



SEPTEMBER 2020 VIRTUAL PROGRAMS

OUR BUILDING IS CLOSED DUE TO COVID-19, BUT WE ARE STILL HERE TO HELP YOU
STAY ACTIVE  **STAY CURIOUS**  **STAY CONNECTED**



28 S. Linn Street, Iowa City, IA 52240

SEPTEMBER 2020 VIRTUAL PROGRAMS


STAY CONNECTED WITH THE CENTER:

-  Call us at **319-356-5220**
-  Subscribe to our weekly emails
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-  Visit [icgov.org/senior](https://www.icgov.org/senior) for the latest news, programs, and links to recommendations for staying engaged from home

Programs are free and open to all unless otherwise noted. If fees or registration are required, details will be specified in the description. To access Zoom links, visit icgov.org/senior.

ONE-TIME PROGRAMS

A "Tour" of 1840s & 1850s Buildings in Iowa City
Tuesday, September 1, 1:00 p.m.


Zoom Meeting ID: 995 0579 0402 

Presenter: Tom Schulein

Did you know there are 25+ buildings in Iowa City that date to the 1840s and 1850s? Take a "tour" of many of them and learn about some fascinating history!

Alzheimer's Support Group

Sunday, September 6, 12:30 p.m.

Register to receive Zoom Meeting ID 

The Alzheimer's Association caregiver support group will continue to meet on the first Sunday of each month via a virtual platform. To register or for more information, contact group facilitator Gwen Elling at 319-338-1340.

Iowa City Climate Action Plan

Tuesday, September 8, 11:00 a.m.

Zoom Meeting ID: 978 7600 7992 

Presenter: City of Iowa City's Climate Action Team

Learn more about Iowa City's Climate Action Plan, chat with city staff about the different parts of the plan, and learn ways you can get involved, including the upcoming virtual Climate Fest.

History of Iowa City Elementary Schools

Tuesday, September 8, 1:00 p.m.

Zoom Meeting ID: 991 0163 0490 

Presenter: Tom Schulein

When Iowa City was founded in 1839, were there public schools? What was the nature of early Iowa City elementary education? In this presentation, Tom Schulein will trace the history of the elementary school buildings, discuss whom they were named for, and explain the growth of Iowa City to show why the schools were established.

Digital Magazines from Your Library

Tuesday, September 8, 2:00 p.m.


Register to receive Zoom Meeting ID 

Presenter: Stacey McKim, Iowa City Public Library

Imagine carrying a stack of the latest magazines at all times, weighing no more than your phone, and at no cost to you! Learn how to stream or download over 200 magazines through two platforms provided by the Iowa City Public Library. (Please note: service is limited to residents of Iowa City, Hills, University Heights, Lone Tree, and rural Johnson County.) Call 319-356-5220 to sign up.

COVID-19 Update and Q&A Session

Thursday, September 10, 1:00 p.m.


Zoom Meeting ID: 965 4103 8145 

Presenter: Johnson County Public Health

JCPH staff will answer your questions and share information to help you keep up with trends, statistics, new developments, and current public health guidance related to COVID-19.

Grandparents Day Ice Cream Social


Sunday, September 13, 2:00 p.m.

Zoom Meeting ID: 931 7061 8819 

BYO ice cream and join us for a virtual party celebrating all the grandparents and older adults in our lives! People of all ages and geographies are invited to enjoy some intergenerational fun, games, and conversation.

Death Café

Monday, September 14, 1:00 p.m.

Zoom Meeting ID: 931 2208 3426 

Facilitators: Michelle Buhman and Craig Mosher

Discussing death and acknowledging its inevitability can help us make the most of life. This is not a grief support group, more of a philosophical conversation. Learn more at deathcafe.com.

Steamboats in Iowa City

Tuesday, September 15, 1:00 p.m.


Zoom Meeting ID: 941 6957 6555 

Presenter: Tom Schulein

The Iowa River isn't big enough to permit them passage, so what were they doing here in Iowa City? How long did the steamboat era last? What brought it to an end? These issues will be explored in this short presentation.

