



IOWA CITY SENIOR CENTER

STAY ACTIVE | CURIOUS | CONNECTED

SEPTEMBER-OCTOBER 2024 PROGRAM GUIDE



Your community Senior Center is here for you!

- Offering free and low-cost programs, services, and facilities geared toward older adults.
- Based in downtown Iowa City with programs and services offered throughout Johnson County.
- Membership open to anyone age 50+, wherever you live, with low-income discounts available.
- Here to help you stay active, curious, and connected!

Open 7 Days a Week:

- Mon-Thu, 8 am - 7 pm
- Fri, 8 am - 5 pm
- Sat, 9 am - 1 pm
- Sun, 12 - 5 pm

New Classes & Events:

- Community Engagement, page 4
- Lifelong Learning, page 6
- Social Connections, page 11
- Wellness, page 13



ABOUT THE SENIOR CENTER

OUR MISSION

To enhance quality of life by creating opportunities to support:

- wellness
- social connections
- community engagement
- lifelong learning

for a diverse and growing older adult population.

OUR VISION

To extend social involvement and end social isolation for people age 50+.

OUR EQUITY STANDARD

To purposefully embrace inclusion by creating a more equitable, accessible, safe, welcoming, and inclusive senior center where differences are recognized, respected, valued, and celebrated.

DISABILITY

ACCOMMODATIONS

Individuals with disabilities are encouraged to attend all Iowa City Senior Center sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate, please contact us in advance at srcenter@iowa-city.org or 319-356-5220.



BECOME A MEMBER OF ICSC!

Membership is open to anyone age 50+ and includes access to the Senior Center fitness equipment rooms and member-reserved programming. Membership can be purchased at any time and is good for one year from the date of purchase.

Annual membership fees for an individual and additional household members:

Iowa City resident: \$40 (+\$25/additional person)

Non-Iowa City resident: \$75 (+\$45/additional person)

Membership offer for North Liberty residents:

Thanks to grant funding from the City of North Liberty, NL residents age 50+ may receive the same discounted membership rate as Iowa City residents. Stop in or call 319-356-5220 to take advantage of this special discount.

How to sign up or renew your membership:

- Go online: icgov.org/senior/registration
- Stop in: 7 days a week during open hours
- Call us: 319-356-5220
- Mail a check: 28 S. Linn St, Iowa City, IA 52240

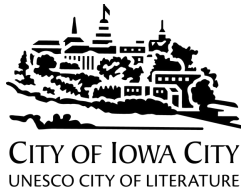
Low-income discount:

We never want financial concerns to be a barrier to full participation. The Iowa City Senior Center has a low-income discount program available, which reduces the cost of membership to \$10 per year or fully waives the fee if needed. To learn more, please inquire with our staff when you join or renew.

Free membership with Renew Active:

A program of United Healthcare Medicare plans, Renew Active covers the cost of your membership by making monthly contributions to support our Senior Center. Ask for details at the reception desk.

SEPTEMBER-OCTOBER 2024



SIGN UP FOR CLASSES!

You can register:

- Online at icgov.org/senior/registration
- By phone, call 319-356-5220
- In-person at the Senior Center, 7 days a week during open hours

Check out our online registration how-to video at tinyurl.com/SC-onlinereg.

For multi-session programs with registration, please sign up prior to the first meeting date and plan to attend all (or most) sessions.

Some programs require you to register with the instructor or partner organization. In these cases, details are provided in the program description.

Membership requirements:

Current ICSC membership is a prerequisite for some classes. If membership is required, it will be noted in the program description.

Fees:

Programs are offered without charge unless otherwise noted. For in-person programs that have fees, please pay the instructor on the first day of class. For virtual programs with fees, payment instructions are provided at the time of registration or soon after.

INDEX OF PROGRAMS

COMMUNITY ENGAGEMENT 4

Intergenerational Study Hall
Reading with Tai
Grandparents Day Brunch & Games
Cinema Salon
Climate Fest: Nonprofit Nerd Out
Learn About Dealing with Conflict
New Member Lunch
Pickleball Jamboree
Moviegoing Memories: Oral History
Gallery Walk Art Exhibition
Fall Color Hike
AARP Driver Safety
Field to Family: New Pick-up Site

LIFELONG LEARNING 6

ART CLASSES

Painting with Oil Pastel
You Can Draw (Yes, You Can!)
Open Studio

MUSIC & PERFORMANCE

Iowa City New Horizons Band
Beginning Ukulele Class
Ukulele Ensemble/Level II
Ukulele Friends
Lyrics Alive
Tremble Clefs
Voices of Experience
SSRO Readers Theatre Group

HISTORY

Unsung Heroes of WWII-Europe
The Hollywood Cartoon
A Historical Look: Electoral College
How Great Migration Changed USA

LITERATURE & WRITING

Introduction to World Poetry
Lyric Memoir
Book Report
Write Your Life Story
Poetry Circle: Storytelling

ENVIRONMENT & NATURE

Rain Data Collection Training
Oak Trees Natural History/Ecology
Environmental Film Series
Raptology

SPANISH CLASSES

Use It, Don't Lose It: Spanish Conv.
Intermed. Conversational Spanish
Reading Spanish Texts in Spanish

LIFELONG LEARNING (cont.)

Device Advice & Tech Help
Gnosticism and the Gnostic Gospels
Patagonia Adventure
Hellenistic Astrology & Natal Horoscope

SOCIAL CONNECTIONS 11

Queer Elders
Death Cafe
Original Mature Groovers
Becoming Elder
Caregiving Support Group
Sports Forum
Community Coffee & Table to Table
Card Games
Bowling
Let's Play Scrabble
Coffee with Friends
50+ Singles Group
Keep Us In Stitches
Film Fridays & Free Popcorn
Intergenerational Chess Group

WELLNESS 13

A Matter of Balance
Balance & Fall Risk Assessment
Fresh Conversations
Move Better, Feel Better
Hearing Loss & Amplification Info
Stroke: Knowing Your Risk Factors
Solve, Don't Settle: Treatments for Urinary Incontinence
Chronic Arthritis Pain
Tinnitus Educational Session
Mindfulness Meditation: Developing a Personal Practice
Mindfulness Practice Group
Laughter Club
Therapeutic Massage

FITNESS & MOVEMENT

BeMoved Dance
T'ai Chi Classes
Slow Flow Yoga
Fitness Foundations
Yoga with Esther
Water Mindfulness
Fit 4 Life with Lindsey
Parkinson's Exercise Class
The Pomtastiks!
Tap Dance Classes
Zumba

COMMUNITY ENGAGEMENT

Stay connected with your community, tap into resources and partnerships

Intergenerational Study Hall

Thursdays, Sep 5 - Oct 24, 2:30-5 pm

Location: Assembly Room

Join us for a weekly freeform meet-up for all ages. Bring your homework, reading, art projects, craft supplies, games, or anything else you want to work on in the company of others. We'll provide the space and some snacks. All are welcome!

We especially encourage grandfamilies and kinship families to take advantage of this time to connect with one another and find social support. **Kinship families** and **grandfamilies** refer to families in which grandparents, other adult relatives, or close family friends are raising children whose parents are unable to do so. In the US, over 2.4 million children live in these families.

Reading with Tai

Thursdays, Sep 5 - Oct 31, 3:30-4:30

Location: Room 307

Join City High student Tai Caputo as she continues her literary journey by reading aloud *The Age of Wonder: The Romantic Generation and the Discovery of the Beauty and Terror of Science* by Richard Holmes, a poetic exploration of the scientific discoveries that spurred the British Romantic Era of the late 18th and early 19th centuries. Holmes describes in compelling style the revolutionary nature of these new discoveries, their impacts on politics and the arts, and the ways in which they continue to transform the world to this day. Tai will provide a summary each week for those who have not been able to attend so that everyone will be on the same page.

Grandparents Day Board Game Brunch

Sunday, Sep 8, 10 am - 12 pm

Location: Assembly Room

Register online or call 319-356-5220

Show love and appreciation for your grandparents, grandfriends, or grandchildren by taking them out to brunch! The Senior Center will serve pastries, fruit, coffee, and other light brunch fare to celebrate Grandparents Day on Sunday, September 8. We'll have a bunch of family-friendly board games to add to the fun, or bring your own favorites to share.

