

# Program Guide

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High-Intensity  
Exercise**  
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**From the Civil Rights  
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**SAVE THE DATE!**

**Friday, April 17 at 7 PM**

*Elderhood* at the Englert Theatre:

An evening with author Louise Aronson

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**REGISTRATION STARTS**

**FRIDAY, DECEMBER 13 AT 8 AM**

# Greetings from the Coordinator

I have been thinking about the year 2020 and all that it will bring. There will be lots of love and positive changes at The Center. We will be keeping what you love and need at the “center” of it all. My goal is to work with you and our community by supporting all to be well through opportunities at The Center. As a staff we have a program guide here to keep you on your toes all semester long. If you are new, welcome—we are glad you are here! If you are an established Center participant, thank you for your continued support.



To move forward we are taking time to fine tune the programs, services, and even the layout of the building to ensure that we are age-friendly and providing you with optimal services.

We recently updated The Center’s mission and vision. We deeply believe that everyone deserves connection. Our vision is to continue social involvement and to end social isolation for adults 50+. We can work towards this by striving to fulfill our mission: “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.”

This spring I will be sitting down with many of you during our Coffee with the Coordinator events on the third Tuesday of the month to hear more from you. It’s easy to get bogged down with all the tasks that are required to keep the doors open and the lights on, but that only happens when we make sure we can hear from you and plan what you want to do.

Let us know how we are doing by leaving us a note in the suggestion boxes in the building or stopping us in the hallway or at our desks. We are here to serve you. It’s our pleasure to assist you.

Warmly,

LaTasha J. DeLoach, LMSW  
Senior Center Coordinator

# Registration starts Friday, December 13 at 8 AM

## New to The Center? Take a Tour!

Join a Membership Committee volunteer for a full tour of the Senior Center. Sign up by calling 319-356-5220. Tours begin in the 1st floor lobby.

- Tuesday, January 7 at 10 AM
- Wednesday, January 8 at 1 PM
- Thursday, January 16 at 1 PM
- Thursday, January 23 at 11 AM
  
- Tuesday, February 4 at 10 AM
- Wednesday, February 12 at 1 PM
- Thursday, February 20 at 1 PM
- Thursday, February 27 at 11 AM
  
- Tuesday, March 3 at 10 AM
- Wednesday, March 11 at 1 PM
- Thursday, March 19 at 1 PM
- Thursday, March 26 at 11 AM
  
- Tuesday, April 7 at 10 AM
- Wednesday, April 8 at 1 PM
- Thursday, April 16 at 1 PM
- Thursday, April 23 at 11 AM

28 South Linn Street, Iowa City, Iowa 52240

 **319-356-5220**

 **[www.icgov.org/senior](http://www.icgov.org/senior)**

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

 **Facebook: @IowaCitySeniorCenter**

 **YouTube: @IowaCitySCTV**



WITH SUPPORT FROM:



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**Stay active. Stay curious. Stay connected.**

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# Calendar of Spring Programs

## JANUARY

2.....	10:00 AM ...Cravings, Weight Gain, Blood Sugar....	24
2.....	1:00 PM .....Introduction to Yang Tai Chi .....	18
2.....	2:00 PM .....Qigong.....	17
3.....	9:00 AM .....Sing and Play the Ukulele & Guitar .....	45
3.....	10:00 AM ...Track Your Reading Online.....	49
4.....	7:30 PM .....Milonga (Tango Dance Party) .....	16
6.....	10:00 AM ...Sacred Dance: Free Form Movement ...	14
6.....	1:00 PM .....Contemplative Watercolor ♦.....	31
6.....	2:00 PM .....Death Café .....	22
6.....	2:00 PM .....Taoist Tai Chi ♦ .....	17
6.....	3:15 PM .....Taoist Tai Chi Set Class ♦ .....	17
6.....	4:30 PM .....Yang Style Tai Chi Chuan .....	18
7.....	10:30 AM ...BeMoved Dance ♦.....	12
7.....	2:00 PM .....Tuesday Tai Chi Practice ♦ .....	18
7.....	2:00 PM .....The Celtic World ♦ .....	40
8.....	9:30 AM .....Painting and All 2-D Techniques ♦ .....	31
8.....	9:30 AM .....History of British India ♦ .....	41
8.....	11:00 AM ...Yang Style Tai Chi Chuan .....	18
8.....	12:00 PM ...Painting and All 2-D Techniques ♦ .....	31
8.....	1:00 PM .....History's Greatest Voyages ♦ .....	41
8.....	2:00 PM .....Prepared and Empowered .....	25
8.....	3:00 PM .....Classics of American Literature ♦.....	43
9.....	9:00 AM .....55+ RSVP Initiative Office Hours.....	64
9.....	10:00 AM ...UI Stanley Museum of Art .....	35
9.....	10:00 AM ...Zentangle .....	32
9.....	1:00 PM .....Living Peace.....	27
9.....	2:00 PM .....Love, Etcetera .....	54
10.....	9:30 AM .....Write Your Life Story ♦.....	46
10.....	10:30 AM ...BeMoved Dance ♦.....	12
10.....	1:30 PM .....Write Your Life Story ♦.....	46
11.....	10:00 AM ...Welcome to Medicare .....	23
12.....	3:00 PM .....Family Folk Machine .....	44
14.....	11:00 AM ...Making the Most of Your iPad/iPhone ♦ .....	49
14.....	1:00 PM .....A History of the American South ♦.....	39
14.....	2:00 PM .....Bill Johnson on Piano!.....	54
14.....	2:00 PM .....Coffee with the Coordinator.....	57
15.....	2:00 PM .....Advance Health Care Planning .....	22
16.....	9:00 AM .....Acrylic Pour for Beginners .....	30
16.....	10:00 AM ...Dybiosis: Digestive Discomfort .....	24
16.....	6:00 PM .....Health & Wealth.....	22
17.....	11:00 AM ...Hearing Society of Iowa Potluck.....	23
17.....	1:00 PM .....Tale of Despair in Africa, 1885-1960 .....	41
18.....	7:00 PM .....English Country Dance.....	16
19.....	1:00 PM .....Portrait Painting Workshop .....	32

21.....	8:30 AM .....Iowa City New Horizons Band .....	44
21.....	11:00 AM ...Voices of Experience ♦.....	45
21.....	2:00 PM .....Book Report .....	43
23.....	2:00 PM .....Human Rights in the Everyday .....	36
24.....	12:30 PM ...Core Dancing .....	13
24.....	1:00 PM .....Underground Railroad in Iowa.....	40
25.....	7:30 PM .....Barn Dance .....	16
26.....	1:00 PM .....Life Drawing Drop-In .....	33
27.....	9:00 AM .....Contemplative Watercolor ♦.....	31
27.....	1:00 PM .....Friends of the Performing Arts ♦ .....	35
27.....	5:30 PM .....Linn Street Band .....	44
30.....	9:00 AM .....Acrylic Pour for Beginners .....	30
30.....	3:00 PM .....Joan Chamorro/Sant Andreu Jazz Band.....	35
31.....	10:00 AM ...Introduction to Smartwatches.....	49
31.....	1:00 PM .....The Brown Street Historic District.....	39

## FEBRUARY

1.....	7:30 PM .....Milonga (Tango Dance Party) .....	16
3.....	2:00 PM .....Death Café .....	22
3.....	3:30 PM .....Device Advice.....	48
4.....	11:15 AM ...Device Advice.....	48
5.....	2:00 PM .....Prepared and Empowered .....	25
6.....	9:00 AM .....55+ RSVP Initiative Office Hours.....	64
6.....	10:00 AM ...Health by Chocolate.....	24
6.....	10:00 AM ...Zentangle .....	32
6.....	2:00 PM .....Beyond Race, Missouri Compromise of 1820 .....	38
6.....	2:00 PM .....Is It Time to Sell Your Home? ♦.....	21
7.....	10:00 AM ...Fighting Fraud .....	25
7.....	10:00 AM ...Friendship Community Project Conversation Group .....	42
7.....	1:00 PM .....Iowa City in the Civil War .....	40
9.....	1:00 PM .....Life Drawing Drop-In .....	33
11.....	2:00 PM .....Coffee with the Coordinator.....	57
13.....	9:00 AM .....Acrylic Pour for Beginners .....	30
13.....	10:00 AM ...UI Stanley Museum of Art .....	35
14.....	11:00 AM ...Hearing Society of Iowa Potluck.....	23
14.....	1:00 PM .....A Railroad, Service Station, and Diner.....	40
15.....	7:00 PM .....English Country Dance.....	16
16.....	1:00 PM .....Art in the Afternoon .....	33
18.....	2:00 PM .....Book Report .....	43
20.....	10:00 AM ...CoQ10: The Energy of Life .....	24
20.....	3:00 PM .....From the Civil Rights Movement to Iowa City .....	39

21.....1:00 PM	.....Cacti/Succulents .....	53
22.....10:00 AM	...Welcome to Medicare .....	23
22.....7:30 PM	.....Barn Dance .....	16
23.....1:00 PM	.....Life Drawing Drop-In .....	33
24.....9:00 AM	.....Tchaikovsky's <i>Eugene Onegin</i> .....	35
24.....10:00 AM	... <i>The Universal Christ</i> ♦ .....	46
25.....10:00 AM	...You Can Draw (Yes, You Can!) ♦ .....	31
25.....10:30 AM	...BeMoved Dance ♦ .....	12
27.....9:00 AM	.....Acrylic Pour for Beginners .....	30
28.....10:30 AM	...BeMoved Dance ♦ .....	12
28.....1:00 PM	.....Annuals for Spring & Summer Gardens .....	53

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2.....2:00 PM	.....Death Café .....	22
2.....4:30 PM	.....Yang Style Tai Chi Chuan .....	18
4.....9:30 AM	.....Painting and All 2-D Techniques ♦ .....	31
4.....12:00 PM	...Painting and All 2-D Techniques ♦ .....	31
4.....2:00 PM	.....Prepared and Empowered .....	25
5.....9:00 AM	.....55+ RSVP Initiative Office Hours.....	64
5.....10:00 AM	...Detox 101 .....	24
5.....10:00 AM	...Zentangle .....	32
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13.....10:00 AM	...Getting Started with Google Drive .....	48
15.....1:00 PM	.....Art in the Afternoon .....	33
15.....1:00 PM	.....Life Drawing Drop-In .....	33
17.....2:00 PM	.....Book Report .....	43
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19.....10:00 AM	...Maintaining Muscle Mass.....	24
21.....7:00 PM	.....English Country Dance.....	16
26.....9:00 AM	.....Acrylic Pour for Beginners .....	30
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27.....11:00 AM	...Hearing Society of Iowa Potluck .....	23
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28.....7:30 PM	.....Barn Dance .....	16
29.....1:00 PM	.....Life Drawing Drop-In .....	33

## APRIL

1.....2:00 PM	.....Prepared and Empowered .....	25
2.....9:00 AM	.....55+ RSVP Initiative Office Hours.....	64
2.....10:00 AM	...Creating a Healthy Home .....	24
2.....10:00 AM	...Zentangle .....	32
3.....10:00 AM	...Fighting Fraud .....	25
4.....9:35 AM	.....Zumba Gold .....	15
4.....7:30 PM	.....Milonga (Tango Dance Party) .....	16
5.....1:00 PM	.....Figure Painting Workshop .....	33
6.....10:00 AM	...Sacred Dance: Exploring Stress .....	14
6.....2:00 PM	.....Death Café .....	22
6.....2:00 PM	.....Taoist Tai Chi ♦ .....	17
6.....3:15 PM	.....Taoist Tai Chi Set Class ♦ .....	17
7.....2:00 PM	.....Tuesday Tai Chi Practice ♦ .....	18
9.....9:00 AM	.....Acrylic Pour for Beginners .....	30
9.....10:00 AM	...UI Stanley Museum of Art .....	35
9.....1:00 PM	.....Health & Wealth.....	22
9.....3:00 PM	.....Bix, Bing, Tram, Hoagy: Jazz .....	34
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10.....11:00 AM	...Hearing Society of Iowa Potluck .....	23
12.....1:00 PM	.....Life Drawing Drop-In .....	33
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21.....10:30 AM	...BeMoved Dance ♦ .....	12
21.....2:00 PM	.....Book Report .....	43
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24.....10:30 AM	...BeMoved Dance ♦ .....	12
25.....7:30 PM	.....Barn Dance .....	16
26.....1:00 PM	.....Life Drawing Drop-In .....	33
30.....6:00 PM	.....Welcome to Medicare .....	23

♦ = Membership Required

Blue text = 1st date of multi-session program



# Directory of Ongoing Programs

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9:30 AM	Gentle Yoga ♦	19
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12:00 PM	Advanced 108-Move Yang Tai Chi	18
12:00 PM	Penalty Box	11
1:00 PM	Hand & Foot	51
1:00 PM	Mixed Media Open Studio ♦	31
1:00 PM	Pinochle & Euchre	51
1:00 PM	Tap Cats	15
1:30 PM	Lyrics Alive	45
2:00 PM	Keep Us in Stitches	52

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8:30 AM	Fit 4 Life ♦	11
9:30 AM	Fit 4 Life ♦	11
10:00 AM	English Language Conversation Class	42
10:30 AM	Slow Flow Yoga	19
1:00 PM	Art Café	30
1:00 PM	Bowling (1st/3rd of month)	50
1:00 PM	SCTV Volunteer Meeting	59
2:00 PM	Reading Spanish Texts in Spanish	43
5:30 PM	T'ai Chi Open Practice (Cheng Man Ching 37-Posture Form)	17
6:30 PM	Play Duplicate Bridge	51
7:00 PM	Argentine Tango Lesson and Open Practice	15

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8:00 AM	Quilting	53
8:30 AM	Trailblazers Hiking	11
9:00 AM	Mah Jongg	51
9:30 AM	Gentle Yoga ♦	19
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12:00 PM	Advanced 108-Move Yang Tai Chi	18
12:45 PM	Moving with Parkinson's	11
1:00 PM	Artists' Wednesday Studio Group ♦	30
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6:00 PM	DanceAbility	13
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## SATURDAYS

8:30 AM	Saturday Morning Yoga	19
9:30 AM	50+ Singles Group	57
9:30 AM	Penalty Box	11

## SUNDAYS

12:30 PM	Alzheimer's Association Caregiver Support Group (1st of month)	21
12:45 PM	Moving with Parkinson's	11

♦ = Membership Required

# Fitness & Movement



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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 rooms, G04 and G08, and take advantage of our commercial quality gym equipment in a relaxed, self-guided atmosphere. The cardio room offers treadmills, ellipticals, bikes, and a SciFit recumbent stepper. The strength training room is equipped with Keiser equipment, which uses pneumatic resistance to offer a safer, easier way to build strength. Members can also access storage lockers and private 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. Check at the reception desk for current orientation dates and times, and register for each session you'd like to attend.

