

Support The Center at [www.icseniorcenterfriends.org](http://www.icseniorcenterfriends.org)
and control for better balance; as well as deep breathing and relaxation techniques. Authentic yoga moves slowly to keep correct postures and build strength. Classes start with slow, gentle movements and gradually extend them to develop more strength and flexibility. The session concludes with progressive muscular relaxation to leave you with a deep sense of calm and wellbeing.

**Chair Yoga**

Fee: $6/class or $50 for 10-class punch card for members, $8/class for non-members; pay instructor. No registration.  
Membership Not Required

**Tuesdays**

3:30 - 4:10 PM in room 103  
Instructor: Christoph Weismayer

Chair Yoga primarily focuses on achieving simple poses but also classical poses with the help of a chair and occasionally using other props (wall, bricks, straps). This class is ideal for people that are new to yoga or not sure if yoga is right for them, or people with injuries or mobility issues. The class is low impact and focuses on maintaining or improving range of motion and flexibility. All props and materials will be provided.

*Christoph practiced and studied yoga in India and was certified as a Shivananda Yoga teacher in 2012 in Gokarna, India.*

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**Gentle Yoga**

Fee: $6/class; pay instructor. No registration.  
Membership Required

**Mondays, Wednesdays**

9:30 - 10:40 AM in room 103  
Instructor: Gail Ireland

This class teaches basic and intermediate level yoga postures to gently stretch muscles and stimulate the flow of blood and lymph in the body, to massage internal organs and to stimulate glandular health. Postures increase body awareness and control leading to better balance. Deep breathing draws more oxygen into the body, enhancing the health of the hypothalamus and nervous system. The session concludes with progressive muscular relaxation to leave you with a deep sense of calm and wellbeing, and an introduction to the first stages of meditation.

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**Saturday Morning Yoga**

Fee: $6/class or $50 for 10-class punch card for members, $8/class for non-members; pay instructor. No registration.  
Membership Not Required

**Saturdays**

8:30 - 9:30 AM in room G13  
Instructor: Esther Retish

Enjoy the benefit of yoga. This class emphasizes breathing, balance, and focus in addition to increasing strength and flexibility. The poses can be modified for all fitness levels. Reduce stress and leave the class feeling better. If this is your first class, please arrive a few minutes early. You do not need to attend every class and can join at any time. For questions, contact Esther Retish at eretish@mchsi.com or 319-351-5011.
Slow Flow Yoga
Fee: $6/class or $50 for 10-class punch card for members, $8/class for non-members; pay instructor. Register with activity leader.
Membership Not Required
Tuesdays
10:30 - 11:30 AM in room 103

Thursdays
9:45 - 10:45 AM in room 103
Instructor: Christoph Weismayer

This class starts with a slow flow warm up (sun salutations, warrior and triangle series) and then slows down to a workshop style to study a few poses in greater detail with optional prop use. The second half of the class starts with a few poses to re-energize and ends with passive stretches, relaxation techniques, and Savasana. Slow Flow is for all levels. All props and materials will be provided.

Yoga with Props
Fee: $6/class or $50 for 10-class punch card for members, $8/class for non-members; pay instructor. No registration.
Membership Not Required
Tuesdays
2:15 - 3:15 PM in room 103
Instructor: Christoph Weismayer

This form of Yoga focuses on relaxation by controlling your breath and by staying in simple and intermediate poses (asanas) for a longer time. This class will focus on using props (chairs, straps, cushions, sandbags) to achieve good alignment. By increasing or decreasing the use of props this class can be a good start for beginners and challenging for intermediate students. All props and materials will be provided.

DID YOU KNOW?
Visitor memberships are available for $5 per week! Whether you have friends or family visiting town, or you want to get a taste of Center membership before joining for the year, this is a handy and affordable option available to anyone ages 50 and up.
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**Aging in Place**

**AARP Home Fit**  
Fee: none. Registration required.  
Membership Not Required

**Friday, 11/22**  
10 - 11 AM in room 202

Presenter: Lorraine Bowans

AARP research consistently finds that the vast majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP HomeFit Guide was created to help people stay in the homes they love by turning where they live into a “lifelong home,” suitable for themselves and anyone in their household.

**What Do We Do with All Our Stuff?!**  
Material fee: $5; pay at registration.  
Registration required.  
Membership Required

**Mondays, 9/9 - 9/23**  
11:30 AM - 12:30 PM in room 202

Instructor: Mary Lea Kruse

Mary Lea Kruse became interested in downsizing after she spent six months cleaning out the house that her mother-in-law lived in for 50 years. Want to “de-clutter,” organize, downsize, or move? This is a course on organizing and “cleaning out.” It will cover de-cluttering and how to get started. Over the four weeks, learn methods to clean out your desk, files, and financial records. Move on to your photos and memorabilia. Then advance to bigger spaces such as bedrooms, closets, kitchens, and utilities, up to garage, basement, and storage! Learn about recycling options, estate sales, and how to divide up those prized possessions.

**Living Independently and Aging in Place**  
Fee: none. No registration.  
Membership Not Required

**Thursday, 9/5**  
2 - 3:30 PM in room 202

Presenter: Brianna Lewin

This presentation will provide an introduction to assistive technology and the service lines of the Assistive Technology Program at Easterseals Iowa. It will also include possible ideas and solutions that may support someone living independently and aging safely at home. Brianna will bring items and ideas to demonstrate how to support daily living, fitness, recreation, and hobbies.

**Brianna Lewin is a Rural Rehabilitation & AT Center Support Professional with Easter Seals Iowa Assistive Technology Program. She has a Bachelor’s Degree in Social Work from the University of Iowa and has experience in the fields of aging and disability.**

**Class registration begins Thursday, August 22 at 8:00 AM.**

**Here’s how to register:**

**Online**  
To sign into your account go to www.icgov.org/senior/registration.  
See page 88 for details.

**Walk-in**  
Register in person by dropping off your completed registration form, found on page 89, at the reception desk between 8 AM - 5 PM, M-F. Fees due at the time of registration can be paid by cash, check, or credit card.

**Phone-in**  
Gather the course information and call 319-356-5220

**Mail-in**  
Mail your completed registration form along with a check to cover any payments due at the time of registration to:  
Senior Center Class Registration  
28 S. Linn St.  
Iowa City, Iowa 52240

Support The Center at www.icseniorcenterfriends.org
End of Life

Advance Health Care Planning Workshop
Fee: none. Registration required.
Membership Not Required

Tuesday, 9/24
2 - 4 PM in room 209
Instructor: Emily Edrington

What if you had an injury or illness that left you unable to communicate? Would your family or friends know what kind of medical treatment you would want? The Senior Center offers a 2-hour workshop to prepare individuals to complete an advance directive document using the Honoring Your Wishes health care directive, a legal document in the state of Iowa. In addition, this workshop presents tips for starting conversations about what is important to you, considerations for choosing a health care agent (surrogate decision maker), and advance care planning resources available to you in the community.

Death Café
Fee: none. No registration.
Membership Not Required

Mondays, 9/9, 10/7, 11/4, 12/2
2 - 3 PM in room 205
Facilitators: Michelle Buhman, Craig Mosher

A Death Café is a group of people who are not afraid to discuss and increase their awareness of death in order to make the most of life. The topics of our monthly discussions are determined by the members of the group. People are encouraged to bring snacks. This is not a bereavement support group or grief counseling session. For more information on the purpose of this group, visit deathcafe.com.

Funeral Pre-Planning
Fee: none. Registration required.
Membership Not Required

Friday, 9/6
2 - 3 PM in room 202
Presenter: Ken Holmes

What is funeral preplanning? Can I preplan without prepaying? Do I have to be embalmed? Doesn’t state law require a vault? Can I have visitation and a service before body donation? Is it against the law to scatter cremated remains in a lake? What are funeral benefits for military veterans? What happens if I die away from home? Can I write my own obituary? How can I make all of this easier for my family? How can I reduce funeral costs? This session will explore what you need to know and why you might want to consider preplanning, for yourself and for your family.

Greener Alternative to Modern Burial Practices
Fee: none. No registration.
Membership Not Required

Friday, 10/25
2 - 3:30 PM in room 202
Presenter: Clayton Schuneman

This presentation will discuss modern burial practices, emerging technologies, and ways to bring modern burial practices more in-line with green ideals. Presenter Clayton Schuneman is the Johnson County Medical Examiner.

DID YOU KNOW?
The Center is home to the Simple & Free: Pantry Exchange where people of all ages can freely give and take non-perishable food and personal hygiene items based on need. See p. 75 for details.
The Role of the Medical Examiner and Dying at Home
Fee: none. No registration.
Membership Not Required

Friday, 9/13
2 - 3:30 PM in room 202
Presenter: Clayton Schuneman

This presentation will give a brief overview of the responsibilities of the Medical Examiner Department, and will discuss the involvement of the Medical Examiner Department when individuals die at their private residence. Presenter Clayton Schuneman is the Johnson County Medical Examiner.

Health Insurance

Welcome to Medicare
Fee: none. Registration required.
Membership Not Required

Thursday, 10/3
6 - 8:15 PM in room 202

Saturday, 11/2
10 AM - 12:15 PM in room 202

Saturday, 12/7
10 AM - 12:15 PM in room 202
Presenters: SHIIP Counselors

Will you be eligible for Medicare in the near future? Have you been on Medicare for a while and want to better understand what it offers? Do you help a family member with Medicare issues? This two-hour seminar, offered by The Center’s SHIIP counselors, will cover 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.

Hearing Society of Iowa Potluck
Fee: none. Register by contacting Jim Mayfield at MyTinEar@aol.com.
Membership Not Required

Fridays, 9/20, 11/15
11 AM - 1 PM in room 208
Hosts: Jim Mayfield, Mary Lou Mayfield

Hearing Society of Iowa is a social get together for people with hearing loss or those who have a family member with hearing loss. We share information on problems, experiences, and how we manage our lives. We are not alone, and it is important to realize that others share the same issues and concerns. We have potluck gatherings at the Senior Center several times a year with a social hour at 11 AM and lunch at 12 PM. Contact Jim Mayfield at MyTinEar@aol.com to learn about additional meetings and events.

DID YOU KNOW?
The Center has hearing assistive devices available in rooms 202, 208, and the Assembly Room which can be used in conjunction with a hearing aid or on their own.

Support The Center at www.icseniorcenterfriends.org
What's New in the Hearing Profession
Fee: none. No registration.
Membership Not Required

Tuesday, 9/3
1 - 2:30 PM in room 202
Presenter: Dr. Jason Aird

Dr. Jason Aird with Iowa Audiology & Hearing Aid Centers will discuss hearing loss, tinnitus, new hearing device technology, and assistive listening technologies. This talk will include information on the new rechargeable hearing instrument systems, iPhone and smartphone direct to hearing instrument technologies, ways to use wireless and T-Loop technologies to better help those with a hearing loss maximize their ability to hear in a variety of environments. Dr. Aird will demonstrate what it is like to have a hearing loss and how some of the new technologies work, and he’ll discuss reasonable expectations for wearing hearing devices.

Diagnosing Dementia
Fee: none. No registration.
Membership Not Required

Friday, 9/6
2 - 3 PM in room 208
Presenter: Dr. Richard Laurent

Receiving a diagnosis of Alzheimer’s or Dementia can often feel like an overwhelming, drawn out process. Join Dr. Richard Laurent, clinical neuropsychologist, to learn more about what goes into evaluating Memory and Thinking problems. Understanding the type and purpose of tests as well as what to expect during an evaluation can be empowering. Receive answers to your questions, such as how different dementia are diagnosed and when is it time to seek out a specialist.

Living with Alzheimer’s and Dementia

Alzheimer’s Association Caregiver Support Group
Fee: none. No registration.
Membership Not Required

Sundays, 9/1, 10/6, 11/3, 12/1
12:30 - 1:30 PM in room 205
Facilitators: Gwen Elling, Barb Faust

The Alzheimer’s Association hosts a Caregiver Support Group at The Center, which is designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings. The support group helps participants develop methods and skills to solve problems. The group encourages caregivers to maintain their own personal, physical, and emotional health, as well as optimally care for the person with dementia. For current information or to join the Caregiver Support Group, contact Gwen Elling at 319-338-1340 or the Alzheimer’s Association at 1-800-272-3900 or www.alz.org/eci.

The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research. Its mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

The 2019 Walk to End Alzheimer’s in Iowa City is Saturday, September 21 at 9 AM (registration at 8 AM) at Lower City Park. For details and registration, visit www.alz.org.
Memory Café
Fee: none. No registration.
Membership Not Required

Fridays, 9/6, 10/4, 11/1
10 AM - 11 AM in room 208
Facilitator: Alzheimer’s Association

Memory Café is a welcoming gathering place where people living with memory loss and their partners can come together to relax, socialize with others, and enjoy a cup of coffee, an activity, or a presentation.

- What to expect: peer support; social connections with individuals with shared experiences; an informal, relaxed, stigma-free environment; opportunities for education, support, enrichment, and friendship.
- What not to expect: formal supervision or care service; support group facilitation.
- Who should attend: Individuals concerned about their memory or who have been diagnosed with Mild Cognitive Impairment, Early Stage Alzheimer’s, Dementia, or a related disorder, and their friends and families.

Safety

AARP Driver Safety
Fee: $15 for AARP members, $20 for non-AARP members; pay instructor. Registration required.
Membership Not Required

Friday, 11/8
9 AM - 12 PM in room 202
Instructor: Larry Neppl

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

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

AARP Smart DriverTEK
Fee: none. Registration required.
Membership Not Required

Friday, 11/8
1 - 2:30 PM in room 202

Following the Driver Safety Class and a lunch break, the AARP Smart DriverTEK interactive workshop will be presented from 1 - 2:30 PM. This workshop is for anyone wanting to learn more about new vehicle safety technologies.

Support The Center at www.icseniorcenterfriends.org
either in a car they have purchased recently or to learn about them before purchasing a new car. The workshop will discuss in-dash GPS, blind spot warning, drowsy driver alert, adaptive cruise control, lane departure warning, emergency response systems, forward collision warning, reverse monitoring and smart headlights among other new technologies available in cars today.

**AARP Fraud Watch**
**Fee: none. Registration required.**
Membership Not Required

**Friday, 11/15**
**10 - 11 AM in room 202**
Presenter: Lorraine Bowans

Learn about some of the most widely used scams and how to protect yourself, where to report scams, and how to protect your identity.

**Times Have Changed, So Has Keeping Kids Safe**
**Fee: none. Registration required.**
Membership Not Required

**Monday, 9/9**
**1 - 2 PM in room 208**
Presenter: Pam Hoogerwerf

Calling all grandparents! Come learn what safety recommendations have changed when it comes to transporting children in vehicles, putting them down to sleep, and other general in-home safety. These conversations are important for pediatric injury prevention and will be presented by Pam Hoogerwerf, Director of Community Outreach and Injury Prevention at University of Iowa Stead Family Children’s Hospital Safety Store. Anyone that cares for a child is welcome and encouraged to attend.

**Wellness**

**The Addictive Brain**
**Fee: none. Registration required.**
Membership Required

**Thursdays, 9/5 - 10/10**
**1 - 2:30 PM in room 208**
Facilitator: Lynne Hungerford

Addiction touches us all. Whether it’s a friend who can’t stop smoking, a colleague afflicted with alcoholism, or a relative abusing prescription drugs, we all know someone who suffers from some form of addiction. We may even have an addiction ourselves. By some estimates, roughly 1 in 4 Americans might be considered addicts. On the other hand, many of us use substances such as alcohol recreationally without suffering the physical or psychological symptoms of addiction. So what is the difference between drug use, abuse, and clinical addiction? What causes addiction? What happens when your brain is on drugs, and why do addicts behave the way they do?

We will view twelve 30-minute video lectures from the Great Courses and discuss personal and acquaintance addictions, or maybe, just habits. Gambling, shopping, video games, pornography, and non-stop talking are all possible addictions. Or, are they under control and just innocent habits? With the opioid epidemic that has been sweeping our nation, we need to understand how this happens and what can be done before it strikes a person close to you.

