Thanks for signing up!

Welcome!

The City of Evanston's Senior Services division, Evanston Community Foundation, Evanston Public Library, Evanston 311, and Local community members are dedicated to helping older adults and their loved ones stay connected by staying engaged. These packets, sent monthly, will contain information on programs and other resources available in the City, as well as games, puzzles, activity prompts, and more to help you pass the time!

Friday Brain Break
July TV Schedule

Note: On the dates specified below, each 60-minute program will air at three separate times: 8:00am, 12:00pm, AND 5:00pm.

<table>
<thead>
<tr>
<th>Date</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/3</td>
<td>Senior Issues, Etc. (Senior-produced Talk Show)</td>
</tr>
<tr>
<td></td>
<td>Episode: Genealogy</td>
</tr>
<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
</tr>
<tr>
<td>7/10</td>
<td>Senior Issues, Etc.</td>
</tr>
<tr>
<td></td>
<td>Episode: Dietician</td>
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<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
</tr>
<tr>
<td>7/17</td>
<td>Senior Issues, Etc.</td>
</tr>
<tr>
<td></td>
<td>Episode: Pedorthist</td>
</tr>
<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
</tr>
<tr>
<td>7/24</td>
<td>Senior Issues, Etc.</td>
</tr>
<tr>
<td></td>
<td>Episode: Therapy for Seniors</td>
</tr>
<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
</tr>
<tr>
<td>7/31</td>
<td>Senior Issues, Etc.</td>
</tr>
<tr>
<td></td>
<td>Episode: Dietician (repeat episode from 7/10)</td>
</tr>
<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
</tr>
</tbody>
</table>

Looking for additional resources? Visit www.evanstoncarenetwork.org or call 847-448-4311. 📺 Evanston Care Network

The City is also offering free Brain Break Activity Packets, mailed monthly. Each packet contains puzzles, brain teasers, coloring pages, and activity prompts to keep you busy. Call 847-448-4311 to subscribe!

Friday Brain Breaks air on Evanston Access TV

Comcast, Channel 6
AT&T, enter 99 and follow prompts
## Other Evanston Events

Looking for something else to do? Check out some other events, activities, and meetings to stay informed!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, 7/4</td>
<td>7:30am</td>
<td>Downtown Evanston Farmer's Market</td>
<td>Intersection of Oak Avenue and University Place</td>
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<tr>
<td></td>
<td></td>
<td>Senior Shopping Hours: 7-7:30am</td>
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<tr>
<td></td>
<td>11:00am</td>
<td>Virtual Fourth of July Celebration</td>
<td>Facebook Live; WCGO Radio 1590AM/95.9FM</td>
</tr>
<tr>
<td>Tuesday, 7/7</td>
<td>6:00pm</td>
<td>City Manager Recruitment Community Meeting</td>
<td>Register online for Zoom link.</td>
</tr>
<tr>
<td>Wednesday, 7/8</td>
<td>10:30am</td>
<td>Emergency Food Pantry</td>
<td>James Park; 300 Dodge Ave.</td>
</tr>
<tr>
<td></td>
<td>7:00pm</td>
<td>5th Ward Meeting</td>
<td>Call: 312-626-6799</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Downtown Evanston Farmer's Market</td>
<td>Meeting ID: 941 2522 4584</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Senior Shopping Hours: 7-7:30am</td>
<td>Password: 727752</td>
</tr>
<tr>
<td>Thursday, 7/11</td>
<td>7:30am</td>
<td>City Council Meeting</td>
<td>Intersection of Oak Avenue and University Place</td>
</tr>
<tr>
<td>Monday, 7/13</td>
<td>7:00pm</td>
<td>City Council Meeting</td>
<td>Channel 16</td>
</tr>
<tr>
<td>Tuesday, 7/14</td>
<td>9:30am</td>
<td>Producemobile</td>
<td>Levy Center; 300 Dodge Ave.</td>
</tr>
<tr>
<td>Thursday, 7/18</td>
<td>7:30am</td>
<td>Downtown Evanston Farmer's Market</td>
<td>Intersection of Oak Avenue and University Place</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Senior Shopping Hours: 7-7:30am</td>
<td></td>
</tr>
<tr>
<td>Monday, 7/20</td>
<td>7:00pm</td>
<td>Joint 6th &amp; 9th Ward Meeting - Virtual</td>
<td>Google Meet Phone: 314-649-9665 PIN: 534 827 607#</td>
</tr>
<tr>
<td>Wednesday, 7/22</td>
<td>10:30am</td>
<td>Emergency Food Pantry</td>
<td>James Park; 300 Dodge Ave.</td>
</tr>
<tr>
<td>Saturday, 7/25</td>
<td>7:30am</td>
<td>Downtown Evanston Farmer's Market</td>
<td>Intersection of Oak Avenue and University Place</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Senior Shopping Hours: 7-7:30am</td>
<td></td>
</tr>
<tr>
<td>Monday, 7/27</td>
<td>7:00pm</td>
<td>City Council Meeting</td>
<td>Channel 16</td>
</tr>
<tr>
<td>Tuesday, 7/28</td>
<td>9:30am</td>
<td>Producemobile</td>
<td>Levy Center; 300 Dodge Ave.</td>
</tr>
</tbody>
</table>