### Arthritis Foundation Aquatics Program

**Fee: \$4/visit or purchase a 10-punch card (\$30 for Iowa City residents, \$35 for nonresidents), monthly or annual pass through the Iowa City Parks and Recreation Department; low-income discounts are available. No registration.**

Membership Not Required

**Monday - Friday**

**8 - 9 AM and 11 AM - 12 PM at Mercer Park Aquatic Center**

This exercise program is suitable for every fitness level. It is a recreational program involving gentle range of motion water exercises performed under the guidance of Certified Arthritis Foundation Aquatics Program Leaders. Goals of the class are to help reduce pain and inflammation, improve joint function and muscular strength, and enhance overall sense of well-being. Leaders encourage a fun, friendly, and supportive atmosphere. For more information, contact Kate at [katherine-connell@iowa-city.org](mailto:katherine-connell@iowa-city.org) or Sydney at [sydney-stodola@iowa-city.org](mailto:sydney-stodola@iowa-city.org).

### Bone Builders

**Fee: \$5/class; pay instructor. Registration required.**

Membership Required

**Fridays**

**3 - 3:45 PM in room G13**

Instructor: Kristy Cameron

Two types of osteoporosis exercises are important for building and maintaining bone density: weight-bearing and muscle-strengthening exercises. Bone Builders focuses on muscle strengthening exercises using weights, resistance bands, body weight, and functional exercises. The class emphasizes form and movements to protect the spine. Balance work is also included.

### Fit 4 Life

**Fee: \$6/class or \$50 for 10-class punch card; pay instructor. Register with activity leader.**

Membership Required

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**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!

### Moving with Parkinson's

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

Membership Not Required

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**Sundays, Wednesdays**

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

Instructor: Kristy Cameron

Exercise is an important part of healthy living for everyone. For people with Parkinson's disease, exercise is more than healthy -- it is a vital component to maintaining balance, mobility, and activities of daily living. Research shows exercise and physical activity can improve many PD symptoms. Exercises include range of movement, strength, flexibility, posture, balance, gait, vocal, and complex movements.

### Penalty Box

**Fee: \$8/class; pay instructor. Registration required.**

Membership Not Required

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**Mondays, 12 - 12:30 PM**

**Saturdays, 9:30 - 10 AM**

**1/4 - 4/25 in room 103**

Instructor: Jennifer Long

Penalty Box is a high intensity, high impact agility class that will have you burning calories and moving like never before. This class utilizes a "penalty box" that is provided and used in demonstrating and completing each exercise. If you are looking for a quick calorie burn, a bit of a brain teaser, and are short on time, this is the class for you! Sessions are 20-30 minutes and consist of one minute intense intervals coupled with a 30 second recovery. Modifications are available. Participants should feel comfortable doing exercises both standing and on the floor for this course. Come and enjoy the fun and fitness that only Penalty Box can deliver.

### Trailblazers Hiking

**Fee: none. No registration.**

Membership Not Required

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**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!

### 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.

#### 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. 78 for more information.



### BeMoved Dance

**Fee: \$10/class for drop-in or \$40 for 6-week session; pay instructor. No registration.**

Membership Required

**Tuesdays, 1/7 - 2/11**

**10:30 - 11:30 AM in room G13**

**Fridays, 1/10 - 2/14**

**10:30 - 11:30 AM in room G13**

**Tuesdays, 2/25 - 4/7**

**10:30 - 11:30 AM in room G13**

**Fridays, 2/28 - 4/10**

**10:30 - 11:30 AM in room G13**

**Tuesdays, 4/21 - 5/26**

**10:30 - 11:30 AM in room G13**

**Fridays, 4/24 - 5/29**

**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, visit [www.bemoved-dance.com](http://www.bemoved-dance.com). Newcomers are welcome at any time.

## Core Dancing

**Fee: none. No registration.**

Membership Not Required

**Fridays, 1/24 - 4/24**

**12:30 - 1:30 PM in room G13**

Instructor: Janet Forrest

This is a class for those with some experience in yoga or pilates. Students must be able to sit on the floor for the movement exercises. This class is based on a modern dance technique which uses the core of the pelvis to initiate movement and build support strength.

Instead of held positions, the movement is done in rhythms, repeated in sequence, and flowing from one position to another.

## DanceAbility

**Fee: \$50/month; 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.

## 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: Free Form Dance and Movement

**Fee: \$90 for 6-week class, try first class for \$15; pay instructor. Register with instructor.**  
Membership Not Required

**Mondays, 1/6 - 3/9**

**10 AM - 12 PM in room G13**

Instructor: Adina Joy Levitt

Free Form Dance and Movement means that each participant is free to dance in their own unique way following their body and heart. Instead of learning steps to a specific dance routine, we will be diving into the depths of our very being through movement. Adina will lead participants through a guided dance experience where there will be an intentional structure to each class, yet at the same time a freedom for individual expression to explore the theme. Each week there will be a unique focus for our class.

- **Week 1:** Introduction to Free Form Dance & Movement
- **Week 2:** Timelessness & Mindfulness
- **Week 3:** Dancing Through the 9 Layers of Your Body
- **Week 4:** Journey to Your Body
- **Week 5:** Calling Back Your Personal Power
- **Week 6:** Transmutation & Gratitude

We dance for one hour of the two-hour class. In addition to dance, this is a community building space with time for reflection, setting intentions, group sharing, and a main teaching theme for each week. Are you looking for a special way to start the New Year? See what your body has to teach you, this class is dancing and a whole lot more! No dance experience necessary, all body types welcome. Participants are welcome to use a chair during this class for support. For more information contact Adina: 319-541-7332, [adinajoylevitt@gmail.com](mailto:adinajoylevitt@gmail.com), or visit [www.adinajoy.com](http://www.adinajoy.com).

## Sacred Dance: Exploring Stress in Our Sacred Bodies

**Fee: \$90 for 6-week class, try first class for \$15; pay instructor. Register with instructor.**  
Membership Not Required

**Mondays, 4/6 - 5/11**

**10 AM - 12 PM in room G13**

Instructor: Adina Joy Levitt

Continuing where Adina's previous Sacred Dance class left off, this class will focus on a unique theme each week.

- **Week 1:** Exploring Stress (before, during, and after an event)
- **Week 2:** Survival (Fight/Flight/Freeze) vs. The Flow
- **Week 3:** Journey to the Myth that No Longer Serves Us
- **Week 4:** Heart-Brain Coherence: Journey to the Heart, Nerves, and Brain
- **Week 5:** Re-Visioning (Calling our future potential into the present)
- **Week 6:** Re-Exploring Stress (before, during, and after an event)

We dance for one hour of the two-hour class. In addition to dance, this is a community building space with time for reflection, setting intentions, group sharing, and a main teaching theme for each week. Are you curious about how you hold stress in your body? See what your body has to teach you, this class is dancing and a whole lot more! No dance experience necessary, all body types welcome. Participants are welcome to use a chair during this class for support. For more information contact Adina: 319-541-7332, [adinajoylevitt@gmail.com](mailto:adinajoylevitt@gmail.com), or visit [www.adinajoy.com](http://www.adinajoy.com).

## Tap Cats

**Fee: none. No registration.**

Membership Not Required

### Mondays

**1 - 2 PM in room G13**

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: \$7/class or \$60 for 10-class punch card; pay instructor. No registration.**

Membership Not Required

### Saturdays, 4/4 - 4/25

**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. 69 for more information.

## Social Dance

### Argentine Tango Lesson and Open Practice

**Fee: \$5/class (first class free); pay Tango Iowa. No registration.**

Membership Not Required

### Tuesdays

**7 - 10 PM in the Assembly Room**

Instructors: Ryan and Giang Rudderham

Come meet our friendly community and learn to dance Argentine tango! We welcome all ages and levels of experience. No partner is required. Class begins with warm-ups and stretches, where we take the time to breathe and reconnect with our bodies. Walking exercises follow, during which participants engage their core and leg muscles while improving their posture and flexibility. Then, the instructors present fun sequences that can be used for social dancing. A practice session follows the class, during which participants might watch, practice, or socialize with their friends. Join us for any part of the evening as your schedule permits. Leather or suede bottom shoes work best, but come with what you have. Wear comfortable clothing. For more information on our community and events, follow Tango Iowa on Facebook or visit [www.iowatango.com](http://www.iowatango.com). We always love to see new faces!



### Barn Dance

**Fee: Sliding scale \$5-\$15; pay what you can at the door. No registration.**

Membership Not Required

**Saturdays, 1/25, 2/22, 3/28, 4/25  
7:30 - 9:30 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.

### English Country Dance

**Fee: Sliding scale \$3-\$6; pay what you can at the door. No registration.**

Membership Not Required

**Saturdays, 1/18, 2/15, 3/21, 4/18  
7 - 9:30 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, 1/4, 2/1, 3/7, 4/4  
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 319-321-9885 or adept\_one@hotmail.com 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. 72 for details.

## Tai Chi & Qigong

### Cheng Man Ching 37-Posture Form T'ai Chi Open Practice

**Fee: none. No registration.**

Membership Not Required

**Tuesdays, Thursdays  
5:30 - 6:30 PM in room G13**

It's hard to keep up your t'ai chi practice on your own, so come and join a practice group. Learn 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, practice the form, and study postures in 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 at 319-541-2260 or robin.ungar@gmail.com, or Sue at 319-331-2601 or sue\_campney@hotmail.com.

### Qigong

**Fee: none. Registration required.**

Membership Not Required

**Thursdays, 1/2 - 2/27  
2 - 3 PM in room G13**

**Thursdays, 3/5 - 4/30  
2 - 3 PM in room G13**

Instructor: George Nelson

Chinese Qigong 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.

319-356-5220 ♦ [www.icgov.org/senior](http://www.icgov.org/senior)

### Taoist Tai Chi®

**Suggested donation: Taoist Tai Chi fee of \$60; pay instructor. Registration required.**

Membership Required

**Mondays, Wednesdays, 1/6 - 3/25  
2 - 3 PM in room G13**

**Mondays, Wednesdays, 4/6 - 6/24  
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

**Suggested donation: Taoist Tai Chi fee of \$60; pay instructor. Registration required.**

Membership Required

**Mondays, Wednesdays, 1/6 - 3/25  
3:15 - 4:15 PM in room G13**

**Mondays, Wednesdays, 4/6 - 6/24  
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.



#### 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 sandrahanson@southslope.net or 319-624-2710.

## Tuesday Tai Chi Practice Session

**Fee: none. No registration.**

Membership Required

**Tuesdays, 1/7 - 3/24**  
**2 - 3 PM in room G13**

**Tuesdays, 4/7 - 6/23**  
**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.

## Introduction to Yang Tai Chi

**Fee: none. Registration required.**

Membership Not Required

**Thursdays, 1/2 - 2/27**  
**1 - 2 PM in room G13**

Instructor: George Nelson

This course is intended for beginning students of Yang Tai Chi. It will cover the fundamentals which entail breathing, mindfulness, relaxation, and stepping. You will begin to understand the 10 principles of Yang Style Tai Chi and experience how they can improve your health and well being. You will learn the first 10 moves in the 37 move form taught in the Yang Style Tai Chi Chuan class which you are encouraged to join after completing this course.