**DID YOU KNOW?**
The Center has a YouTube channel! Watch hundreds of videos produced by Center volunteers highlighting concerts, lectures, art exhibits, interviews, and all things Senior Center at www.youtube.com/user/IowaCitySCTV.
Developing a Spiritual Practice
Fee: none. Registration required.
Membership Not Required

Wednesdays, 10/23 - 12/18
3 - 4:30 PM in room 208
Instructor: Dainei Appelbaum

Have you ever thought of developing a spiritual practice? What might it look like? In this eight week course, we will look at other aspects of our journey. All the major religions have a framework to support belief. This is a companion course to the Tuesday afternoon meditation course. Take one, take the other, or take both.

Instructor Dainei Appelbaum retired as head teacher at the Iowa City Zen Center in January 2019 and is currently the instructor of practice at Ryumonji Zen monastery in Decorah, Iowa.

Healing Touch Community Clinics
Fee: none. Registration required.
Membership Not Required

Thursdays, 9/5, 10/3, 11/7, 12/5
6:15 - 7:30 PM in room 103
Provider: Healing Touch Community Resources

Healing Touch is a relaxing, nurturing energy therapy that assists in balancing physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your body’s natural ability to heal. Healing Touch Community Resources is a group of local certified and student Healing Touch practitioners. One of the group’s service missions is to offer a community clinic at The Center on the first Thursday evening of each month. Each clinic has space for six guests to receive free Healing Touch treatments in a small group setting. In the interest of providing Healing Touch experience to more individuals, we request guests to schedule for only one session per season.

Healing Touch
Fee: 30-minute session $32; 60-minute session $64; 90-minute session $96; pay practitioner. Register by contacting Mary Beth Versgrove at 319-621-7795.
Membership Not Required

Thursdays by appointment in room 211
Practitioner: Mary Beth Versgrove

Routine treatments using Healing Touch techniques may improve overall health and work in harmony with traditional medical care by optimizing energetic balance. Sessions with a Healing Touch practitioner may be enhanced by daily self-care techniques based upon individual need. Sessions can be scheduled on the 1st and 3rd Thursday of each month for 30, 60, or 90 minutes, and price varies accordingly. The Senior Center’s low-income discount (25%) is available to eligible members. Anyone who has not had an introductory free mini-session already may contact the practitioner, and these will be done as schedules allow.

Healing Touch is offered through the international Healing Beyond Borders program and is endorsed by the American Holistic Nurses Association. Mary Beth Versgrove is a Certified Healing Touch Practitioner (CHTP) and has completed the certification program administrated by Healing Beyond Borders.

DID YOU KNOW?
You can make changes to your Medicare Advantage or Medicare prescription drug coverage for 2020 during the Open Enrollment Period from October 15 - December 7. See p. 72 to learn how SHIIP counselors at The Center can help.

Support The Center at www.icseniorcenterfriends.org
Hepatitis C & HIV Testing Clinics
Fee: none. Registration encouraged; walk-ins welcome as time allows.
Membership Not Required

Wednesdays, 9/11, 10/9, 11/13, 12/11
1 - 3 PM in room G03
Provider: Johnson County Public Health

Johnson County Public Health provides free rapid Hepatitis C testing to eligible individuals and free HIV testing to all individuals interested in being screened. You can receive either or both tests during a single 20-minute appointment. Hepatitis C is a chronic infection that can lead to liver cirrhosis and liver cancer, necessitating liver transplant. It is the leading cause of liver transplantation in the United States. The Centers for Disease Control and Prevention recommends everyone born between the years 1945-1965 receive a test, as you are 5 times more likely to have Hepatitis C than other adults. Who is eligible for free Hepatitis C testing? People who:

- Were born between 1945 and 1965
- Currently inject non-medical drugs
- Ever injected non-medical drugs, even once or a few times many years ago
- Have certain medical conditions, including people:
  - Who received clotting factor concentrates produced before 1987
  - Who have ever received long-term hemodialysis
  - With persistently abnormal alanine aminotransferase levels (ALT)
  - Who have HIV infection
- Were prior recipients of transfusions or organ transplants, including people who:
  - Were notified they received blood from a doctor who later tested positive for Hepatitis C
  - Received a transfusion of blood, blood components, or an organ transplant before July 1992

Kolaimni Treatment
Fee: none. Registration required.
Membership Required

Thursdays by appointment
1 - 4 PM in room 211
Practitioner: Jan Stephan

Kolaimni (pronounced Ko-laym-nee) means “connecting with the light.” It is an ancient method of energy healing in which the practitioner channels healing light and energy through their hands, renewing the body’s own restorative powers. Kolaimni works on the electro-magnetic sheath that encircles the body, and while this is a non-touch treatment, clients often say afterward that they feel as if they just had a very deep relaxing massage. Kolaimni Level 1 practitioner Jan Stephan offers 30-minute treatments to Senior Center members by appointment.

Class registration begins
Thursday, August 22 at 8:00 AM.
Here’s how to register:

Online
To sign into your account go to www.icgov.org/senior/registration. See page 88 for details.

Walk-in
Register in person by dropping off your completed registration form, found on page 89, at the reception desk between 8 AM - 5 PM, M-F. Fees due at the time of registration can be paid by cash, check, or credit card.

Phone-in
Gather the course information and call 319-356-5220

Mail-in
Mail your completed registration form along with a check to cover any payments due at the time of registration to:
Senior Center Class Registration
28 S. Linn St.
Iowa City, Iowa 52240

319-356-5220 • www.icgov.org/senior
**Meditation**  
Fee: none. Registration required.  
Membership Not Required  
**Tuesdays, 10/22 - 12/10**  
3 - 4 PM in room 208  
Instructor: Dainei Appelbaum  

“The zazen I speak of is not learning meditation. It is simply the dharma gate of repose and bliss, the practice-realization of totally culminated enlightenment,” said Eihei Dogen. According to Suzuki Roshi, “Zazen is good for nothing.” Are these two men contradicting each other? In this eight week course we will look at meditation, develop our own meditation practice, and expand our meditation from just sitting still to encompassing life 24/7.

**Meditation Group**  
Fee: none. No registration.  
Membership Required  
**Thursdays**  
12 - 12:45 PM in room 103  
Activity Leader: Gail Ireland  

Meditation may seem mysterious to the unfamiliar, but is actually quite simple. Sit quietly, turn your attention inward and focus your mind. Doing it is easier than you think. You become aware of each moment, using simple techniques such as counting your breath. The rewards are numerous: physiological, psychological, medical, and spiritual. Scientific research has verified the value of spending time daily in meditation. A few of the rewards are deep relaxation, peace, joy, deep love of life in all its forms, concentration, healing, increased patience, higher level of efficiency, slowed heart rate, and reduced tension and anxiety. You will gradually gain in spiritual awareness.

**The Skeptic’s Guide to Health, Medicine, and the Media**  
Fee: none. Registration required.  
Membership Required  
**Wednesdays, 9/18 - 12/18**  
3 - 5 PM in room 202  
Facilitator: Hal Schrott  

This Great Courses video lecture series is presented by Dr. Roy Benaroch, who has previously brought us several other “Medical School for Everyone” courses. This course will build your skeptic’s toolkit to assess medical reporting in the media. Answers to six questions will help determine the value of any article:

1) What is the source of the article and is it credible for medical information?  
2) Is the evidence presented strong enough to be valuable to me?  
3) Is the article trying to sell me something or promote a product?  
4) Is the study about people like me, and are they measuring what is important to me?  
5) Does the news report present a scientist’s perspective and does that scientist have the appropriate expertise on the subject?  
6) Is the study sensible?

With Dr. Benaroch’s guidance, you will learn how to find information you can rely on.
Veterans Helping Veterans: Compassus Hospice
Fee: none. No registration.
Membership Not Required

Tuesday, 11/5
1 - 2 PM in room 202
Presenter: Jill Venden

Compassus Hospice and Palliative Care will discuss their Veterans Helping Veterans volunteer program. The aim of the Veteran-to-Veteran Volunteer Program is to pair veteran volunteers with veteran hospice patients. Jill Venden will discuss the importance of this volunteer program, how it helps both the volunteer and the patient, as well as the training process and time commitment required by the volunteer. Veteran volunteers have the unique ability to relate and connect with each veteran patient, allowing them to become an essential piece in the delivery of quality end-of-life care.

VNA Flu Clinics
Fee: $35 for flu shot (Quadrivalent), $62 for high-dose flu shot; pay VNA at clinic. No registration.
Membership Not Required

Fridays, 9/27, 10/11
11 AM - 1 PM in room 209
Provider: Visiting Nurse Association

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. The Centers for Disease Control and Prevention cites annual vaccination as the best protection against influenza. To ensure that our community is protected, the Visiting Nurse Association (VNA) provides flu and pneumonia vaccination clinics at The Center and other locations each fall. The VNA will directly bill Medicare, Medicare Replacement, Blue Cross and other insurance companies. Bring your Medicare or insurance card with you to the clinic. For further information, call the VNA at 319-337-9686, ext. 1155.
FALL 2019 PROGRAMS & SERVICES

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Beginning Watercolor and Ink Painting
Fee: $140 (plus $60 supply fee or a list to buy your own); pay instructor. Registration required.
Membership Not Required
Sundays, 9/8 - 9/29
1 - 3 PM in room G07
Instructor: Truc Deegan
Organizer: The ArtiFactory

This class is open to first time and returning students. Truc Deegan will teach the ancient art of Chinese ink painting, individualized to each student’s level. She studied under Mr. Ang Swee Hin, who is a master of Chinese Art in the style of 12th-18th century artists. Truc's teacher used his teaching to continue with different subjects as a way to improve the student’s technique in painting. One finds it enjoyable to care and continue.

Art Café
Fee: none. No registration.
Membership Not Required
Tuesdays
1 - 3 PM in room G07
Facilitators: Robert Dietrich, Doran Pearson

Art Café provides studio space to share, discuss, and work on individual art projects, and to exchange information about ongoing local art happenings. Drop-ins welcome.

Artists' Wednesday Studio Group
Fee: none. Registration required.
Membership Required
Wednesdays
1 - 4 PM in room 211
Activity leader: Janice Bell

Do you paint with watercolor, acrylics, or pastels? Do you draw with colored pencils, graphite, or charcoal? If your answer is YES, and you are looking to connect with like-minded artists, please join our Wednesday afternoon Studio Group. This is a time where artists work on their own projects, share ideas and techniques, and encourage and support each other’s creative efforts. Bring your art supplies and your inspiration with you.

Contemplative Watercolor
Fee: $100; pay instructor. Registration required.
Membership Required
Mondays, 9/9 - 11/4
9 AM - 12 PM in room 211
Instructor: Jo Myers-Walker

Contemplative or mindful watercolor gathers us into the present moment, letting the clutter of the day subside and letting the painting paint itself. We allow happy accidents to be the focal point, alluring us with color, shapes, and exciting compositions. With Jo Myers-Walker's family situation changing, she will be teaching once a month on Mondays and stop by as time allows. Her legacy students have graciously volunteered to teach the other three Mondays in the month. They bring a wealth of styles and approaches with a bit of her influence. The class will concentrate on sketching, value,
overlapping of shapes for distance making, color mixing and dominance, layering, glazing, wet in wet, and salt resist. We will provide a workbook, handouts, and a supply list on the first day of class, but students bring what they have on hand. Jo will offer Arches watercolor paper 22” x 30” for $5.50 a sheet.

Jo Myers-Walker has taught watercolor and the principals of design at ISU and workshops in France, Italy, and throughout the Midwest. She has studied with Charles Reid concentrating on the figure, portraits, and landscapes. She enjoys plein air painting and sketching across Iowa and when she travels.

**Life Drawing Drop-In**

Fee: $10/session; pay instructor. No registration.
Membership Not Required

**Sundays, 9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8**
1 - 3 PM in room 211
Organizer: The ArtiFactory

Drawing the figure is captivating and challenging. The figure may later inhabit our landscapes and scenes. We will be drawing both clothed and nude models. Please bring your own drawing materials. Participants must be age 18 or over.

**Mixed Media Open Studio**

Fee: none. No registration.
Membership Required

**Mondays**
1 - 3 PM in 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.

**Painting and All 2-D Techniques**

Fee: $80; pay instructor. Registration required.
Membership Required

**Wednesdays, 10/9 - 11/27**
9:30 - 11:30 AM in room G07

**Wednesdays, 10/9 - 11/27**
12 - 2 PM in room G07
Instructor: James Ochs

This class is open to oil, acrylic, watercolor, pastel, and all other 2-D media. Jim Ochs has a BFA in painting and MA and MFA in printmaking. He has been teaching art at The Center for more than 20 years.

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The ArtiFactory is a project of Arts Iowa City, a 501(c)(3) organization whose vision is to create a community arts center in Iowa City. Learn more at artifactory.artsiwacity.org, or email artifactory@artsiwacity.org to get involved.
**Portrait Drawing Workshop**
Fee: $70; pay instructor. Registration required.
Membership Not Required

Sundays, 9/29 - 10/6
1 - 3 PM in room 211
Instructor: Beppie Weiss
Organizer: The artiFactory

Learn in a small class setting how to draw from a live model using graphite or Conte crayons or pencils. Students will learn fundamentals of portrait drawing, such as proportion, measuring, massing, volume, and planar construction.

Suggested materials: soft graphite, Conte crayons and Conte pencils, eraser, drawing paper (students to supply own materials).

**You Can Draw (Yes, You Can!)**
Fee: $60; pay instructor. Registration required.
Membership Required

Tuesdays, 9/10 - 12/3
10 - 11:30 AM in room G07
Instructor: Garth Conley

You can learn about observation and drawing what you see rather than what you think you see—how to see things as basic shapes and turn those shapes into drawings. You will learn about how light works and how to draw it, and how to create that illusion of three dimensions on a two-dimensional surface. You will explore some different drawing techniques in a variety of drawing projects. Repeat students welcome. No class 10/30 or 11/20.


Zentangle: Basic
Material Fee: $1; pay instructor. No registration.
Membership Not Required

Thursday, 9/5
10 - 11 AM in room G07
Instructor: Karen Rushton

We will discuss the creation of this art form, terms used, and step outs for the four beginning tangles. Zentangle founders Rick Roberts and Maria Thomas emphasize the meditative possibilities of doing Zentangle, however others also emphasize the brain engagement aspects of the process. Both ideas will be covered. One tile will be finished. Participants need to bring a pen and notebook.

Zentangle Advanced: Going Beyond the Basics
Material Fee: $1; pay instructor. No registration.
Membership Not Required

Thursday, 10/3
10 - 11 AM in room G07
Instructor: Karen Rushton

We will move beyond the basic structure of Zentangle, beyond the structure of the string. For example, we will use watercolor, stencils, and stamps. The instructor will provide directions for five or four tangles. Watercolor paper is optional; a pen and pencil will be needed.
Zentangle: Zendala
Material Fee: $1; pay instructor. No registration.
Membership Not Required

Thursday, 11/7
10 - 11 AM in room G07
Instructor: Karen Rushton

We will construct mandalas, which can be filled with tangles and/or color. Knowledge of Zentangle is helpful but not necessary. A pen, straight edge, and notebook will be needed.

Zentangle: Holiday
Fee: none. No registration.
Membership Not Required

Thursday, 12/5
10 - 11 AM in room G07
Instructor: Karen Rushton

Fun tangles that can be used during the holiday season. A cardinal for Zentangle will be available and a piece of watercolor paper would be nice. A pen and notebook will be needed.

Art & Music Appreciation

Art in the Afternoon
Fee: none. No registration.
Membership Not Required

Sundays, 9/15, 10/20, 11/17, 12/15
1 - 2:30 PM in the Assembly Room
Organizer: The ArtiFactory

Art in the Afternoon is a monthly showcase for Iowa City area artists to present their artwork and display their skills.

9/15: Elizabeth Munger
Her current work explores macro and microcosms, space-time, memory, and mythology. Her art practice includes printmaking, artist books, installations, paper, and fiber art. She received her BFA in Printmaking in 2000 and her MFA in Book Arts from the University of Iowa’s Center for the Book in 2014. You can see her work at elizabethmunger.com.

10/20: John McGlinn
“Abstract art is invented, and so when my work looks representational, it is really about invented objects in invented arrangements. As such it is always personal, even when it appears to be non-objective. I will bring a sampling of my latest paintings since moving to Iowa City, as well as a few purchased works that have influenced me over the years. Come to discuss: why abstract art and what does it mean?” John McGlinn has BFA and MFA degrees from the University of Colorado.