Reading Aloud


Thursday, September 17, 2:00 p.m.

Zoom Meeting ID: 931 5070 9357 

Hearing poetry read aloud can make many poems more accessible, as well as heightening their emotional impact. Join the members of READING ALOUD for this monthly 30-minute poetry reading.

Advance Health Care Planning Workshop

Monday, September 21, 2:00 p.m.


Zoom Meeting ID: 932 2642 2828 

Presenter: Emily Edrington

Learn how to talk about and document your health care preferences to ensure that your family, friends, and health care team know what's important to you and your wishes are honored.

The Rise and Fall of Chautauqua in Iowa

Tuesday, September 22, 1:00 p.m.

Zoom Meeting ID: 945 9043 3172 

Presenter: Tom Schulein

An immensely popular movement was part of the summer culture of hundreds of towns in America in the first quarter of the 20th century. Learn about the rise, fall, and present state of this little-remembered system of education, inspiration, and entertainment.

Book Discussion: So You Want to Talk About Race


Monday, September 28, 2:00 p.m.

Register to receive Zoom Meeting ID 

Join us in reading and discussing *So You Want to Talk About Race*, a 2018 non-fiction book by Ijeoma Oluo. Each chapter title is a question about race in contemporary America. Oluo outlines topics such as police brutality, intersectionality affirmative action, the school-to-prison pipeline, cultural appropriation, and microaggressions, and gives advice about how to talk about the issues. Registration required; call 319-356-5220 to sign up.

University Heights, A Unique Community

Tuesday, September 29, 1:00 p.m.

Zoom Meeting ID: 944 7445 1556 

Presenter: Tom Schulein

What is University Heights, and how did it come into being? Football fans have long interacted with it by parking on its residential lawns and walking to Kinnick Stadium. Unless one ventures off the main streets into the more hidden portions of University Heights, most of it is unseen.

Join for any session unless otherwise noted.

RECURRING PROGRAMS

Fit 4 Life

Tuesday, Thursdays, September 1-29, 9:30 a.m.

Register to receive Zoom Meeting ID 

Instructor: Megan Johnson

For this strength training class, you can use weights, bands, or even simple household products such as canned goods to substitute for dumbbells. Some work can be done with a chair. Fee: \$20/month; email mmjohnson17.mj@gmail.com to register and pay the instructor.

BeMoved Dance

Tuesdays, Fridays, September 1-29, 10:30 a.m.

Gentle BeMoved

Wednesdays, September 2-30, 2:00 p.m.

Register to receive Zoom Meeting ID 

Instructor: Hillary Granfield

A dance fitness experience for people of all movement abilities; newcomers welcome anytime. Learn more at www.bemoveddance.com. Fee: \$10/class; email hillster2942@icloud.com to register and pay the instructor.

Yoga with Esther

Tuesdays, Thursdays, September 1-29, 11:00 a.m.

Saturdays, September 5-26, 8:30 a.m.

Register to receive Zoom meeting ID 

Instructor: Esther Retish


This class emphasizes breathing, balance, and focus while increasing strength and flexibility. Some yoga experience is helpful. Try classes for free on September 1, 3, 8, and 10. Fee: \$5/class; payment arrangements made directly with the instructor. Registration required; call 319-356-5220 to sign up. No class on Saturday, September 19.

SUPPORT THE CENTER:

Even while our building is closed, your gifts help keep The Center accessible, affordable, and a vital part of our community. All gifts, no matter how large or small, make a *big* difference. Donations are accepted by Friends of The Center via mail at 28 S. Linn St, Iowa City, IA 52440 or online at icseniorcenterfriends.org.

Learning Spanish Mini-Intensive, Part 3**Tue, Wed, Thu, September 1-30, 11:00 a.m.****Register to receive Zoom Meeting ID** *Facilitator: Emily Edrington*


This continuing class utilizes the Great Courses' *Learning Spanish* video lectures, as well as group exercises to build skills in Spanish speaking and comprehension. We will pick up around lesson 15; new students are welcome to join us in progress. Participants should plan to attend all or most sessions, but missed lectures can be watched independently on the Kanopy app. Registration required for new participants; call 319-356-5220 to sign up.