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**Questions?**
Please call 847-448-4311
Need Resources?
Find Programs | Connect to Services | Available in 100+ Languages

Evanston Care Network

Have Resources? Visit EvanstonCareNetwork.org to become a part of the ultimate community resource!

EvanstonCareNetwork.org
For more information, contact Evanston 311 by dialing 311 in Evanston or (847) 448-4311
¿Necesitas recursos?
Encuentra programas | Conéctese a los servicios | Disponible en más de 100 idiomas

Evanston Care Network

¿Tienes recursos?
Visite EvanstonCareNetwork.org para ser agregado al recurso comunitario completo!

EvanstonCareNetwork.org
Para más información, contacte a Evanston 311 marcando 311 en Evanston o (847) 448-4311
### Additional Food Resources

For more information on these and other resources, visit [www.evanstoncaresnetwork.org](http://www.evanstoncaresnetwork.org) or call 847-448-4311.

#### City of Evanston Senior Congregate Meals

Apply online at [https://cityofevanston.wufoo.com/forms/senior-congregate-meal-application/](https://cityofevanston.wufoo.com/forms/senior-congregate-meal-application/). Pick up meals on Mondays at the Levy Center, 300 Dodge Ave.

**Phone Number** | **Serving**
--- | ---
(847) 448-4311 | Seniors

#### City of Evanston Youth Meals

Free, grab-and-go cold breakfast and lunches for youth ages 1 to 18 available Mondays on a first-come, first-served basis between 11am and 1pm through June at: Fleetwood-Jourdain Community Center; Robert Crown Community Center; Kamen Park Fieldhouse; and Mason Park.

**Phone Number** | **Serving**
--- | ---
(847) 448-4311 | Students

#### Food Pantries

**City of Evanston/Northwestern Emergency Food Pantry:** One free box of food per household with valid Evanston ID. First-come, first-served boxes available every other Wednesday at James Park from 10:30am - 12pm.

**City of Evanston/Hillside Food Pantry:** Registrants may pick up on Wednesdays 4 - 6pm OR Saturdays 2 - 4pm at 2727 Crawford Ave. Limit one pickup per week.

**City of Evanston/Vineyard Pantry:** Participants must bring valid Illinois ID to register; limited to two pickups per household per month, held at 2495 Howard St. on Wednesdays from 6-7pm.

**City of Evanston/Connection for the Homeless:** Pick up sack lunch or bag of ingredients from the food pantry weekdays between 9:30am and 2pm, at 2131 Dewey Ave.