11/17: Chris Burd
“From the start I felt a real connection with clay. I liked the tactile aspects of clay and how it can be shaped and molded, then changed with the addition of heat. In 1979, I started attending the University of Iowa as a ceramics major. I became a proficient thrower and hand builder. My sculptures were large, coiled structures influenced by African art. After college I joined the board of Arts Iowa City, which gave me the opportunity to show my work regularly. The social aspects of the organization were very fulfilling. Around 1996 I started working on metal sculpture, learning how to make sand molds and how to cast in iron. I then went to work at Max-Cast in Kalona, where I learned about bronze casting and how to weld bronze. Later, I became interested in printmaking, intaglio, drypoint, lithography, and silkscreening. I enjoy working in many different mediums and always look forward the next creative endeavor!”
12/15: Jennifer Miller
“My work includes sculptural ceramics, site-specific installations, and 2-D illustrations. Most of my projects are designed to engage viewers in an experience that encourages contemplation of their own relationship with nature, with beauty, with time, and with words. The sculptures I create are often designed to be placed outside in gardens. In contrast, my site-specific installations transform interior spaces into new environments and reflect my interest in collaborating with writers, naturalists, and environmental scientists. Regardless of the material I use to express myself, I hope that my artwork communicates my love for the natural world and my respect for writers and scientists who work to protect and restore natural habitats and ecosystems.”

Explore the World of Opera
Fee: none. Registration required.  
Membership Not Required
Wednesdays, 9/4 - 11/20
1 - 2 PM in room 208
Instructor: Ozzie F. Diaz-Duque

This course will introduce students to the wonderful world of opera. You will discover the relationship between melody and words. This course will be presented in a fun and informal manner, class discussion will be encouraged, and handouts will be available. Some of the operas that will be discussed include:

- Giacomo Puccini: La Bohème, Madama Butterfly, Tosca, Turandot
- Giuseppe Verdi: La traviata, Rigoletto, Otello
- Giocchino Rossini: Il barbiere di Siviglia
- Gaetano Donizetti: La fille du régiment, Lucia di Lammermoor
- Georges Bizet: Carmen

Friends of the Performing Arts
Fee: none. Registration required.
Membership Required
Mondays, 9/16 - 12/16
2 - 4 PM in room 208
Instructor: Charles Velte

Are you a friend of the Performing Arts? Do you like movies, drama, or musical theater? If so, you’re already a friend of the performing arts. Perhaps you’d like to know more about the great composers. Maybe you find certain orchestra conductors fascinating. Possibly, ballet occupies a warm spot in your heart? Charles Velte does a bit of explaining, but he depends mostly on entertaining videos to heighten your interest in, and friendship with, the performing arts. As this is written, the semester will include the following: jazz, the Schumann-Wieck-Brahms love triangle, The Art of the Violin, the Baden-Baden Festspielhaus, recording sessions of West Side Story, child entertainers, Sunnybrook Farm, the harp, Annie Oakley, and J.S. Bach meets Frederick the Great.

DID YOU KNOW?
You can get a tour of The Center from a Membership Committee volunteer. Sign up at the front desk; tours are offered almost every week! See the schedule of fall tours on p. 83.
The History of Hollywood Cartoons
Fee: none. Registration required.
Membership Required

Fridays, 9/13 - 11/1
10 - 11:30 AM in room 202
Instructor: Dewey McGuire

This class presents a survey of American cartoons from 1908-1960. We will screen and discuss silent cartoons including Felix the Cat and Winsor McCay, the birth of the sound cartoon, Depression era cartoons, pre-Code cartoons, the World War II cartoons and Cartoon Modern films of the 1950s, with emphasis along the way on Fleischer, Disney, and Looney Tunes.

Dewey McGuire is a retired graphic artist and cartoonist who, after graduating as a film student at the UI, specialized in studying animated cartoons. Having written on the subject for Animato and Apatoons and contributed to the 2004 British book, Animation Art, he is conducting his first class on his favorite subject.

Jazz’s Greatest Generation: Satchmo, Bix, Duke and Many More
Fee: none. Registration required.
Membership Not Required

Thursday, 9/19
3 - 4:30 PM in room 208
Presenter: Eric Rumsey

The first wave of great jazz musicians was mostly born around 1900. They were strongly influenced by great historical events that were happening throughout their lives, including World Wars I and II, Prohibition, the Roaring Twenties and the Great Depression. Starting with a brief discussion of this history, we’ll use YouTube to explore the music of Louis Armstrong, Duke Ellington, Bix Beiderbecke, Bing Crosby, Count Basie, and several others of the era.

Joseph Losey’s Don Giovanni
Fee: none. Registration required.
Membership Not Required

Mondays, 9/9 - 9/30
9:30 - 10:30 AM in room 208
Instructor: Daniel Benton

Don Giovanni is a 1979 French-Italian film directed by Joseph Losey, who said he “almost” created a new art form. It is an adaptation of Mozart’s classic opera Don Giovanni (1787) based on the Don Juan legend of a seducer destroyed by his excesses. Loren Maazel conducts the Paris Opera Orchestra and an all-star cast (Ruggiero Raimondi, Kiri Te Kanawa, Edda Moser, Jose Van Dam). The action takes place in Spain; this film uses locations in Venice and Murano, Italy. The film features buildings by Palladio in and around the city of Vicenza.

“The triumph of this Don Giovanni is Joseph Losey’s use of film to interpret the story with a range and depth that is quite different from what is possible on stage. Such a contribution is what is pompously called ‘a unique cinematic art form’ – and in this case, it really is.” (Washington Post, November 9, 1979)
Songs of the Vietnam War Era  
Fee: none. Registration required.  
Membership Required  
Mondays, 10/7 - 11/18  
10 - 11 AM in room 208  
Instructor: Savanah Nuñez  

This class will focus on interpreting the songs written during the Vietnam War Era to include artists such as the Rolling Stones, Credence Clearwater Revival, The Beatles, and much more. We’ll go over what was happening in the Vietnam War itself, the American pop culture at the time, and how the music reflected what was going on.

University of Iowa Stanley Museum of Art  
Fee: none. No registration.  
Membership Not Required  
Thursdays, 9/12, 10/10, 11/14, 12/12  
10 - 11:30 AM in room 208  
Presenter: Amanda Lensing  

Join staff and volunteers from the University of Iowa Stanley Museum of Art on the second Thursday of each month for a lively art appreciation presentation. Each month they will present a new topic, some connected with current exhibits, others of general interest.

The Gospel of Eureka  
Fee: none. No registration.  
Membership Not Required  
Wednesday, 9/25  
2 - 4 PM in the Assembly Room  
Facilitator: Michelle Buhman  

The spotlight is beaming on drag shows and a passion play in a small Arkansas town. The film, The Gospel of Eureka, takes a personal and often comical look at negotiating differences between religion and belief through performance, political action, and partnership. With verve, humor and unfailing compassion, Michael Palmieri and Donal Mosher build unexpected bridges between religious faith and sexual orientation. An informal discussion will follow the film for those interested.
The News You Didn’t Read or Hear
Fee: none. No registration.
Membership Not Required

Thursdays, 10/10 - 4/23/2020
2 - 3 PM in room 205
Presenter: Paul Meyer

In the last two decades, the reliability of major news outlets in the West have changed to the point that a great many people question its accuracy. By using the Internet and international observers, we will attempt to bring to class “the news that wasn’t reported,” and to put that news in an accurate historical framework. Sometimes simple, often provocative, we will try to report “the other sides of the story” and how they fit into longer history.

Environment & Sustainability

Listening to Mother Earth Through Film
Fee: none. No registration.
Membership Not Required

Mondays, 10/7 - 10/28
6:30 - 8:30 PM in room 202
Organizer: 100 Grannies

What do you really know about the issues of climate change and global warming? 100Grannies.org for a Livable Future present four films for education and discussion this fall.

10/7: The Human Element (2018, 75 minutes)
James Balog, reknowned cinematographer of Chasing Ice, explores the ever-changing and significant effects of the human race on an already fragile world. This documentary incredibly frames and captures various events all over the world and explores why the world as we know it can come to an abrupt and irreversible change.

10/14: Right to Harm (2019, 60 minutes)
The riveting stories of five rural communities exposed the devastating public health impact factory farming has on citizens throughout the United States. Concentrated Animal Feed Operations (CAFOs) produce millions of gallons of untreated waste that destroy our water, land, and quality of life.

10/21: Paris to Pittsburgh (2018, 75 minutes)
This documentary brings to life impassioned efforts of individuals who are battling the most severe threats of climate change in their own backyards. Set against the debate over our country's energy future and exit from the Paris Climate Agreement, this film captures what is at stake and the inspiring ways Americans are responding.

10/28: Climate Change – The Facts (2019, 60 minutes)
David Attenborough and the BBC present a very urgent message in this call to arms! This documentary explains that we have less than a decade to curb our emissions and transition into a carbon/fossil-free energy generation. Greta Thunberg, the Swedish student who led school strikes, and many scientists including James Hansen are featured.

DID YOU KNOW?
The Center has a Low-Income Membership Program to ensure that all members of the community ages 50+ have access to Senior Center programs, services, and membership benefits. See p. 87 for benefits and eligibility details.
Reversing Global Warming: Introduction to Drawdown

Fee: none. No registration.
Membership Not Required

Monday, 9/30
6:30 - 8:30 PM in room 202
Presenters: Sally Hartman, Virginia Melroy, Deb Schoelerman

Are you interested in solutions to climate change that go beyond solar panels and energy efficient light bulbs? Would you like to learn what you can do to help reverse global warming? This 2-hour workshop invites participants to see both the possibility of reversing global warming and that they have an important role to play in that process. Project Drawdown is a scientific study that identified 100 solutions that, if implemented together, can begin to roll back global warming by 2050. These 100 solutions, which are already being implemented in many places around the world, include the areas of energy, agriculture, forests, industry, buildings, and transportation. One of the goals of Drawdown is to promote climate change in a positive way and shows us what we can do. As Drawdown editor Paul Hawken says, “Is it game over or game on? I choose game on.” We hope you will join us for this important program. There will be a follow-up session on November 4 at 6:30 PM to discuss ways you can get engaged and make a difference in our community.

History

The Central Intelligence Agency (CIA)

Fee: none. Registration required.
Membership Required

Wednesdays, 9/4 - 12/4
9:30 - 11:30 AM in room 202
Facilitator: Edward Rolenc

This Great Courses video lecture series, taught by Professor Hugh Wilford of California State University, will give us a thorough history of the CIA, or the Central Intelligence Agency, from its creation in 1947 up to the present time. The CIA is considered by many to be our nation’s premier intelligence organization. Some critics say the CIA does too much, and some say it does not do enough. Are the critics of the CIA justified in their beliefs? We are not told by Professor Wilford what to believe; he gives us the information so that each of us may decide for ourselves. This course packs a “wallop” when it comes to what has occurred with the CIA since its inception. You may be aware of some of the data, but you will be amazed at what you may not know about the CIA. Professor Wilford has taught for many years and is the author of several books. He’ll keep you on your toes, and will make you think deeply about this American agency throughout this stimulating, informative, and provocative course.
**The Counties of Iowa**  
*Fee: none. No registration.*  
Membership Not Required

**Tuesday, 11/12**  
2 - 3 PM in the Assembly Room  
Presenter: Tom Schulein

Why does Iowa contain so many regularly-shaped, box-like counties? What about those Spanish names such as Cerro Gordo, Palo Alto, and Buena Vista? The history of the land of Iowa from the Louisiana Purchase to statehood, some tales of over 15 counties, and how Iowa’s counties were named will all be explored.

*Tom Schulein has a long-standing interest in history. He has exhibited history related to development of barbershop harmony in the Midwest and has written about dental history. He has offered presentations nearly 100 times on Iowa City and other history since 2013.*

**East Iowa City**  
*Fee: none. No registration.*  
Membership Not Required

**Tuesday, 11/5**  
2 - 3 PM in the Assembly Room  
Presenter: Tom Schulein

What was the impetus for the early settlement of the east side of Iowa City? How fast did it develop? Learn how a man had a vision for a large industrial concern and used some interesting marketing techniques to make his mark on the growth of Iowa City in the first part of the twentieth century.

**Early Sewing Machines**  
*Fee: none. No registration.*  
Membership Not Required

**Tuesday, 9/3**  
2 - 3 PM in the Assembly Room  
Presenter: Tom Schulein

Who invented the sewing machine? What led to its introduction in the commercial market and what was its impact? One manufacturer stood out in regard to production numbers, marketing strategies, and sales. An examination of this early history reveals some fascinating tales of eccentric lifestyles, manufacturing techniques, and concepts that would have a far-reaching impact.

**If Barns Could Talk**  
*Fee: none. No registration.*  
Membership Not Required

**Tuesday, 10/22**  
2 - 3:30 PM in the Assembly Room  
Presenter: Rich Tyler, Humanities Iowa Speaker

Old barns are more than just solid, functional buildings. They represent the soul of our farming heritage and perhaps more! What is a barn, architecturally and emotionally? Barn design was based on experience, needs and ambition. Their function indicated both the farm operation and the farmer’s personal touch. Barn construction was a community affair comprised of hard work, huge meals, and a barn dance. Few of us today have the products of our labor on display for all to see, appreciate, and criticize. But what’s happening to our old barns? Will metal replace wood? Can we smell and touch the metal in the same fashion? What does our interest in barns tell us about ourselves? Why should we care about old barns today? These and other questions will be discussed as the history and restoration of the Secrest 1883 Octagonal Barn are explored. This program is presented in partnership with Humanities Iowa.
The Lustron Steel Home
Fee: none. No registration.
Membership Not Required

Tuesday, 9/24
2 - 3 PM in the Assembly Room
Presenter: Tom Schulein

In the late 1940s, a gifted inventor and entrepreneur had a plan to expedite the production of lower cost pre-fabricated homes to answer the shortage existing at the close of World War II. Some examples of these homes exist in the Iowa City area. What became of this effort and what lessons were learned from this “experiment”?

Streets of Iowa City
Fee: none. No registration.
Membership Not Required

Tuesday, 9/10
2 - 3 PM in the Assembly Room
Presenter: Tom Schulein

What is the historical connection to the naming of our first streets? Who is responsible for naming streets when newly developed? How do we find even and odd house numbers? Why are First Avenue through Seventh Avenue numbered from east to west? These questions and many more will be explored as a tale is told of the street system in Iowa City.

Passenger Rail History in Iowa City
Fee: none. No registration.
Membership Not Required

Tuesday, 11/26
2 - 3 PM in the Assembly Room
Presenter: Tom Schulein

Sadly for many, Iowa City is no longer served by a passenger railroad. However, it was once home to numerous such railroad systems and operated significantly as such. The railroad had a connection with a religious movement, conveyance of “stolen” slaves, and early development of the east side of town. The entire history will be traced.

The Tale of University Heights
Fee: none. No registration.
Membership Not Required

Tuesday, 9/17
2 - 3 PM in the Assembly Room
Presenter: Tom Schulein

Many have parked on lawns in this community during their ventures to Kinnick Stadium to attend football games. Many have only traversed it along Melrose Avenue, sometimes with regret! Is this a community within Iowa City? Just what is University Heights and how did it come to be?
Understanding the World's Greatest Structures: Science and Innovation from Antiquity to Modernity
Fee: none. Registration required.
Membership Required

Wednesdays, 9/4 - 11/20
1 - 2:30 PM in room 202
Facilitator: Beth Stence

Our world is filled with structures that have stood the test of time. While structures such as the Giza pyramids, Brunelleschi’s dome, and the Brooklyn Bridge are visual spectacles in and of themselves, they are just as important for the way they were designed as for the way they look. Delivered by award-winning Professor Stephen Ressler of the United States Military Academy at West Point, a civil engineer and a nationally honored leader in engineering education, these 24 video lectures from the Great Courses take you on a fascinating and richly illustrated tour that deftly blends history and science to create an unforgettable survey of our world’s most remarkable structural masterpieces. Couple this with 3-D animations that re-create and allow you to take apart individual pieces of great structures, and you have an engaging learning experience that will change the way you think about the buildings around you.