Zentangle**Tuesdays, September 1, 15, 29, 3:00 p.m.****Zoom Meeting ID: 883 1170 2206** *Instructor: Karen Rushton*

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns called tangles. You create tangles with combinations of dots, lines, simple curves, S-curves, and orbs. This class is open to all levels and experiences.

Slow Flow Yoga for All Levels**Mon, Wed, Fri, September 2-30, 11:00 a.m.****Register to receive Zoom Meeting ID** *Instructor: Christoph Weismayer*



This class starts with a slow flow warm-up and then slows down to a workshop style to study a few poses in greater detail with optional prop use. Then a few poses to re-energize and we conclude with passive stretches, relaxation techniques, and Savasana. Fee: \$30/month; email weismayerc@gmail.com to register and pay the instructor. No class on Monday, September 7.

Bone Builders**Wednesdays, Fridays, September 2-30, 11:30 a.m.****Register to receive Zoom Meeting ID** *Instructor: Kris Cameron*

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

Cooking Across the Ages**Wednesdays, September 2-30, 1:00 p.m.****Register to receive Zoom Meeting ID** *Facilitator: Beth Stence*


In the Great Courses video lecture series, *Cooking Across the Ages*, award-winning Professor Ken Albala of the University of the Pacific takes us on a fascinating international journey through civilizations across the ages—showing us who we were, how we lived, and why—through the lens of cooking. Membership and registration required; call 319-356-5220 to sign up.

Garden Club**Wednesdays, September 2-30, 3:00 p.m.****Zoom Meeting ID: 882 6502 3173**  

Join us for weekly gardening chats with peers and local guest experts. Bring your questions, share your current challenges, and tell us about your successes.

Cooking with Vegetables**Thursdays, September 3-17, 3:00-4:00 p.m.****Register to receive Zoom Meeting ID** *Facilitator: Michelle Buhman*

Learn new ways to use some of the fresh produce available during the summer in Iowa. Each week we will watch a 30-minute lecture from the Great Courses series *The Everyday Gourmet: Cooking with Vegetables*, followed by a brief discussion. Participants are encouraged to share recipes and experience with the featured vegetable of the week. These sessions will feature salad greens and lettuces, field greens and cooking greens, and celery root and parsnips. Registration required for new participants; membership required; call 319-356-5220 to sign up.

Device Advice**Thursdays, September 3-24, 3:30-4:30 p.m.****Zoom Meeting ID: 990 7918 5430** 

Device Advice is a UI student volunteer organization offering weekly tech-related Q&A sessions for anyone who needs assistance. Volunteers will be helping participants via Zoom this fall. All are welcome to join and become more familiar with Zoom, receive guidance on your tech devices, and enjoy some friendly conversation at the same time.

Watercolor for Rebels

Fridays, September 4-25, 2:00 p.m.



Register to receive Zoom Meeting ID 

Facilitator: Kristin Kromray

Join us as we watch artist Josie Lewis' *Watercolor for Rebels* course. Each week we will watch a project together. Afterward, Kristin Kromray will paint the project on camera. Participants are encouraged to join in painting, or they are welcome just to watch the process. This course is for a beginner, someone who wants to try some new techniques, or practice their watercolor skills. Check out www.josielewis.com for more information about Josie and her work. Registration required; call 319-356-5220 to sign up.

50+ Singles Group



Saturdays, September 5-26, 9:30 a.m.

Zoom Meeting ID: 940 7962 7600  

The 50+ Singles Group is meeting online for now, so grab a cup of coffee, get on your computer, and join friends old and new on Saturday mornings.

Spanish Conversation Practice

Mondays, 11:00 a.m.