**Phone Numbers**

(847) 448-4311 | **Serving**
--- | ---
(847) 328-7182 | All Ages

(847) 475-7070 | All Ages

(847) 328-4544 | All Ages

#### Interfaith Action Network of Soup Kitchens

**Beth Emet Synagogue:** 1224 Dempster St. (Ridge Entrance). Wednesdays @ 6pm

**First Congregational Church of Evanston:** 1417 Hinman Ave., Fridays @ Noon

**First Presbyterian Church:** 1427 Chicago Ave., Saturdays @ 11:30am

**First United Methodist Church:** 1417 Hinman Ave., Thursdays @ 6pm

**Hemenway United Methodist Church:** 933 Chicago Ave., Tuesdays @ 4pm

**Second Baptist Church:** 1717 Benson Ave., Mondays & Tuesdays @ Noon

**St. Mark’s Church:** 1417 Hinman Ave., Wednesdays @ 11am

**Phone Number** | **Serving**
--- | ---
(847) 869-0370 | All Ages

#### Meals on Wheels Northeastern Illinois

Weekly deliveries of frozen meals available for a sliding-scale fee. Apply online at [https://mealsonwheelsnei.org/client-application](https://mealsonwheelsnei.org/client-application).

**Phone Number** | **Serving**
--- | ---
(847) 332-2678 | Seniors*

*Also provide services to individuals with disabilities

#### ProduceMobile

Free shelf-stable food and fresh fruits and vegetables available on a first-come, first-served basis every second Tuesday of the month between 9:30 and 10:30am at the Levy Senior Center, 300 Dodge Ave.

**Phone Number**

(847) 448-4311 | All Ages

#### C&W Market and Ice Cream Parlor

Offering curbside pickup or deliveries of groceries to seniors. LINK accepted here.

**Phone Number** | **Serving**
--- | ---
(847) 833-9367 | Seniors
### Recursos adicionales de alimentos

Para obtener más información sobre estos y otros recursos, visite www.evanstoncarenetwork.org o llame al 847-448-4311

#### Evanston Care Network

<table>
<thead>
<tr>
<th>Recurso</th>
<th>Número de teléfono</th>
<th>Servicio para</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ciudad de Evanston Comidas Congregadas para la tercera edad</strong></td>
<td>(847) 448-4311</td>
<td>Tercera edad</td>
</tr>
<tr>
<td><strong>Comidas para jóvenes de la Ciudad de Evanston</strong></td>
<td>(847) 448-4311</td>
<td>Estudiantes</td>
</tr>
<tr>
<td>Desayuno y almuerzos fríos gratuitos para llevar para jóvenes de 1 a 18 años disponibles los lunes por orden de llegada entre las 11 a.m. y la 1 p.m. hasta Junio en: Centro Comunitario Fleetwood-Jourdain; Robert Crown Centro Comunitario; Kamen Park David Wood Fieldhouse; y Mason Park.</td>
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</tr>
<tr>
<td><strong>Despensas de comida</strong></td>
<td>(847) 448-4311</td>
<td>Todas edades</td>
</tr>
<tr>
<td>La despensa de la Ciudad de Evanston/Universidad Northwestern: Una caja de comida gratuita por casa, se sirve al orden de llegada hasta que se acaban las cajas con una identificación con dirección de Evanston cada otro Miércoles en el Parque James de 10:30am a 12pm.</td>
<td></td>
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</tr>
<tr>
<td>Hillside: Registrantes pueden recoger los Miércoles de 4-6pm o los Sábados de 2-4pm en 2727 Crawford Ave. Límite de un día por semana.</td>
<td>(847) 328-7182</td>
<td></td>
</tr>
<tr>
<td>La Viña: Los participantes deben traer una identificación válida de Illinois para registrarse, y están limitados a dos recogidas por hogar por mes, en 2495 Howard St. los Miércoles de 6-7pm.</td>
<td>(847) 328-4544</td>
<td></td>
</tr>
<tr>
<td><strong>Red de acción interreligiosa comedor de benevolencia</strong></td>
<td>(847) 869-0370</td>
<td>Todas edades</td>
</tr>
<tr>
<td>Beth Emet Synagogue, 1224 Dempster St. (Ridge Entrance). Miércoles a las 5pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Congregational Church of Evanston, 1417 Hinman Ave., Viernes a mediodía</td>
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<tr>
<td>First Presbyterian Church, 1427 Chicago Ave., Sábado a las 11:30am</td>
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<td></td>
</tr>
<tr>
<td>First United Methodist Church, 1417 Hinman Ave., Jueves a las 5pm</td>
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<tr>
<td>Hemenway United Methodist Church, 933 Chicago Ave., Martes a las 4pm</td>
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<tr>
<td>Second Baptist Church, 1717 Benson Ave., Lunes &amp; Martes a mediodía</td>
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<tr>
<td>St. Mark's Church, 1417 Hinman Ave., Miércoles a las 11am</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meals on Wheels del Noreste de Illinois</strong></td>
<td>(847) 332-2678</td>
<td>Tercera edad*</td>
</tr>
<tr>
<td>Entregas semanales de comidas congeladas disponibles por una tarifa de escala móvil. Solicite en línea en <a href="https://mealsonwheelsnei.org/client-application">https://mealsonwheelsnei.org/client-application</a>.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Producemobile</strong></td>
<td>(847) 448-4311</td>
<td>Todas edades</td>
</tr>
<tr>
<td>Comida estable y frutas y verduras frescas disponibles por orden de llegada, primer servicio cada segundo Martes del mes entre las 9:30 y las 10:30 a.m. en el Levy Senior Center, 300 Dodge Ave.</td>
<td></td>
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</tr>
<tr>
<td><strong>Mercado C&amp;W y Heladería</strong></td>
<td>(847) 833-9367</td>
<td>Tercera edad</td>
</tr>
<tr>
<td>Ofreciendo recogida afuera del mercado o entregas a domicilio de alimentos a las personas de tercera edad. Aceptan tarjeta de LINK aquí!</td>
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</tr>
</tbody>
</table>
Expansion of Link/SNAP/EBT Benefits

