



IOWA CITY SENIOR CENTER

STAY ACTIVE | CURIOUS | CONNECTED

NOVEMBER-DECEMBER 2024 PROGRAM GUIDE



Your community Senior Center: Powering Connections

- 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

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icgov.org/senior

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+ can pay the same discounted membership rate as Iowa City residents through June 30, 2025. 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

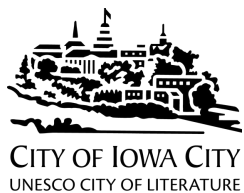
Low-income discount:

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.

NOVEMBER-DECEMBER 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.

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COMMUNITY ENGAGEMENT

Stay connected with your community, tap into resources and partnerships

Home Energy Savings: How To

Wednesday, Nov 6, 2-3 pm

Location: Room 308

Register online or call 319-356-5220

Come learn ways to save money on your energy bills and make your home more comfortable by making it use energy more efficiently. We'll discuss attic and basement insulation, sealing up windows and doors, more efficient furnaces, air conditioners, and water heaters; solar power; how to access the new federal tax incentives and rebates to help pay for it all; and how to get an energy audit or do a self-assessment of your home. Presenters Craig Mosher and Eric Streed do home energy audits and energy coaching for the Johnson Clean Energy District, a 501(c)3 nonprofit organization dedicated to building the clean energy economy in Johnson County, Iowa.

Medication Take Back/Medication Q&A

Saturday, Nov 16, 9:30 am - 12 pm

Location: Room 302

A medication take back event will be offered for anyone who needs to dispose of unwanted or expired medications, hosted by College of Pharmacy student members of the University of Iowa Student Society of Health-System Pharmacists (UI-SSHP). Current pharmacy students will be on hand to answer any medication-related questions, as well as provide free medication supplies such as pillboxes, pill splitters, and medication cards. See you there!

Cinema Salon

Tuesdays, Nov 19, Dec 17, 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, film, and philosophy. 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; pay at FilmScene box office. Membership required for discounted admission.

Foraged Winter Wreaths

Tuesday, Dec 10, 2-3:30 pm

Location: F.W. Kent Park

Register online or call 319-356-5220

Create a winter wreath using natural materials collected from Johnson County Conservation sites. This program will meet at the Conservation Education Center at Kent Park. Membership required.

Winter Sing-Along and Sweets & Treats Sale

Sunday, Dec 15, 2-4 pm

Location: Assembly Room

Songs of the season will once again ring through the air as we hold our annual Winter Sing-Along, hosted by Jon Ranard. Join us and come ready to raise your voice, singing a variety of favorites and traditional melodies along with new and rarely-heard gems. Bring your friends, neighbors, and family to enjoy songs and refreshments.

In addition to the sing-along, we're bringing back a community favorite, the winter holiday sweets and treats sale, from 2-4 pm on Sunday, Dec 15. This is an opportunity to support the Senior Center by purchasing cookies, candies, cakes, and other goodies to stock your holiday trays!

Baking & Event Volunteers Needed

Attention bakers! We are requesting donations of homemade cookies, candies, cakes, and other delectable treats for our sweets and treats sale. All proceeds benefit the Iowa City Senior Center. Drop off treats in recyclable or disposable containers at the Senior Center on Saturday, Dec 14 between 9-11:30 am.

Volunteers are also needed to help with the sale on Sunday, Dec 15 from 1-4:30 pm. If you are available to work at this event or plan to donate sweets and treats, please contact Michelle Buhman at 319-356-5222 or mbuhman@iowa-city.org.

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

CONCERTS & PERFORMANCES

Poetry in Motion

Saturday, Nov 9, 6:30-8:30 pm

Location: Assembly Room

Get tickets online: <https://iowacitypoetry.com/events/mic-check-poetry-fest-2024>

Iowa City Poetry presents Poetry in Motion, a live show featuring top spoken word performers sharing their work with the accompaniment of the The Blake Shaw Trio. This show broadens the definition of spoken word by adding music to the powerful words brought to the stage. It speaks to anyone who appreciates poetry, music, and performance. Not to be missed!

Tickets: \$15 for adults 19+, \$10 for college students, free to youth. Or purchase a Fest Pass for Mic Check Poetry Fest to get prepaid admission to all events.

Family Folk Machine Concert: “In the Garden of Hope”

Sunday, Nov 10, 3 pm

Location: Englert Theatre

In a time of anxiety about the changing climate, we need hope to inspire us to work together to improve our world. Come sing along with the FFM as we explore songs about the earth's beauty and our willingness to help. The concert features a couple of brand-new original songs alongside gems from Humbird, Ysaye Barnwell, REM, Buffy Sainte-Marie, the Talking Heads, and others. Free (with donations accepted) and open to all.