The United States Congress
Fee: none. No registration.
Membership Not Required

Tuesday, 11/19
2 - 3 PM in the Assembly Room
Presenter: Tom Schulein

A whirlwind, fact-packed explanation of how what many people think is a “broken” system works. Learn about membership, qualifications, committees, subcommittees, the Capitol Complex, how laws are made, Gerrymandering, lobbying and other things of note. The presenter does not pretend to have an in depth understanding of Congress, but will explain much of the workings that many of us may not know. This presentation will be apolitical and comments of a political nature will not be welcomed.

Languages

English Language Conversation Class
Fee: none. No registration.
Membership Not Required

Tuesdays
10 AM - 12 PM in room 208
Instructor: Kathy Mitchell

Join community members who are learning to speak English once a week for an English conversation group. Specific subjects will be decided by the group but may include talk about the United States and life in Iowa, local and seasonal customs, and cultural traditions and exchanges. You may get to practice your storytelling in Spanish, French, Korean, Chinese, or other languages. You never know who will show up! Dictionaries will be on hand! One-on-one or small group tutoring will be offered. If you cannot attend the class, please contact Michelle Buhman at 319-356-5222 for tutoring.

DID YOU KNOW?
You can purchase a Senior Center membership as a gift. A great gift idea for parents, friends, people who are new to town, recent retirees, anyone age 50+ who wants to stay active, curious, and connected!
Friendship Community Project
Conversation Group
Fee: none. No registration.
Membership Not Required

Fridays, 9/13 - 12/20
10 - 11:30 AM in room G07
Organizer: Friendship Community Project

Our informal, drop-in conversation group meets in the Senior Center on Fridays. Friendship Community Project is a 501(c)(3) nonprofit, founded in 2015, dedicated to teaching English language and life skills to Iowa City area immigrants and refugees. We strive to promote a sense of community belonging and offer practical assistance accessing local resources and learning about our community. Anyone interested in joining our classes, volunteering, or donating to FCP can find information at fcp-iowa.org, on our Friendship Community Project Facebook page, or by emailing friendshipcommunityproject@gmail.com. We have an ongoing need for teachers and substitute teachers with a background in education, English, linguistics, or foreign languages. Volunteers can be classroom assistants and tutors, interpreters, conversation partners, fundraisers, technology aides, media developers, or Friendship Partners.

German Language and Culture
Fee: none Registration required.
Membership Required

Thursdays, 10/10 - 11/21
2 - 3 PM in the Assembly Room
Instructor: Dale Asleson

This class will focus on the German language, culture, and cuisine. The German language will be taught in a way that will fulfill your own needs and desires. We will start from the beginning and progress from there. We will also take time out to focus on what your interests may be. This will be a great opportunity to sharpen your speaking, reading, and writing skills in the German language. We will also sing German songs and, if you so desire, we will also dance. The main objective will be to instill the love of the German language, culture, and cuisine within each and every participant. No previous knowledge of the German language is necessary. Sprechen wir deutsch und viel mehr! (Let’s speak German and much more!)

Intermediate to Advanced Spanish Club
Fee: none. No registration.
Membership Required

Wednesdays
10 AM - 12 PM in room 208

Saludos! The Intermediate to Advanced Spanish Club invites you to join us. Covering readings and interpretations, grammar review, and conversation practice, we move along at a comfortable pace each week, always attempting to use Spanish as our medium of communication. In addition, we try to pace regular activities with occasional special activities, such as special guests, special presentations, etc. The only expense is for the grammar book currently in use. If your goal is to improve your Spanish through listening and speaking, reading, and reviewing grammar, you are welcome, even if your Spanish is rusty! Try us out at any time!

DID YOU KNOW?
You can have SCTV transfer your home movies to DVD or other digital formats for a reasonable fee. Preserve your cherished memories, minimize clutter, and save storage space. We can transfer most video formats.

Support The Center at www.icseniorcenterfriends.org
Reading Spanish Texts in Spanish
Fee: none. No registration.
Membership Not Required

Tuesdays
2 - 3 PM in room M02
Instructor: William Heald

This club will read and translate intermediate level Spanish texts that will then be discussed by the group. The club meets for one hour. We will read some famous Spanish authors and other works of interest to the group. This is not a Spanish conversation group.

Spanish for Beginners 1
Fee: none. Registration required.
Membership Required

Fridays, 9/6 - 12/13
10 - 11 AM in room 205
Instructor: Jessica Ortiz

Hola! The beginners class is an introduction to the Spanish language and culture; students will practice conversations, pronunciation, basic grammar, reading, and writing about familiar topics. The course is intended for students with no previous knowledge of the Spanish language. Students are required to purchase a book named Easy Spanish Step by Step (Barbara Bregstein). This book will help the students to learn and to understand the language in an easier way.

Spanish for Beginners 2
Fee: none. Registration required.
Membership Required

Fridays, 9/6 - 12/13
11 AM - 12 PM in room 205
Instructor: Jessica Ortiz

Hola amigos! The beginners 2 class is for students who have taken the previous beginners 1 or has some Spanish knowledge. Students are required to purchase a book named Easy Spanish Step by Step (Barbara Bregstein).

Literature

An Interview with the Author: Milton Hourcade
Fee: none. No registration.
Membership Not Required

Thursday, 9/5
3 - 4:30 PM in room 208

You are invited to an interview with the author and discussion of his book Aliens, Ships and Hoaxes, a survey of 22 top UFO researchers. Much time has passed since Kenneth Arnold and his sighting near Mount Rainier, and throughout all those years, no one else did what Iowa resident Milton Hourcade did: a survey among 22 outstanding international researchers to discover what they think about the subject. Hourcade analyzed and compared all the answers he got and wrote a final evaluation. All that is condensed in a book published by Amazon in December 2018; the book is now available at the Iowa City Public Library.
Book Report
Fee: none. No registration.
Membership Not Required

Thursday, 9/17, 10/15, 11/19, 12/17
2 - 3:30 PM in room 205
Facilitator: Diana Durham

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.

Exotic Poetry: Verse from Long Ago and Far Away
Material fee: $5; pay at registration.
Registration required.
Membership Required

Thursdays, 9/12 - 10/31
1 - 2:30 PM in room 205
Instructor: Joe Michaud

This course will offer eight weeks of reading and discussing poems as follows:

1) Excerpts from the *Epic of Gilgamesh and Inana*, her stories and hymns
2) Poetry from Ancient Egypt
3) Verse from India including excerpts from the Upanishads, Erotic Poems from the Sanskrit, and poems by Kabir
4) Verse from Japan: Poems from Ryokan and Ikkyu, as well as Japanese Death Poems
5) Verse from Ancient China including excerpts from the *Tao Te Ching* and verse by Han Shan
6) Poetry from Medieval Germany
7) Poetry from the Aztec People
8) A selection of Maritime poetry

Masterworks of Western Literature
Fee: none. Registration required.
Membership Required

Tuesdays, 9/10 - 10/29
2 - 4 PM in room 202
Instructor: Dr. Linda Materna

In this course, we will read and discuss works of aesthetic and intellectual importance in Western literature, including fiction (novel, short story, novella), drama, poetry, and essay/non-fiction from the cultures of Europe and Latin America. Reading selections reflect historical periods from European Romanticism, Realism, Modernism, and Post-WWII existentialism, and late 20th century global literature from Latin America. Readings will be contextualized through brief lectures, and classes will center on discussion, including consideration of the works’ contemporary meaning and relevance. Works will include poems by the English Romantics (Blake, Wordsworth, Coleridge); Frankenstein (Shelley); Hedda Gabler (Ibsen); The Metamorphosis (Kafka); A Room of One’s Own (Woolf); The Guest (Camus), What Is Existentialism? (Sartre); and Love in the Time of Cholera (García Márquez). Instructor Linda Materna is Professor Emeritus of Spanish at Rider University.
The Odyssey
Fee: none. Registration required.
Membership Not Required

Wednesdays, 9/11, 10/9, 11/13, 12/11, 1/8, 2/12, 3/11, 4/8
10 AM - 12 PM in room 205
Instructors: Laura Moser, Aron Aji

The great classic *The Odyssey* by Homer is an extraordinary tale of adventure, heroic valor, loyalty, and enduring love. The book has been an inspiration for centuries of literature as well as countless translations. We will read and discuss this unforgettable book in its newest translation by Emily Wilson, who manages to capture vividly the humanity of the characters and the universal search for a life of meaning and purpose.

Reading Virginia Woolf
Fee: none. Registration required.
Membership Required

Tuesdays, 9/10 - 11/5
12 - 1 PM in room M02
Instructor: Rebecca Clouse

We will read the novels of Virginia Woolf, in chronological order, at a rate of say, two weeks per novel, beginning with *The Voyage Out*, then *Night and Day*, *Jacob’s Room*, and *Mrs. Dalloway*. How quickly we read the novels will depend on preferences of those in our group. It’s possible we will continue reading Woolf’s novels as a group in next year’s spring season.

DID YOU KNOW?
Hand quilting services are available to the public for a reasonable fee and all proceeds support The Center’s operational budget. Bring in your finished quilt tops on a Wednesday or Friday morning for a quote.

Music

Family Folk Machine
Fee: $50 per adult, $30 per kid (reduced fees available for those with financial need); pay Family Folk Machine. Register with activity leader.
Membership Not Required

Sundays, beginning 8/18
3 - 5 PM in the Assembly Room
Director: Jean Littlejohn

The Family Folk Machine is an intergenerational choir that seeks to build a strong community by singing and playing music with our neighbors, exploring American history and culture through song, fostering individual musical growth, and pursuing excellence as an ensemble. We are a non-auditioned choir that performs with a band, and we welcome anyone who wants to sing. We rehearse on Sunday afternoons at the Senior Center.

Our fall session will be called One Family. We’ll sing songs about the different stages of life and relationships across generations. Rehearsals begin Sunday, August 18 at 3 PM, and we’ll perform a concert at the Englert on Sunday, November 17. If you are joining the FFM for the first time, we encourage you to come early for an “Introduction to the Machine” session at 1:30 PM on August 18 before regular rehearsal. For more information or to inquire about joining the choir, contact director Jean Littlejohn at jean@familyfolkmachine.org or 319-358-5759.
Iowa City New Horizons Band
Fee: $65; pay Friends of ICNHB. No registration.
Membership Not Required
Tuesdays, Thursdays, 9/3 - 12/10
8:15 - 10:30 AM in the 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. Rehearsals are on Tuesdays and Thursdays, ensembles from 8:30 to 9:15 AM and full band from 9:30 to 10:30 AM beginning the day after Labor Day. Ensemble concerts will be held on 12/3 and 12/5, and the full band concert on 12/10, all at 2 PM in the Assembly Room. For more information, visit iowacitynhb.org.

Linn Street Band
Fee: $40; pay instructor. Registration required.
Membership Not Required
Mondays, 9/9 - 12/2
5:30 - 6:30 PM in the Assembly Room
Director: Becca Frederick

The Linn Street Band is a beginning/intermediate band program for adults of any age who would like to learn or relearn a band instrument. If you have never played before, we can help you choose an instrument and get you started. Returning and novice/new players need a band instrument and a music stand. New students are welcome anytime.

Lyrics Alive
Fee: none. No registration.
Membership Required
Mondays
1:30 - 3 PM in the Assembly Room
Group Leader: Rob Dietrich
Instrumental Accompanists: Jon Ranard, Joe Brisben, Jim Schepker, Dave Campbell

Lyrics Alive is a non-performance Iowa City singing group. We meet weekly at The Center for the pure enjoyment of singing together. All songs are requested in turn by participants and are usually chosen from the popular Rise Up Singing songbooks endorsed by Pete Seeger. These songbooks are available for use at each session. Then we sing aloud where our favorites take us, from folk and country, rock and pop, show tunes and ballads. Covering about 15 to 20 requested songs per session, we manage to sing old and new songs with great zest and mostly in tune. Meanwhile, our musicians help keep us on key. Drop-in singers and musicians always welcome. No music training expected. If you can hum along or tap your toe, you can participate.

Sing and Play the Ukulele and Guitar
Fee: $6/class or $50 for 10-class punch card for members, $8/class or $70 punch card for non-members; pay instructor. Registration required.
Membership Not Required
Fridays, 9/6 - 12/20
9 - 10:30 AM in the Assembly Room
Instructor: Tony Moschetti

George Harrison was the lead guitarist for the Beatles. He also loved the ukulele and said everybody should learn to play. There are four sizes of ukuleles: soprano (smallest), concert (medium), tenor (larger), and baritone (largest). The instructor’s professional
ukulele is a tenor which can be plugged into an amplifier. Soprano, concert, and tenor ukuleles are tuned the same, while the baritone is tuned like a guitar. The next sing and strum class will teach regular ukulele, baritone ukulele, and rhythm guitar to accompany your singing. You can focus on one, or learn to play both ukulele and guitar. The most important thing that you will learn is the rhythms you strum to accompany your singing.

**Ukulele Club**

**Fee:** none. No registration.  
Membership Not Required

**Fridays, 9/13 - 12/13**  
1 - 2 PM in room 205  
Group Leader: Rob Dietrich

This group is for those who want to practice and improve their ukulele playing, and who wish to get together with other amateurs to learn from each other while listening, playing, singing, and having a good time together!

**Voices of Experience**

**Fee:** $50; pay at registration. Registration required.  
Membership Required

**Tuesdays, Thursdays, 8/27 - 12/12**  
11 AM - 12 PM in room 202  
Director: Sam Raiche

The Center’s Voices of Experience is a fun, dynamic chorus open to all Senior Center members who have an interest in singing and who can attend rehearsals regularly. The chorus sings a variety of choral pieces and performs at The Center and throughout the community. Being a vocal virtuoso is not required! Our goal is to bring joy, both to our members and our audiences! The fall session will begin August 27. Chorus members pay a fee for each season to cover the cost of instruction and music. Low-income discounts are available; contact Emily Edrington at 319-356-5224 or emily-edrington@iowa-city.org to inquire.

**Mysteries of the Microscopic World**

**Fee:** none. Registration required.  
Membership Required

**Tuesdays, 9/3 - 11/19**  
1 - 2:30 PM in room 208  
Facilitator: Anne Frankel

An invisible world of astonishing complexity is all around you. A world so small you can’t see it with the naked eye. A world so crowded that its population staggers the mind. A world in which you participate every day, often without even knowing it. The inhabitants of this world are trillions of bacteria, viruses, fungi, and other organisms, collectively known as microbes. Hundreds of thousands could fit on the period at the end of this sentence. And many play a powerful role in your life, from the bacteria in your stomach that help you digest food to the pathogens that make you sick. This Great Courses video lecture series is your illustrated guided tour through a realm that is as teeming with exotic life as any rainforest—and that is just as exciting. Presented by award-winning Professor Bruce E. Fleury of Tulane University, these 24 half-hour lectures tell the story of how microbes evolved; how they function; how humans discovered them; how they harm and also help us; and how we compete, coexist, and coevolve.
Theology

How Do We Interpret the Bible?
Fee: none. Registration required.
Membership Required

Mondays, 8/26 - 9/23
10 - 11 AM in room 202
Instructor: Libby Conley

Christians consider the ancient writings that we call the Bible to be authoritative. But what does that mean? We will look at some different ways that Christians interpret the scriptures. This lecture and discussion course is not meant to challenge anyone’s belief, but perhaps it might help you understand a bit better what you do believe. The instructor will offer a brief overview of the myriad ways to look at a text. We will look at how the canon came to be, literal and symbolic language, cultural and historical contexts, and how different groups emphasize different parts of the Bible.

*Libby Conley, MDiv is currently the chaplain dedicated to the Mental Health Units at the University of Iowa Hospital.*

Islam in 2019
Fee: none. No registration.
Membership Not Required

Friday, 10/11
1 - 2 PM in room 202
Presenter: Motier Haskins

Learn the basics of Islamic practice and what it is like to be an Islamic American from University of Iowa Professor, Motier Haskins, MSW.