## Yang Style Tai Chi Chuan

**Fee: none. Registration required.**

Membership Not Required

**Mondays, 1/6 - 2/24**  
**4:30 - 5:30 PM in room G13**

**Wednesdays, 1/8 - 2/26**  
**11 AM - 12 PM in room G13**

**Mondays, 3/2 - 4/27**  
**4:30 - 5:30 PM in room G13**

Instructor: Greg 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. Previous experience in Yang Tai Chi is required for this class. Newcomers are encouraged to sign-up for Introduction to Yang Tai Chi.

## Advanced 108 Move Yang Tai Chi

**Fee: none. No registration.**

Membership Not Required

**Mondays, Wednesdays**  
**12 - 12:30 PM in room G13**

Instructor: George Nelson

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.

## 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 and control for better balance; as well as deep breathing and relaxation techniques.

### 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.

**319-356-5220** ♦ [www.icgov.org/senior](http://www.icgov.org/senior)

### Saturday Morning Yoga

**Fee: \$6/class 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 benefits 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](mailto: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

**2:30 - 3:30 PM 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.



SPRING 2020 PROGRAMS & SERVICES



# Health & Wellness

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## Aging in Place

### Is It Time to Sell Your Home?

**Fee: none. Registration required.**

Membership Required

**Thursdays, 2/6 - 3/12**

**2 - 3 PM in room 202**

Instructor: Dee Miller

Are you longing for less space to clean, heat, and cool? Thinking it's time for one level living? No more steps, no driveways to shovel, no lawn to mow. It's been years since you moved, since you bought your house, and maybe you've never sold a home. What to do? So much stuff — yours, the kids' and even your parents' stuff! Everything works, but face it, it's outdated! Do you need to hire a contractor or leave as is? Dee Miller will talk to you about the ins and outs of preparing your home for sale, pricing it, the sale process, and how to have a smooth closing.

**Class registration begins  
Friday, December 13 at 8 AM.**

**Here's how to register:**

#### **Online**

To sign into your account go to [www.icgov.org/senior/registration](http://www.icgov.org/senior/registration).  
See page 70 for details.

#### **Walk-in**

Register in person by dropping off your completed registration form, found on page 71, 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

## Alzheimer's and Dementia

### Alzheimer's Association Caregiver Support Group

**Fee: none. No registration.**

Membership Not Required

**Sundays, 1/5, 2/2, 3/1, 4/5**

**12:30 - 1:30 PM in room 205**

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](http://www.alz.org/eci).

### Alzheimer's Community Forum

**Fee: none. Register with partner organization.**

Membership Not Required

**Thursday, 4/9**

**5 - 7 PM in the Assembly Room**

Join us and learn about Alzheimer's, dementia, and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community. Light refreshments will be provided. Registration is encouraging, but not required. To sign up, call 319-238-7641 or email [kmfishburn@alz.org](mailto:kmfishburn@alz.org).

## End of Life

### Advance Health Care Planning Workshop

**Fee: none. Registration required.**

Membership Not Required

**Wednesday, 1/15**

**2 - 4 PM in room 208**

**Thursday, 4/16**

**2 - 4 PM in room 208**

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 having conversations about what is important to you, considerations for choosing a health care agent, and advance care planning resources available to you in the community.

### Death Café

**Fee: none. No registration.**

Membership Not Required

**Mondays, 1/6, 2/3, 3/2, 4/6**

**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, visit [deathcafe.com](http://deathcafe.com).

## Financial Health

### Health & Wealth Informative and Interactive Meeting

**Fee: none. No registration.**

Membership Not Required

**Thursday, 1/16**

**6 - 7 PM in room 208**

**Thursday, 4/9**

**1 - 2 PM in room 208**

Presenter: Jeff Dancer

Did you know the average 65-year-old couple will need over \$360,000 to cover healthcare costs in retirement? Jeffery Dancer, Investment Advisor at Transamerica Financial Advisors, encourages and explains how to build a better financial future by addressing your well-being today and discusses what simple steps you can take now that could lead you to a brighter, healthier tomorrow.



## Health Insurance

### Welcome to Medicare

**Fee: none. Registration required.**

Membership Not Required

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**Saturday, 1/11**

**10 AM - 12:15 PM in room 202**

**Saturday, 2/22**

**10 AM - 12:15 PM in room 202**

**Thursday, 3/26**

**6 - 8:15 PM in room 202**

**Thursday, 4/30**

**6 - 8:15 PM in room 202**

Instructor: 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.

### 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. 61 for details.



## Hearing & Vision Loss

### Hearing Society of Iowa Potluck

**Fee: none. Register by contacting Jim Mayfield at MyTinEar@aol.com.**

Membership Not Required

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**Fridays, 1/17, 2/14, 3/27, 4/10**

**11 AM - 1 PM in room 208**

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.

### Low Vision Support Group

**Fee: none. No registration.**

Membership Not Required

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**Mondays**

**11:30 AM - 1 PM in room 205**

If you are blind or experiencing loss of vision, life can be scary without tools or connections to deal with the situation. Participating in a support group can help you find that you are not alone, and together we can share tips and tricks to overcome difficulties posed by loss of vision. Guests will speak about various topics such as accessing current news and how one cooks and maintains a home. For more information contact Terri Wilcox at 515-281-1309 or Terri.Wilcox@blind.state.ia.us.

## Nutrition

### Nutrition & Wellness Series

**Fee: none. No registration.**

Membership Not Required

**Thursdays, 1/2, 1/16, 2/6, 2/20, 3/5, 3/19, 4/2, 4/16**

**10 - 11 AM in room 208**

Instructor: Lance Schuttler

Join Lance Schuttler, Nutritional Health Coach at Natural Grocers, for a variety of nutrition and wellness presentations this spring.

#### **1/2: Cravings, Weight Gain, and the Blood Sugar Roller Coaster**

Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels.

#### **1/16: Dybiosis: Lifting the Lid on Digestive Discomfort**

We know the importance of beneficial bacteria in our gut, but when we have too many or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. Come learn the ins and outs of the importance of healthy microbial balance in the gut, which can support gut comfort and overall health.

#### **2/6: Health by Chocolate: Indulge and Be Well**

Chocolate can actually be good for us! Taste the quality and learn how to use chocolate to enhance your food...and your health!

#### **2/20: CoQ10: The Energy of Life**

Not only do you feel tired, your cells are tired too! Fortunately, there is CoQ10. Join us to learn about the heart health and many other health benefits of CoQ10!

#### **3/5: Detox 101**

There are a million reasons to detox...and probably a million ways to go about it. But what's the best way? Join us to discover how an effective detox must not only address our exposure to toxins, but also support our body's daily detoxification functions.

#### **3/19: Maintaining Muscle Mass**

Learn how to maintain muscle mass now, and well into the future, with key foods and supplements all recommended by science-based research.

#### **4/2: Creating A Healthy Home**

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation in their home. But, did you know that there are many other toxic compounds found in your home, like constant exposure to electromagnetic frequencies that may be damaging to your health? Get all the tips and tricks on creating a healthy home environment.

#### **4/16: Natural Hacks to Support a Healthy Mood**

Gain a new understanding of the many complexities that play a role in supporting a healthy mood or hindering it. Nutritional, supplemental, environmental, lifestyle, and other key factors will be discussed.

## Safety

### Fighting Fraud

**Fee: none. Registration required.**

Membership Not Required

**Fridays, 2/7 - 2/28**

**10 - 11 AM in room 202**

**Fridays, 4/3 - 4/24**

**10 - 11 AM in room 202**

Presenter: Iowa City Police Department

The internet is not just for the millennials. Research has found that over 42% of adults over 65 have a smartphone while 67% said they use the internet. With rising numbers in both smartphone and internet users, precautions should be taken to be safe online. These Friday morning sessions will talk about ways to keep you and your information safe while engaging on the internet. Topics covered will be steering clear of online scams, ensuring your privacy is protected online, distinguishing robocalls and scam calls from real ones, and improving personal safety for yourself and your home in the real world. For more information, contact Daisy at [daisy-torres@iowa-city.org](mailto:daisy-torres@iowa-city.org).



#### 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](http://www.youtube.com/user/iowaCitySCTV).



#### 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.

### Prepared and Empowered

**Fee: none. No registration.**

Membership Not Required

**Wednesday, 1/8**

**2 - 3 PM in room 208**

**Wednesday, 2/5**

**2 - 3 PM in room 208**

**Wednesday, 3/4**

**2 - 3 PM in room 208**

**Wednesday, 4/1**

**2 - 3 PM in room 208**

Presenter: Sam Jarvis

Join Johnson County Public Health's Emergency Preparedness Planner to learn more on how you can be better prepared for day to day emergencies to major disasters. The session will walk through the nation's preparedness campaign, "Be Informed, Build a Kit, Make a Plan." Participants will learn about the importance of being better prepared for disasters.

## Wellness

### Healing Touch with Mary Beth

**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

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. Routine treatments using Healing Touch techniques may improve overall health and work in harmony with traditional medical care by optimizing energetic balance. Sessions can be scheduled for 30, 60, or 90 minutes, and price varies accordingly. The Senior Center 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.

### 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  
Friday, December 13 at 8 AM.  
Here's how to register:**

#### Online

To sign into your account go to [www.icgov.org/senior/registration](http://www.icgov.org/senior/registration).  
See page 70 for details.

#### Walk-in

Register in person by dropping off your completed registration form, found on page 71, 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

## Living Peace

**Fee: none. Registration required.**

Membership Not Required

**Thursdays, 1/9 - 2/6**

**1 - 2 PM in room 208**

Instructor: Karen Fox

Living Peace is a series to help us live peacefully in chaotic times. Registration is encouraged for this series; students are welcome to come to just one, or all sessions.

- **Week 1:** Sound Bath: Experience the healing tones of the crystal singing bowls while you relax into a very peaceful state of being. These healing tones are tuned to the chakra system and will bring a deep sense of relaxation and connection to your inner self.
- **Week 2:** Guided Imagery Meditation: Soft music in the background will help you relax and center as Karen guides you through both imagery and silence, bringing peace into your being and expanding it beyond.
- **Week 3:** Conversation about how we can find inner peace while living in chaotic times.
- **Week 4:** Learn to meditate. We will discuss and experience various ways to successfully meditate.



## Meditation Group

**Fee: none. No registration.**

Membership Required

**Thursdays**

**12 - 12:45 PM in room 103**

Instructor: 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.





SPRING 2020 PROGRAMS & SERVICES

# Liberal Arts & Sciences



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## Art

### Acrylic Pour for Beginners: Fluid Art

**Fee: \$75/session; pay instructor. Registration required.**

Membership Not Required

Thursday, 1/16

9 - 11 AM in room G07

Thursday, 1/30

9 - 11 AM in room G07

Thursday, 2/13

9 - 11 AM in room G07

Thursday, 2/27

9 - 11 AM in room G07

Thursday, 3/12

9 - 11 AM in room G07

Thursday, 3/26

9 - 11 AM in room G07

Thursday, 4/9

9 - 11 AM in room G07

Thursday, 4/23

9 - 11 AM in room G07

Instructor: Diana Sproles

This method uses acrylic paints, pouring medium, and a silicone or oil to create a one of a kind painting on canvas. Acrylic pours are full of surprise, unexpected imagery and color. Pours are mesmerizing and can be created and enjoyed by all ages. In this class we will learn about the items needed to create a pour and some techniques that you can utilize to add your own specific touch to your paintings. We will work on approximately 12"x12" canvases. Materials will be supplied. Finished paintings will need at least 2 days to dry before moving; pick-up will be arranged. For an additional fee of \$10, pictures can be finished with backing, hardware, and a varnish for protection.

Diana Sproles earned a BFA in Painting from the University of Iowa in 1972. She is currently retired from the university after 33 years and pouring most of her time into her love for art. Diana originally worked in oils through college, and later with watercolor. After experimenting with acrylics, she became intrigued with the beautiful surprises you achieve with acrylic pours.

### Art Café

**Fee: none. No registration.**

Membership Not Required

### Tuesdays

1 - 3 PM in room G07

Facilitators: Rob Dietrich and 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

Instructor: 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

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**Mondays, 1/6 - 1/27 and 3/2 - 3/30  
1 - 4 PM in room 202**

**Mondays, 1/27 - 3/23  
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. Jo Myers-Walker will be teaching once a month, and her legacy students will teach the other sessions. 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.

## Mixed Media Open Studio

**Fee: none. No registration.**

Membership Required

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**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 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

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**Wednesdays, 1/8 - 2/26  
9:30 - 11:30 AM in room G07**

**Wednesdays, 1/8 - 2/26  
12 - 2 PM in room G07**

**Wednesdays, 3/4 - 4/22  
9:30 - 11:30 AM in room G07**

**Wednesdays, 3/4 - 4/22  
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 and has been teaching art at The Center for more than 30 years.