S.S.R.O. Readers Theatre Performance

Wednesday, Nov 20, 2 pm

Location: Assembly Room

Director: Jon Ranard

You're invited to join S.S.R.O. (Senior Standing Room Only) as we share our unique brand of humor, insight, and Readers Theatre. Meet us in the Assembly Room to hear hilarious tales of everyday mayhem, including scenes from the airport, computer help desk, a memorable Thanksgiving dinner, life through the eyes of our beloved pets, and the world's shortest musical version of the one and only “Oklahoma!” You don't want to miss the show, or the refreshments immediately following!

SoundReach Concert

Wednesday, Nov 20, 6:30 pm

Location: Assembly Room

SoundReach Choir is a performance group for adults with various disabilities, under the direction of music therapists from West Music. Their concert theme this fall is “SoundReach Goes Wild!” with songs about animals! SoundReach is designed to provide a structured community music experience for those who may not have other opportunities to join a performance group, and these groups are offered in several cities around Iowa. Learn more at musictherapy.westmusic.com/soundreach.

Iowa City New Horizons Band Concerts

- **Ensemble Performances: Thursday, Dec 5, 2 pm**
- **Full Band Performance: Tuesday, Dec 10, 2 pm**

Location: Assembly Room

Join us for a series of free concerts by the Iowa City New Horizons Band in December. Flute, brass, and reed ensembles will perform on Dec 5, and the full band will be performing five exciting and challenging music selections on Dec 10. The band's final appearance for the season will be a joint holiday concert with the Iowa City Community Band on Sunday, Dec 22 at 2 pm at the Englert Theatre. Thinking of picking up an instrument? ICNHB welcomes new members and the spring session begins Jan 21, 2025. For more information, visit www.iowacitynhb.org.

Voices of Experience Concert

Thursday, Dec 12, 2 pm

Location: Assembly Room

Director: Jon Ranard

Mark your calendars for a winter vocal concert filled with a wide variety of styles, songs, and moods, all presented by the Voices of Experience on Thursday, Dec 12 at 2 pm. Join us as we share our love of music, ranging from Big Band to *The Nutcracker* with something special for audiences of all ages. Join us in the lobby for a light reception afterward.

Tremble Clefs & Heavenly Hawkeye Choir Concert

Friday, Dec 13, 11 am

Location: Assembly Room

Tremble Clefs invites you to join our annual concert featuring songs of love and friendship. Tremble Clefs is a therapeutic choir for people with Parkinson's disease, their caregivers, and family members. We will also be joined by the Heavenly Hawkeye Choir from the University of Iowa for a special performance. Refreshments to follow!

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, keep

STUDIO ART

Watercolor Techniques Workshop

Thursdays, Nov 7 - Dec 19, 10 am - 12 pm

Location: Room G07

Register online or call 319-356-5220

Instructor: Dr. Hani Elkadi

This class will include independent and collaborative training of various techniques of watercolor usage as an art medium that needs no previous experience. The various activities will focus on two main objectives: the first is still life rendering of composition or an object, and the second is imaginative expression of various ideas and/or emotions as a visual response to an event, a poem, or a story. Students will need to bring good quality watercolor paper, a set of 24 watercolors, and a set of Prisma color pencils. Both new and returning students are welcome. Fee: \$140 (\$105 for participants in ICSC's low-income membership program); pay instructor. 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.

ICSC Photography Club

Thursdays, Nov 21, Dec 19, 3-4 pm

Location: Room 302

Register online or call 319-356-5220

Introducing the ICSC Photography Club, hosted by staff member Brad Mowrey. Join us for monthly meetings to discuss gear, show photos, tell stories, and ask questions. All are welcome, beginners and experts alike.

Viewing Values: Films of the 1950's

Wednesdays, Fridays, Nov 1 - Dec 13, 10 am - 12 pm

Location: Room 302

Register online or call 319-356-5220

Instructor: Frank Murray

The best movies are shaped by two main elements: artistic and thematic. This course offers specific techniques for interpreting the artistic elements in any film, and consideration of how the specific time period of the film influences the thematic elements. We will look at five classic films of the 1950s, such as *High Noon*, *On the Waterfront*, and *Invasion of the Body Snatchers*. Class meets on Fridays with the options to view the films independently or on Wednesdays, Nov 6, 13, 20, Dec 4, and 11. Membership required.