PANDEMIC EBT (P-EBT) SNAP BENEFITS

- If your children are between the ages of 3 and 17 and are eligible for free or reduced-priced meals through the National School Lunch Program, you may be entitled to additional SNAP funds equal to the value of those meals for every day schools are closed through the end of the school year.
- If you currently receive SNAP benefits, these additional funds will automatically be loaded onto your Illinois LINK EBT account with your regular SNAP benefits.

GROCERY DELIVERY / ONLINE PURCHASES

- If you currently receive SNAP benefits, you will have the option of purchasing groceries online at Walmart.com and Amazon.com starting June 2, 2020. Simply enter your Personal Identification Number (PIN) at checkout.
- Current Link users will be alerted when they can use their card to place food orders online; there is no need to call or visit an office to access the delivery option. Recipients can also continue purchasing groceries the traditional way if desired.

BENEFICIOS DE SNAP PANDEMIC EBT (P-EBT)

- Si sus hijos tienen entre 3 y 17 años y son elegibles para comidas gratis o comidas a precio reducido a través del Programa Nacional de Almuerzos Escolares, puede ser elegible a fondos adicionales de SNAP equivalentes al valor de esas comidas por cada día que las escuelas están cerradas hasta el final del año escolar.
- Si actualmente recibe beneficios de SNAP, estos fondos adicionales serán automáticamente cargado en su cuenta de Illinois LINK EBT junto con sus beneficios regulares de SNAP.

ENTREGA DE COMPRAS / COMPRAS EN LÍNEA

- Si actualmente recibe beneficios de SNAP, tendrá la opción de comprar comestibles en línea en Walmart.com y Amazon.com a partir del 2 de junio de 2020. Simplemente ingrese su Número de identificación personal (PIN) al finalizar la compra.
- Los usuarios actuales de Link recibirán alertas cuando puedan usar su tarjeta para hacer pedidos de comida en línea; No es necesario llamar o visitar una oficina para acceder a la opción de entrega. Los destinatarios también pueden continuar comprando alimentos de la manera tradicional si lo desean.

¿Necesitas aplicar? Visite ABE.illinois.gov o llame al (800) 843-6154 para comenzar. Need to apply? Visit ABE.illinois.gov or call (800) 843-6154 to get started.
Use Your SNAP Benefits to Buy Groceries Online

Illinois now allows SNAP participants to purchase groceries online for delivery or pick-up. This new program is currently only available through Amazon and Walmart and there are some limits depending on your location. Use this guide to find the best option for your grocery needs.

AMAZON

Amazon delivers groceries to your home. Depending on what food you need and whether you want to purchase bulk quantity, Amazon offers three options.