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

**Fee: \$60; pay instructor. Registration required.**

Membership Required

---

**Tuesdays, 2/25 - 4/28  
10 - 11:30 AM in room G07**

Instructor: Garth Conley

Learn about observation and drawing what you see rather than what you think you see. 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.

Required text: Carl Purcell. *Your Artist's Brain*. Cincinnati, OH: North Light Books, 2010.  
Suggested materials: Ebony or other drawing

pencils, white vinyl eraser, kneaded eraser, pencil sharpener and 14"x17" or 14"x18" drawing pad. If you already have drawing materials, bring them.

## Zentangle

**Fee: none. No registration.**

Membership Not Required

**Thursdays, 1/9, 2/6, 3/5, 4/2**

**10 - 11 AM in room G07**

Instructor: Karen Rushton

These classes will build on your Zentangle knowledge. It is an evolving art form and there are new techniques and tangles to learn. The slogan for Zentangle is, "Anyone can do it, one stroke at a time." Participants need a notebook, pencil, and pen for doing tangles. Anyone is welcome, beginners feel free to join. Cost for provided materials range from 50 cents to a dollar, however is optional. If you have questions feel free to ask.

- **1/9: Zentangle Borders:** Tangles used in borders, mandalas, labyrinths, frames or in just about any shape. Some are tangles modified for a curve or line, some are tangles designed for these purposes.
- **2/6: New Zentangle Techniques:** We will work with the techniques of transcending and wallpapering. To do this we'll form a rather complex design. Color pencils will be used.
- **3/5: Zentangle Inspired Art:** Tangles incorporated into an object such as butterflies, dragonflies, letters and numerals. Examples will be shown.
- **4/2: Botanical Zentangle:** Flower and leaf tangles to stand alone or be part of a tile. Zentangle flowers will be designed into a wreath.



## The ArtiFactory

*These programs are presented in partnership with The ArtiFactory, 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.artsiowacity.org](http://artifactory.artsiowacity.org), or email [artifactory@artsiowacity.org](mailto:artifactory@artsiowacity.org) to get involved.*

## Portrait Painting Workshop

**Fee: \$40; pay instructor. Registration required.**

Membership Not Required

**Sunday, 1/19**

**1 - 4 PM in room G07**

Instructor: Bepie Weiss

Learn in a small class setting how to draw from a live model using graphite or Conte crayons, acrylics, watercolors, or water-based oils. Students will learn the fundamentals of portrait drawing, such as proportion, measuring, massing, volume and planar construction. Bepie Weiss will demonstrate the use of water-based oils. All levels welcome. Materials: soft graphite, eraser, drawing paper, Conte crayons, Conte pencils, pastels, acrylics, watercolors, or water-based oils (students supply their own materials).

### Life Drawing Workshop

**Fee: \$40; pay instructor. Registration required.**

Membership Not Required

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**Sunday, 3/8**

**1 - 4 PM in room 211**

Instructor: Bepie Weiss

An informal life drawing workshop. Three hours of extended poses and rigorous instruction to take your life drawing to another level. Bepie Weiss will help you as you draw, and provide demos and instruction during the breaks. Topics will include composition, proportion, artistic anatomy, geometric construction, chiaroscuro and the general mechanics of drawing. Participants must be age 18 or over. All levels welcome. Materials: soft graphite, eraser, drawing paper, Conte crayons, and Conte pencils.

### Figure Painting Workshop

**Fee: \$40; pay instructor. Registration required.**

Membership Not Required

---

**Sunday, 4/5**

**1 - 4 PM in room G07**

Instructor: Bepie Weiss

Three hours of extended poses with a live model and rigorous instruction to take your life drawing to another level. Bepie Weiss will demonstrate the use of water-based oils. All levels welcome. Participants must be age 18 or over. All levels welcome. Materials: soft graphite, eraser, drawing paper, Conte crayons, Conte pencils, pastels, acrylics, watercolors, or water-based oils.

### Life Drawing Drop-In

**Fee: \$10/session; pay instructor. No registration.**

Membership Not Required

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**Sundays, 1/26, 2/9, 2/23, 3/15, 3/29, 4/12, 4/26**

**1 - 3 PM in room 211**

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.

### Art in the Afternoon

**Fee: none. No registration.**

Membership Not Required

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**Sundays, 2/16, 3/15, 4/19**

**1 - 2:30 PM in the Assembly Room**

### 2/16: Andrea Smisek Gage

Nothing challenges creativity more than the rollercoaster of life! From architectural-engineering to engineering a life of three kids, carpool and aging parents, Andrea Smisek Gage has found new ways to create in order to have new ways to cope. Portraits to plein air in both oil and watercolor is her most recent outlet that has opened a new world of opportunities. Sharing her creative journey through humorous stories and paintings will give insight into how to color outside the lines and create a vibrant life for yourself.

**3/15: James L. Ochs**

A self-employed artist with over 30 years of studio experience in printmaking, painting and drawing. He has been an art instructor at the university level, while operating Ochs Studio, a teaching and printmaking studio in Iowa City. When speaking about his work, Ochs describes, "I contrast things within the figure, something different, opposed to it, to make it more poetic and mystical, as opposed to something very classical." Ochs was born in Denver, Colorado in 1943. He gained print experience at Blacks Print Studio in New York City and worked in collage and paint at the Art Student League. He received his B.A. in painting at Colorado State University, and went on to earn an M.A. and M.F.A in printmaking and drawing from the University of Iowa.

**4/19: Cory Hutchinson-Reuss & Kathleen Maris Paltrineri**

In recognition of National Poetry Month, April will feature two local poets reading some of their works and discussing their ideas about poetry.

Cory Hutchinson-Reuss grew up in Arkansas and holds a PhD in English from the University of Iowa. She describes her poetry as "a mode of inquiry, a flexible structure for holding (not necessarily resolving) unknowing, tension, and wonder."

Kathleen Maris Paltrineri is a Pushcart Prize-nominated poet from Iowa who received her MFA from the University of New Hampshire. She was the Fall Residency coordinator for the University of Iowa's International Writing Program. She translates poetry from Norwegian and Spanish and is a candidate in the UI Literary Translation Workshop.

**Art & Music Appreciation****Bix, Bing, Tram, and Hoagy: Four Friends Who Helped Shape the Growth of Jazz**

**Fee: none. Registration required.**

Membership Not Required

**Thursday, 4/9**

**3 - 4 PM in room 202**

Presenter: Eric Rumsey

Bix Beiderbecke, of course, is well known as a Davenport, Iowa native who played a beautiful jazz cornet. Bing Crosby is well known as a big time crooner. Frankie "Tram" Trumbauer is less known, but he was a good friend of Bix who played the saxophone with the others in various groupings. Hoagy Carmichael is most known as the composer of the jazz standard "Stardust," which will be a centerpiece of discussion in the class, because it knits Bix, Hoagy, and Bing together in interesting and surprising ways. Class attenders are encouraged to listen to it on YouTube before the class, versions by Hoagy Carmichael and/or Bing Crosby.



## Friends of the Performing Arts

**Fee: none. Registration required.**

Membership Required

**Mondays, 1/27 - 4/6**

**1 - 3 PM in room 208**

Instructor: Charles Velte

Are you a friend of the Performing Arts? Do you like movies, drama, or have a favorite entertainer? If so, you're already a friend of the performing arts. Perhaps you'd like to know more about the great composers. Maybe musical theater is your thing. Possibly, ballet occupies a warm spot in your heart? Charles Velte does a bit of explaining, but he depends mostly on videos to heighten your interest in, and friendship with, the performing arts. This course always showcases a mix of performers and composers and usually considers performance-related genres and practices. At the end of the semester, class members are invited to suggest topics of interest for future presentations.

## Joan Chamorro and the Sant Andreu Jazz Band

**Fee: none. Registration required.**

Membership Not Required

**Thursday, 1/30**

**3 - 4 PM in room 202**

Presenter: Eric Rumsey

Sant Andreu Jazz Band (SAJB) is a youth jazz band from Barcelona, featuring 5- to 20-year-old children and teenagers. The heart of the band is bandleader and master teacher Joan (aka Juan) Chamorro. He's figured out how to teach and inspire young kids to grow into superb, accomplished jazz musicians. He's also drawn the attention of big-name professional jazz players, who have seen what he's doing and have appeared with the band to play along with the kids. Among these are

Scott Hamilton, Wycliffe Gordon, Jesse Davis, and Bobby Gordon. There are many high-quality live-action videos of SAJB in YouTube, and we'll watch several of these in the class.

## Tchaikovsky's *Eugene Onegin*: Lyrical Scenes in 3 Acts

**Fee: none. Registration required.**

Membership Not Required

**Mondays, 2/24 - 3/9**

**9 - 10:30 AM in room 208**

Instructor: Daniel Benton

"Habit to us is given from above; it is a substitute for happiness." Watch and discuss Tchaikovsky's opera based on Alexander Pushkin's novel-in-verse.

## University of Iowa Stanley Museum of Art

**Fee: none. No registration.**

Membership Not Required

**Thursdays, 1/9, 2/13, 3/12, 4/9**

**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.



### 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. 72 for benefits and eligibility details.

## Diversity, Equity, and Inclusion

### Human Rights in the Everyday

**Fee: none. No registration.**

Membership Not Required

Thursday, 1/23

2 - 3:30 PM in the Assembly Room

Presenter: Debra DeLaet



This talk explores how the contestation over human rights takes place in our everyday lives — in our families, our workplaces, and our civic spaces. Accordingly, potential efforts to promote human rights need to be integrated into our everyday lives. The talk’s focus on this everyday lever for human rights promotion seeks to broaden the vision of what constitutes human rights and social justice work by exploring the capacities of actors that are not formally part of international human rights laws and institutions. It builds on approaches to civic engagement that focus on “everyday politics” and emphasize the political capacities of actors in a wide range of settings to generate change. The talk will build on a vision of citizenship that calls upon individual citizens to do far more than vote in any effort to produce meaningful civic change. It will investigate the potential for non-state actors and everyday citizens to engage in transformative practices intended to advance human rights outside of the context of formal law and governance. This program is presented in partnership with Humanities Iowa.

Debra L. DeLaet is Professor of Political Science at Drake University in Des Moines, Iowa. She serves as the David E. Maxwell Distinguished Professor of International Affairs. Her major research interests are in the area of human rights, global health and gender issues in world politics. She has published three books: *U.S. Immigration Policy in an Age of Rights* (Praeger 2000), *The Global Struggle for Human Rights* (Wadsworth, 2006), and (co-authored with David E. DeLaet) *Global Health in the 21st Century: The Globalization of Disease and Wellness* (Paradigm Publishers, 2012).

### LGBTQ Safe Zone: Phase 1

**Fee: none. Registration required.**

Membership Not Required

#### Date and time to be announced

Presenter: UI Division of Diversity, Equity, and Inclusion

The LGBTQ Safe Zone Project is a University of Iowa program that offers a visible message of inclusion, affirmation, and support to lesbian, gay, bisexual, transgender, and queer (LGBTQ) people in our community. The Phase 1 training introduces basic LGBTQ terms and concepts, helps participants develop an appreciation for the experiences of the LGBTQ people, and brings an overall awareness of LGBTQ issues. Participants will be encouraged to think about how they can create a more inclusive environment and will be prepared to provide resources to LGBTQ people.

#### 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 current schedule of tours on p. 3.



## Environment & Sustainability

### Barbara Schlachter Memorial Lecture Series

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

**Mondays, 3/9 - 3/30**  
**6:30 - 7:30 PM in room 202**

Event Organizers: 100Grannies

#### **3/9: The Green New Deal Explained**

Presented by Matt Ohloff, an organizer for Iowa Citizens for Community Improvement with a degree in Political Science from the University of Iowa.

#### **3/16: Reversing Global Warming: Introduction to Drawdown**

Presenters Sally Hartman, Virginia Melroy, and Deb Schoelerman, members of the 100Grannies and the Unitarian Universalist Society of Coralville, will present this workshop. See both the possibility of reversing global warming and the important role that you play, based on the findings of Project Drawdown, a comprehensive scientific study of 100 solutions that together could begin to reverse global warming by 2050.

#### **3/23: Let Us Now Praise Hellraisers, in a Time of Climate Emergencies**

Presented by Jeff Biggers, an American Book Award-winning author, journalist and historian, and father of two wonderful IC climate strikers. He will discuss the role of resistance in environmental and climate justice movements, including today.

#### **3/30: Systemic Change Needed**

Presented by Stratis Giannakouros, the Director of University of Iowa Office of Sustainability with an MA degree in Environmental Politics and Policy.

## Solar Panels for Our Homes

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

**Friday, 3/27**  
**2 - 3 PM in room 202**

Presenters: Jim Ruebush and Melanie McNeil

Installation of solar panels for our home is something we considered for several years. Prices have come down. Tax incentives are still available. Two things stopped us: roof direction and shape, and shingles replacement in a few years. What about a ground mounted system next to the house? Moxie Solar of North Liberty helped us decide to go ahead with that plan. We will discuss the process and paperwork, site preparation, array construction, and performance of the panels during the winter months.