Cinema Salon

Tuesdays, Sep 17, Oct 29, 3 pm

Location: FilmScene at The Chauncey

Register online or call 319-356-5220

Iowa City Senior Center members are invited to FilmScene to view a new film each month, followed by a 30-minute discussion facilitated by Frank Murray. Frank has his Ph.D. from Stanford with 45 years teaching literature, philosophy, and film. He enjoys examining the methods a film uses to convey meaning and to listen to what others see and understand about the film. Screenings are open to the public and seating is first come, first served. Films are announced about two weeks in advance. Register with the Senior Center by 5 pm the day before each screening. Fee: \$6 for Senior Center members (discounted); pay at the FilmScene box office. Membership required for discounted admission.

Climate Fest: Nonprofit Nerd Out

Friday, Sep 27, 2-4 pm

Location: Assembly Room

Local non-profits do great work in our community; this is your chance to learn more about how they nerd out to serve you better. This unique tabling event will include fun-informative mini-presentations from ten organizations. Connect with local nonprofits, grab free swag, explore volunteer opportunities, events & more!

Learn More About Dealing with Conflict

Monday, Sep 30, 1-2:30 pm

Location: Room 308

Register online or call 319-356-5220

Presenter: Annie Tucker

Learn more about dealing with conflict through some interactive group exercises, and find out about an upcoming mediation training and opportunity to become a trained volunteer small claims mediator.

New Member Lunch

Wednesday, Oct 2, 11:30 am

Location: Assembly Room

Register online or call 319-356-5220

ICSC members who've joined in the last year are invited to join us for lunch, take a tour, and meet the staff!

REGISTER:

- Online at icgov.org/senior/registration
- By phone, call 319-356-5220
- In-person at the Senior Center, 7 days/week during open hours



**Sunday,
September 29
9 am - 2 pm**

**Location: GreenState Family Fieldhouse
(811 E 2nd Ave, Coralville)**

Register online: fevo-enterprise.com/group/iowacity

Join ICSC & Friends at the 2024 Pickleball Jamboree! Whether you're a total newbie, an avid pickleball player, or somewhere in between, this event promises active fun for all ages! We'll kick off the day with beginner lessons and pickleball clinics for Novice, Intermediate, and Advanced levels. Then put your skills into practice in the doubles tournament for Novice, Intermediate, and Advanced players. The day will also include prize giveaways and a ceremony to recognize the tournament champions! Cost: \$20/person for clinics, \$40/team for tournament play; register and pay online.

Moviegoing Memories: Call for Volunteers for Oral History Project

Intro meeting: Thursday, Oct 3, 9:30-10:45 am

Location: Room 302

**Register: Contact Michelle at 319-356-5222 or
mbuhman@iowa-city.org**

Professor Paula Amad from the UI Department of Cinematic Arts has developed an ongoing oral history project in which students learn about the importance of oral interviews for understanding the rich history of moviegoing from the perspective of ordinary and extraordinary folks in the seats. In Fall 2024, we are pleased to expand our archive of fascinating audio stories by collaborating with the Senior Center. We hope to partner the 15 students registered in the Moviegoing Memories course with 15 interested volunteers to be interviewed. Students are trained in the practices of oral history recording and will conduct professional oral history interviews.

All participants will need to attend an introductory meeting at the Senior Center on Oct 3 at 9:30 am. Each volunteer will meet with a UI student several times during Oct-Nov 2024 to prepare for the interview and then conduct the formal interview (~60 minutes) at the Senior Center (although a remote interview might also be possible). The estimated time commitment is 5-6 hours. Volunteers agree to have the University of Iowa preserve, own, and archive the audio recording on a public website once it is completed.

Gallery Walk Art Exhibition

Friday, Oct 4, 5-8 pm

Location: Assembly Room

The Monday Art Group artists (Gwen Elling, Diana Miller, Ann Miracle, and Constance Peterson) will show pastels, mixed media, watercolor, and abstract acrylic works. We come together across mediums to share our process and joy when creating art.

Fall Color Hike

Tuesday, Oct 15, 2-3 pm

Location: F.W. Kent Park

Register online or call 319-356-5220

Take a stroll with a naturalist to admire and learn about the trees changing color along the way. This hike will be a half mile long on a limestone-surfaced trail. The trail has one long hill and no seating along the way. Meet at the Conservation Education Center at F.W. Kent Park. Membership required.

AARP Driver Safety

Friday, Oct 18, 10 am - 3 pm

Location: Room 308

Register online or call 319-356-5220

Presenter: Susan Clark

Learn proven safety strategies to maintain your confidence behind the wheel, so you can make new memories on the road. With the AARP Driver Safety course, there are no tests, you simply sign up and learn about:

- Defensive driving techniques, new traffic laws, and rules of the road
- How to deal with aggressive drivers
- How to properly safely use anti-lock brakes, air bags, and safety belts
- Techniques for handling left turns, right-of way, blind spots and more

Plus, some insurance companies offer a discount for completing the course. Fee: \$20 for AARP members, \$25 for non-AARP members; pay instructor. There will be an hour lunch break around noon.

**ICSC is a new
downtown pick-up
site for the online
farmers market!**



Thursdays, 4:30-6 pm

**Order ahead online: orders.fieldtofamily.org
between 5 pm on Sunday & noon on Tuesday**

CONTACT US:

- icgov.org/senior
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

LIFELONG LEARNING

Cultivate your curiosity, expand your perspective, develop new skills,

ART CLASSES

Painting with Oil Pastel

Thursdays, Sep 12 - Oct 17, 10 am - 12 pm

Location: Room G07

Register online or call 319-356-5220

Instructor: Dr. Hani Elkadi

For a total of twelve hours, this workshop offers a training in using water soluble oil pastel to create amazing artwork that's a combination of pastel, watercolors, and oil painting. This new flexible material has a lot of advantages. The Senior Center will provide you with the color sets and brushes. You will need to purchase a block of watercolor paper (300 gsm) and bring that to class. Fee: \$140 (\$105 for participants in ICSC's low-income membership program); pay instructor. Membership required.

You Can Draw (Yes, You Can!)

Tuesdays, Sep 17 - Dec 3, 9:30-11:30 am

Location: Room G07

Register online or call 319-356-5220

Instructor: Garth Conley

Learn about observation and drawing what you see rather than what you think you see. This class explains how to see things as basic shapes and turn those shapes into drawings, how light works and how to draw it, and how to create that illusion of three dimensions on a two-dimensional surface. We will explore some different drawing techniques in a variety of projects. Repeat students welcome.

Required text: *Your Artist's Brain*, Carl Purcell (2010).
Suggested materials: Ebony or other drawing pencils, white vinyl eraser, kneaded eraser, pencil sharpener, 14x17 drawing pad. If you already have materials, bring those.

Fee: \$60 (\$45 for participants in ICSC's low-income membership program); pay instructor. No class on Nov 26. Membership required.

Open Studio

Wednesdays, 9 am - 2 pm

Location: Room G07

Join fellow artists using water-based oils, acrylic, watercolor, pastel, and all other 2-D media. Bring your own materials. No instruction is provided.

MUSIC & PERFORMANCE

Iowa City New Horizons Band: Discover & Join Our Vibrant Community Band!

Tue, Thu, Sep 3 - Dec 12, 9:30-10:30 am

Location: Assembly Room

Conductors: University of Iowa School of Music

Are you ready to embrace a new passion and connect with fellow music enthusiasts? Look no further than Iowa City New Horizons Band, where age is just a number and music knows no bounds! Whether you're picking up an instrument for the first time or revisiting a long-loved hobby, our band is the perfect place to grow and learn together. Led by experienced University of Iowa School of Music instructors, our sessions are designed to support your musical journey at every level. Make lasting friendships as you rehearse and perform a variety of musical genres, from classics to contemporary favorites.