Frequently Asked Questions

Register your SNAP EBT card

Amazon Core Groceries
- Bulk non-perishable items
- Free shipping if you spend over $25
- Available statewide

Amazon Pantry
- Individual non-perishable items
- Free shipping if you spend over $35
- Available statewide

Amazon Fresh
- Non-perishables and perishables (dairy, produce, meats)
- Free shipping if you spend over $35
- Limited availability (65% of Cook County zip codes)

WALMART

Walmart allows you to order groceries online and pick-up at the store. Some stores also offer delivery.

Frequently Asked Questions

Shop for Groceries

Online Pick-up
- Non-perishables and perishables (dairy, produce, meats)
- No service fees
- Minimum order of $30
- Available at most Walmart stores

Online Delivery
- Non-perishables and perishables (dairy, produce, meats)
- Delivery fee between $7.95-$9.95
- No minimum order
- Available in most communities, but not every store

USEFUL TIPS FOR USING SNAP BENEFITS TO SHOP ONLINE

- SNAP benefits may only be used to purchase food items.
- SNAP benefits cannot be used to pay for delivery fees. Meet minimum order amounts to qualify for free shipping or pay for shipping using another form of payment.
- If you already have an account with Amazon or Walmart, be sure to update the form of payment to your Link EBT card.
- You do not need an Amazon Prime membership to use your Link EBT card on Amazon.

- Other retailers will be joining the program in the future. For the latest information, visit chicagosfoodbank.org/benefits-outreach
- Need help with your SNAP benefits? In Cook County, contact the Greater Chicago food Depository benefits hotline at 773-843-5416. Statewide contact the Illinois Department of Human Services at 800-843-6154.
Usa tus beneficios de SNAP (tarjeta LINK) para comprar alimentos en línea

Illinois ahora les permite a los participantes de SNAP (tarjeta LINK) comprar alimentos en línea para entrega a domicilio (delivery) o para recogerlos en la tienda (pick-up). Por ahora este nuevo programa solo está disponible a través de Amazon y Walmart, y existen algunos límites y restricciones dependiendo de tu ubicación. Usa esta guía para encontrar la mejor opción para comprar tus alimentos.

AMAZON

Amazon puede entregar alimentos a tu hogar. Dependiendo de qué comida necesitas y si deseas comprar una cantidad al mayoreo, Amazon te ofrece tres opciones.

Preguntas más frecuentes

REGISTRATE PARA HACER TUS COMPRAS

Amazon Core Groceries
- Artículos al mayoreo y alimentos enlatados, en cartón o en plástico que no tiene fecha de caducidad cercana
- Envío gratis si gastas más de $25
- Disponible en todo el estado

Amazon Pantry
- Artículos individuales enlatados, en cartón o en plástico que no tiene fecha de caducidad cercana
- Envío gratis si gastas más de $35
- Disponible en todo el estado

Amazon Fresh
- Artículos enlatados, en cartón o en plástico que no tiene fecha de caducidad cercana, productos lácteos, frescos y carne
- Envío gratis si gastas más de $35
- Disponible solo para el 65% del condado de Cook

WALMART

Walmart te permite ordenar alimentos en línea y recogerlos en la tienda. Algunas tiendas también ofrecen entrega a domicilio.

Preguntas más frecuentes

Compra alimentos

Ordena en línea y recoge en la tienda
- Artículos enlatados, en cartón o en plástico que no tiene fecha de caducidad cercana, productos lácteos, frescos y carne
- No aplican cargos por servicio
- Pedido mínimo de $30
- Disponible en la mayoría de tiendas Walmart

Entrega a domicilio
- Artículos enlatados, en cartón o en plástico que no tiene fecha de caducidad cercana, productos lácteos, frescos y carne
- Gastos de envío de $7.95 a $9.95 (no cubierto por los beneficios SNAP)
- No es necesario realizar un pedido mínimo
- Disponible en la mayoría de las comunidades, pero no en todas las tiendas

CONSEJOS ÚTILES PARA USAR LOS BENEFICIOS DE SNAP PARA COMPRAR EN LÍNEA

- Los beneficios de SNAP solo se pueden usar para comprar alimentos.
- Los beneficios de SNAP no se pueden usar para pagar los gastos de envío. Debes cumplir con las cantidades mínimas de pedido para calificar para el envío gratuito o puedes pagar el envío utilizando otra forma de pago.
- Si ya tienes una cuenta con Amazon o Walmart, asegúrate de cambiar la forma de pago a tu tarjeta LINK.
- No necesitas tener una membresía de Amazon Prime para usar tu tarjeta LINK en Amazon.