**Class registration begins**  
**Friday, December 13 at 8 AM.**  
**Here's how to register:**

#### **Online**

To sign into your account go to [www.icgov.org/senior/registration](http://www.icgov.org/senior/registration).  
See page 70 for details.

#### **Walk-in**

Register in person by dropping off your completed registration form, found on page 71, 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

## History — American

### Beyond Race, Celebrating the Missouri Compromise of 1820 and Iowa's African-American History

**Fee: none. No registration.**

Membership Not Required

**Thursday, 2/6**

**2 - 3:30 PM in the Assembly Room**

Presenter: Hal Chase



200 years ago, Congress passed legislation known as the Missouri Compromise. Then as now, “race” in the form of legal enslavement was center stage in politics. So it seems fitting and proper to focus on the fact that we as a nation have been where we are now. This program created by Humanities Iowa Speaker’s Bureau member, Hal Chase, will focus on the impact of the Missouri Compromise on Iowa’s African-American History. This program is presented in partnership with Humanities Iowa.

### **Dawnland Documentary Screening**

**Fee: none. No registration.**

Membership Not Required

**Thursday, 3/5**

**2 - 3:30 PM in the Assembly Room**

Facilitator: Michelle Buhman

The Center presents *Dawnland*, an Emmy winning documentary! For most of the 20th century, government agents systematically forced Native American children from their homes and placed them with white families. As recently as the 1970s, one in four

Native children nationwide were living in non-Native foster care, adoptive homes, or boarding schools. Many children experienced devastating emotional and physical harm by adults who mistreated them and tried to erase their cultural identity.

In Maine, a historic investigation, the first government-sanctioned truth and reconciliation commission (TRC) in the United States, begins a bold journey. For over two years, Native and non-Native commissioners travel across Maine. They gather testimony and bear witness to the devastating impact of the state’s child welfare practices on families in Maliseet, Micmac, Passamaquoddy, and Penobscot tribal communities. Collectively, these tribes make up the Wabanaki people. The feature-length documentary *Dawnland* follows the TRC to contemporary Wabanaki communities to witness intimate, sacred moments of truth-telling and healing. With exclusive access to this groundbreaking process and never-before-seen footage, the film reveals the untold narrative of Indigenous child removal in the United States.



## A History of the American South

**Fee: none. Registration required.**

Membership Required

**Tuesdays, 1/14 - 3/31**

**1 - 2:30 PM in room 208**

Facilitator: Laurie Slocum

The American South constantly appears in films, novels, music, and television, often in mythical form. The actual history of the South, it turns out, was more interesting than the mythology. What became known as the South emerged over the 17th and 18th centuries from a marginal position on the North American coast and the Atlantic slave trade. From those uncertain beginnings, it grew into the longest and most powerful slave society in modern world. Black southerners created a new culture from their diverse origins in Africa. Evangelistic Christianity developed a great force among the people in the South. By the turn of the 20th Century, the American South had assumed the shape it would hold through the century. The region and the nation were forever changed by the events explored in this course.



## History — Local

### The Brown Street Historic District

**Fee: none. No registration.**

Membership Not Required

**Friday, 1/31**

**1 - 2:30 PM in room 202**

Presenter: Tom Schulein

In 1994, an area of the original plat of Iowa City was established as one of many historic Iowa City districts. The rich history of this region includes tales of a railroad, brick streets, brick makers, many historic homes, the Iowa Writer's Workshop, one or more libraries, and a very eccentric individual who founded a most unusual rental complex.

### From the Civil Rights Movement to Iowa City

**Fee: none. No registration.**

Membership Not Required

**Thursday, 2/20**

**3 - 4:30 PM in the Assembly Room**

Presenter: Tisch Jones

Retired theatre professor Tisch Jones will give a talk tracing her personal journey as a black girl coming to Iowa City in 1964, the year of the passing of the Civil Rights Act. Her presentation is based on a chapter from her memoir in progress, titled *I'm No Accident*. In the national struggle for civil rights, Tisch was arrested seven times, and this experience helped shape her deep commitment to theatre for social justice. At the University of Northern Iowa she developed an extensive outreach program, and at the University of Iowa she founded the Darwin Turner Action Theatre which brought students into classrooms and community centers around the state to explore social and political topics. She directed major productions, often by

African American writers, throughout her tenure in the Theatre Arts Department. Before she held faculty positions in Iowa she served as assistant to Lloyd Richards, Dean of the Yale School of Drama and Artistic Director of Yale Repertory Theatre, where she helped transfer three plays by August Wilson to Broadway.

### Iowa City in the Civil War

**Fee: none. No registration.**

Membership Not Required

Friday, 2/7

1 - 2:30 PM in room 202

Presenter: Tom Schulein

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

### A Railroad, a Service Station, and a Diner, All Rolled into One

**Fee: none. No registration.**

Membership Not Required

Friday, 2/14

1 - 2:30 PM in room 202

Presenter: Tom Schulein

This is the tale of a well-known family restaurant located near downtown Iowa City. The diner has operated under many names over the years. There is more than meets the eye, namely its association with a long-running rail line and a respected service station. The entire history of the structure will be examined.

### The Underground Railroad in Iowa and Iowa City

**Fee: none. No registration.**

Membership Not Required

Friday, 1/24

1 - 2:30 PM in room 202

Presenter: Tom Schulein

Many brave individuals, both the oppressed and their helpers, found their way across Iowa in escape from slavery to freedom in the movement known as the "Underground Railroad." Iowa's role in this effort, with information connected with Iowa City, will be explored.

## History – World

### The Celtic World

**Fee: none. Registration required.**

Membership Required

Tuesdays, 1/7 - 3/31

2 - 4 PM in room 202

Facilitator: Larry Rogers

This Great Courses video lecture series is called "The Celtic World," but it has two stories to tell, one that takes place in the heart of Europe and one that takes place on the periphery of Europe. First, the course explores the fierce warriors of the continent who started out from their homeland in central Europe in the middle of the first millennium. They were artists and they were dedicated warriors who sacked the city of Rome in 390 BC and desecrated the shrine of Delphi in Greece, the home of the famous oracle, in 279 BC. Afterward, they established themselves in central Anatolia, which is now Turkey, becoming the ancestors of the Galatians that we know from the New Testament. Then

around 200 BC they took to the seas and invaded Britain and Ireland, conquering the native inhabitants and establishing their own culture and language. Some things readily recognized as Celtic in origin include the shamrock, the Celtic cross, the mischievous leprechaun and his pot of gold at the end of the rainbow, the banshee who wails mysteriously to signal a death, the Highland bagpipe, and the tartan. This course will tell the story of how those traditions were spread around the world by emigrants from the Celtic realms.

### History of British India

**Fee: none. Registration required.**

Membership Required

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**Wednesdays, 1/8 - 4/8**

**9:30 - 11:30 AM in room 202**

Facilitator: Edward Rolenc

This Great Courses video lecture series, taught by Professor Hayden Bellenoit of the U.S. Naval Academy, is a modern history of India and the colonial rule by the British. The course thoughtfully examines the broad impact this rule has had upon India's religious, cultural, political, traditional, and economic relationships in the world. How, and why, did the British Raj finally come to an end? We will learn about some of the people of this colonial empire such as Jinnah, Curzon, Nehru, Gandhi, and many other personalities that impacted India. This is a fascinating course that will help us better understand what the British colonial rule meant for the region, and in turn for the entire geopolitical scene.

### History's Greatest Voyages of Exploration

**Fee: none. Registration required.**

Membership Required

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**Wednesdays, 1/8 - 3/25**

**1 - 2:30 PM in room 202**

Facilitator: Beth Stence

In History's Greatest Voyages of Exploration, we will delve into the awe-inspiring, vast, and surprisingly interconnected tale of world exploration. Taught by Vejas Gabriel Liulevicius, an award-winning history professor at the University of Tennessee, these 24 video lectures shine a spotlight on some of the greatest and most influential explorers the world has ever known, successful as well as unsuccessful, admirable as well as flawed. From ancient wayfarers to modern astronauts, a steady succession of intrepid individuals can take the credit for binding the continents together, connecting previously isolated peoples, and sparking a cross-fertilization of ideas, technologies, and even foods.

### A Tale of Despair in Africa, 1885-1960 and Beyond

**Fee: none. No registration.**

Membership Not Required

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**Friday, 1/17**

**1 - 2:30 PM in room 202**

Presenter: Tom Schulein

In the late 19th century, there was a "Scramble for Africa," in which European nations "divided up" various regions of Africa for occupation and exploitation. One country evolved, controlled by not the tiniest nation in Europe, but by one man from that nation. The subsequent events tell a tale of great woe and pillage that has ramifications to this day. The history of those events will be revealed.

## 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 Program Specialist Michelle Buhman to inquire about tutoring.

### Friendship Community Project Conversation Group

**Fee: none. No registration.**

Membership Not Required

**Fridays, 2/7 - 5/8**

**10 - 11 AM in room G07**

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 practical assistance accessing local resources and learning about our community. Our informal, drop-in conversation group meets at the Senior Center on Fridays.

Anyone interested in joining our classes, volunteering, or donating to FCP can find information at [fcp-iowa.org](http://fcp-iowa.org), on our Friendship Community Project Facebook page, or by emailing [friendshipcommunityproject@gmail.com](mailto: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.

### 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! Please feel welcome to try us out at any time!



#### **DID YOU KNOW?**

The Center has a YouTube channel! Check it out at [www.youtube.com/user/IowaCitySCTV](http://www.youtube.com/user/IowaCitySCTV).

## 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 Conversation Club

**Fee: none. No registration.**

Membership Not Required

**Mondays**

**11 AM - 12 PM in room M02**

Join us each week to practice your Spanish language skills and converse with one another. This group offers a casual and comfortable environment for individuals of all levels to practice their Spanish conversation skills. Community members of all ages and Senior Center members alike are welcome!



## Literature

### Book Report

**Fee: none. No registration.**

Membership Not Required

**Tuesdays, 1/21, 2/18, 3/17, 4/21**

**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.

### Classics of American Literature

**Fee: none. Registration required.**

Membership Required

**Wednesdays, 1/8 - 4/29**

**3 - 4:30 PM in room 202**

Facilitator: Joe Brisben

This Great Courses video lecture series is led by Professor Arnold Weinstein from Brown University. This course will cover some of the American classics authors, such as Benjamin Franklin, Washington Irving, Ralph Waldo Emerson, Henry David Thoreau, Edgar Allen Poe, and more. No reading is required in this course.



#### 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.

## Music

### Family Folk Machine

**Fee: \$50 per adult, \$30 per kid age 6-18 (reduced fees available for those with financial need); pay Family Folk Machine. Register with activity leader.**

Membership Not Required

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**Sundays, 1/12 - 5/10**

**3 - 5 PM in the Assembly Room**

Director (Spring 2020): Jon Ranard

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 Center.

Our Spring 2020 session will be called One Planet, and it will celebrate the 50th anniversary of Earth Day. We'll sing songs about nature and humans' relationships with and responsibilities to the natural world. Rehearsals begin Sunday, January 12, at 3 PM, and we'll perform a concert at the Englert Theatre on Saturday, May 9. 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 January 12 before regular rehearsal. For more information or to inquire about joining the choir, contact Aprille Clarke at [president@familyfolkmachine.org](mailto:president@familyfolkmachine.org).

### Iowa City New Horizons Band

**Fee: \$65; pay Friends of ICNHB. No registration.**

Membership Not Required

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**Tuesdays, Thursdays, 1/21 - 5/14**

**8:30 - 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 Martin Luther King Jr. Day. More information may be found at [iowacitynhb.org](http://iowacitynhb.org).

### Linn Street Band

**Fee: \$40; pay instructor. Registration required.**

Membership Not Required

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**Mondays, 1/27 - 5/4**

**5:30 - 6:30 PM in the Assembly Room**

Director: Blaine Schmidt

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 new players need a band instrument and a music stand. New students are welcome anytime. No class on 2/17.

## Lyrics Alive

**Fee: none. No registration.**

Membership Not Required

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### Mondays

**1:30 - 2:30 PM in the Assembly Room**

Lyrics Alive is a non-performance singing group that meets weekly at The Center for the pure enjoyment of singing together. 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. Drop-in singers and musicians always welcome. No music training expected. We'll meet on Tuesdays, 1/21 and 2/18 due to holiday closures.

## Sing and Play the Ukulele and Guitar

**Fee: \$6/class or \$50 for 10-class punch card for members, \$8/class for non-members or \$70 punch card; pay instructor. Registration required.**

Membership Not Required

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**Fridays, 1/10 - 4/24 (free demonstration 1/3)  
9 - 10:30 AM in the Assembly Room**

Instructor: Tony Moschetti

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. A free demonstration will be offered on 1/3, and class will begin on 1/10.