Engaging rehearsals foster skill development and camaraderie. Smaller group ensembles are offered for clarinet, flute, percussion, brass, and saxophone. Playing with the band offers performance opportunities to spread musical joy and showcase your talent at local events and venues including the Senior Center, Englert Theatre, Voxman Music Building, City parks and festivals. Beyond rehearsals, enjoy social gatherings and outings that strengthen bonds among band members.

Join our musical family today! Whether you're a retiree looking to fill your days with harmony or seeking a new hobby that enriches your life, Iowa City New Horizons Band welcomes you with open arms and open ears! To learn more, visit iowacitynhb.org. You can email us from the website or just come to any rehearsal and bring your instrument. Don't miss out on the joy of making music. Take your first steps on a melodious journey with Iowa City New Horizons Band today!

REGISTER:

- Online at icgov.org/senior/registration
- By phone, call 319-356-5220
- In-person at the Senior Center, 7 days/week during open hours

keep your mind active

Beginning Ukulele Class

Mondays, Sep 9 - Oct 14, 2-3 pm

Location: Room 311

Register online:

form.123formbuilder.com/5988059

Instructor: Tom Nothnagle

Students will learn basic chords and strumming patterns and should expect to have a lot of fun!

This program is offered in partnership with Orchestra Iowa. Fee: \$60; pay Orchestra Iowa.

Ukulele Ensemble/Level II

Mondays, Sep 9 - Oct 14, 3:30-4:30 pm

Location: Room 311

Register online:

form.123formbuilder.com/5988059

Instructor: Tom Nothnagle

This is a class for people who have taken the beginner ukulele class or have experience playing the ukulele. We will play songs in a variety of musical styles and explore the music we like. This program is offered in partnership with Orchestra Iowa. Fee: \$60; pay Orchestra Iowa.

Ukulele Friends

Wednesdays, 1-2:30 pm

Location: Room 305

Do you play the ukulele or are you interested in learning? Do you enjoy singing simple, familiar songs? Please consider sitting in with a friendly group who get together once a week to practice, learn new songs, and chat. You'll be welcome whether you want to play, sing, or just listen.

Lyrics Alive

Mondays, 1:30-3 pm

Location: Hybrid (Assembly Room & Zoom)

Register to receive Zoom link

The Senior Center's all-request singing group meets each week for the joy of group singing, without the pressure of performing. We usually sing with live accompaniment (Jon Ranard on piano and Jim Schepker on guitar) and sometimes sing a cappella. Join us in-person at the Senior Center or listen in and sing along online. All are welcome!

Tremble Clefs

Mondays, Sep 9 - Dec 9, 10:30 am - 12 pm

Location: Room 302

Register online or call 319-356-5220

Instructor: Sun Joo Lee

Tremble Clefs is a therapeutic singing group for individuals with Parkinson's disease (PD), their caregivers, and family members. The loss of voice, communication difficulties resulting from a decreased volume of voice and lung capacity, and depression are common symptoms of PD. This weekly program provides vocal, breathing, and movement exercises that benefit the participants to meet their specific needs and creates a supportive and therapeutic environment for individuals with PD and their caregivers. To learn more, visit trembleclefsarizona.org.

Voices of Experience

Tuesdays, Thursdays, Sep 10 - Dec 12, 1-2 pm

Location: Assembly Room

Register online or call 319-356-5220

Director: Jon Ranard

For those who want to make music in a welcoming, inclusive, fun, and friendly environment, the Iowa City Senior Center's non-auditioned, mixed-voice chorus is the perfect choice! Founded in 1982, the Voices of Experience (30+ members strong and growing) rehearse twice a week, learning and perfecting songs that represent a variety of musical styles. From sacred to secular, classical to swing, and Broadway to folk, a Voices of Experience concert promises something for everyone. Join us as we begin our fall session. Fee: \$50; pay the Senior Center at registration. Membership required.

SSRO Readers Theatre Group

Wednesdays, Sep 11 - Dec 11, 2-3:30 pm

Location: Room 307

Register online or call 319-356-5220

Director: Jon Ranard

SSRO, Iowa City's one-of-a-kind readers theatre group, presents an opportunity for anyone who is interested to join our fun-loving group of wonderful people as we rehearse, learn, and create during our fall session. From the recreation of vintage radio shows to hilarious takes on theatre, movie, and literary classics, SSRO provides a place for those who want to entertain. Memorization is not required. Membership required.

CONTACT US:

- icgov.org/senior
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

HISTORY

Unsung Heroes of WWII - Europe

Wednesdays, Sep 4 - Oct 9, 1-2:30 pm

Location: Room 302

Register online or call 319-356-5220

Facilitator: Beth Stence

This past June we remembered the D-Day invasion on its 80th anniversary and honored the heroism and sacrifices of those who served in the armed forces. This video lecture series introduces us to civilians trying to do their part in a world falling apart around them. Taught by historian Lynne Olson, author of seven acclaimed books about World War II, these 12 lectures offer stories you have likely never heard before. Membership required.

The Hollywood Cartoon

Fridays, Sep 6 - Oct 25, 10-11:30 am

Location: Room 302

Register online or call 319-356-5220

Instructor: Dewey McGuire

Weekly screenings and discussions will cover a range of topics from twentieth century animation history, starting with the first animated cartoon from 1906 and silent cartoons. Other topics include the betrayal that launched an industry, Disney and the early sound cartoons, Depression-era cartoons, the rise and fall of Max Fleischer, World War II films, the enduring appeal of the Looney Tunes (and how to know the differences among their top directors), the 1950s 'cartoon modern,' and independent cartoons of the 1970s and 1980s. Membership required.

A Historical Look at the Electoral College

Monday, Oct 7, 2-3:30 pm

Location: Hybrid (Room 302 & Zoom)

Register online or call 319-356-5220

Instructor: Thomas McDonald, J.D., M.S.

In this program you will get a historical look at the Electoral College. Learn what it is, when/how/why it came into existence, what purpose it serves, and what would or could happen if the Electoral College were abolished and elections were based on the popular vote. Membership required.

How the Great Migration Changed America

Wednesdays, Oct 16 - Nov 20, 1-2:30 pm

Location: Room 302

Register online or call 319-356-5220

Facilitator: Beth Stence

Between 1910 and 1970, roughly 6 million Black men, women, and children left the South and moved north. Presented by Professor Davarian Baldwin (whose family migrated to Wisconsin), this video lecture series traces the migration and its transformative effect on our country. Membership required.

LITERATURE & WRITING

Introduction to World Poetry

Thursdays, Sep 5 - Dec 5, 4-5:30 pm

Location: Room 308

Register online or call 319-356-5220

Presenter: Ko Ko Thett, MFA Poetry Candidate

World poetry constitutes a myriad of language acts, from ancient runes of oral traditions to sound and sign language poetry of the twenty-first century. In this course we will go through some of the finest modern and contemporary non-anglophonic poems available in English translation, from Wislawa Szymborska (Poland) to Alfrizal Malna (Indonesia). Above all, the course leader will introduce participants to the poetry of his heart language, contemporary Burmese poetry. Membership required.

Lyric Memoir

Mondays, Sep 9 - Oct 14, 11 am - 12:15 pm

Location: Room 307

Register online or call 319-356-5220

Presenter: Christina Montilla, Iowa Writers' Workshop graduate in Fiction

Writing true stories from our lives, we'll explore how to surprise and delight readers with language, images, and structures that sing! Read exciting examples of lyric memoir, discuss what makes lyric memoir *lyric*, and play with these ideas and strategies for your own memoir pieces! This is a class for the curious, for those not afraid to experiment and try something new. Membership required.

Book Report

Tuesdays, Sep 10, Oct 8, 10:30 am - 12 pm

Location: Room 307

Facilitator: Cheryl Walsh

A book club that meets once a month for an informal round table discussion and sharing of books you have enjoyed reading. Choose your favorite author, old or new, bestsellers or classics, fiction, non-fiction, short stories, or poetry. Not limited to presenters; anyone interested in exploring the abundance of reading opportunities in our City of Literature is welcome.