Nutrition Fact or Fiction

Tuesdays, Nov 5 - Dec 10, 10 am - 12 pm

Location: Room 308

Register online or call 319-356-5220

Instructor: Dr. Hani Elkadi, M.D., Ph.D.

An overwhelming amount of nutritional information is available on commercial and social media. It has become difficult to ascertain or determine the truth and authenticity of the messages. These messages are often presented to the audience as research supported by well-known experts or entertainment stars. In this course, you'll learn:

- The scientific foundations of how your body functions through the series of physiological and biochemical processes by which the body uses nutrients of food to support its life.
- What are the daily values of each of the basic nutrients, water, sugars, fats, proteins, vitamins, and minerals.
- What kind of information you may trust and why.
- What kind of misinformation you should avoid.

No previous knowledge of biology, physiology, or anatomy is required. Fee: \$120 (\$90 for participants in ICSC's low-income membership program); pay instructor.

Conversation Partner & Tutor

Meeting dates, times, location arranged with instructor

Kathy Mitchell offers one-on-one tutoring for English language learners. Meetings last 1-2 hours per week. Topics will be the student's choice. Kathy may also help with GRE and TOEFL preparation, editing, mock interviews, homework, reading & vocabulary. To register, email mitchell.kathy5@gmail.com.

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

your mind active

SPANISH CLASSES

Use It, Don't Lose It! Spanish Conversation

Wednesdays, Nov 6 - Dec 18, 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.

LITERATURE & WRITING

Fiction Writing Workshop

Tuesdays, Nov 5 - Dec 10, 2-3 pm

Location: Room 309

Register online or call 319-356-5220

Instructor: Drew Schroeder, Iowa Writers Workshop Student

Do you enjoy reading and talking about fiction? Do you currently write stories of your own? If you'd like to workshop short stories with other writers in your community, join our class! Each week we will read and discuss one or two stories from a writer in the group, focusing on craft topics like language, character, setting, dialogue, and structure. All genres and skill levels welcome. Stories will be distributed by the instructor via handouts or email. Membership required.

Reading with Tai

Thursdays, Nov 7 - Dec 19, 3:30-4:30 pm

Location: Room 307

Join City High school senior Tai Caputo as she continues her reading journey with *Other Minds and Other Stories*, an award-winning collection of short stories written by Iowa City author and UI English Department faculty member, Bennett Sims. These stories combine the mysterious, the intellectual, the supernatural, and the reflective aspects of our existence in the world in order to make several fascinating portraits of psychological speculation. Written with brilliant clarity and precision, Sims' stories illustrate the vastness of the human mind and places within ourselves we did not know existed.

Write Your Life Story

Fridays, Nov 8, 22, Dec 13, 27, 1-2:30 pm

Location: Room 308

Register online or call 319-356-5220

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.

Book Report

Tuesdays, Nov 12, Dec 10, 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, best sellers or classics, fiction, non-fiction, short stories, or poetry. Feel free to come just to listen.

CONTACT US:

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

SOCIAL CONNECTIONS

Create new friendships, find support, boost your resilience, prioritize joy!

Death Café

Fridays, Nov 1, 8, 15, 22, Dec 6, 11:30 am - 12:30 pm

Location: Hybrid (Room 308 & Zoom)

Register to receive Zoom link

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.

Queer Elders

- **Meetings (Room 309): Wed, Nov 6, 20, Dec 4, 18, 2-3 pm**
- **Movies (Room 308): Wed, Nov 13, 27, Dec 11, 2 pm**

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."

Becoming Elder

Fridays, Nov 15, Dec 20, 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!

Original Mature Groovers

- **Wednesday, Nov 20, 12-2 pm**

Location: Room 311

- **Wednesday, Dec 18, 12-2 pm**

Location: Assembly Room

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.

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.

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

Sports Forum

Mondays, 9-10 am

Location: Hybrid (Room 308 & Zoom)

Register online or call 319-356-5220

Facilitator: George Sauerberg

At these informal gatherings of Hawkeye fans, we discuss Iowa sports and other sports, with occasional visits from guest speakers. Guests are announced throughout the season in the Senior Center's weekly email newsletter.

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) or sometimes sing a cappella. Join us in-person at the Senior Center or listen in and sing along online. All are welcome!

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, Nov 5, 19, Dec 3, 17, 1-3 pm

Location: Colonial Lanes

The Senior Bowling Group meets on Tuesdays (1st/3rd of month). The cost is \$2 per game, and you can bowl up to 3 games. 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.

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.

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.

Coffee with Friends

Thursdays, 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 day's sights and sounds.

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 any time.