## Ukulele Club

**Fee: none. Registration required.**

Membership Not Required

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**Fridays, 1/10 - 4/24**

**1 - 2 PM in room 205**

Facilitator: Robert Dietrich

The Ukulele Club is for those who want to practice and improve their ukulele playing, and who wish to get together with other amateur ukes to learn from each other while listening, playing and singing together. This is primarily for beginners and those with some background willing to help other with less experience.

## Voices of Experience

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

Membership Required

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**Tuesdays, Thursdays, 1/21 - 5/14  
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 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! Chorus members pay a fee for each season to cover the cost of instruction and music. Low-income discounts are available; contact Michelle Buhman at 319-356-5222 or michelle-buhman@iowa-city.org to inquire.

## Theatre

### SSRO Reader's Theatre Group

**Fee: none. Register with activity leader.**

Membership Required

**Wednesdays**

**1:30 - 3:30 PM in room 205 or  
Assembly Room**

A fun-loving theatre troupe that performs at the Senior Center using a reader's theatre format. SSRO performs original works, poems, songs, one act plays, 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.

## Theology

### *The Universal Christ, A Study of Richard Rohr's Book*

**Fee: none. Registration required.**

Membership Required

**Mondays, 2/24 - 3/30**

**10 - 11 AM in room 202**

Instructor: Libby Conley

This class will examine the work of Richard Rohr, *The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe*, by using the author's study guide. Students will be required to read a chapter a week and complete specific exercises in the group. Melinda Gates praises the author,

saying "Fr. Richard challenges us to search beneath the surface of our faith and see what is sacred in everyone and everything. Anyone who strives to put their faith into action will find encouragement and inspiration in the pages of this book." Libby Conley, MDiv is currently the chaplain dedicated to the mental health units at UIHC.

## Writing

### Write Your Life Story

**Fee: none. Registration required.**

Membership Required

**Fridays, 1/10, 1/24, 2/7, 2/21, 3/6, 3/20, 4/3,  
4/17, 5/1, 5/15**

**9:30 - 11:30 AM in room 208**

**Fridays, 1/10, 1/24, 2/7, 2/21, 3/6, 3/20, 4/3,  
4/17, 5/1, 5/15**

**1:30 - 3:30 PM in room 208**

Instructors: Chuck Felling and Diane LaDuke

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. Please register for either a morning or an afternoon session.

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## SPRING 2020 PROGRAMS & SERVICES

# Life & Leisure



## Computers and Technology

### Computer Lab

**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**

The Center's computer lab in room 207 is open to current Center members. Use your membership card to enter the computer lab for access to Windows and Mac 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.

### Device Advice

**Fee: none. No registration.**

Membership Not Required

**Mondays, 3:30 - 4:30 PM**

**Tuesdays, 11:15 AM - 12:30 PM**  
**2/3 - 4/28 in the Assembly Room**

Device Advice is a University of Iowa student organization dedicated to educating older adults on today's technology while creating meaningful connections in the process. We offer twice-weekly tech-related question and answer sessions for Center participants. Anyone is welcome to bring their laptops, tablets, smartphones, or other devices, and their questions. Device Advice instructors vary from session to session, but all are students at the University of Iowa. All volunteers receive special training to ensure their technological competence and are eager to help seniors and the Iowa City community.

### Getting Started with Google Drive

**Fee: none. Registration required.**

Membership Not Required

**Friday, 3/13**

**10 - 11 AM in room 202**

Instructor: Stacey McKim

Sometimes you need a handy way to create, edit, and share documents online: maybe you're editing a friend's resume, dividing up tasks for an event you're organizing with others, or sharing a video that's too big to be sent over e-mail. Google Drive allows you to save up to 15GB of documents to be accessed from any device. Learn how to upload documents from your computer or create them with Google Docs, Sheets, and Slides in this introductory class. This program is presented in partnership with the Iowa City Public Library.

### Individual Technology Mentoring

**Fee: none. Register by completing a form at the Senior Center reception desk.**

Membership Required

**Date, time, and location arranged during registration**

Instructors: Volunteer Technology Mentors

Senior Center volunteers offer one-on-one technology lessons using computers, tablets, and smartphones, covering a variety of topics such as basic device navigation, internet, email, Facebook, apps, photo management, video chatting, and more. Lessons are tailored to help you meet your personal goals for technology learning, and sessions move at your own pace. Lessons can be held in the Senior Center computer lab using our Mac or Windows computers; or bring your own laptop, tablet, smartphone, or other devices. Those who have worked with a mentor before are welcome to sign up again.

## Introduction to Smartwatches

**Fee: none. Registration required.**

Membership Not Required

**Friday, 1/31**

**10 - 11 AM in room 202**

Instructor: Stacey McKim

Are you considering getting a smartwatch but don't know where to start? We'll talk through the main considerations: compatibility with your smartphone, functions (such as phone calls, voice control, activity tracking, and apps), and where to find reviews and ratings. This program is presented in partnership with the Iowa City Public Library.

## Making the Most of Your iPad or iPhone

**Fee: none. Registration required.**

Membership Required

**Tuesdays, 1/14, 1/28, 2/11, 2/25, 3/10, 3/24, 4/14, 4/28**

**11 AM - 12 PM in room 205**

Instructor: Scott Nelson

Bring your iPhone or iPad to this introductory class on how to make the most out of your iOS device. We will cover topics like basic navigation on the device including gestures, email, internet, calendar, contacts, maps, iBooks, pictures, and more. We will also cover iCloud, syncing your device to a Mac, and backing up. We will stress hands on learning to reinforce what we have covered.

### 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!



## 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 smartphones, tablets, laptops, e-readers, music players, digital cameras, or other pocket gadgets for hands-on guidance. We will also have a desktop computer and 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!

## Track Your Reading Online

**Fee: none. Registration required.**

Membership Not Required

**Friday, 1/3**

**10 - 11 AM in room 202**

Instructor: Stacey McKim

"Have I already read that book?" If it's time to start keeping track of the books you've read — and what you'd like to read next — this class is for you. We'll discuss various methods including keeping a simple list in the cloud, using the Reading History function in the Iowa City Public Library catalog, and joining Goodreads, a free website for readers to record, rate, and label their books into categories. This program is presented in partnership with the Iowa City Public Library.

## Using Spotify on a Smartphone

**Fee: none. Register with instructor.**

**Date, time, location to be arranged**

Instructor: Eric Rumsey

Bring your smartphone, and Eric Rumsey will walk you through signing up for a free Spotify account, and teach you the basics of how to use the service to search the world's music and build your own playlists. Sessions are 30 minutes long. To arrange dates and times, contact Eric at 603-465-1186 or [ericrumsey@gmail.com](mailto:ericrumsey@gmail.com).

## 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](mailto: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](mailto:j-kane@uiowa.edu); or contact Ruby at 319-321-2987 or [rubyrene6@aol.com](mailto: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 for more information.

## Hand & Foot

**Fee: none. No registration.**

Membership Not Required

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### Mondays

**1 - 4 PM on the Mezzanine**

### Fridays

**12:30 - 3:30 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 Not Required

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### 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.

### 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. See p. 59 for details.



## Pinochle & Euchre

**Fee: none. No registration.**

Membership Not Required

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### Mondays

**1 - 4 PM on the Mezzanine**

Pinochle is 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. Euchre is a trick taking game with a trump, played by four players in teams of two. Newcomers welcome; instruction provided.

## Play Duplicate Bridge

**Fee: \$5/class; pay instructor. Register with activity leader.**

Membership Not Required

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### 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 to see how you and your partner compare to the other players holding the same cards. You must make a reservation to play. 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 activity 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.

#### 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.



## 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.

## Home & Garden

### Annuals for Your Spring and Summer Gardens

**Fee: none. Registration required.**

Membership Not Required

**Friday, 2/28**

**1 - 2:30 PM in room 202**

Presenter: Johnson County Master Gardeners  
Speakers Bureau

Annuals are the workhorse of the garden. They provide color and definition in any garden space, large or small. The lifecycle of an annual is typically one growing season. Annuals are planted in the spring and summer months, bloom the entire season, then fade and die. Annuals are often used along borders and in containers and flower boxes to brighten up the landscape and add architectural interest. Though less expensive than perennials, planting annuals can be

time-consuming. New annuals must be purchased each year to fill the garden's bare spots and add color. Attend this class to learn about selecting, feeding, watering, and fertilizing annuals, and more.

### Cacti/Succulents

**Fee: none. Registration required.**

Membership Not Required

**Friday, 2/21**

**1 - 2:30 PM in room 202**

Presenter: Johnson County Master Gardeners  
Speakers Bureau

Cacti or succulents are a great option when space is at a premium. Mother Nature knew what she was doing when she engineered cacti and succulents to be very tolerant of low nutrient soils with extreme weather conditions. They also offer a nice indoor option, or if you have limited space, on a balcony. All cacti are succulents, but not all succulents are cacti. Learn the differences and other important information, such as selection, care, and feeding.



## Movies

### Classic Film Fridays

**Fee: none. No registration.**

Membership Not Required

#### Fridays

**1 PM in the Assembly Room or 202**

Host: Larry Rogers

Catch a weekly flick (and occasional free popcorn) on Friday afternoons at The Center!

- 1/3:** *Calendar Girls* (2003, 108 min, PG-13)
- 1/10:** *The Bridges of Madison County* (1995, 134 min, PG-13)
- 1/17:** *The Judge* (2014, 141 min, R)
- 1/24:** *The Best Exotic Marigold Hotel* (2012, 124 min, PG-13)
- 1/31:** *Manchester by the Sea* (2016, 137 min, R)
- 2/7:** *Darkest Hour* (2018, 125 min, PG-13)
- 2/14:** *Cat Ballou* (1956, 96 min)
- 2/21:** *Charlie and the Chocolate Factory* (2006, 115 min, G)
- 2/28:** *Fences* (2016, 138 min, PG)
- 3/6:** *Tender Mercies* (1983, 92 min, PG)
- 3/13:** *Wonder* (2017, 113 min, PG)
- 3/20:** *Dances with Wolves* (1990, 181 min, PG)
- 3/27:** *A River Runs Through It* (1992, 124 min, PG)
- 4/3:** *Get Low: A True Tall Tale* (2011, 103 min, PG-13)
- 4/10:** *Three Billboards Outside Ebbing, Missouri* (2017, 113 min, R)
- 4/17:** *Mr. Church* (2016, 105 min, PG-13)
- 4/24:** *Young Pioneers Building a Family on the Prairie* (2012, 97 min, G)

## Performances and Special Events

### Bill Johnson on Piano!

**Fee: none. No registration.**

Membership Not Required

**Tuesday, 1/14**

**2 PM in the Assembly Room**

Presenter: Bill Johnson

Bill Johnson has been playing concerts at The Center for at least twenty years. In this program, Bill will play Mozart's 3rd Piano Symphony, Debussy's Suite bergamasque, and for good measure, Chopin.

### Love, Etcetera

**Fee: none. No registration.**

Membership Not Required

**Thursday, 1/9**

**2 PM in room 202**

Presenters: READING ALOUD

The Center's READING ALOUD poetry reading group will present a program of Love poems, reflecting different aspects of love. As for Etcetera, these are curious and interesting poems on other subjects. Yes, there are other subjects. Our aim is to brighten the dark, cold days of winter.



## Red Cedar Chamber Music: Physics, Art & Music

**Fee: none. No registration.**

Membership Not Required

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**Thursday, 3/26**

**2 PM in the Assembly Room**

Where do the Arts and Science meet? The core Red Cedar Chamber Music ensemble is joined by former Maia Quartet members Amy Appold and Elizabeth Oakes in a program of string quartet music by composer in residence Michael Kimber. We explore the physics of sound with a piece written only in harmonics; the relationship of color and texture in music and visual art through a piece inspired by art works by Monet, van Gogh, Kandinsky, and Wood; and tell the story of western music from 1400 to 2020 through music and words. Board member and music educator, Melissa Summers, of Johnson STEAM Academy, inspired this project, and we can't wait to share it! Audiences of all ages will be awed by the wonder of nature and human accomplishment.

## Spring Gallery Walk

**Fee: none. No registration.**

Membership Not Required

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**Friday, 3/6**

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

Artists: Truc Deegan, Diana Sproles

The Spring 2020 Gallery Walk will feature exhibitions by local artists, Truc Deegan and Diana Sproles. Stop in during a Gallery Walk reception to meet the artists. This work will be on display from March 6 to April 24.

## SSRO Presents: Funny Ladies

**Fee: none. No registration.**

Membership Not Required

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**Wednesday, 3/18**

**2 PM in the Assembly Room**

Women have been keeping us "in stitches" since the days of vaudeville. The routines of stand-up comediennes on stage, on radio, and on television continue to "tickle our funny bones." We'll present a thumbnail sketch of their rise to fame, and feature Jack Benny's all-male-cast radio parody, "The Women."