REGISTER:

- Online at icgov.org/senior/registration
- By phone, call 319-356-5220
- In-person at the Senior Center, 7 days/week during open hours

Write Your Life Story

Morning class

Fridays (2nd/4th), Sep 13 - Dec 27, 10 am - 12 pm

Location: Zoom

Register online or call 319-356-5220 (new students)

Instructor: Chuck Felling

Afternoon class

Fridays, Sep 13, 27, Oct 11, 25, 1-2:30 pm

Location: Room 308

Register online or call 319-356-5220 (all students)

Instructor: Marge Daniels

Write about the people, places, and events that have created your memories. We encourage and inspire writing using our own everyday voice (vocabulary, grammar, etc.). Authors usually read their stories for the other writers to listen and offer supportive and constructive comments to help the story. Sharing is optional. Membership required.

Poetry Circle: Storytelling

Thursdays, Sep 19 - Oct 17, 10 am - 12 pm

Location: Room 307

Register online or call 319-356-5220

Presenter: Lara Zeng, Iowa Writers' Workshop MFA student

This poetry circle focuses on the tradition of storytelling through poetry. Participants will bring in and discuss poems from their favorite poets. In later sessions, participants will have the opportunity to share and workshop their original poems. Membership required.

ENVIRONMENT & NATURE

Rain Data Collection Training

Monday, Sep 23, 4:30-6 pm

Location: Assembly Room

Register online: <https://www.signupgenius.com/go/10C0E4BAAAD29A7F4C61-47929714-rain#/>

Climate change is impacting rainfall in Iowa City and citizen scientists are needed! Join a corps of volunteers working to collect precipitation data that can be used by researchers at the National Oceanic and Atmospheric Administration (NOAA). This training is hosted by the City's Climate Action and Outreach Division and facilitated by a Meteorologist from NOAA/National Weather Service (NWS). There will be a sign-up sheet at the event for those interested in purchasing an official CoCoRaHS rain gauge for half price.

Natural History & Ecology of Oak Trees

Tuesday, Sep 24, 2-3 pm

Location: Room 302

Register online or call 319-356-5220

Oak trees are keystone species that play an outsized role in the environment. They serve as a vital host plant to butterflies and moths, a major food source to wildlife, and a nursery for all kinds of insects. Join a Johnson County Conservation naturalist to learn about the oak trees native to Iowa, how to identify them, and how they support the ecosystems around them. Membership required.

Environmental Film Series & Discussion

Wednesdays, Oct 2-23, 5-7 pm

Location: Room 302

Organizer: 100 Grannies for a Livable Future

Oct 2: Straws: The Impact of Plastic Straws on our Environment looks at the significant problems posed by plastic straws (non-biodegradability, potential to harm wildlife, contribution to microplastic pollution, widespread use, and recycling challenges) and recent advocacy for reducing their use.

Oct 9: Plastic Earth is a 2023 documentary that follows concerned mother Janice Overbeck as she explores the global plastic crisis and the solutions being developed to address it through interviews with scientists, engineers, researchers, and innovators.

Oct 16: New Farms, Big Success! follows three farms in the United States and Canada that are ecologically responsible and avoid industrial food production. The farms have unique business plans that eliminate the middleman and use sustainable methods.

Oct 23: 10 Towns that Changed America focuses on ten experimental towns that didn't evolve organically over time, but instead were designed (or redesigned) from the ground up by visionary architects, corporations, and citizens seeking to change lives through architecture, design, and urban planning.

Raptology

Thursday, Oct 10, 1-2 pm

Location: Room 302

Register online or call 319-356-5220

Raptology has seven non-releasable raptors who are our partners in environmental education. We will discuss raptor species as well as general topics such as migration, problems facing raptors and birds in general, and other subjects that might be of interest to the class. This program includes live birds. Please be sure to arrive on time. Membership required.

CONTACT US:

- icgov.org/senior
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

SPANISH CLASSES

Use It, Don't Lose It! Spanish Conversation

Wednesdays, Sep 4 - Oct 30, 9:30-10:30 am

Location: Zoom

Register online or call 319-356-5220

Instructor: Jessica Ortiz

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

Intermediate Level Conversational Spanish

Tuesdays, 1-2 pm

Location: Room 308

Register online or call 319-356-5220

Facilitator: William Heald

Many find the most difficult part of conversing in a foreign language to be hearing with understanding, an essential component of conversation. Increasing familiarity with the language is the only sure path to success. In this intermediate conversational Spanish group, we try to master the grammatical and vocabulary skills necessary for reading and conversing in Spanish. For more information about this group, contact william-heald@hotmail.com. Membership required.

Reading Spanish Texts in Spanish

Tuesdays, 2-3 pm

Location: Room 307

Register online or call 319-356-5220

Facilitator: William Heald

This group read and translate intermediate level Spanish texts, then discuss them. We will read some famous Spanish authors and other works of interest to participants. This is not a Spanish conversation group.

Device Advice & Tech Help Drop-in

- Thursdays, Sep 12 - Nov 21, 1-2 pm
- Fridays, 1-3 pm

Location: 1st Floor Lobby

Bring your personal devices and get help with your technology questions from knowledgeable community and student volunteers.

Gnosticism and the Gnostic Gospels

Thursdays, Sep 19 - Oct 24

- Morning session: 10:30 am - 12 pm
- Afternoon session: 1:30-3 pm

Location: Room 308

Register online or call 319-356-5220

Instructor: Louis DeGrazia

Not much is known about Gnosticism in early Christianity. Its influence was known mainly from the anti-heretical writings of the early Church Fathers Irenaeus of Lyon, Hippolytus of Rome, and Tertullian. Because the early Christian Church Fathers were mainly concerned with establishing the centrality of Rome and its political role in the Church, Gnosticism was viewed as an enemy of Roman domination. The incredible diversity of early Christianity was overlooked in the interest of religious unity. The various forms of Gnostic Christianity were seen as threats and thoroughly cast aside for centuries. The Nag Hammadi texts, discovered in 1945 in Egypt, and continuing scholarly study has introduced again the role of Gnosticism in Christian theology, as well as the place and message of Jesus, and a reconsideration of central Christian beliefs. We will discuss this fascinating development in Christian theology and how and whether Gnosticism will play a role in contemporary faith and belief. Membership required.

Patagonia Adventure

Tuesday, Oct 8, 1-2 pm

Location: Hybrid (Room 302 & Zoom)

Register online or call 319-356-5220

Presenters: Jim Ruebush and Melanie McNeil

Embark on a journey through the breathtaking landscapes of Patagonia in this travelogue presentation by Jim Ruebush and Melanie McNeil. Explore rugged mountains, pristine glaciers, and vast expanses of pampas that define this remote region at the southern tip of South America. Learn about the rich cultural heritage and discover the unique flora and fauna that live in this diverse ecosystem. From the peaks of Torres del Paine, to the Pacific island of Chiloe, to the vibrant streets of Buenos Aires, learn of the beauty and wonder that is Patagonia. This program is co-sponsored by TRAIL of Johnson County.

Hellenistic Astrology & the Natal Horoscope

Thursdays, 1 pm, by appointment

Location: Room 311

Register online

Sign up for a one-on-one session with Craig Esbeck of Sycamore Moon Astrology and Tarot. You will need to provide your birth date, birth time, and birthplace when you register. Membership required.

REGISTER:

- Online at icgov.org/senior/registration
- By phone, call 319-356-5220
- In-person at the Senior Center, 7 days/week during open hours

SOCIAL CONNECTIONS

Create new friendships, find support, boost your resilience, have fun!

sep-
oct
2024

SOCIAL CONNECTIONS

Queer Elders

- Meetings: Wed, Sep 4, 18, Oct 2, 16, 2 pm

Location: Room 309

- Movies: Wed, Sep 11, 25, Oct 9, 23, 30, 2 pm

Location: Room 308

This is a social group for LGBTQ elders to come together, share stories, and find community. We have meetings on the 1st and 3rd Wednesdays of the month and watch movies on the alternate weeks. In addition to organizing social activities for members, the group supports the LGBTQ Iowa Archives and Library through collecting oral histories and gathering materials for the archive. For members who have the interest, there are also opportunities for sharing our experiences with the wider community. For regular updates, join our Facebook page, "[Queer Elders of Iowa City](#)."