Film Fridays & Free Popcorn

Fridays, 2 pm, Room 302

Nov 1: *La La Land* (2016)

Nov 8: *The Long Game* (2023)

Nov 15: *Rocketman* (2019)

Nov 22: *Fremont* (2023)

Dec 6: *How To Blow Up A Pipeline* (2023)

Dec 13: *First Man* (2018)

Dec 20: *The Old Oak* (2023)

Dec 27: *Joan Baez: I Am A Noise* (2023)

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 total beginner to the tournament player. All ages welcome. No meetings Nov 24, Dec 22, 29.

CONTACT US:

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



WELLNESS

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

WISE - Wellness Initiative for Senior Education

Mondays, Nov 4 - Dec 16, 10 am - 12 pm

Location: Room 311

Register online or call 319-356-5220

Presenters: Community and Family Resources

The WISE Program is a free wellness program for older adults, designed to celebrate and promote healthy aging and lifestyle choices! In WISE, you will learn more about ways to protect your physical and mental health, manage medications safely, prevent substance misuse, and help you feel empowered about your healthcare. The program includes six sessions filled with engaging activities, discussions, and time to meet and connect with new people.

Grief Support Group Informational Meeting

Thursday, Nov 7, 12-1 pm

Location: Hybrid (Room 308 & Zoom)

Register online or call 319-356-5220

Join us to explore options for a new Grief Support Group in Iowa City. Facilitator Mary McCall, PhD, will outline various approaches for grief support in order to assess and respond to the needs of those seeking such support (e.g., open vs. closed group; open-ended vs. time-limited; psycho-educational vs. emotion-focused, etc.). This support group in the making will take place in a community setting (location to be determined), be open to everyone, and have a small fee for each session attended. Join us for this free meeting at the Senior Center to learn more and share your feedback.

Advance Care Planning Workshop

Thursday, Nov 14, 1-3 pm

Location: Hybrid (Room 308 & Zoom)

Register online or call 319-356-5220

Instructor: Mary McCall

We can't predict when a sudden illness or injury could leave us unable to communicate or make decisions. 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.

Family & Friends Dementia Education

Thursday, Dec 5, 10 am - 12 pm

Location: Room 308

Register online or call 319-356-5220

Caring for a loved one with dementia can be challenging, especially when faced with the unknowns of the disease. This free class, presented by staff from Bickford Home Care, will help to offer insight and support to people adjusting to caregiving for a loved one with dementia.

Water Mindfulness

Tuesdays, 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 info, email markc39@gmail.com.

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 & supportive conversation. Cultivate your skills for living in the now rather than worrying about the future, dwelling 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 a short meditation. Join us and bring an open mind! No meetings Nov 27, Dec 25.

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

FITNESS & MOVEMENT

BeMoved Dance

- Mondays, Tuesdays, Oct 28 - Dec 17, 10:30-11:30 am
- Wednesdays, Oct 30 - Dec 18, 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. Learn more at bemoveddance.com. 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 Nov 11, 12, 26, 27.

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.

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. No class on Nov 28, Dec 19-31.

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.

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: Room G13

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.

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WELLNESS

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

CONTACT US:

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

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SERVICES BY APPOINTMENT

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

Therapeutic Massage

Oct 30, Nov 13, 18, Dec 11, 16, by appointment

Location: Room 311

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.

Balance & Fall Risk Assessment

Tuesdays, Nov 12, Dec 10, 10 am - 12 pm, by appt

Location: Room 309

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 an assessment, David provides guidance to help you improve balance based on your results. Membership required.

Hellenistic Astrology & the Natal Horoscope

Thursdays, 1 pm, by appointment

Location: Room 311

Sign up for a one-on-one session with Craig Esbeck of Sycamore Moon Astrology and Tarot. During this session, you will be introduced to Hellenistic astrology, the divinatory science developed by the ancient Greeks, as you explore the meanings expressed in your natal horoscope through the Sun, Moon and Ascendant Ruler. Hellenistic astrology, which has significant differences with the modern psychological astrology of the 20th Century, is experiencing a rebirth with the discovery and translation of ancient texts through Project Hindsight which began in the 1990s. You will need to provide your birth date, birth time, and birth place when you register. Membership required.

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. 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 at the Senior Center and Mercer Park Aquatic Center in Iowa City, the Ranshaw House in North Liberty, via Zoom, and by phone.

Medicare Open Enrollment Period, Oct 15 - Dec 7

This is the time of year when people with Medicare can change their prescription drug plans or Medicare Advantage plans for the upcoming calendar year to better meet their needs. SHIIP counselors can help you review your options and make changes to your coverage, if needed.

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.