**Class registration begins  
Friday, December 13 at 8 AM.  
Here's how to register:**

### Online

To sign into your account go to [www.icgov.org/senior/registration](http://www.icgov.org/senior/registration).  
See page 70 for details.

### Walk-in

Register in person by dropping off your completed registration form, found on page 71, 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

# Save the Date!

## *Elderhood* at the Englert Theatre: An evening with Louise Aronson Friday, April 17, 2020 at 7:00 p.m.

The Center presents an evening with Louise Aronson this spring at the Englert Theatre. People of all ages are invited to attend this free event. Senior Center members, volunteers, and donors will have the opportunity to reserve preferred seating in advance.

Watch for more details soon!



Louise Aronson, MD MFA, is a leading geriatrician, writer, educator, professor of medicine at the University of California, San Francisco (UCSF) and the author of the *New York Times* bestseller *Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life*. *Elderhood* has been praised as a “monumental book about growing old in America--with powerful arguments and revolutionary conclusions that will challenge your assumptions and open your mind about aging.”

A graduate of Harvard Medical School and the Warren Wilson Program for Writers, Dr. Aronson has received the Gold Professorship in Humanism in Medicine, the California Homecare Physician of the Year award, and the American Geriatrics Society Clinician-Teacher of the Year award. Her writing appears in publications including the *New York Times*, *Washington Post*, *Discover Magazine*, *JAMA*, *Bellevue Literary Review* and the *New England Journal of Medicine* and has earned her four Pushcart nominations, the Sonora Review Prize, and a MacDowell fellowship. Her work has been featured on TODAY, CBS This Morning, NPR’s Fresh Air, Politico, LitHub, Kaiser Health News, and Tech Nation.

## Social Groups

### 50+ Singles Group

**Fee: none (separate checks). No registration for breakfast; make advance reservation for monthly dinner.**

Membership Not Required

#### Saturdays

**9:30 - 11 AM at Midtown Family Restaurant**

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 [iciftyplussingles@gmail.com](mailto:iciftyplussingles@gmail.com) for date and location.

### Coffee with the Coordinator

**Fee: none. No registration.**

Membership Not Required

**Tuesdays, 1/14, 2/11, 3/10, 4/14  
2 - 3 PM in the Lobby**

Chat with Senior Center Coordinator LaTasha DeLoach over coffee in the lobby on the second Tuesday afternoon of each month. This monthly open forum is a great opportunity to learn more about how The Center works and to share your feedback and suggestions.



#### DID YOU KNOW?

You can explore a comprehensive calendar of Senior Center events online at [www.icseniorcenterfriends.org/calendar](http://www.icseniorcenterfriends.org/calendar).

## Sports Forum

**Fee: none. No registration.**

Membership Not Required

#### Mondays

**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 occasionally be visited by various speakers. The Sports Forum was started years ago by Al Grady, who was a sports writer for the *Press-Citizen*. The Sports Forum usually meets from the start of the college football season until the end of the college basketball season, depending on the interest of the group. There is no cost, and new participants are welcome any time.

**Class registration begins  
Friday, December 13 at 8 AM.  
Here's how to register:**

#### Online

To sign into your account go to [www.icgov.org/senior/registration](http://www.icgov.org/senior/registration).  
See page 70 for details.

#### Walk-in

Register in person by dropping off your completed registration form, found on page 71, 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



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SPRING 2020 PROGRAMS & SERVICES

Services & Opportunities





# Senior Center Technology & Video (SCTV)

SCTV is 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 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, 1:30 - 2:30 PM**

**Monday, 10 - 11 AM**

**Tuesday, 12 - 1 AM**

**Wednesday, 4 - 5 AM and 7 - 8 PM**

**Thursday, 8 - 9 AM**

**Friday, 11:30 AM - 12:30 PM**

### **North Liberty Channel 5**

**Monday & Friday, 8:30 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](mailto:seniorcentertelevision@gmail.com).**



# Services

**Fee: none. Registration required.**

**Call 319-356-5220 to sign up.**

Membership Not Required

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## Free Tax Preparation

Each year The Center partners with the AARP Foundation Tax-Aide Program to offer free tax help to taxpayers with low and moderate income, especially those ages 60 and above. Trained volunteers work with participants to prepare and e-file tax returns, ensuring they receive applicable tax credits and deductions. Help is also available for completing rent and property tax rebates for seniors and disabled individuals.

Appointments will be available this spring between February 3 and April 15. Call after January 20 to schedule an appointment. Participants need to bring the following documents in order to receive tax aide services:

- All W-2 and 1099 forms, and any other statements of income from 2019
- Government issued identification
- Copy of last year's income tax returns (both federal and state)
- Social Security cards or other official documentation for yourself and all dependents
- Checkbook if you want to do a direct deposit of any refund(s)

## Honoring Your Wishes

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.



## 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.



# Volunteer Opportunities

## New! Center Ambassadors

We're seeking volunteer ambassadors to be the friendly and welcoming face of our Senior Center. Ambassadors will be stationed at the Washington Street entrance during regular business hours and play a pivotal role in assisting visitors and members. Essential duties include greeting people as they arrive at The Center, offering help in locating information and navigating the building, giving building tours, restocking information/resource materials in designated areas, ensuring bulletin board postings are current, and assisting with occasional clerical tasks and special projects. Shifts may last 1-4 hours, depending on volunteer preferences and availability. Ambassadors should be friendly, outgoing, patient, and non-judgmental; they need strong communication skills, familiarity with The Center, and a desire to help others. Training will be provided. Interested candidates should contact Emily Edrington at 319-356-5224 or [emily-edrington@iowa-city.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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.

### Simple & Free: Pantry Exchange

Help us operate The Center's 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](mailto:emily-edrington@iowa-city.org).

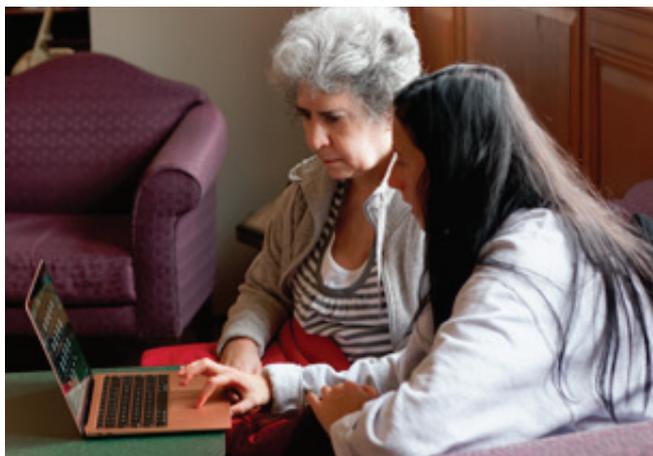
SHARE WHAT YOU CAN,



SIMPLE & FREE

pantry exchange

TAKE WHAT YOU NEED.





# Partner Organizations

## 55+ RSVP Initiative

### Washington Street Lobby

**Office Hours: Thursdays, 1/9, 2/6, 3/5, 4/2,  
9 - 10:30 AM**

55+ Retired Senior Volunteer Program (RSVP) is part of a national movement of volunteers and locally sponsored by the United Way of Johnson and Washington Counties. The program places interested persons, 55 and better, in meaningful volunteer opportunities, including: reading with children, medical transportation, disaster response, delivering meals, food pantry services, volunteer patients for medical students, special projects, and many more options. If you are interested in all the ways you can share your lifetime of experience, compassion and knowledge with others in the community, come visit with Erin Balvanz, Director of the 55+RSVP Program of Johnson, Muscatine, and Des Moines Counties. If you cannot make it but want to get involved, please contact Erin Balvanz at [erin.balvanz@unitedwayjwc.org](mailto:erin.balvanz@unitedwayjwc.org) or call 319-338-7823.

## Horizons Meal Program

### Assembly Room

**Monday - Friday, 11:15 AM - 12:30 PM**

**Fee: Suggested 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](http://www.horizonsfamily.org) for more information.

## Johnson County Public Health

### Washington Street Lobby and Room G03

**Office Hours: Dates and times to be announced**

Johnson County Public Health (JCPH) holds office hours at The Center every month 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. All are invited to come learn about Johnson County Public Health's:

- FREE condoms
- FREE HIV and syphilis testing
- Free hepatitis C 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 Services Coordinator, is ready to answer your questions in Room 201. Call 319-800-9003, email [info@trailofjohnsoncounty.org](mailto:info@trailofjohnsoncounty.org), or visit [www.trailofjohnsoncounty.org](http://www.trailofjohnsoncounty.org) for more information about membership options, services, and fees.

## **Transportation Support Drop-in Hours**

**Washington Street Lobby**

**Fridays (2nd of month), 10 AM - 12 PM**

If you have ever been curious about riding the bus, exploring alternatives to driving, or how to avoid busy parking ramps, stop by to see Kelly Schneider, the Johnson County Mobility Coordinator. Kelly holds monthly office hours at The Center and is available to answer your transportation questions and discuss options for accessing the community beyond a personal vehicle. Receive guidance on identifying which bus stop and route is near you, how to ride the bus, and how to save money by applying for senior discounted fare programs. Kelly can also help you learn how to navigate various transportation technology platforms for trip planning, bus arrival/ departure predictions, Uber or Lyft, and more! Bring your smartphone if you have one, or we can use a computer available at the Senior Center. No appointment necessary.

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

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.

**Cholesterol Screening**

**Fee: \$17. By appointment only.**

**Wednesdays, 8:30 - 10:30 AM**

**1/15, 2/19, 3/18, 4/15**

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**

**1/9, 1/23, 2/6, 2/20, 3/5, 3/19, 4/2, 4/16, 4/30**

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.

**VNA Volunteer Opportunities**

Visiting Nurse Association is looking for volunteers to help clients with paperwork and registration at community clinics held at The Center. The time commitment is up to volunteers, based on your availability. We will work with your schedule!

- Foot Care Clinic volunteers greet clients, fill and empty water basins, take payments, issue receipts, and make appointments.
- Cholesterol Clinic volunteers greet clients, take payments, and issue receipts.

Contact Colette Hartley about volunteering at [hartleyc@vnaic.org](mailto:hartleyc@vnaic.org) or 319-337-9686, ext. 1155.

**North Liberty Community Center Senior Programs**

**520 W. Cherry Street, North Liberty, IA 52317**

Visit [northlibertyiowa.org/calendar](http://northlibertyiowa.org/calendar) for additional program details.

**Dementia Education Series**

**Tuesdays (1st of month), 2/4, 3/3, 4/7, 5/5, 1 - 2 PM**

Learn how to better support yourself and your loved one by attending this dementia education series presented by the Alzheimer's Association. Free; no registration.

**Stanley Museum of Art Lectures**

**Thursdays (1st of month), 2/6, 3/5, 4/2, 5/7, 1 - 2 PM**

Join presenters from the University of Iowa Stanley Museum of Art for a lively art appreciation program each month. Free; no registration.

**Great Courses: Law School for Everyone**  
**Tuesdays (2nd of month), 2/11, 3/10, 4/14,**  
**5/12, 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; no registration.

**Great Courses: The Wonders of**  
**America's State Parks**

**Tuesdays (3rd of month), 2/18, 3/17, 4/21,**  
**5/19, 1 - 2:30 PM**

Encompassing more than 18 million acres of land, America's state parks feature a variety of adventures that is nothing short of astounding. Drop in to this course to enjoy virtual tours exploring some of America's most treasured locales. Free; no registration.

**Life of Laura Ingalls Wilder**

**Tuesdays, 3/24, 4/28, 5/26, 1 - 2 PM**

Reference Librarian and History Educator Sarah Uthoff, of Trundlebed Tales Blog, will talk about her research on Laura Ingalls Wilder in this three-part series. Participants will learn about how Laura lived, food, history, and travel sites, featuring stories and photos. Free; no registration.

**Coffee & Conversation**

**Mondays, 10 - 11 AM**

Join this drop-in conversation group for an hour of coffee and socializing. Free; 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. Fee: \$13/drop-in, or call NL Recreation at 319-626-5716 or visit [northliberty.recdesk.com](http://northliberty.recdesk.com) to register for monthly discount.

**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 Johnno's, Hy-Vee Catering, Yang Chow Wok, Mirabito's Italian. Fee: \$5/meal; call NL Recreation at 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. Fee: \$3/drop-in, or call NL Recreation at 319-626-5716 or visit [northliberty.recdesk.com](http://northliberty.recdesk.com) to register for monthly discount.

**Pickleball**

**Monday - Friday, 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. Fee: \$4/drop-in; no registration.

**Questions? Contact Angela at**  
**[amconville@northlibertyiowa.org](mailto:amconville@northlibertyiowa.org) or**  
**319-626-5722.**



# 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. Our vision is to continue social involvement and to end social isolation for adults 50+.**

## 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. 72 for details.

## Winter/Spring 2020 Holidays

The Center will be closed for holidays on 12/24, 12/25, 1/1, 1/20, and 2/17. 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](http://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](http://www.icseniorcenterfriends.org/calendar)

## New to The Center? Get Connected!

- Take a tour of the Senior Center with a volunteer from the Membership Committee. See p. 3 for upcoming dates.
- 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!