Death Café

Fridays, Sep 6, Oct 4, 11:30 am - 12:30 pm

Location: Room 307

Facilitators: Craig Mosher, Michelle Buhman

A Death Café is a safe place for people to talk about death in order to make the most of life. New people are encouraged to join anytime. This is not a bereavement support group or grief counseling session. This is open to people of all ages, no membership or registration required. For more information, visit [deathcafe.com](#).

Original Mature Groovers

- Tuesday, Sep 17, 6 pm

Location: Room 302

- Wednesday, Oct 16, 12 pm

Location: Room 308

Host: LaTasha DeLoach

This group aims to provide a safe and welcoming space for older people of color to share their diverse perspectives and stories and foster new connections. Through regular meetings and events, members will have the opportunity to engage in meaningful discussions and learn from the experiences and perspectives of others. The OMGers group welcomes all people of color age 50+ to join. For more information, contact ICSC Coordinator LaTasha DeLoach at ldeloach@iowa-city.org or 319-356-5225.

Becoming Elder

Fridays, Sep 20, Oct 18, 1-2:30 pm

Location: Room 302

Register online or call 319-356-5220

Facilitator: Thomas Dean

Elderhood involves much more than the accumulation of lived years. Elderhood evolves when those lived years contribute to a special wisdom and vision that are shared with the community and society. In many ways, elderhood is the pinnacle of developing one's wholeness as a person. Writer, speaker, and teacher Parker Palmer defines wholeness as an "undivided life," when our inner "soul" is in concert with our outer role (putting our true self into action). Coming into this wholeness is a lifelong process, and it continues in elderhood. Palmer's Circle of Trust® approach invites the individual soul to show up in a safe space, where it can be heard and supported by a trustworthy community. This monthly discussion series will follow the Circle of Trust® approach as we explore what it means to "become elder" and how we might bring our life wisdom and unique gifts to others. We will base our discussions on short readings by various authors, though no preparation will be needed. Come to one session, some sessions, or all of them!

Caregiving Support Group

Fridays, 9:30-11 am

Location: Hybrid (Room 308 & Zoom)

Register online or call 319-356-5220

Facilitator: Mary McCall

This ongoing, drop-in group will provide a space for sharing experiences about caregiving and sharing resources and support related to caregiving, with a focus on self-care. Each meeting will begin with a meditation about self-care and open sharing will be integrated with learning various self-care practices and discussion. Participants are welcome to attend in-person or via Zoom, regularly or as they are able. Outside of the group, individual meetings with the facilitator will be available to assess and refer to outside resources available in the community for caregiving and self-care.

CONTACT US:

- icgov.org/senior
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

Sports Forum

Mondays, 9-10 am (meetings resume Aug 26)

Location: Hybrid (Room 308 & Zoom)

Register online or call 319-356-5220

Facilitator: George Sauerberg

Members are invited to join the Sports Forum. At these informal gatherings of Hawkeye fans, we discuss Iowa sports and other sports, with occasional visits from guest speakers. Jan Jensen, Assistant Head Coach of the University of Iowa Woman's Basketball team, will be the guest speaker for the first Sports Forum of the season. Other guests will be announced throughout the season.

Community Coffee & Table to Table

Mondays, 9:30-10:30 am

Location: 1st Floor Lobby

Start your week off with a cup of joe and some informal conversation in the 1st floor lobby of the Senior Center. All are welcome! No charge, no registration. Free grocery deliveries from Table to Table arrive in the Assembly Room, usually between 10:30-11 am on Mondays, and are open to everyone.

Card Games

Mondays, 1:30-3 pm

Location: 1st Floor Lobby

Are you interested in playing cards? Join us on Mondays to play either Euchre or Pinochle.

Bowling

Tuesdays, Sep 3, 17, Oct 1, 15, 1-3 pm

Location: Colonial Lanes

The Senior Bowling Group meets at Colonial Lanes on the 1st & 3rd Tuesday afternoons of each month. The cost is \$2 per game, and you can bowl 1, 2, or 3 games as you feel comfortable doing. Balls and shoes are available at Colonial Lanes with a cost for shoe rental, or bring your own if you have them. We bowl for fun and fellowship; all are welcome, please join us! For more information, call Beverly Tyree at 319-351-1447 and leave a message.

Let's Play Scrabble!

Wednesdays, 1:30-3:30 pm

Location: 1st Floor Lobby

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

Coffee with Friends

Thursdays, Sep 5 - Oct 31, 9-11 am

Location: 1st Floor Lobby

Enjoy a cup of coffee courtesy of Friends of ICSC on Thursday mornings in the Senior Center lobby. Strike up a conversation, read the newspaper, work on the puzzle, play a game, or listen to the band rehearse. This is a great time to connect with others and take in the sights and sounds of the day's happenings.

50+ Singles Group

Thursdays, 9:30-11 am

Location: Midtown Family Restaurant (West)

Gather Thursday mornings and one weekend evening each month with other singles ages 50+. We 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 W, IC). Monthly dinners are held at a different restaurant each month. Call David at 319-530-5001 or email icfiftyplussingles@gmail.com for date and location.

Keep Us in Stitches

Fridays, 1-3 pm

Location: Room 311

Join us to knit, sew, crochet, weave, or whatever fiber craft strikes your fancy. Gather with your fiber friends for conversation, sharing, and helpful support. Come and go any time.

Film Fridays & Free Popcorn

Fridays, 2 pm

Location: Assembly Room or Room 302

Sep 6: *Anatomy of a Fall* (2023)

Sep 13: *The Race to Alaska* (2020)

Sep 20: *The Post* (2017)

Sep 27: *The Nest* (2020)

Oct 4: *The Hidden Life of Trees* (2020)

Oct 11: *Greyhound* (2020)

Oct 18: *The Boys in the Boat* (2023)

Oct 25: *Luzzu* (2021)

Intergenerational Chess Group

Sundays, 1-4 pm

Location: Room 311

Join the University of Iowa Chess Club to play and learn chess in a casual, low-stakes environment. This group is open to everyone from the complete beginner to the tournament player. All ages are welcome.

REGISTER:

- Online at icgov.org/senior/registration
- By phone, call 319-356-5220
- In-person at the Senior Center, 7 days/week during open hours

Attend to your wellbeing, exercise your autonomy, live your best life

A Matter of Balance

Fridays, Sep 6 - Oct 25, 10 am - 12 pm

Location: Assembly Room

Register online or call 319-356-5220

Presenters: Matter of Balance Volunteer Coaches

A Matter of Balance uses a variety of activities to address the fear of falling and teach fall prevention strategies. Activities include group discussion, problem-solving, skill-building, assertiveness training, videos and exercise training. Participants receive a workbook to use during the sessions, and to keep as a reference after the class ends.

This program is designed to benefit older adults who are concerned about falls, have sustained falls in the past, or restrict activities because of concerns about falling. It is intended for people interested in improving flexibility, balance, and strength who are age 60+, community-dwelling, and able to problem solve.

A Matter of Balance enables participants to achieve significant goals. They gain confidence by learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance.

Balance & Fall Risk Assessment

Tuesdays, Sep 10, Oct 8, 10 am - 12 pm

Location: Room 309

Register online or call 319-356-5220

David Harper, Physical Therapist with the Visiting Nurse Association, will provide ICSC members with a free balance and fall risk assessment, by appointment. During this session, you will be asked to stand on the BTrackS Balance Plate that utilizes special software to assess your balance and fall risk. After each assessment, David will provide guidance to help you improve balance based on your results. Membership required.

Fresh Conversations

Thursday, Sep 12, 11 am - 12 pm

Location: Room 307

Register online or call 319-356-5220

Presenter: Linn County Public Health

In this program you will learn about healthy, affordable meal ideas and how to stay active and have fun. We will also try a tasty recipe. Fresh Conversations is a free education program and friendly group discussion that shares tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well!