My Theology... and Yours
Fee: none. Registration required.
Membership Required

Mondays, 9/30 - 11/25
10 - 11:30 AM in room 202

Mondays, 9/30 - 11/25
1 - 2:30 PM in room 202
Instructor: Louis DeGrazia

Responding to a questionnaire about upcoming courses among participants, they decided to ask me (Louis DeGrazia) to speak about my own theology. I agreed, with the reservation that the class will write their theology also. It is clear to me that theology is an abiding interest to all people, but particularly to seniors. We will address particular issues in theology and invite the class members to delve into and write their own thoughts which may be an initial foray into a more developed statement of their own theology. For some, it may be a simple outline; for others, a more explicit and detailed statement; for still others, it may be just listening to see how others flesh it out. I will introduce topics and an outline of issues relevant to the topic, then invite participants to reflect on relevant theological statements and hope it will stimulate personal discussion and involvement. The topics we will examine: The Knowledge of God, The Nature of God, God and the World, God and Human Beings, Jesus as Savior, The Church and the means of Grace, The Christian Hope.

**DID YOU KNOW?**
The Center partners with Solon Senior Advocates to offer “Iowa Adventures,” short bus trips to Iowa destinations. For details, contact Sandy Hanson at 319-624-2710 or sandrahanson@southslope.net.
SSRO Reader’s Theatre Group  
Fee: none. Register with activity leader.  
Membership Required  
Wednesdays  
1:30 - 3:30 PM in room 205  
Director: Diana Durham

Senior Standing Room Only (SSRO) is a fun-loving theatre troupe that performs at the Senior Center using a reader’s theatre format. SSRO performs original works, poems, songs, skits, and short narratives from various sources. No prior experience is necessary, and there is no memorization of lines. Participation is open to all Senior Center members. Newcomers are always welcome, performers as well as those willing to provide support behind the scenes. Join us at any rehearsal. For more information, contact group leader, Diana Durham, at 319-354-6385.

Story Sharing Circle  
Fee: none. Registration required.  
Membership Not Required  
Wednesdays, 10/2 - 10/30  
1 - 2 PM in the Assembly Room  
Instructor: Shelby Myers

Older adults are invited to partner with students from Kirkwood Community College to create a collection of your “life stories” to share. Each week will be spent in informal interview conversations with students, using digital audio recorders to preserve your memories. Then students will transcribe your stories into a booklet for you to keep.

Write Your Life Story  
Fee: none. Registration required.  
Membership Required  
Fridays, 9/13, 9/27, 10/11, 10/25, 11/8, 11/22, 12/6, 12/20  
9:30 - 11:30 AM in room 208  
Fridays, 9/13, 9/27, 10/11, 10/25, 11/8, 11/22, 12/6, 12/20  
1:30 - 3:30 PM in room 208  
Instructor: Chuck Felling

The purpose of Write Your Life Story is to help you recall tales of the persons, places, and events in your life and to write the stories down using your own vocabulary and storytelling style. Writers read their stories as Chuck and other writers listen and then offer positive, constructive questions and comments. You may hear others relate stories that are similar to your own. Writers should feel free to ask Chuck to read and provide written suggestions on their story.
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The Center’s computer lab in room 207 is open to current Center members. Use your membership card to enter the computer lab, and enjoy access to both Windows and Mac desktop computers and a photo scanner. For technology assistance in the computer lab, visit our Tech Help volunteers in the SCTV office (room 206) on Fridays from 12:30 - 2:30 PM, or complete a registration form for individual technology mentoring at the reception desk.

Computer Comfort
Fee: none. Registration required.
Membership Not Required

Mondays, 9/9 - 12/2
3:30 - 4:30 PM in the Assembly Room

Computer Comfort is a UI student organization that strives to bridge the age gap in Iowa City by educating older adults about technology. By assisting seniors with technology, University of Iowa students have made valuable connections across generations and had a lot of fun in the process! Partnering with the Senior Center, Computer Comfort volunteers strive to leave the community better than they found it by offering tech-related question and answer sessions for seniors. Anyone seeking aid should bring their laptops, tablets, smartphones, or other devices, and their questions. We’re excited to assist you in your technology endeavors!

Online Music Services: Spotify, iTunes (and More?)
Fee: none. Registration required.
Membership Not Required

Thursday, 9/26
3 - 4:30 PM in room 208
Presenter: Eric Rumsey

Since the advent of iTunes in 2003, most recorded music has been available to download, or more recently, especially with
services like Spotify, to stream online. In the original iTunes model, individual songs could be downloaded to the user’s device for 99 cents each. Spotify streaming service gives access to similar songs to iTunes in an ad-supported version or an ad-free subscription for $10 per month. iTunes has recently added the option to choose the streaming subscription plan (called Apple Music), like Spotify. Want to know more about digital music, and how you can listen to your favorite songs, both old and new, on your personal tech devices? This program will offer a forum to discuss and learn about the Apple Music and Spotify music streaming services. We may also address similar subscription services from Google and Amazon if anyone attending the class uses them.

**Tech Help Drop-in Hours**

**Fee: none. No registration.**

Membership Not Required

**Fridays**

**12:30 - 2:30 PM in room 206**

This informal drop-in help session is centered around your personal and social technologies. Stop by to learn more about the technology you carry with you every day, or ask questions about new and unfamiliar tech tools and services. We encourage you to bring in your cell phones, tablet computers, e-readers, mp3 players, digital cameras, or other pocket gadgets for hands-on guidance. We will also have a desktop computer (Mac) and an internet connection available so that we may assist with web related questions, including social networking sites like Facebook and Twitter, web-based e-mail services, blogging platforms, e-commerce sites, etc. All experience levels are welcome; no questions are too big or small. Let’s talk tech!

### Games

**Bananagrams!**

**Fee: none. No registration.**

Membership Not Required

**Fridays**

**10 - 11 AM in room M02**

A fast-paced game akin to Scrabble where you play yourself! Join us on Friday mornings for some fun brain exercise! For more information, contact Judy at gandjgalluzzo@gmail.com.

**Billiards Room**

**Fee: none. No registration.**

Membership Not Required

**Monday - Thursday, 7 AM - 7 PM**

**Friday, 7 AM - 5 PM**

**Saturday - Sunday, 10:30 AM - 1:30 PM**

Enjoy some friendly company and competition in the Billiards Room (room G10), open to Center members and their guests. Drop in to play with our Tuesday/Thursday afternoon pool group from 1 - 3 PM, and our Friday morning women’s pool group from 10 AM - 12 PM (open to all).

Beginner Lessons: John Kane and Ruby Bollinger offer free individual lessons to Center members interested in developing their pool-playing skills. To arrange dates and times: contact John at 319-330-2564 or j-kane@uiowa.edu; contact Ruby at 319-321-2987 or rubyrene6@aol.com.
Bowling
Fee: $1 per game, $1.50 shoe rental; pay at Colonial Lanes. No registration.
Membership Not Required

Tuesdays (1st/3rd of month)
1 - 3 PM at Colonial Lanes

Keep up your bowling skills, and find fun and friendship with the Senior Center Bowling group. Newcomers are always welcome. This group is open to seniors who would like to get a little exercise while knocking down a few pins. It’s a wonderful way to spend an afternoon with other seniors. Contact Beverly Tyree at 319-351-1447.

Hand & Foot
Fee: none. No registration.
Membership Required

Mondays
1 - 4 PM on the Mezzanine

Fridays
12:30 - 4 PM on the Mezzanine

Related to Canasta where each player is dealt two sets of cards. The hand is played first and the foot is played when all the cards in the hand have been used up. Newcomers welcome; instruction provided. For more information on Monday card group, contact Judy Keefer at 319-338-1730; for Friday card group, contact Helen Nicklaus at 319-338-7499.

Mah Jongg
Fee: none. No registration.
Membership Required

Mondays, Wednesdays, Fridays
9 - 11:30 AM on the Mezzanine

Center members are invited to join The Center's Mah Jongg group! Mah Jongg is a game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Similar to the Western game gin rummy, Mah Jongg is a game of skill, strategy, and calculation and involves a certain degree of chance. Beginners are welcome, and instruction will be offered by more experienced players.

Pinochle
Fee: none. No registration.
Membership Required

Mondays
1 - 4 PM on the Mezzanine

A card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. Newcomers welcome; instruction provided. For more information, contact Shirley at 319-333-1472.

Play Duplicate Bridge
Fee: $5/class; pay instructor. Register with activity leader by calling
Membership Not Required

Tuesdays
6:30 - 9:30 PM in room 202
Instructor: Robert Otto

This series of classes provides an opportunity to play or hone your skills at duplicate bridge. Familiarity with duplicate bridge is not needed, but the ability to play bridge is required. Assistance can be provided in finding you a partner if you do not have one. Each week participants will receive a hand record of the cards that were played, a bidding chart to show how the bidding might have gone, and instructive comments on the use of bidding and play strategy. The purpose of the sessions is to just play bridge hands.

Support The Center at www.icseniorcenterfriends.org
to see how you and your partner compare to the other players holding the same cards. You must make a reservation to play and space is limited, so make sure to register with the instructor by Sunday afternoon prior to each week you wish to play. Contact the instructor at 319-338-4948 or bobotto9@msn.com.

**Scrabble Club**
**Fee:** none. **No registration.**
**Membership Not Required**

**Thursdays**
**2 - 4 PM on the Mezzanine**

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

**Wii Bowling**
**Fee:** none. **No registration.**
**Membership Not Required**

**Fridays**
**9 - 10:30 AM in room 103**
**Host:** Alex Drake

Go bowling without ever leaving the Senior Center! With the Nintendo Wii video game system, your movements control the action on the screen. Swing your arm forward and release the button on the remote control, and watch your virtual ball knock down the pins! For light physical activity and lots of laughs with a fun group of people, join us for Wii Bowling each week.

**Handcrafts**

**Afternoon Quilting Group**
**Fee:** none. **No registration.**
**Membership Not Required**

**Fridays**
**1 - 4 PM in room 211**
**Instructor:** Jody Wiley

Jody Wiley has been volunteering in and teaching the Senior Center’s quilting group for many years. Bring your sewing machine or just your sewing kit and learn to piece quilts by hand or machine. Jody Wiley and friends will share their enthusiasm and knowledge of quilting on Friday afternoons. Newcomers always welcome!

**Keep Us in Stitches**
**Fee:** none. **No registration.**
**Membership Not Required**

**Mondays**
**2 - 4 PM in room 211**

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.
**Quilting**

*Fee: none. No registration.*  
Membership Not Required

**Wednesdays, Fridays**  
8 AM - 12 PM in room 211

This group of dedicated volunteers has been turning completed quilt tops into works of art for many years. In the process, they have raised thousands of dollars to support The Center's operational expenses. The Center is fortunate to have their support and to be one of the few remaining locations in the county where handquilting services are available. Additional quilting volunteers are always welcome. No quilting experience is necessary; the current quilters teach new volunteers on a practice piece.

**Making Landscapes Work for Wildlife**

*Fee: none. Registration required.*  
Membership Not Required

**Thursday, 9/12**  
2 - 3 PM in room 202  
Facilitator: Dan Stence

No, we don’t mean deer and raccoons. We will present this video lecture by Dr. Adam Janke that is part of the Iowa State Extension Master Gardener curriculum. Learn about simple steps to bring landscaping alive with birds, butterflies and more. Explore ways to beautify the yard and provide critical habitats for migrating and resident birds year round.

**Home & Garden**

**Growing Season: Got Shade?**

*Fee: none. Registration required.*  
Membership Not Required

**Thursday, 9/19**  
2 - 3 PM in room 202  
Facilitator: Dan Stence

We will present this video lecture by Iowa State Extension horticulturalist, Denny Schrock, that is part of the Iowa State Extension Master Gardener curriculum. Denny will teach participants how to utilize shade plants in the landscape with a focus on plants native to Iowa. Topics covered include: shady site considerations, what is native, managing invasive plants, and many examples of plants for each season.

**Movies**

**Classic Film Fridays**

*Fee: none. No registration.*  
Membership Not Required

**Fridays**  
1 PM in the Assembly Room  
Host: Larry Rogers

Catch a weekly flick on Friday afternoons at The Center! This fall we’ll show a variety of classic movies featuring the Marx Brothers, Charlie Chaplin, Bob Hope, Francis the Talking Mule, Ma and Pa Kettle, and many more!

9/6  *One Step Beyond*, classic episodes (1959-1961, 75 min)  
9/13  *The Outlaw Josey Wales* (1976, 136 min)  
9/20  *Road to Bali* (1952, 90 min)  
9/27  *Dark Alibi* (1946, 62 min)  
10/4  *The Cocoanuts* (1929, 140 min)  
10/11  *Won Ton Ton, The Dog Who Saved Hollywood* (1976, 92 min)
10/18  *The Lone Ranger*, classic episodes (1949-1957, 120 min)
10/25  *Francis in the Haunted House* (1956, 80 min)
11/1   *Coco*, celebrating *Day of the Dead* (2017, 109 min)
11/8   *King Solomon’s Treasure* (1979, 88 min)
11/15  *Ma and Pa Kettle at Waikiki* (1955, 79 min)
11/22  *Grease* (1978, 110 min)
12/6   *Christmas in Connecticut* (1945, 101 min)
12/13  *The Gold Rush* (1925, 112 min)
12/20  *The Bishop’s Wife* (1947, 109 min)
12/27  *The Lemon Drop Kid* (1951, 91 min)

Movies will be shown in room 202 on 9/27, 10/4, 12/6, and 12/13.

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**Performances & Special Events**

**Family Folk Machine Concert: One Family**

*Fee: none; donations to benefit Family Folk Machine appreciated. No registration.*

*Membership Not Required*

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**Sunday, 11/17**

**3 PM at The Englert Theatre**

*Director: Jean Littlejohn*

Join the Family Folk Machine at the Englert Theatre in downtown Iowa City for One Family, a fall concert, at 3 PM on Sunday, November 17. We’ll sing songs about the stages of life and about the bonds between generations. The concert is free with donations to benefit Family Folk Machine accepted at the door.

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**Fall Gallery Walk**

*Fee: none. No registration.*

*Membership Not Required*

**Friday, 10/4**

**5 - 8 PM in the Old Post Office Gallery**

*Artist: Jan Friedman*

Our Fall 2019 Gallery Walk exhibit will feature work by Jan Friedman and remain on display through November 30.

“In all my work — both tapestries and fiber collages — the constant reference is nature. With global warning threatening our planet, I’ve started to speak directly to this serious problem in some of my recent artwork. My tapestries draw their inspiration from sky, water, land, and vegetation. I like to contrast flat areas of gradual color gradations with more textured regions of exuberant hue. I also enjoy creating framed fiber collages in which I combine a variety of found objects with smaller textile fragments. I can use a wide variety of textile techniques, such as dyed and woven bands, sun prints, small tapestries, and embroidery. Natural treasures, such as leaves, feathers, sticks, and stones, which I find on walks, are stored until they are needed in a particular collage. In contrast to the highly planned tapestries, I work intuitively on the collages, bringing together and arranging those elements in order to make a piece whose soul and energy is greater than the sum of their parts. I want to entice the viewer and elicit a response, whether it is spiritual, emotional, or curiosity about content and techniques employed.” (Jan Friedman)
Iowa City Book Festival Talk with Lori Erickson: Lessons Learned from Traveling with the Grim Reaper
Fee: none. No registration.
Membership Not Required

Saturday, 10/5
1 PM in the Assembly Room
Presenter: Lori Erickson

After her 59-year-old brother died of a heart attack the same week her mother entered memory care in a nursing home, author Lori Erickson set out on a series of journeys to help her come to terms with mortality. Her new book, *Near the Exit: Travels with the Not-So-Grim Reaper*, blends travel, memoir, and spirituality as she explores places as far away as the Valley of the Kings in Egypt and as close to home as Iowa City’s Oakland Cemetery. In her presentation, Lori will reflect on what she learned from writing the book and explain why she thinks one of the most life-affirming things we can do is invite death along for the ride.

Lori Erickson is one of America’s top travel writers specializing in spiritual journeys. She’s the author of the memoir *Holy Rover: Journeys in Search of Mystery, Miracles, and God as well as articles in publications that include the Los Angeles Times, USA Today, National Geographic Traveler Magazine, and Travel and Leisure Magazine.*

Iowa City New Horizons Band Concerts
Fee: none. No registration.
Membership Not Required

Tuesdays, 12/3, 12/10
Thursday, 12/5
2 PM in the Assembly Room

Join the Iowa City New Horizons Band for their winter concert series. The ensemble groups will play on December 3 and 5, and the full band on December 10, all at 2 PM in the Assembly Room.