- Otras tiendas se unirán al programa en el futuro. Para obtener la información más reciente, visite chicagosfoodbank.org/benefits-outreach
- ¿Necesitas ayuda con tus beneficios de SNAP? Si vives en el Condado de Cook, comunícate a la línea de ayuda del Equipo de Beneficios Públicos del Greater Chicago Food Depository (Banco de Alimentos) al 773-843-5416. En todo el estado puedes comunicarte con el Departamento de Servicios Humanos de Illinois (DHS) al 800-843-6154.
ILLINOIS SENIOR MEDICARE PATROL

FREE ZOOM WORKSHOPS

LEARN HOW TO PROTECT, DETECT, AND REPORT MEDICARE FRAUD WITH THE SENIOR MEDICARE PATROL.

City of Evanston
Parks, Recreation & Community Services

evanston public library
SENIOR MEDICARE PATROL BASICS
Learn more about Senior Medicare Patrol and what you can do to protect, detect and report Medicare fraud.
**Friday, July 10 at 1:00 pm.**

HOW TO READ YOUR MEDICARE SUMMARY NOTICE
Learn to read your Medicare Summary Notice to make sure it matches with the services that they have been provided to you. Understand why it is important to use it as a tool to prevent Medicare fraud.
**Friday, July 17 at 1:00 pm.**

TYPES OF MEDICARE FRAUD
Identify the different types of Medicare scams and how they have been happening actively in the community.
**Friday, July 24 at 1:00 pm.**

TIPS TO PREVENT MEDICARE FRAUD
Learn ways to protect yourself from Medicare Fraud when you are out in the community or at your own home.
**Friday, July 31 at 1:00 pm.**

HOW DO I JOIN?

- Phone number to call: **312 626 6799**
- ID to type while you call: **914 6454 5141#**
- Zoom link: [https://zoom.us/j/91464545141](https://zoom.us/j/91464545141)

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**Protect**
Do not give your personal information to someone you do not know.

**Detect**
Make sure the claims on the Medicare Summary Notice are correct.

**Report**
Medicare fraud by calling Illinois at (800)699-9043.

This project was supported, in part by grant number 90MPPO0036, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.
MATHER TELEPHONE TOPICS
MORE PROGRAMS. NEW LOOK. NO NEED TO REGISTER IN ADVANCE.

July 2020

With Telephone Topics, you simply call a toll-free number at the start time of the program to listen to a wide range of interesting discussions and programs. All calls are FREE!

Two Ways to Participate:
Call-in number: (855) 880.1246 or join us online: zoom.us/join
Enter Meeting ID: 386 399 7030

Fall Prevention Exercises VIDEO AVAILABLE
Jaime Pena, Community Social Worker, AgeOptions
Wednesday, July 1, 9:30 a.m. CT
Join Jaime in a guided session of simple exercises you can do in your home to wake up your body from head to toe. A sturdy chair with arms is suggested.

Facts about Maine
Joe Cunniff, Instructor, DePaul University
Wednesday, July 1, 11:00 a.m. CT
Let’s explore interesting facts, fun trivia, and jokes about Maine. We’ll also sing some songs from the Great American Songbook.

Book Discussion
Rebecca Hayes, Readers Advisory Librarian, Morton Grove Public Library
Wednesday, July 1, 1:00 p.m. CT
Join Rebecca to hear about a selection of funny and lighthearted books, all of which are available as ebooks with your library card.

The Radium Girls VIDEO AVAILABLE
Kate Moore, Author
Wednesday, July 1, 2:30 p.m. CT
Kate joins us from England to discuss her book about the women factory workers in the Chicago area and other locations who worked with paint laced with radium. Many of them died of various cancers, and the subsequent legal case became an important one in labor history. Len Grossman, son of the heroic Chicago attorney who took on the women’s case, will also join us.
Program in Spanish
Patrulla Estatal de Medicare en Illinois - Tipos de Fraudes
Jesus Enriquez, Outreach and Information Specialist, AgeOptions
Thursday, July 2, 9:30 a.m. CT
Aprenda más de los diferentes tipos de scam que pueden existir en Medicare y como prevenirlos.