Move Better, Feel Better

Thursday, Sep 26, 1-2 pm

Location: Room 302

Register online or call 319-356-5220

Presenter: Megan Valencia

In this presentation, Megan Valencia, a licensed massage therapist with over twenty years of experience, will present the basics of body movement, how to move to reduce pain, and ways to unwind soft tissue using the Rossiter technique. Rossiter is a technique that uses active stretching movements to enhance mobility and reduce pain.

Hearing Loss & Amplification Informational Session

Thursday, Oct 3, 1-3 pm

Location: Room 302

Presenters: Audiology graduate student clinicians from the University of Iowa and Eun Kyung (Julie) Jeon, AuD/PhD, clinical assistant professor

Do you or a loved one have a hearing loss? If so, please join us for an informational session to learn with others about hearing and hearing loss, tinnitus, hearing aids (prescription hearing aids, Over-the-Counter (OTC) hearing aids, etc.) and cochlear implants. Your frequent communication partners are welcomed. We will also introduce some communication strategies to practice together. Please bring your own questions about hearing loss or amplification.

CONTACT US:

- icgov.org/senior
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

Stroke: Knowing Your Risk Factors

Monday, Oct 7, 10:30-11:30 am

Location: Room 308

Register online or call 319-356-5220

Presenter: Nick Villareal, MSN, RN, CNRNStroke Clinical Coordinator, Department of Neurology University of Iowa Health Care

Stroke is a leading cause of death and disability worldwide. Yet, approximately 80% of strokes are preventable through early and on-going prevention strategies. This program will discuss common stroke risk factors, management strategies, and how to start identifying individual risk factors for stroke. Membership required.

Solve, Don't Settle: Treatments for Urinary Incontinence

Tuesday, Oct 22, 1-2 pm

Location: Room 302

Register online or call 319-356-5220

This program will focus on different types of incontinence and treatment options. It is important to understand that incontinence is not a normal part of aging.

Chronic Arthritis Pain

Monday, Oct 28, 1-2 pm

Location: Hybrid (Room 302 & Zoom)

Register online or call 319-356-5220

Presenter: Keela Herr, PhD, RN, AGSF, GSAF, FAAN Co-Director, Csomay Center for Gerontological Excellence, College of Nursing

Arthritis is a common partner for many as they age that impacts function and quality of life. Learn about the different types of arthritis and treatment options. Free resources to support your pain management journey will be shared. This program is co-sponsored by TRAIL of Johnson County.

Tinnitus Educational Session

Thursday, Oct 31, 1-3 pm

Location: Room 302

Presenters: Audiology graduate student clinicians from the University of Iowa and Eun Kyung (Julie) Jeon, AuD/PhD, clinical assistant professor

Do you experience ringing or buzzing in your ears and need help? If so, please come join us for a free educational session about tinnitus and how to manage it. Your frequent communication partners are welcomed.

Mindfulness Meditation: Developing a Personal Practice

Wednesdays, Sep 18 - Nov 13, 10 am - 12 pm

Location: Room 311

Register online or call 319-356-5220

Instructor: Christine Allen

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

This class will promote the development (or deepening) of a personal practice of mindfulness meditation. Participants will learn formal mindfulness meditation practices including the body scan, mindful movement, sitting meditation, walking meditation, and compassion practices. Informal mindfulness activities will invite participants to adapt daily activities such as driving, eating, communication, etc. into mindful activities. This class encourages people to utilize internal resources to cultivate health, happiness, and self-compassion.

Participants will be encouraged to make a commitment to engage in mindfulness activities for 20 to 30 minutes a day outside of class time. Audio links and class readings will be provided through a class website. This can be accessed through computers or smart devices.

As an opportunity for extended meditation practice, the class will include a 3-hour mini-silent retreat in week 7 or 8 during which participants will observe silence.

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



Sign up at icgov.org/icsc-services or call 319-356-5220.

Whether you're new to the fitness equipment or just want to brush up on your technique, all current ICSC members are welcome.

REGISTER:

- Online at icgov.org/senior/registration
- By phone, call 319-356-5220
- In-person at the Senior Center, 7 days/week during open hours

Mindfulness Practice Group

Tuesdays, 3:30-4 pm

Location: Zoom

Register online or call 319-356-5220

Facilitator: Emily Edrington

Join for a weekly group practice of guided meditation & gentle movement. Cultivate your skills for living in the now rather than worrying about the future, ruminating on the past, or zoning out on autopilot. This awareness can help us respond wisely to whatever life throws at us.

Laughter Club

Wednesdays, 3-3:45 pm

Location: Room 311

Register online or call 319-356-5220

Leader: Michelle Buhman

Anyone can laugh for no particular reason. Laughter helps to relieve the effects of stress and is energizing, healing, and brings out our best self. When we laugh together we feel lighter and renewed. Sessions are composed of laughter exercises, deep breathing, and end with a short meditation. Wear comfortable clothing and bring an open mind.

Therapeutic Massage

Sep 4, 9, 18, Oct 2, 7, 30, by appt

Location: Room G03

Register online or call 319-356-5220

Massage therapist Eric Brush's individualized style of massage is deliberate, very focused, and helps resolve muscular tension, reduce the pain associated with chronic and acute problems, increase joint range of motion, as well as provide an overall deep relaxation. For the treatment, you will disrobe to a level with which you are comfortable. The more exposed skin, the more lotion can be applied. Please bring your own set of sheets to your appointment, Eric will supply the lotion. Fee: \$75 for a 1-hour massage (\$60 for participants in ICSC's low-income membership program); pay provider. Membership required.

FITNESS & MOVEMENT

BeMoved Dance

- **Mondays, Tuesdays, Sep 3 - Oct 21, 10:30-11:30 am**
- **Wednesdays, Sep 4 - Oct 16, 1-2 pm**

Location: Room G13

Register: Email hillster2942@icloud.com

Instructor: Hillary Granfield

A dance fitness experience for all movement abilities; new students are welcome anytime. Fee: \$12 for a single class, \$60 for one class per week, \$110 for two classes per week, \$150 for three classes per week; pay instructor. No class on Sep 16-18.

T'ai Chi Classes

Instructor: Robin Ungar

Beginning Level

Fridays, Sep 6 - Oct 25, 10:30-11:30 am

Location: Room G13

Register online or call 319-356-5220

Continuing Level

Wednesdays, Sep 4 - Oct 30, 11:30 am - 12:30 pm

Location: Room G13

Register online or call 319-356-5220

T'ai Chi is an ancient Chinese exercise that combines relaxed, fluid movement with a calm, alert mental state. Often referred to as moving meditation, it builds endurance and enhances flexibility, balance, and coordination. T'ai Chi evolved from martial arts to a practice for cultivating health, energy, and concentration. Classes will work progressively through the Cheng Man Ch'ing (Yang) style form of 37 postures, applying its basic principles.

New students will learn and practice the fundamental movements and principles with emphasis on developing ease and comfort in movements that transfer to more efficient, relaxed movement in day-to-day activities. Students with prior experience will continue their journey with new levels of understanding and refinement. Membership required.

Slow Flow Yoga

Mondays, Fridays, Sep 2 - Oct 28, 9:15-10:15 am

Location: Room 103

Register online or call 319-356-5220

Instructor: Christoph Weismayer

This class starts with a slow flow warm-up and then slows down 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. Perfect class for those looking for a beginning to intermediate level yoga class. Fee: \$8/class or \$70 for 10 classes; pay instructor. Membership required.

CONTACT US:

- icgov.org/senior
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

Fitness Foundations

Mondays, Wednesdays, 8:30-9 am

Location: Room G13

Register online or call 319-356-5220

Instructor: Kam Atwater

Work on total body strength and mobility, with a focus on proper lifting form. The class consists of both seated and standing movements, with modifications provided as needed. Join us for fun workouts and great company! Kam is a Certified Therapeutic Recreational Specialist. Fee: \$8/session or \$105 for a 15-session punch card; pay instructor. Membership required.

Yoga with Esther

- **Mondays, 11 am - 12 pm**

Location: Zoom

- **Wednesdays, 10-11 am**

Location: Hybrid (Room G13 & Zoom)

- **Saturdays, 8:30-9:30 am**

Location: Zoom

Register online or call 319-356-5220

Instructor: Esther Retish

This class emphasizes breathing, balance, and focus while increasing strength and flexibility. Having some prior yoga experience is helpful. Fee: \$7/class (up to \$30/month); pay instructor. Membership required.