Winter Art Opening Featuring Work by Linda Vogel
Fee: none. No registration.
Membership Not Required

Friday, 12/6
2 - 4 PM in the Assembly Room
Artist: Linda Vogel

With a 40-year business career in environmental sales and marketing, Linda Vogel’s days were spent in a very structured atmosphere. While growing up, she would visit Eureka Springs and two of the founders of the art colony there, Louis and Elsa Freund. They were close family friends and artists who worked in a variety of mediums and were considered cutting edge. Elsa’s jewelry is in the Smithsonian and both were involved as art professors. Their belief was there were no rules, it is inside of you. While in the corporate world, Vogel took a few technique based classes, which did not fill the need. As she approached retirement, she met a group of artists who led her in the right direction. Two mentors, Dr. Bonnie Black and Karen Linduska (a nationally known fiber artist) were the first who spent time with Vogel and encouraged her to follow her heart, with no rules!
Her passion is experimenting with a variety of techniques, combining various mediums such as weaving, painting, wood carving, fabric, found objects; then “slicing and dicing” a piece. For the last three years, most of her work had focused on combining paint, sun dyeing, painters cloth, thread sketching, abstract quilts and re-construction. In 2016 she collaborated with Dr. Bonnie Black on a “mature” mermaid quilt, which was on tour in Missouri for a year along with other fiber projects. It moved to its permanent home on Lake of the Ozarks in 2018. Her current work is focused on abstract quilts and acrylic pours/ negative space.

**Preucil School of Music Holiday Play-In**

**Fee: none. No registration.**

Membership Not Required

**Friday, 12/13**

**5:30 PM in the Assembly Room**

The Preucil School of Music Holiday Play-In at the Iowa City Senior Center will feature young violists and cellists from weekly group classes. The faculty assisting will be Marit Hervig, Laura Shaw, and Kate Vos. The Preucil School of Music offers Suzuki instruction for instrument lessons in violin, viola, cello, bass, piano, flute, harp, and traditional lessons in voice. Group classes, orchestras, chamber music, master classes, and a wide range of related music activities are also available to students of all ages. The Preucil School of Music also has a fine arts preschool for children ages three to five that fosters the child’s ability to explore, create, and imagine. In addition, the School offers the nationally recognized Music Together classes for children newborn to age four and a parent or caregiver. Preucil School of Music was started in Iowa City by Doris Preucil in 1975 and has become internationally known for excellence in music instruction.

**Songs of the Season**

**Fee: none. No registration.**

Membership Not Required

**Wednesday, 12/18**

**2 - 3 PM in the Assembly Room**

Host: Diana Durham

Celebrate the holidays by singing familiar favorites with melodies that will warm your heart and bring back memories of the “good old days.” Sing along with us and let the rafters ring with good cheer and best wishes of the season.

**SoundReach Choir Concert**

**Fee: none. No registration.**

Membership Not Required

**Wednesday, 11/13**

**6:30 PM in the Assembly Room**

Performers: SoundReach Choir

SoundReach Choir is a performance group for teens and adults who have developmental disabilities. The group was originally created in order to offer a structured performance group that would provide successful music leisure options to adults with development disabilities. SoundReach continues to provide a music performance group experience to those who may not have other opportunities to join a performance group. There are SoundReach choirs in Coralville, Marion, Davenport, and Urbandale with a combined membership of 140 people. All SoundReach choirs are directed by board-certified music therapists with extensive backgrounds in working with people with disabilities. The theme for this fall’s concert is The Beatles.
SSRO Presents: Tricks and Treats
Fee: none. No registration.
Membership Not Required

Wednesday, 10/30
2 PM in the Assembly Room
Performers: Senior Standing Room Only (SSRO)

Join our reader’s theatre troupe for a recreation of “Beggars’ Night,” a regional term for “Trick or Treat,” when costumed kids traversed neighborhoods offering tricks (jokes, poems, songs) in exchange for treats (cookies, candyapples, popcorn balls). Dressed for Halloween, we’ll knock on your door of memories with our own tricks: skits, poems, jokes, factual information, and songs for a sing-along. Your participation will be welcomed. Dress for the occasion if you’d like, but don’t miss this fun-filled, old-fashioned All Hallow’s Eve. Afterwards, join us for treats!

United Nations Day of the Older Person
Fee: none. No registration.
Membership Not Required

Tuesday, 10/1
2 - 3:30 PM in the Assembly Room
Event Organizers: Mercedes Bern-Klug and Michelle Buhman

In 1991, the General Assembly adopted the United Nations Principles for Older Persons. In 2002, the Second World Assembly on Ageing adopted the Madrid International Plan of Action on Ageing, to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of a society for all ages. Living up to the Secretary-General’s guiding principle of leaving no one behind necessitates the understanding that demography matters for sustainable development and that population dynamics will shape the key developmental challenges that confront the world in the 21st century. If our ambition is to build the future we want, we must address the population over 60, which is expected to reach 1.4 billion by 2030.

This year we will examine the impact of technology and gerontechnology on older adults. We welcome special guest, Jennifer Margrett, PH.D., Associate Professor, Department of Human Development and Family Studies and Director of the Gerontology Program at Iowa State University. This program is sponsored by the Senior Center, University of Iowa’s Aging and Longevity Studies program, School of Social Work, and the Iowa United Nations Society.

Voices of Experience Concert
Fee: none. No registration.
Membership Not Required

Thursday, 12/12
2 PM in the Assembly Room
Director: Sam Raiche

Join the Voices of Experience chorus for their culminating performance of the fall. The Center’s Voices of Experience is a fun, dynamic chorus open to all Senior Center members ages 50 and up. The concert will be followed by refreshments in the lobby.
Social Groups

50+ Singles Group
Fee: none (separate checks). No registration for breakfast; make advance reservation for monthly dinner. No registration.
Membership Not Required

Saturday Breakfasts
9:30 - 11 AM at Midtown Family Restaurant

Monthly Dinners
Saturdays (once a month)
5 PM at various restaurants

Gather Saturday 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.

Sports

Sports Forum
Fee: none. No registration.
Membership Not Required

Mondays, beginning 8/26
9 - 10 AM in the Assembly Room

Everyone is invited to join this informal gathering of Hawkeye fans, discussing Iowa sports and other sports. The discussion group will be visited occasionally by various speakers. The Sports Forum was started years ago by Al Grady, a sports writer for the Press-Citizen. The Sports Forum meets from the start of the college football season through the close of the NCAA tournament. There is no cost, and new participants are welcome. For more information on the Sports Forum, call Jim Ridenour at 319-351-5731.

Travelogues

Travelogues with Patrick Nefzger
Fee: none. No registration.
Membership Not Required

Thursdays, 9/19 - 12/19
7 - 8:30 PM in room 208
Presenter: Patrick Nefzger

Patrick Nefzger has traveled the world extensively with his camera in hand. Patrick presents a set of slides detailing his adventures.

9/19 Turkey
9/26 Japan
10/3 Summer Fun
10/10 Football
10/24 Greece
10/31 Italy
11/7 Summer Fun
11/14 Italy
12/12 Summer Fun
12/19 Special Pictures

DID YOU KNOW?
You can explore a comprehensive calendar of Senior Center events online at www.icseniorcenterfriends.org/calendar.
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Senior Center Technology & Video (SCTV)

SCTV is a program that serves as a hub for technology learning and practice within the Senior Center. SCTV engages volunteers of all ages, supports and enhances technology literacy among older adults, and fosters intergenerational connections and collaboration. Through SCTV, Center staff and volunteers provide technology and video-based services, including drop-in tech help sessions, one-on-one technology mentoring, video to DVD transfer services, and commissioned video production and photography services. Staff and volunteers also produce video content to promote Center programs and services, explore topics of interest to older adults, and share authentic perspectives on aging.

Become an SCTV Video Producer!
Meetings: Tuesdays, 1 PM in room 206
Learn the various techniques and technologies of video production, including camera work, video editing, lighting, sound recording, and on-camera skills. Weekly meetings give volunteers a chance to discuss and plan video projects, with time for training and troubleshooting. New volunteers are always welcome. No experience is necessary; training is offered by experienced staff.

Transfer Your Home Videos to DVD
Save space and preserve your memories by converting your old home videos to DVD. Each disc holds up to 2 hours of footage and comes with a printed label and case. Submit your tapes and order form at the Senior Center reception desk; allow 2-4 weeks for transfers to be completed. Fee: $10-$15 per DVD, depending on order size; pay when you pick up order.

Personal Video/Photo Services
Would you like to capture family members, friends, or yourself on video? Whether it’s preserving personal stories, family interviews, or creating a tribute for a special occasion, SCTV can help with your personal video productions. SCTV can also assist with digital portrait photos for individuals and small groups. A minimum fee of $30 covers the first hour of work; custom quotes are provided for larger projects and additional services. Complete a production request form at the reception desk to let us know your needs, and we’ll contact you to follow up.

Where to Watch SCTV Programs:
http://www.youtube.com/user/IowaCitySCTV

Iowa City Channel 4
Saturday, 4 – 5 PM
Monday, 11 AM – 12 PM
Tuesday, 12 – 1 AM
Wednesday, 4 – 5 AM and 7 – 8 PM
Thursday, 8 – 9 AM
Friday, 12 – 1 PM

North Liberty Channel 5
Daily, 10 – 11 AM

PATV Channel 18
Saturday, 6 – 6:30 PM
Monday, 6:30 – 7 PM

Coralville Channel 5
Tuesday, 8:30 – 9:30 AM
Thursday, 10 – 11 AM

For more information, contact SCTV at 319-356-5211 or seniorcentertelevision@gmail.com.
Honoring Your Wishes: Advance Care Planning

What if you suddenly experienced a severe injury or illness that left you unable to express your wishes regarding your healthcare? Would your friends and family know what kind of medical treatment you would want? Advance care planning (ACP) is a process for you to:

- Understand and discuss goals for future healthcare decisions in the context of your values and beliefs.
- Produce or update a written plan (i.e., an advance directive) that accurately represents your preferences and prepares others to make healthcare decisions consistent with these preferences.

Certified advance care planning facilitators are available to meet with adults of all ages to facilitate conversations about health care preferences and assist in completing a health care directive or reviewing an existing one. Senior Center staff is available to notarize completed health care directive documents.

Legal Counseling

Legal Counseling services at The Center provide area seniors with free, confidential legal advice about most non-criminal legal questions. Volunteer attorneys from local law firms are available for 15-minute consultations by appointment on Wednesdays between 10 - 11 AM.

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 coverage. For many, receiving in-person help from a SHIIP counselor is essential to understanding the complexities of Medicare and saving on health care costs.

SHIIP counselors can help you find answers to your questions about Medicare, Medicare supplemental insurance, long term care insurance, Part D for Medicare Drug Benefits, Part C for Advantage plans, and other health insurance issues. SHIIP counselors are trained by the state and do not sell or promote any insurance companies, policies, or agents.

Medicare Open Enrollment Period

For 2020 coverage, the Medicare Open Enrollment period will run from October 15 to December 7, 2019. All Medicare recipients are encouraged to review their choice of drug plan and Medicare Advantage plan annually during the open enrollment period, as individual needs and/or the terms of most plans change each year.

If you would like to review your plan options with a SHIIP counselor at The Center, please complete the form on pages 73-74 by October 15, 2019 and return it to SHIIP at 28 S. Linn Street, Iowa City, IA 52240. We will complete your plan review and follow up with you to share the results and schedule an appointment if needed. Returning this form in advance allows us to perform time-consuming data entry prior to your appointment, leaving more time for you to discuss and consider your options with a SHIIP counselor during your meeting.
Medicare Prescription Drug Form

Submit this form as early as possible before your appointment. We will do the time-consuming data entry in advance, leaving more time at your appointment to evaluate your options with a SHIIP counselor. Complete both sides and return form to: Senior Center - SHIIP, 28 S. Linn Street, Iowa City, IA 52240

1. What is your name on your Medicare card and address on record with Medicare?
First ______________________________ M.I. ______ Last _____________________________
Address ________________________________________________________________________
City _____________________________ Zip Code ___________ County ___________________
Phone ___________________________ Email ________________________________________

2. What is your date of birth (mm/dd/yyyy)? _________________________________________

3. What is your Medicare Claim Number on your Medicare card?
_______________________________________________________________________________

4. What is your Medicare effective date(s) on your Medicare card (mm/dd/yyyy)?
Part A: ________________________________ Part B: ________________________________

5. What is your current drug coverage? □ None
   □ Medicare Part D Drug Plan: Name of Plan ________________________________________
   □ Medicare Advantage Plan: Name of Plan _________________________________________
   □ Employer/Retiree Plan ________________ □ VA □ Other __________________

6. How would you like to get your Medicare drug benefits? Please provide a comparison of:
   □ Medicare drug plans □ Medicare Advantage Plans □ Both

7. Do you currently receive any of the following benefits?
   _____ Medicaid (Title 19 – MEPD, SSI, Elderly Waiver, Medically Needy Spend-down, Nursing Home)
   _____ Help paying your Medicare Part B premium (QMB, SLMB, QI)
   _____ Extra Help with your Medicare drug costs
   _____ Pay $1.25 for generics and $3.80 for brand name drugs
   _____ Pay $3.40 for generics and $8.50 for brand name drugs

8. What pharmacy do you prefer? You may list two.
_______________________________________________________________________________
Name of Pharmacy  Address and City     Phone Number
_______________________________________________________________________________
Name of Pharmacy  Address and City     Phone Number
(Form continues on other side)
## Prescription Drug List

List one drug per row; do not include over-the-counter medicines

Please check spelling and print legibly.

<table>
<thead>
<tr>
<th>Drug Name:</th>
<th>Brand or Generic?</th>
<th>Dosage</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circle one: Tablet, Capsule, Caplet, Powder, Patch, Cream, Lotion, Liquid, Syrup, Suspension, Spray, Mist, Drops</td>
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### Inhalers

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<tr>
<th>Name:</th>
<th>Dosage</th>
<th>Package size</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>E.g. 6.7 gm</td>
<td>E.g. 1 inhaler, box of # aerosols, blister pack of 14</td>
<td>E.g. 1 inhaler/month 1 box/month</td>
</tr>
<tr>
<td></td>
<td>8.76 gm</td>
<td></td>
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</tbody>
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### Injections

<table>
<thead>
<tr>
<th>Name:</th>
<th>Pens/Vials</th>
<th>Size</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td># per package</td>
<td>E.g. 3 ml vial, 3 ml pen</td>
<td>How many do you use each month?</td>
</tr>
</tbody>
</table>

If more space is needed, attach a list of additional drugs, inhalers, and injections. Please include all the information requested in the charts above for each drug, including dosage, size, frequency, brand or generic, etc.

SHIIP is a free, unbiased counseling program provided by the State of Iowa Insurance Division. This form contains confidential information, and we will not share it with anyone other than your SHIIP counselor(s).
Simple & Free: Pantry Exchange

Food insecurity is a serious problem for many older adults. You can make a positive impact right here in your own community.

The Iowa City Senior Center is home to a pantry exchange where people of all ages can freely give and take non-perishable food and personal hygiene items based on need. The pantry is located on the ground level of the Senior Center near the Washington Street entrance. The Center gladly welcomes donations to stock the pantry shelves. Needs include:

- Peanut butter, jelly, honey
- Canned tuna, canned meats
- Canned and dry beans
- Canned soups and vegetables
- Canned fruits, 100% fruit juice
- Nuts, dried fruits
- Pasta, rice, grains
- Cereal, granola bars
- Toilet paper
- Toothpaste/toothbrushes
- Deodorant
- Soap
- Shampoo
- Razors
- Menstrual products
- Adult incontinence products
- Laundry detergent

*We do not accept perishable or homemade food, food items that have been opened or have damaged packaging, or food items more than 6 months beyond the labeled “use by” date.

Help Us Operate the Pantry!
Volunteers weigh and track donations, organize and stock pantry shelves, and help keep the pantry area clean and tidy. This project involves a regularly scheduled commitment of about one hour per week. If you’d like to get involved, contact Emily Edrington at 319-356-5224 or emily-edrington@iowa-city.org.
Instructor/Presenter
Imagine teaching students who are eager to learn, enthusiastic about the class topic, and excited to do the required reading. This is exactly what happens when you teach a class for your peers at The Center! To volunteer as an instructor or presenter, contact Michelle Buhman at 319-356-5222 or Michelle-Buhman@iowa-city.org.