Zoom Meeting ID: 955 1087 0862  

Practice your Spanish and connect with friends from The Center. People of all ages and skill levels are welcome to join these casual conversations.

An Experimental Lyrics Alive Zoom Singing Group

Tuesday, September 8, 1:30 p.m.

Mondays, September 14-28, 1:30 p.m.

Register to receive Zoom Meeting ID 

Facilitator: Rob Dietrich

Lyrics Alive is a gathering where we all sing together, requesting songs from the blue *Rise Up Singing* songbook. For the last two months, several Lyrics Alive regulars have been experimenting with holding sing-along meetings over Zoom. We are having fun and now invite you to join us! Visitors are welcome to join and/or observe. To register or to borrow a copy of the songbook, contact Rob Dietrich at rob70dietrich@gmail.com or 319-541-2487. An invitation will be sent by email 24 hours before the scheduled meeting.

Voices of the Latin American Short Story: The Magic and the Real

Tue, September 8 - October 27, 3:00-4:30 p.m.



Register to receive Zoom Meeting ID  

Instructor: Dr. Linda Materna

The short story is a major literary genre in Latin America. Join this class to delve into and discuss modern and contemporary treasures by writers from Argentina, Chile, Columbia, Mexico, and Puerto Rico including Jorge Luis Borges, Juan Rulfo, Julio Cortázar, Gabriel García Márquez, Rosario Ferré, Luisa Valenzuela, Isabel Allende, and Clarice Lispector. Readings will be provided via email by the instructor each week. Registration required; call 319-356-5220 to sign up.

Hobby Hour/Happy Hour

Fridays, September 11-25, 3:30 p.m.

Zoom Meeting ID: 945 2057 9987  

Grab a beverage of your choice and join us for themed chats covering a variety of hobbies and skills. Show off what you've been working on, share advice and troubleshooting, and get ideas for new projects!

- **9/11: Shop Class** (woodworking, DIY fix-it and building projects, home improvement).
- **9/18: All Things Fermentation** (brewing, winemaking, cidermaking, kimchi, sourdough).
- **9/25: Collecting** (stamps, books, art, toys, antiques...whatever you're into, show us your collection).

Moving with Parkinson's

Mondays, September 14-28, 10:30 a.m.

Register to receive Zoom Meeting ID 

Instructor: Kris Cameron

Moving with Parkinson's is a 45-minute exercise program designed to empower people with Parkinson's and other neurological conditions. Functional exercises include big movements, stretching, posture, balance, strength, gait, facial, and vocal exercises. This class is free thanks to the Parkinson's Foundation Moving Day Community Walk; email kris@renuyourlife.com to register.

ADDITIONAL SERVICES:

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. The Center's SHIIP volunteers continue to assist our community with Medicare counseling while our building is closed. To schedule a virtual SHIIP appointment (via Zoom or phone), call The Center at 319-356-5220.

Tech Help

For a friendly voice to help troubleshoot any technology challenges, feel free to call our Senior Center Technology & Video (SCTV) staff member Brad Mowrey at 319-356-5211. Leave a message and he will return your call soon to provide assistance.

Video Transfer Services

Save space and preserve your memories by converting your old home videos to DVD or digital file. Video transfer services are available through Senior Center Technology & Video (SCTV) for an affordable cost of \$10-\$15 per DVD, depending on the size of your order. For more information and to make arrangements for drop-off, call Brad at 319-356-5211 (you may need to leave a voicemail).

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HOW TO ACCESS OUR REMOTE PROGRAMMING

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



JOIN BY WEB BROWSER (COMPUTER):

Locate the program you want to join on our website or email and click the "Zoom Meeting ID" link. Click "Join from Browser" and follow the prompts. That's it!



JOIN BY APP (SMARTPHONE, TABLET, COMPUTER):

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



JOIN BY PHONE (audio only):

At the time of the program, simply call 312-626-6799. When prompted, dial the Zoom meeting ID for the program you want to join. Your phone will be automatically muted once the meeting starts. When you want to speak, press *6 to unmute.