Water Mindfulness

Tuesdays, Sep 3 - Oct 29, 9-10 am

Location: Robert A. Lee Rec Center Pool

Instructor: Mark Cannon

Experience the synergistic healing and relaxing qualities of both water and mindfulness. We will explore breathing, water walking, and gentle exercises as a means of being present in the moment. These activities will take place in shallow water to accommodate individuals who haven't developed a sense of safety in deeper water. This class is offered for free, walk-ins welcome. For more information, email markc39@gmail.com.

Fit 4 Life with Lindsey

Tuesdays, Thursdays, 9-9:45 am

Location: Room G13

Register online or call 319-356-5220

Instructor: Lindsey Reed

Join us for a fun and functional workout focused on full body strength and stability, balance, and flexibility. Members will use a variety of weights and strength bands. Exercises will be done from a chair, standing, and on the floor for those who are able. Come enjoy a great body workout in a social atmosphere. Fee: \$8/session or \$105 for 15-class punch card; pay instructor. Membership required.

Parkinson's Exercise Class

Wednesdays, 10-11 am

Location: Room 103

Register online or call 319-356-5220

This class is designed for individuals with Parkinson's disease and uses a variety of exercises to work on movement strategies, gait, balance, strength, and flexibility. We may use equipment, including hand weights, bands, balls. Sponsored by the American Parkinson Disease Association Iowa Chapter and free for individuals with Parkinson's disease their and care partners.

The Pomtastiks!

Wednesdays, 2:45-3:45 pm

Location: Room G13

If you like to dance, enjoy music, are excited to learn choreography, and are comfortable performing in public, check out The Pomtastiks! We have 20+ choreographed dances in our repertoire and use poms and props to add fun and variety to each performance. We practice our choreography together weekly and at home using DVDs. New members welcome, stop by a practice to meet us! For info, call Shirley at 319-351-5872. Membership required.

Tap Dance Classes

Thursdays

Location: Room G13

Register online or call 319-356-5220

Instructor: Patti Burger

Join our ongoing tap classes any time for great exercise, fun music, and new friends! Comfortable clothes and tap shoes encouraged. Membership required.

- **Beginning Tap, 10:30-11:30 am**

Introduces the fundamental steps, rhythms, and vocabulary of tap dance. No experience needed.

- **Beginning-Intermediate Tap, 11:35 am - 12:50 pm**

Continue to add and develop intermediate tap steps, vocabulary, and rhythms onto basic tap skills.

Zumba

Saturdays, 9:15-10:15 am

Location: Assembly Room

Instructor: Holly Carpenter

Zumba is a fun, easily modifiable, low impact dance class, great for heart and brain health. Zumba trains bilateral coordination and balance, enhances spatial awareness, processing speed, and working memory. We start with a warm-up that introduces Latin dance steps, build on these movements during class, and end with cool down and stretching. No experience needed, just come join the party! Fee: \$15/drop-in or a discount for punch card; pay instructor.

REGISTER:

- Online at icgov.org/senior/registration
- By phone, call 319-356-5220
- In-person at the Senior Center

****Participants in ICSC's low-income membership program receive a 25% discount on fitness class fees.***

SENIOR CENTER SERVICES

Schedule online at icgov.org/icsc-services or call 319-356-5220

SHIIP Medicare Counseling

Senior Health Insurance Information Program (SHIIP) is a free, objective and confidential service offered through the state of Iowa to help people sort through confusing information about Medicare and health insurance. SHIIP's trained, certified volunteer counselors assist thousands of Iowans annually, helping them save millions of dollars. ICSC's volunteer SHIIP counselors answer your questions and give you one-on-one help. Appointments are offered in Iowa City, North Liberty, and via Zoom.



Advance Health Care Planning

We can't predict when a sudden illness or injury could leave us unable to communicate or make decisions. Who would know what kind of medical treatment you want or don't want? Honoring Your Wishes is a community-wide program that helps you reflect, share, and document your health care preferences (before a crisis) to ensure your family, friends, and health care team know what's important to you and your wishes are honored. Certified ACP facilitators will guide you through these conversations and help you create or update a written health care directive.



Caregiver Information and Referral

Help for those seeking individualized information, referral, and support beyond the Caregiving Support Group. These sessions are offered by support group facilitator Mary McCall.

ON-SITE PARTNER ORGANIZATIONS

The Senior Center proudly supports senior-serving organizations with in-kind operational space:

TRAIL of Johnson County

Location: Room 301

Office Hours: 9 am - 1 pm, Monday-Friday

Phone: 319-800-9003

Email: info@trailofjohnsoncounty.org

Website: www.trailofjohnsoncounty.org

TRAIL of Johnson County is a nonprofit, membership-based organization whose mission is to help older adults successfully age in place by providing volunteer assistance, social engagement, and more.



ICSC STAFF

Meet the Senior Center staff and find out who to contact for assistance in various areas:

LaTasha DeLoach Coordinator

ldeloach@iowa-city.org
319-356-5225

Leadership, ICSC Commission, partnerships, long-term initiatives

Michelle Buhman Program Specialist

mbuhman@iowa-city.org
319-356-5222

Classes & events, instructors, artist exhibitions

Emily Edrington Community Outreach Specialist

eedrington@iowa-city.org
319-356-5224

Community services, volunteering, technology

Heather Shane Development Specialist

hshane@iowa-city.org
319-356-5216

Friends of ICSC, donations, sponsorships, grants

Kristin Kromray Operations Assistant

kkromray@iowa-city.org
319-356-5221

Room rentals/reservations, information & referral

Katie Otto & YueWon Lee Receptionists

319-356-5220

Class registration, membership, parking permits, locker rental

Brad Mowrey Technology & Video Specialist

bmowrey@iowa-city.org
319-356-5211

Tech help, video production

sep-
oct
2024

ICSC SERVICES / STAFF / PARTNER ORGS

CONTACT US:

- icgov.org/senior
- 319-356-5220
- 28 South Linn Street, Iowa City 52240

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. ICSC does not accept responsibility for ensuring accuracy or that all points of view are represented.

ASSISTIVE LISTENING SYSTEM

Available in rooms 302, 308, and Assembly Room, personal receivers allow individuals to adjust the levels of amplified sound to meet their needs. Ask a staff member for assistance if you are interested.

PHOTOS & VIDEO

Activities at the Senior Center may be photographed or recorded for promotional and outreach purposes. If you have concerns about photos or videos taken by Senior Center staff or volunteers, contact Emily at 319-356-5224 or eedrington@iowa-city.org. Due to the public nature of our facility and programs, the media may take photos or video of events. ICSC is not responsible for images taken by the media.

CODE OF CONDUCT

To ensure that everyone can enjoy their experience at the Senior Center, a code of conduct is in place. It is available for review at the reception desk and at icgov.org/senior.

FACILITY RENTAL

Rent a room at the Senior Center for your next event or gathering! Classrooms, fitness studios, and the Assembly Room can be rented for reasonable hourly rates during evenings and weekends. For more details, visit icgov.org/senior or contact Kristin at kkromray@iowa-city.org or 319-356-5221.

LANGUAGE LINE

Language Line Services Available (Over-the-phone Interpretation Service for more than 170 languages)

تتوفر خدمات خطوط اللغة (خدمة الترجمة الفورية عبر الهاتف لأكثر من 170 لغة)

提供语言专线服务（超过 170 种语言的电话口译服务）

Servicios de línea de idiomas disponibles (Servicio de interpretación por teléfono para más de 170 idiomas)

Services linguistiques disponibles (service d'interprétation par téléphone pour plus de 170 langues)

Huduma za Laini ya Lugha Zinapatikana (Huduma ya Ukalimani kwa njia ya simu kwa zaidi ya lugha 170)

WAYS TO SUPPORT THE SENIOR CENTER

DONATE TO FRIENDS OF ICSC

Your gifts help keep the Iowa City Senior Center accessible, affordable, and a vital part of our community. All gifts, no matter how large or small, make a big difference.