Group or Club Leader
Do you have a hobby or a special interest that is not currently represented in the Senior Center's program offerings? Consider leading a group or club at The Center, and connect with members who share your interests. Whether it’s trivia, photography, cooking, walking, or anything else you like to do, there are likely others at The Center who want to join in. To share your ideas and start a new group or club, contact Michelle Buhman at 319-356-5222 or Michelle-Buhman@iowa-city.org.

Library Volunteer
Do you like being around books and organizing things? Our library volunteers work behind the scenes to maintain order and a shelving system that makes it easy to find books of interest in the Senior Center library. This is a very flexible job that can be arranged to work around your schedule. Contact Emily Edrington at 319-356-5224 or emily-edrington@iowa-city.org to get involved.

Technology Mentor
Does using technology seem to come easily to you? Do you want to share your knowledge with older adults who are keen to learn? Become a Senior Center technology mentor! Mentors provide one-on-one technology lessons using computers, tablets, and smartphones, covering a variety of topics such as basic device navigation, internet, email, social media, apps, photo management, video chatting, and more. Participants set their own goals for technology learning, and mentors guide them through the steps to accomplish those goals. Volunteers should have strong technology and communication skills, and able to work with participants at varying experience levels. Contact Emily Edrington at 319-356-5224 or emily-edrington@iowa-city.org.

Quilter
The Senior Center quilting group invites new volunteers to join them on Wednesday and Friday mornings between 8 AM and 12 PM. Our quilters provide hand-quilting services to the public for a reasonable fee, and all proceeds support The Center’s operational budget. The quilters also hand-craft unique quilts for The Center’s quilt raffle fundraiser. Join this group to learn a new skill (or hone an old one), while socializing with interesting people and supporting the Senior Center’s financial wellbeing. All experience levels are welcome; beginners will receive training and guidance using a practice piece before working on commissioned quilts. Visit room 211 any Wednesday or Friday morning to get started.
# Senior Center Commission
The Senior Center Commission serves in an advisory role to the City Council regarding the needs of the Senior Center and its participants.

Attend meetings on the 3rd Thursday of each month at 4 PM.

- Kenn Bowen, 319-354-1286
- Cheryll Clamon, 319-338-3721
- Lorraine Dorfman, 319-337-5102
- Scott Finlayson, 319-356-6087
- Zachary Goldsmith, 319-383-6832
- Angela McConville, 319-626-5722
- Hiram Webber, 319-930-9989

# Membership Committee
The Membership Committee works to promote communication among Senior Center members, increase participation, and promote program ownership among members.

Meets the 1st Tuesday of each month at 3 PM.

- Eddie Allen
- Mary Cannon
- Mary Dusterhoft
- Chuck Felling
- Marty Fields
- Barbara Gamb
- Kenneth Gamb
- Jack Hobbs
- Kathy Mitchell
- John Schmidt, Chair
- Mara Schrott
- Kristin Kromray, Staff Liaison

# Program Committee
The Program Committee develops and implements classes and evaluates programs offered by The Center.

Meets the 1st Friday of each month at 1 PM.

- Kenn Bowen
- Louie DeGrazia
- Lorraine Dorfman
- Diana Durham
- Anne Frankel
- Loren Horton
- Ed Rolenc, Chair
- Hal Schrott
- Tom Schulein
- Dan Stence
- Carol Throckmorton
- Michelle Buhman, Staff Liaison
Horizons Meal Program
Assembly Room

**Monday - Friday, 11:15 AM - 12:30 PM**
**Fee:** Voluntary contribution of $3 for participants 60+ (OAA funded); $7 per meal for participants under 60. No reservations required.

Horizons offers nutritious weekday lunches at The Center, and Meals on Wheels to people over 60 who are homebound due to illness, incapacitating disability, or are otherwise isolated. Frozen meals and breakfast items are available as well. Participants pay $7 per meal, however those 60 and over may complete an eligibility form annually and make a voluntary contribution for their meal. Call 319-338-0515 or visit www.horizonsfamily.org for more information.

Johnson County Public Health
Washington Street Lobby

**Office Hours: Tuesdays, 1:30 - 3:30 PM**

Johnson County Public Health (JCPH) holds office hours at The Center every Tuesday from 1:30 to 3:30 PM near the Washington Street entrance. JCPH staff is available to answer public health questions, refer members and visitors to other resources, sell home radon testing kits for $8, and provide free onsite HIV and hepatitis C tests. In addition, on the second Wednesday of every month, office hours from 1 to 3 PM focus on testing and sexual health education in room G03. All are invited to come learn about Johnson County Public Health’s:

- FREE condoms
- FREE HIV, hepatitis C, syphilis testing
- Tobacco prevention and cessation resources
- Immunizations for adults and children
- Communicable disease information
- Opportunity to become a Medical Reserve Corps volunteer
- Emergency preparedness resources
- Well water and waste water information/testing
- Radon tests for $8
- Dental health services and resources for children
- Program providing nutritional education and healthy foods to women who are pregnant, breastfeeding, or had a baby or miscarriage in the past 6 months, and children under 5 years old
TRAIL of Johnson County
Room 201

Office Hours: Monday - Friday, 9 AM - 1 PM

TRAIL (Tools and Resources for Active, Independent Living) is a membership-based organization dedicated to helping older adults remain safely and comfortably in their own homes as they age. For a yearly fee, TRAIL provides its members with access to volunteer services, such as house chores and transportation; a list of prescreened service providers, such as plumbers and contractors; and opportunities to participate in social and educational events. Sue Mellecker, TRAIL’s Member and Volunteer Service Coordinator, is ready to answer your questions in Room 201. Call 319-800-9003, email info@trailofjohnsoncounty.org, or visit www.trailofjohnsoncounty.org for more information about membership options, services, and fees.

Visiting Nurse Association (VNA)
Room G03 on the ground floor of The Center

For services requiring appointments, call 319-337-9686, ext. 1100.

Blood Pressure Screening, 5-Minute Health Consultation
No charge for basic screening (donations welcome). Blood glucose screening fee: $2. No appointment needed.
Monday, Wednesday, Friday, 11 AM - 1 PM

Cholesterol Screening
Fee: $17. By appointment only.
Wednesdays, 8:30 - 10:30 AM
9/18, 10/16, 11/20, 12/18

A general risk assessment, blood pressure, and cholesterol screening will be available. The cholesterol screening includes a lipid profile with glucose (Total cholesterol, HDL, LDL, Triglycerides and Glucose). To obtain the most accurate results a 10-12 hour fast (no eating or drinking anything other than water) is recommended.

Foot Care Clinic
Fee: $12. By appointment only.
Thursdays, 12:30 - 3:30 PM
9/5, 9/19, 10/3, 10/17, 10/31, 11/14, 11/21, 12/12, 12/26

A nurse will examine and soak your feet and trim nails. Bring towel, basin, and large nail clippers. Note: People with diabetes or peripheral vascular disease must have a physician’s order to obtain foot care. Please bring the order with you to your first visit.

Flu Clinics
Fee: $35 for flu shot (Quadrivalent), $62 for high-dose flu shot; pay VNA at clinic.
Fridays, 9/27, 10/11
11 AM - 1 PM in room 209

The VNA provides flu and pneumonia vaccination clinics at The Center each fall. The VNA will directly bill Medicare, Medicare Replacement, Blue Cross and other insurance companies. Bring your Medicare or insurance card with you to the clinic.

Health Information on a variety of topics is available in the VNA health suite at The Center. Stop in and pick up information that is of interest to you.

319-356-5220 • www.icgov.org/senior
Coffee & Conversation
Mondays, 10 - 11 AM
Join this drop-in conversation group for an hour of coffee and socializing. Free; no registration.

Memory Café
4th Friday of each month, 10 - 11:30 AM
A gathering for people with dementia and their care partners to relax and enjoy socialization, refreshments, discussion and entertainment. Free; no registration.

Senior Connections Lunch
Fridays, 11:30 AM - 1 PM
Get together for lunch, conversation, and a social activity each week. Meals are provided by local restaurants: Pizza Ranch, Zio Johno’s, Hy-Vee Catering, Yang Chow Wok, Mirabito’s Italian. $5/meal; call 319-626-5716 to make a reservation.

Arthritis Aquatics Program
Mondays, Wednesdays, Fridays, 10 - 10:50 AM
Perform gentle range of motion and stretching exercises in the water without putting excess strain on joints and muscles. $4/class; no registration.

Pickleball
Weekdays, 8 AM - 12 PM
A cross between hand ball, tennis, and badminton, this sport is easy to learn and fun to play! In addition to weekday mornings, Jones Gym is reserved for pickleball from 1:30 - 3 PM on Mondays and Fridays, 6 - 9 PM on Wednesdays, and 10 AM - 2 PM on Sundays. $4/drop-in; no registration.

BeMoved Dance & Movement
Wednesdays, 9 - 10 AM
A movement class for all ages and abilities, BeMoved inspires participants to embrace dance as a lifelong path to health, joy, and fulfillment. $13/drop-in; register with NL Recreation Dept. for monthly discount.

Stanley Museum of Art Lectures
Thursdays, 9/5, 10/3, 11/7, 12/5, 1 - 2 PM
Join presenters from the University of Iowa Stanley Museum of Art for a lively art appreciation program each month. Free; register at bit.ly/StanleyMuseum or by calling 319-626-5722.

Great Courses: The Aging Brain
Tuesdays, 9/10, 10/8, 11/12, 12/10, 1 - 2:30 PM
Why do we age? Is aging a disease? Is it possible (or even desirable) to “cure” aging altogether? Explore the science behind the aging brain through selected Great Courses video lectures and group discussions. Free; register at bit.ly/NLAgingBrain or by calling 319-626-5722.

Great Courses: Law School for Everyone
Tuesdays, 9/17, 10/15, 11/19, 12/17, 1 - 2:30 PM
Using Great Courses video lectures and group discussions, we’ll examine pivotal Supreme Court cases to learn how interpreting the Constitution has radically affected American society. Free; register at bit.ly/NLLawSchool or by calling 319-626-5722.

520 W. Cherry Street, North Liberty, IA 52317
Questions? Contact Angela at amcconville@northlibertyiowa.org or 319-626-5722.

Support The Center at www.icseniorcenterfriends.org
Cutting Your Cable
Friday, 9/6, 11 AM - 12 PM
Monday, 9/16, 5:30 – 6:30 PM
Learn about the new technology out there to cut the cost of your entertainment budget. Learn about Netflix, Amazon Prime, Hulu, and other streaming content services. Understand how Blu-Ray players, Smart TVs, Rokus, and other hardware help you watch what you want to watch when you want to watch it.

Get Free eBooks, eAudiobooks, Movies, and More
Friday, 9/20, 11 AM - 12 PM
Monday, 9/30, 5:30 - 6:30 PM
Discover the great resources the library offers for your smartphone or tablet. Library patrons can learn how to use the various apps like Libby, RB Digital, and Kanopy to access what the library has to offer. Bring your library card, library card password/pin, and your device, and we’ll get you started!

Senior Tech Zone
Thursdays, 10:30 AM - 12:30 PM
Want to learn how to use Google or make better searches? Or would you like to try your hand at Facebook, blogging, or learn how to scan? Or maybe you just need some extra help using a computer. Come join your peers for a free two-hour drop-in session!

ICPL Tech Help
Tuesdays, Wednesdays, 11 AM - 2 PM
Technology getting the better of you? Have questions about computers, ebook readers, iPods, or your cell phone? Want to learn how to surf the net, get a free email account, Skype, or set up a Facebook page? Or do you just want to learn more about the online products and services available at ICPL? Let us help! Bring your questions or the gadget that’s giving you grief, and stop by any ICPL Tech Help session.

Digital Media Lab Help
Tuesdays, 3 - 8 PM
Thursdays, 5 - 8:30 PM
Want to get some help starting a digital media project like scanning photos, editing a video, or converting a VHS? A staff member can help you get started with a project, troubleshoot hardware, or give you an orientation to the room. Stop in to get creative!

Library-Community Writing Center
Tuesdays, 4 - 6 PM
Thursdays, 6 - 8 PM
Get one-on-one help with your writing from University of Iowa and Kirkwood Community College writing tutors at the Library-Community writing center satellite in the Second Floor Digital Media Lab. Resumes, applications, test prep practice, reports, creative writing of all types – anything is welcome. Walk-in 20-minute appointments are first come first serve.

These classes and workshops are free and open to the public. For more information and registration, visit www.icpl.org or call 319-356-5200.
About the Senior Center

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.

Office Hours
Monday – Friday: 8 AM – 5 PM

Building Access for Evening and Weekend Programs
You can enter the building for evening and weekend programs via the Washington Street entrance and the Tower Place Parking Ramp skywalk entrance.

Extended Member Hours
Current Senior Center members can use the exercise rooms, computer lab, and billiards room during extended hours, seven days a week. See p. 84 for details.

Fall 2019 Holidays
The Center will be closed for holidays on 9/2, 11/11, 11/28, 11/29, 12/24, 12/25, and 1/1. Extended member access is not available on holidays.

Program Notices and Reminders
To find the latest news and information:
• Visit our website at www.icgov.org/senior
• Find us on Facebook by searching Iowa City Senior Center
• Stop by the front desk and sign up to receive weekly program reminder emails
• Check out our interactive calendar of events at www.icseniorcenterfriends.org/calendar

Share Your Thoughts
If you have an idea for improving programs or services, please let us know about it.
• Contact a Senior Center staff member (contact information, p. 95).
• Visit with a Commission or participant advisory committee member.
• Attend a Commission meeting.
• Drop a note in our suggestion box, located in the 2nd floor hallway.

Discounted Parking Program
Senior Center members have the benefit of purchasing discounted parking for the Tower Place Parking Ramp to use when visiting the Senior Center. Two options are available:
• Parking Permits (annual and semiannual) let you swipe in and out of the parking ramp with a proximity card; no more ramp tickets or making payments every time you park. Plus, the added benefit of entering via the permit lane even when the ramp is full. Annual parking permits are $100 and run from July 1 - June 30. Semiannual permits are $60 and run from July 1 - December 31 or January 1 - June 30.
• Pre-paid Parking Validation Tickets provide a discount on the regular hourly parking rate. Get 20 parking validation tickets for $15.
• Stop by the Senior Center reception desk during office hours for more information and to purchase discounted parking.

Support The Center at www.icseniorcenterfriends.org
The Senior Center is owned and operated by the City of Iowa City. Operational expenses are supported by local tax dollars, participant fees, donations, and a grant from the Johnson County Board of Supervisors.

**Code of Conduct**
To ensure everyone can enjoy their experience at The Center, a code of conduct is in place. It is available for review at the front desk and on the website at www.icgov.org/senior.

**Anti-Discrimination Provision**
The Center shall not discriminate against any person in employment or public accommodation because of race, religion, color, creed, gender identity, sex, national origin, sexual orientation, mental or physical disability, marital status, or age.

**Photos**
Activities at The Center may be photographed to obtain images for promotional purposes. Due to the public nature of our facility and programs, the media may take photos or video of events. The Center is not responsible for images taken by the media. If you have concerns about photos or videos taken by Center staff or volunteers, please contact Emily Edrington at 319-356-5224 or emily-edrington@iowa-city.org.

**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 during regular hours of operation, evenings, weekends, or holidays. The Senior Center does not accept responsibility for ensuring accuracy or that all points of view are represented.

**Take a Tour of The Center!**
Everyone is invited to join a Membership Committee volunteer for a full tour of the Senior Center. Please sign up at the reception desk or by calling 319-356-5220. Tours begin in the 1st floor lobby.

- Tuesday, September 3 at 10 AM
- Wednesday, September 11 at 1 PM
- Thursday, September 19 at 1 PM
- Thursday, September 26 at 11 AM
- Tuesday, October 1 at 10 AM
- Wednesday, October 9 at 1 PM
- Thursday, October 17 at 1 PM
- Thursday, October 24 at 11 AM
- Tuesday, November 5 at 10 AM
- Wednesday, November 13 at 1 PM
- Thursday, November 21 at 1 PM
- Tuesday, December 3 at 10 AM
- Wednesday, December 11 at 1 PM
- Thursday, December 19 at 1 PM
Become a Member

Who can join?
Anyone age 50+ can become a member of The Center, regardless of where you live!

How much does it cost?