## 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. 79).
- Attend a Commission meeting.
- Drop a note in our suggestion box in the 2nd floor hallway.

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.

### **Discounted Parking**

Senior Center members can purchase a packet of pre-paid parking validation tickets, which 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.

Please note: Sales of annual and semiannual parking permits are currently suspended due to capacity issues. Permits that have already been issued will remain active through their expiration dates, but we are unable to sell additional permits until further notice.

### **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](http://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.

### **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.

### **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](mailto:emily-edrington@iowa-city.org).



# Sign up for Classes

**Spring 2020 registration begins Friday, December 13, 2019 at 8 AM.**

## **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](http://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. 71)

## **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](http://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.



**Class Registration Form**  
**Spring 2020 Registration Begins:**  
**Friday, December 13, 2019 at 8 AM**

**Registration Options:**

- Online: [www.icgov.org/senior/registration](http://www.icgov.org/senior/registration), see p. 70 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: \_\_\_\_\_

Class Title	Starting Date	Fee

**(Person #2)** Name \_\_\_\_\_ Phone \_\_\_\_\_

I have a current Center membership:  Yes  No      Expiration Date: \_\_\_\_\_

Class Title	Starting Date	Fee

**Suggestions for classes, programs, or events you would like The Center to offer:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# 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 any time and are good for one year from the date of purchase. Revenue from membership fees helps support The Center's operational expenses.

## How do I sign up? You have choices:

- Visit us at the Senior Center reception desk
- Mail us your member registration form, along with your payment
- Once you have signed up for membership, you can renew online at [www.icgov.org/senior/registration](http://www.icgov.org/senior/registration)

## What does my membership card do?

You'll 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

## What are the benefits of membership?

- Extended access to the building via the Washington Street entrance and the parking ramp skywalk using your membership access card.
- Exclusive access to the exercise equipment rooms and computer lab.

- Participation in Center-sponsored programs requiring membership.
- Reduced participation fees for some classes.
- Access to discounted parking options.
- Invitation to member appreciation events.
- Opportunities to help direct the operation of The Center through participant committees.

## What if I can't afford membership?

The Center has a Low-Income Membership Program, funded by Friends of The Center and the Senior Center Endowment, to ensure that all community members ages 50+ can access Senior Center programs, services, and membership benefits. Low-income support includes:

- Membership for \$10 annually
- Parking permit for \$10 annually
- 25% discount on all classes offered by independent contractors
- Class fees charged by The Center are waived

## Who is eligible for a low-income discount?

- Participants in the Iowa City Utility Discount Program or assisted housing program
- Recipients of Medicaid benefits
- Recipients of SNAP benefits
- Recipients of Supplemental Security Income (SSI)
- Participants in the Elderly or Social Security Disability Income Credit Claim on Real Estate or State Rent Reimbursements

**Contact Kristin Kromray at 319-356-5221 or [kristin-kromray@iowa-city.org](mailto:kristin-kromray@iowa-city.org) for more information. All inquiries are confidential.**



## Member Registration Form

Personal Information <i>(please print)</i>			
First Name		Last Name	
Address		City	State   Zip
Are you an Iowa City Resident (within City limits)? <input type="checkbox"/> Yes <input type="checkbox"/> No		Do you live in an unincorporated part of Johnson County? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Primary Phone Number		Secondary Phone Number	
Email			
Date of Birth (mm/dd/yyyy)	Gender Identity	Names of household members sharing your membership	
Emergency Contact Information			
Emergency Contact Name		Relationship	
Primary Phone Number		Secondary Phone Number	
Correspondence			
I would like the quarterly program guide: <input type="checkbox"/> Emailed to me <input type="checkbox"/> Mailed to my home <input type="checkbox"/> I will pick up at the Senior Center		I would like to receive correspondence such as membership renewal reminders and class update information via: <input type="checkbox"/> Email <input type="checkbox"/> Postal Mail	
Optional Information			
How would you describe your race/ethnicity? (check all that apply) <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Multi-racial <input type="checkbox"/> Native American/Alaskan <input type="checkbox"/> Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Self-identify: _____			
How did you learn about The Center? <input type="checkbox"/> Friend or Family Member <input type="checkbox"/> Iowa Public Radio <input type="checkbox"/> Newspaper <input type="checkbox"/> Website: _____ <input type="checkbox"/> Poster/Flyer <input type="checkbox"/> Facebook <input type="checkbox"/> Picked up a Program Guide at: _____ <input type="checkbox"/> Public Presentation <input type="checkbox"/> Little Village <input type="checkbox"/> 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

Over ➔

## Annual Membership Fee

*Low-income membership discounts are available. Call Kristin Kromray at 356-5221 for eligibility details.*

	Iowa City Resident (within City limits)	Non-Iowa City Resident	Subtotal
Single Membership:	\$40	\$75	\$
Additional Household Members:	\$25 each	\$45 each	\$
I would like to make a donation of \$_____ to the Iowa City/Johnson County Senior Center.			\$
Total Due: <i>Payable to the Senior Center by cash, check, or Visa/MasterCard/Discover (in person)</i>			\$



### 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

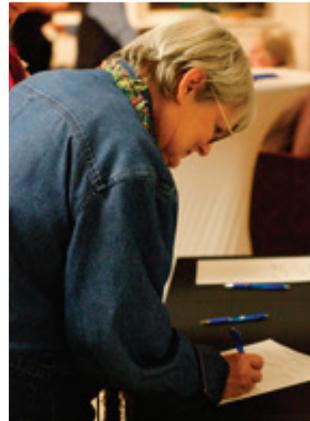
Volunteer Information	Date:
Are you interested in volunteering at The Center? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Later:	
If yes, what are your areas of interest? <input type="checkbox"/> Instructor/Presenter <input type="checkbox"/> Group/Club Leader <input type="checkbox"/> Advisory/Working Committee <input type="checkbox"/> Building Supervisor <input type="checkbox"/> Tax Aide Counselor <input type="checkbox"/> SHIIP Counselor <input type="checkbox"/> Technology Mentor <input type="checkbox"/> SCTV Producer <input type="checkbox"/> Library <input type="checkbox"/> Quilter <input type="checkbox"/> Intergenerational Programs <input type="checkbox"/> Special Events <input type="checkbox"/> Short-Term Projects <input type="checkbox"/> Other:	
Comments, past experience, related training/skills:	

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



# Donor Spotlight: Art is Ageless

The Center hosted our first Art Auction on Friday, September 27, 2019 which featured a variety of work donated by two local artists, Linda D. Brown and the late John “Big John” Birkbeck. The event gathered community members to enjoy an evening of live entertainment, a dessert bar, and complimentary beer and cider samples from Big Grove Brewery, Wilson’s Orchard, and ReUnion Brewery while they placed silent auction bids on featured artwork. Every piece of art found a loving new home and auction prices ranged from \$10 to \$500. It was a lovely evening spent celebrating the creativity of artists of all ages, all while supporting The Center as a crucial resource that helps community members stay active, curious, and connected. The art auction raised over \$3,000 to support The Center’s operational budget!



## Thank You to these local businesses:



### Friends of The Center: Board Members Needed!

Friends of The Center is seeking volunteer leaders interested in serving on the Board of Directors. Through fundraising and community-based initiatives, Friends of The Center supports The Center in its work to enrich the community and improve the quality of life for adults over 50.

If you or someone you know is passionate about helping others thrive in our community and able/willing to share your time and talents, please email [LaTasha-DeLoach@iowa-city.org](mailto:LaTasha-DeLoach@iowa-city.org) for details.

## Thank you to all those who donated between July 1, 2019 and October 31, 2019.

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### **\$5,000 +**

Kathy Mitchell

### **\$1,000 - \$4,999**

Friends of the Iowa City  
New Horizons Band  
Dr. Mark A. Holbrook  
Feather Lacy  
University of Iowa  
Senior College

### **\$500 - \$999**

Judy and Eddie Allen

### **\$250 - \$499**

Anonymous  
Margaret and Chuck  
Felling

### **\$150 - \$249**

Gerald Pike  
John Schmidt and  
Allison York

### **\$75 - \$149**

Anonymous (2)  
Dean Abel  
Barbara Bailey and Del  
Holland  
Bob and Barb Bradley  
City High Class of 1957  
Chuck and Carol Dewey  
Rose Dunham  
Mary Ann Letizio and  
William Heald  
Bonnie Love and Wayne  
Bowman  
Martha Lubaroff  
Monica Maloney-Mitros  
and Frank Mitros  
Wilma D. Pedersen  
Catherine and Donald  
Pietrzyk  
Janice Redick  
Ross Family Fund  
George and Alliene  
Schrimper  
Diane and Mel Sunshine

### **\$50 - \$74**

Olivia Atcherson  
Lucy David  
K. Fobian  
Jim Gulland  
Rose Hanson  
Helga Johnson  
Charles Neuzil  
Francine Pollack  
Paula and Kemal Sanan  
Franklin and Mary  
Scamman  
Adrian Schoenmaker  
Carol Throckmorton  
Mary Wall  
Michelle Wiegand

### **Up to \$49**

Terry Clark and L.M.  
Yeutter  
Alta Cook  
David Curry and Donna  
Friedman  
Karen and David Drake  
Diana Evers  
Joanne Fobian  
Harold and Barbara Goff  
John Handley  
Katy and Peter Hansen  
Joni Jones  
Collin Kerstetter  
Victoria M. McBrien  
Mark Miller  
Mary Oxford  
Rene Pagliai  
Peter Ramnani  
Gillian Raw  
Larry Rogers  
Edna Schindhelm  
John and Coleen  
Schmillen  
Cathy Schrepfer  
Jim Snyder  
Anna M Stranieri  
Sharon Stubbs  
Deborah Totemeier  
Judy Trepka  
Sheila Vedder  
Sue Zaleski

### **In Honor Of**

**Jerry Loewenberg**  
Michelle Wiegand

**Beth and Dan Stence**  
Gillian Raw

### **In Memory Of**

**Emily Bennett**  
Alta Cook  
Joanne Fobian  
Harold and Barbara Goff  
John Handley  
Catherine and Donald  
Pietrzyk  
Paula and Kemal Sanan  
Franklin and Mary  
Scamman  
Cathy Schrepfer  
Sheila Vedder

### **David Evans**

Collin Kerstetter

### **Bobbie Hans**

K. Fobian  
Janice Redick

### **Scott Hendrikson**

Margaret and Chuck  
Felling

### **George McCall, PhD**

City High Class of 1957

### **Patrick Nefzger**

Victoria M. McBrien

### **Sara Lee**

**Schoenmaker**  
Adrian Schoenmaker

# 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 \_\_\_\_\_

(The amount of your gift will remain confidential.)      Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

You can also give online through the Friends website at [icseniorcenterfriends.org](http://icseniorcenterfriends.org)

The website also provides the option of recurring gift payments. Modest monthly contributions, made as credit card or bank withdrawals, are a convenient way of giving and can add up to yield a significant impact.

Please provide your contact information:

Name \_\_\_\_\_

(For recognition purposes, I/we would like to be listed as written above.)

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





# 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](mailto:kristin-kromray@iowa-city.org).**

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

**Non-profit organizations receive a 50% discount on facility rentals.**





# Meet Our Staff



**LaTasha DeLoach**  
Coordinator  
319-356-5225  
latasha-deloach@iowa-city.org



**Kristin Kromray**  
Operations Assistant  
319-356-5221  
kristin-kromray@iowa-city.org



**Michelle Buhman**  
Program Specialist  
319-356-5222  
michelle-buhman@iowa-city.org



**Jessi Simon**  
Development Specialist  
319-356-5216  
jessi-simon@iowa-city.org

**Program areas:**

- Fitness & Movement
- Health & Wellness
- Liberal Arts & Sciences
- Life & Leisure
- Classes, presentations, special events
- Groups and clubs
- Program Committee



**Lisa Dreesman**  
Morning Receptionist  
319-356-5220  
lisa-dreesman@iowa-city.org



**Emily Edrington**  
Community Outreach Specialist  
319-356-5224  
emily-edrington@iowa-city.org



**Craig Buhman**  
Maintenance  
319-356-5227  
craig-buhman@iowa-city.org

**Program areas:**

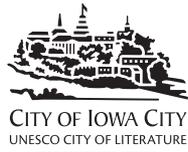
- Computers & Technology
- Intergenerational activities
- Advance health care planning
- Medicare counseling and education
- Services (SHIIP, legal counseling, tax aide, pantry)
- Volunteer opportunities
- Community engagement



**Dan Swenson**  
Maintenance  
319-356-5227  
dan-swenson@iowa-city.org



**Brad Mowrey**  
Senior Center Technology & Video  
319-356-5211  
seniorcentertelevision@gmail.com



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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.

### Find the Center!



Linn St. Entrance



Washington St. Entrance