FRIENDS
OF IOWA CITY
SENIOR CENTER

You can donate to Friends online or by mail:

- icseniorcenterfriends.org
- Friends of Iowa City Senior Center
28 South Linn Street
Iowa City, Iowa 52240

BECOME A VOLUNTEER

Volunteering is good for our community—and good for you! If you have time, spend it wisely as a Senior Center volunteer. Volunteers of all ages help ICSC achieve its mission to improve quality of life by facilitating opportunities for older adults to stay active, curious, and connected.

Visit icgov.org/senior to submit a volunteer application. You can also make an appointment with Michelle to discuss teaching a class or leading a program (mbuhman@iowa-city.org or 319-356-5222), or contact Emily to explore other ways to support your Senior Center and community with your time and talents (eedrington@iowa-city.org or 319-356-5224).

HELP US STOCK OUR PANTRY

Food insecurity is a serious problem for many older adults. The Senior Center has a little free pantry where anyone can freely give and/or take food and personal care items. It is located near the Washington Street entrance on the ground level of the Senior Center and is open to the public during our operating hours.

Donations of non-perishable food items and toiletries can be dropped off on the pantry shelves. The pantry can always use beans, rice, pasta, canned vegetables, canned tuna and meats, soups, peanut butter, nuts, dried and canned fruits, fruit juices, cereal, granola bars, meal kits. For ongoing support, consider setting up a monthly subscription to have items shipped directly to the Senior Center pantry.

LOCATION & ENTRANCES

ICSC is located at the northeast corner of Linn and Washington Streets in downtown Iowa City.

The main entrance is on Washington Street. Our reception desk is located inside at the south end of the ground floor.

A pedestrian bridge at level 3A of the Tower Place parking ramp leads into the north end of our 3rd floor.

BUILDING DIRECTORY

Ground Floor

Washington Street Entrance, Reception Desk, Pantry, Fitness Studio, Billiards Room, Fitness Equipment Rooms, Art Studio, SHIP Office, Massage, Development Specialist

1st Floor

North Alley Entrance, Exits to Linn Street, Coordinator, Assembly Room, Kitchen, Fitness Studio, Lobby & Social Area, Public Computers, Board Games, Library, Puzzles

2nd Floor

Program Specialist, Operations Assistant, Student/Intern Work Space, Conference Room, All Gender Restrooms

3rd Floor

Skywalk Entrance (Tower Place Parking Ramp), TRAIL Office, Senior Center Technology & Video, Piano Room, Classrooms, Library, Community Outreach Specialist

PARKING

Hourly public parking is available in the Tower Place parking ramp directly north of the Senior Center. Parking is free for the first hour in the ramp and \$2/hour after that.

Current ICSC members can purchase discounted annual parking permits for the Tower Place parking ramp. Inquire at the reception desk for details.

Other nearby parking garages: Dubuque St. ramp next to the public library, Chauncey Swan ramp across from City Hall.



This two-year pilot program, which began August 1, 2023, makes every ride on Iowa City buses free for everyone. No transit passes or pocket change needed. Find more information at icgov.org/transit.

VISITOR EXPECTATIONS FOR NAVIGATING THE BUILDING

The Senior Center is not equipped or staffed to be a direct service or care provider. Visitors and participants must be able to navigate through the building and meet personal needs independently or with the aid of assistive devices or personal assistants that are arranged for and provided by the visitor or participant.

RESTROOMS

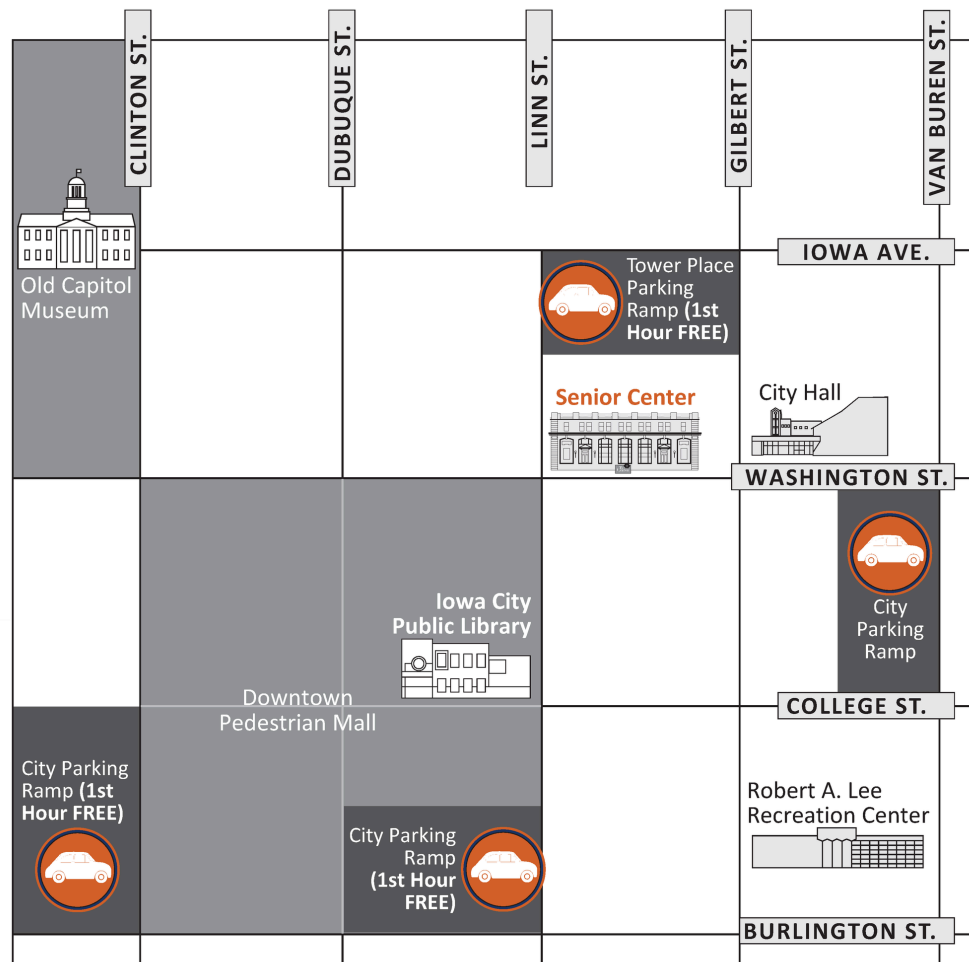
The Senior Center has accessible restrooms at the south end of each floor.

All Gender single stall restrooms are located on the 2nd floor and in the strength training room (G08). The restrooms in room G08 are also equipped with single stall showers.

Baby changing stations are available in the 1st and 2nd floor restrooms.

LOCKER RENTAL

Lockers are available for current ICSC members to rent for a monthly fee. Lockers are located in the Billiards room and the ground, 1st, and 3rd floor restrooms. Inquire at the reception desk.





IOWA CITY SENIOR CENTER

STAY ACTIVE | CURIOUS | CONNECTED

Iowa City/Johnson County Senior Center
28 S. Linn Street, Iowa City, IA 52240

SEPTEMBER- OCTOBER 2024

The Iowa City Senior Center enhances quality of life by creating opportunities to support wellness, social connections, community engagement, and lifelong learning for a diverse and growing older adult population.



IOWA CITY
SENIOR
CENTER

STAY CONNECTED

- Call us at **319-356-5220**
- Visit us online: **icgov.org/senior**
- Subscribe to ICSC email updates: **icgov.org/e-subscriptions**
- Follow us on Facebook: **[@IowaCitySeniorCenter](https://www.facebook.com/IowaCitySeniorCenter)**
- Explore our videos on YouTube: **[@IowaCitySCTV](https://www.youtube.com/IowaCitySCTV)**
- The Senior Center is open:
Monday-Thursday, 8 am - 7 pm
Friday, 8 am - 5 pm
Saturday, 9 am - 1 pm
Sunday, 12 - 5 pm
- The Senior Center will be closed:
M, Sep 2 for Labor Day

SEPTEMBER-OCTOBER 2024 PROGRAM GUIDE