- $40/year for Iowa City residents ($25 per additional household member)
- $75/year for non-Iowa City residents ($45 per additional household member)

Memberships can be purchased throughout the year and are good for one year from the date of purchase. Revenue from membership fees is used to fund The Center's operational expenses.

What are the benefits of membership?

- Extended access to the building via the Washington Street entrance and the Tower Place Parking Ramp skywalk entrance using your membership access card.
- Exclusive access to the exercise equipment rooms and computer lab using your membership access card.
- Participation in Center-sponsored programs requiring membership.
- Reduced participation fees for some classes.
- Participation in The Center's discounted parking program.
- Participation in membership appreciation events.
- Opportunities to help direct the operation of The Center through participant committees.

How do I sign up?
You can sign up for membership in a few ways:

- Visit us at the Senior Center reception desk
- Mail us your member registration form, found on p. 85, along with your payment
- Once you have signed up for membership, you can renew online: www.icgov.org/senior/registration

What if I can’t afford membership?
The Center has a Low-Income Membership Program to ensure that all members of the community 50+ years of age have access to Senior Center programs, services, and membership benefits. The Low-Income Membership Program is funded by Friends of The Center and the Senior Center Endowment. See p. 87 for details about discounts and eligibility.

What does my membership card do?
You will receive a membership access card when you join, which allows extended access to the building and exclusive access to member areas during the following hours:

- Monday - Thursday, 7 AM - 7 PM
- Friday, 7 AM - 5 PM
- Saturday - Sunday, 10:30 AM - 1:30 PM
### Personal Information *(please print)*

<table>
<thead>
<tr>
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<th>Details</th>
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<td>Last Name</td>
</tr>
<tr>
<td>Address</td>
<td>City</td>
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<tr>
<td></td>
<td>State</td>
</tr>
<tr>
<td></td>
<td>Zip</td>
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<tr>
<td>Are you an Iowa City Resident (within City limits)?</td>
<td>Do you live in an unincorporated part of Johnson County?</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Primary Phone Number</td>
<td>Secondary Phone Number</td>
</tr>
<tr>
<td>Email</td>
<td></td>
</tr>
<tr>
<td>Date of Birth (mm/dd/yyyy)</td>
<td>Gender Identity</td>
</tr>
<tr>
<td></td>
<td>Names of household members sharing your membership</td>
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</tbody>
</table>

### Emergency Contact Information

<table>
<thead>
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<th>Field</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>Emergency Contact Name</td>
<td>Relationship</td>
</tr>
<tr>
<td>Primary Phone Number</td>
<td>Secondary Phone Number</td>
</tr>
</tbody>
</table>

### Correspondence

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</thead>
<tbody>
<tr>
<td>Emailed to me</td>
<td>Mailed to my home</td>
</tr>
<tr>
<td>I will pick up at the Senior Center</td>
<td></td>
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<tr>
<td></td>
<td>I would like to receive correspondence such as membership renewal reminders and class update information via:</td>
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### Optional Information

#### How would you describe your race/ethnicity? (check all that apply)

- Asian
- Black or African American
- Hispanic or Latino
- Multi-racial
- Native American/Alaskan
- Pacific Islander
- White
- Self-identify: _______________________

#### How did you learn about The Center?

- Friend or Family Member
- Iowa Public Radio
- Newspaper
- Website: _______________________
- Poster/Flyer
- Facebook
- Picked up a Program Guide at: _______________________
- Public Presentation
- Little Village
- Other: _______________________

### Suggestions for Future Classes/Activities:

Notice: All information collected by The Center, except personal medical information, is considered to be a public record in the State of Iowa. The Center will only share membership information when compelled to by law.

Version 4/1/2019
**Release and Waiver of Liability**

I hereby, for myself, heirs, executors, and administrators, waive, release, discharge, covenant not to sue, and to hold harmless the City of Iowa City, its officers, employees, and agents from any and all claims for damages, demands and causes of action of every nature which I may have or which may hereafter accrue to me arising either directly or indirectly from my participation in, or use of, programs, activities and services, including but not limited to the exercise room, at the Iowa City/Johnson County Senior Center, 28 South Linn Street, Iowa City, Iowa.

I have read this release and waiver of liability and agree to and accept its terms.

____________________
Printed Name

____________________
Signature

____________________
Date

**Volunteer Information**

Are you interested in volunteering at The Center?

- Yes
- No
- Maybe
- Later:

If yes, what are your areas of interest?

- Instructor/Presenter
- Group/Club Leader
- Advisory/Working Committee
- Building Supervisor
- Tax Aide Counselor
- SHIIP Counselor
- Technology Mentor
- SCTV Producer
- Library
- Quilter
- Intergenerational Programs
- Special Events
- Short-Term Projects
- Other:

Comments, past experience, related training/skills:

---

**Return this form to:** The Center • 28 S Linn St, Iowa City, IA 52240 • 319-356-5220

Support The Center at www.icseniorcenterfriends.org
Who is eligible for a low-income discount?
- Current participant in the Iowa City Utility Discount Program
- Recipient of Medicaid benefits
- Recipient of SNAP benefits
- Participant in the Iowa City assisted housing program
- Recipient of Supplemental Security Income (SSI)
- Participant in the Elderly or Social Security Disability Income Credit Claim on Real Estate or State Rent Reimbursements

What discounts are provided by the Low-Income Membership Program?
- Membership for $10 annually, regardless of place of residence
- Parking permit for $10 annually
- 25% discount on all classes offered by independent contractors
- Class fees charged by The Center are waived entirely

Contact Kristin Kromray at 319-356-5221 or kristin-kromray@iowa-city.org for more information. All inquiries are confidential.
Sign up for Classes

Do I have to be a member or sign up in advance to take classes?

Some Senior Center programs require membership and/or advance registration, and some do not. Each program listing in this guide specifies these details.

How do I sign up to attend programs?

- Register online (see instructions on this page) by visiting www.icgov.org/senior/registration
- Stop by the reception desk during business hours
- Call us at 319-356-5220 during business hours
- Mail in or drop off a registration form (see p. 89)

How do I register online?

Members can sign up for classes and renew memberships and parking permits online. To sign into your account for the first time, go to www.icgov.org/senior/registration and follow these steps:
1. Click on the “Sign In” button.
2. Click on the “Forgot Your Password” link.
3. Enter the email address that you have provided to the Senior Center (this is your login name).
4. Retrieve the temporary password from your email inbox.
5. Sign into the registration site with your login name and temporary password. You will be asked to change the temporary password to one of your own choosing.

Helpful hints for online registration:

- Programs are listed on the registration site along with details such as the date, time, day of week, location, and registration information. You can add classes to your cart by clicking the “Add to Cart” button. You can also click on the name of a class for more detailed information.
- Some classes do not require registration, or they require you to register directly with the instructor. These classes have this information listed in the “Registration Info” column of the activity listings. These classes will not have an “Add to Cart” button available.
- To renew your membership or parking permit, click on the “My Account” link located in the upper left-hand corner of each page. Under “Other Services” there is an option to “Renew Memberships.”
- On the “My Account” page, you can also do things like change your password, check your schedule of classes you have enrolled in, and view past transactions.
- If you have a family membership, you can also enroll other household members into classes.
- Appointments for services are not listed online. Please call 319-356-5220 to make an appointment.

What if I’m having trouble?

If you have any issues using the registration site, please give us a call at 319-356-5220.

Fall 2019 registration begins Thursday, August 22 at 8 AM.
Class Registration Form
Fall 2019 Registration Begins:
Thursday, August 22 at 8 AM

Registration Options:
- Online: www.icgov.org/senior/registration, see p. 88 for details
- Walk-in: 8 AM - 5 PM, M - F, takes priority over phone-in and mail-in/drop-off
- Phone-in: Call 319-356-5220
- Mail-in/drop-off: 28 S. Linn Street, Iowa City, IA 52240

(Person #1) Name __________________________ Phone __________________
I have a current Center membership: □ Yes □ No  Expiration Date: _________________

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<thead>
<tr>
<th>Class Title</th>
<th>Starting Date</th>
<th>Fee</th>
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(Person #2) Name __________________________ Phone __________________
I have a current Center membership: □ Yes □ No  Expiration Date: _________________

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<thead>
<tr>
<th>Class Title</th>
<th>Starting Date</th>
<th>Fee</th>
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Suggestions for classes, programs, or events you would like The Center to offer:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
**Donor Spotlight**

**Friends of The Center Ice Cream Social**
We recently enjoyed a very special ice cream social to celebrate the impact of donor support at The Center. It was a real treat to spend the afternoon with so many Friends of The Center as we celebrated an exciting year of new leadership, continued growth, and a record number of members.

Here’s the scoop...we couldn’t do all the wonderful things that we do to help older adults thrive in Iowa City without added support from donors like you. Your contributions are vital to the programs and services offered at The Center, and every dollar makes a difference in helping people stay active, curious, and connected in our community. To learn more or make a donation, please visit www.icseniorcenterfriends.org.

**Donor Spotlight**
Every donation makes a difference in allowing The Center to maintain and enhance the services we provide to older adults and to the entire community. We would like to extend a special thank you to James and Patricia Ephgrave for their exceptionally generous recent gift to support The Center. This thoughtful gift was divided to provide crucial immediate support to close the gap in our FY19 operational budget and to provide long-term operational support for The Center by adding to the Friends of The Center Endowment fund. This is one example of how private donations to Friends of The Center play a crucial role in maintaining and enhancing the services, operations, and programming that aid our mission to help seniors stay active, curious, and connected.

**Questions? Meet Jessi.**
Jessi Simon is a new part-time staff member at The Center who works in close liaison with donors and community sponsors that choose to support Friends of The Center. She was born and raised in the Iowa City area and is passionate about philanthropy and helping others to live a healthy, active, and fulfilling life at all ages and stages. It is her goal to ensure that all donors see the incredible impact of their private gifts to Friends of The Center, and to create new and diverse funding streams to help sustain the mission of The Center. Jessi is available to discuss your philanthropic goals to support The Center through planned giving, designated gifts, fundraising events, and more. Stop by room 201 to meet Jessi, or email jessi-simon@iowa-city.org to schedule a time. Jessi is usually in the office on Mondays, Tuesday mornings, and Thursdays.
Thank you to all those who donated between March 1, 2019 and June 30, 2019.

$5,000 +
James and Patricia Ephgrave

$1,000 - $4,999
Anonymous
Brown Deer Place
David and Norma Carlson
Grand Living at Bridgewater
Linda and Paul Muhly
UnitedHealthcare

$500 - $999
Judy and Eddie Allen
Jo Catalano
Shari Davis
Mary Miller
Doran Pearson
Chet and Joanne Woodman

$250 - $499
Anonymous
Lorraine T. Dorfman
Family Folk Machine
Douglas Flynn
Joan L. Fouts
Joni Jones
Barbara Magnotta
Harry Ruth and Elizabeth O’Hara
Kerstin Van Gilder

$150 - $249
Beatrice A. Furner
Kenneth Gamb
Johnson County Retired School Personnel Association

$75 - $149
Anonymous (2)
Joe and Carrie Bird
Janice and Larry Blake
Bob and Barb Bradley
Michael and Veronica Chan
Class of ‘57, City High
James Gulland
Dale and Diana Helling
Stephen Locher
Cari Malone
Kathy Mitchell
Robert Otto
Gillian Raw
Susan H. Rogers
Tom and Carol Rosenberger
Joy Smith and David Rust
Ellen M. Widiss

$50 - $74
Anonymous (2)
Anne Alton
Olivia Atcherson
Glorine Berry
Kenn and Pat Bowen
Judy Buline
Kay L. Burke
Alan and Marcia Chatfield
Elizabeth Clothier
Bob and Janet Crow
Bridget Donnelly
Geoff and Jenny Fruin
Mary and Lud Gutmann
Ellis W. Hawley
Kenneth and Janis Hubel
Judy and Dick Hupfeld
Denise Hutchinson
Douglas and Rosemary Korty
Pam Kutschke
J. David Martin
Mary J. Mascher
Dr. Alfrieta Parks Monagan
Mark Brookfield and Jane Murphy
Armond and Polly Pagliai
Rene Pagliai
Kathy Penningroth
Joanne Peterson
Margaret R. Polson
Chiyomi Prasidhathsint
Gerald Roe
James Rosenkild
Annette M. Scheib
Thomas and Vivian Schulein
T. K. Shires
Carol L. Spaziani
Carol Throckmorton
Robert and Rita Tomanek
Jean Whiting
Michelle Wiegand
Ronnye and Dennis Wieland
Margaret and Tom Winkler

Up to $49
Anonymous (3)
Ruth Burt
Mary Cannon
Care Initiatives Crestview Specialty Care
Caroline Dieterle
Mary Greenleaf
Jan Jacobson
Allan Jordinson
Mary E. Lock
Chris Lockeby
Laura Lovell
Mary McInroy
Barbara and Andrejs Plakans
Richard Powell
Bonnie Ready
Mary and Steven Reichardt
Sharon Stubbs

In Honor Of
Kenn Bowen
Gillian Raw
Emily Light Edrington
Judy Buline
Ina Loewenberg
Michelle Wiegand
The Pomtastiks!
Care Initiatives Crestview Specialty Care

SHIIP
Bridget Donnelly
Beth Stence
Gillian Raw

In Memory Of
Diane Day
Cari Malone
George and Blanche Svoboda
Robert and Rita Tomanek
Grover V. Rosenkild
James Rosenkild
Patricia Westcott
Class of ‘57, City High
Robert V. Rosenkild
Glorine Berry
Be a Member and a Friend!

Your gifts help keep The Center accessible, affordable, and a vital part of our community!

The Center is committed to helping you stay active, curious, and connected – and charitable gift commitments help make it all possible. Thanks to contributions to Friends of The Center, we can continue to provide important services and amenities like these:
- Scholarships to help low-income older adults enjoy and benefit from Center activities
- Free Medicare counseling or tax preparation services for 1,000 local residents each year
- Well-maintained and up-to-date equipment in our computer lab and fitness rooms
- Program offerings that fit your interests and enrich our community

Your gift, no matter how large or small, makes a big difference.

I am enclosing my tax deductible donation of: $ __________________

I have made my check payable to Friends of The Center and want it used for:
□ The Center Endowment for long-term financial support
□ Current Senior Center operations
□ No preference

– OR –

□ To potentially receive a 25% Endow Iowa state tax credit, make your check payable to the Community Foundation of Johnson County with “Senior Center Endowment” written on the memo line. Please check with your tax advisor regarding the availability of the Endow Iowa state tax credit.

□ I would like to make this gift □ in Memory of or □ in Honor of: ____________________________

Please Notify:
Name______________________________________________
Address____________________________________________
City, State, ZIP_____________________________________

Please provide your contact information:
Name______________________________________________
Address____________________________________________
City, State, ZIP_____________________________________
Phone ___________________________________________ E-Mail ___________________________________________

Please return all checks and this completed form to:

Friends of The Center, 28 South Linn Street
Iowa City, Iowa 52240

319-356-5220 • www.icgov.org/senior
Facility Rental

Rent a room at The Center for your next event or gathering! Classrooms, fitness rooms, and the Assembly Room can be rented for an affordable hourly fee during evenings and weekends, when available. A refundable deposit is required; the deposit amount varies based on the type of space rented and whether refreshments will be served and The Center’s audiovisual equipment will be used.

For more information, contact Kristin Kromray, Operations Assistant, at 319-356-5221 or kristin-kromray@iowa-city.org.

<table>
<thead>
<tr>
<th>Room</th>
<th>Rental Cost</th>
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<tbody>
<tr>
<td>Classroom (202, 205, 208, 209)</td>
<td>$40/hour</td>
</tr>
<tr>
<td>Fitness Room (G13, 103)</td>
<td>$60/hour</td>
</tr>
<tr>
<td>Assembly Room (Monday – Thursday)</td>
<td>$60/hour; $375 for more than 5 hours</td>
</tr>
<tr>
<td>Assembly Room (Friday – Sunday)</td>
<td>$120/hour; $750 for more than 5 hours</td>
</tr>
</tbody>
</table>

Non-profit organizations receive a 50% discount on facility rentals.
Meet Our Staff

Latasha DeLoach  
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Brad Mowrey  
Senior Center Television  
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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.

Supported by:

Stay active. Stay curious. Stay connected.