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

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

ICSC PARTNERSHIPS

Device Advice

Thursdays, through Nov 21, 1-2 pm

Location: 1st Floor Lobby

Device Advice is a UI student volunteer group that works to help shrink the digital divide between generations! Volunteers come to the Senior Center on Thursday afternoons (through Nov 21) to offer guidance on all things technology, so bring your devices and your questions.

Community Coffee & Table to Table

Mondays, 9:30-11 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!

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. We randomly distribute numbered cards to participants each week, which determines the order they may enter the room to shop.

Table to Table bridges the gap between abundance and hunger. Its mission is to increase food equity and reduce environmental harm by collecting and redistributing surplus food, through partners like the Senior Center, to people who can use it.

TRAIL of Johnson County

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

Location: Room 301

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 proudly supports TRAIL by providing in-kind office space at the Senior Center.



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

YueWon Lee Receptionist

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

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PARTNER ORGANIZATIONS / ICSC STAFF

Many thanks to these businesses for generously sponsoring ICSC's 2024 Pickleball Jamboree!



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.



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

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, Development Specialist, Senior Center Tech & Video, Music Room, Classrooms, Library, Community Outreach Spec.

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

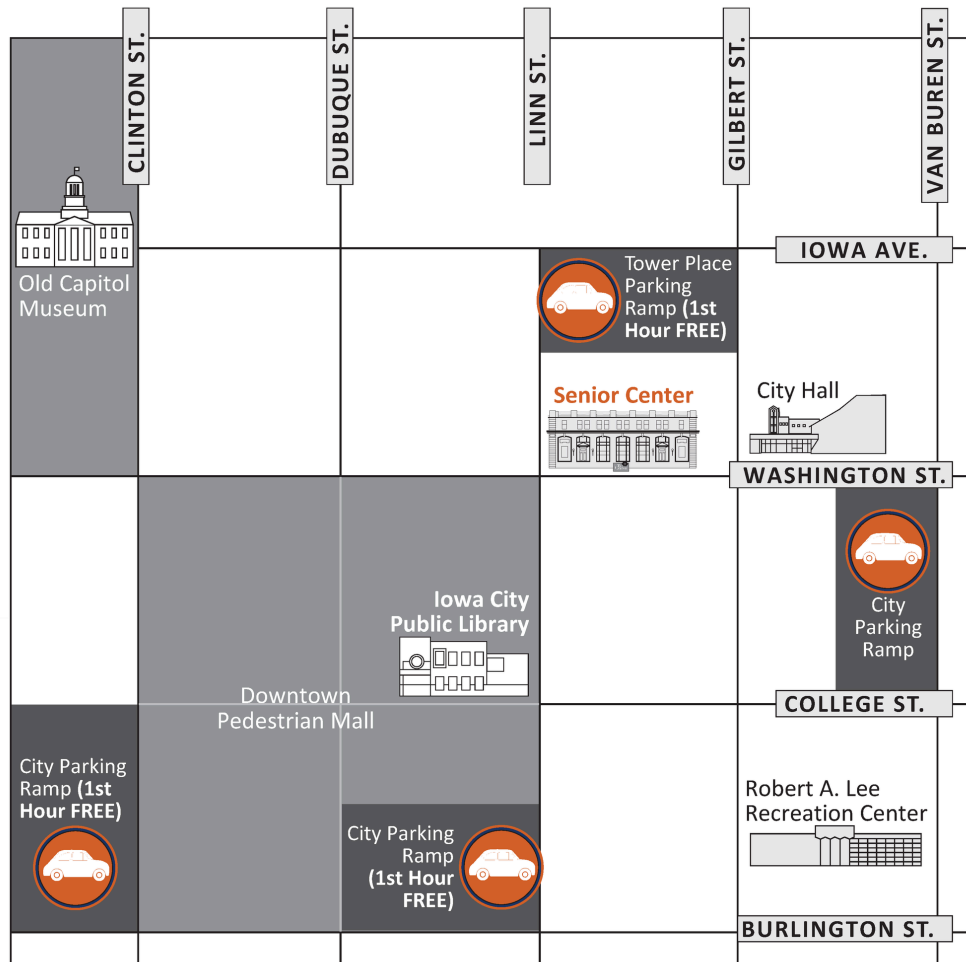
The Senior Center has accessible restrooms at the south end of each floor.

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

NOVEMBER- DECEMBER 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**
- Find 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
- ICSC will be closed for holidays on:
Nov 11, 28-29, Dec 24-25, Jan 1, 20

NOVEMBER-DECEMBER 2024 PROGRAM GUIDE