Chicago Stories
Richie Zie, Chicago History Storyteller, TV & Radio Host & Tour Guide
Thursday, July 2, 11:00 a.m. CT
Richie is the lively and entertaining host of Chicago History & Automove Heaven on television and radio. He joins us to share fun and fascinating stories about Chicago.

Calm & Focused
Ann Dionne, Author & Certified Life Coach
Thursday, July 2, 1:00 p.m. CT
We’ll explore three easy ways in which to become calmer and more focused: becoming more self-aware, controlling our breathing, and using our imagination.

Unusual Dates & Reasons to Celebrate
Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Thursday, July 2, 2:30 p.m. CT
Every day that we’re alive is a reason to celebrate. What’s the alternative? Join in the fun as we party-plan for some uncommon events.

Draw-Along
Heidi Parkes, Presenter
Monday, July 6, 9:30 a.m. CT
Each week, join us for a guided exercise in creating art together. Ideal materials include any kind of paper and something to draw with, such as a pen, pencil, or marker.

Meditation
Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga
Monday, July 6, 12:00 p.m. CT
Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!
Chair Yoga  VIDEO AVAILABLE
Tom Wilkens, Yoga Instructor, Dancing Cranes
Monday, July 6, 2:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Tai Chi  VIDEO AVAILABLE
Lin Shook, Instructor
Monday, July 6, 4:00 p.m. CT
Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

The Rat Pack
Heather Braoudakis, Vocalist
Tuesday, July 7, 9:30 a.m. CT
Heather sings the songs of Frank, Dean, and Sammy from Live at the Sands to A Night on the Town. Learn the history of the group that included Humphrey Bogart, Judy Garland, and Lauren Bacall.

Real-Life Romance
Kate Marrs, Presenter
Tuesday, July 7, 11:00 a.m. CT
Kate will relate some true stories to capture your heart and imagination.

Mindfulness & Caregiving
Sharon Smith, Mather & Ruthe Guerry, Art Therapist
Tuesday, July 7, 1:00 p.m. CT
Learn the basics of mindfulness and how the practice can help you to manage the stresses of caregiving and create opportunities for self-care.

Cardio & Strength Fitness  VIDEO AVAILABLE
Suzanne Harris, Instructor
Tuesday, July 7, 2:30 p.m. CT
Join us for alternating simple cardio programs for 30 minutes and 10 minutes of upper- and lower-body strength exercises. Squats and lunges can be done at your level, including simple upper-body work. Modifications are welcome!
Virtual Tech Explorations  VIDEO AVAILABLE
Jeff Rose & Vivian Chazen, Mather
Tuesday, July 7, 4:00 p.m. CT
This is the perfect time to learn about technology! Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

Poetry
Marion Mango, Poet & Writer
Wednesday, July 8, 9:30 a.m. CT
Poetry has been proven to inspire, challenge, console, inform, and help heal both body and soul. Join us to listen or share your favorite poetry that you have written or admired.

Your Turn: Feedback on Telephone Topics
Lisa Evans, Mather
Wednesday, July 8, 11:00 a.m. CT
Here’s your chance to give your opinion on specific topics you liked and didn’t like, what you’d like to hear more about, or even topics you’d like to present.

Broadway Theater History
Ira Bernstein, Broadway Producer & General Manager
Wednesday, July 8, 1:00 p.m. CT
Get the inside story on some of the greatest shows that ever appeared on Broadway. Ira Bernstein was the general manager and producer for countless hit shows from the original Guys and Dolls to Chicago. He will be interviewed by Albert Williams, Associate Professor at Columbia College Chicago and former theater critic for the Chicago Reader.

Let’s Talk
Joe Cunniff, Instructor, DePaul University
Wednesday, July 8, 2:30 p.m. CT
Joe speaks “off the cuff” in a presentation that might include comedy, variety, interviews, travel stories, talk about food, fun facts, surprises, and great American songs.

Program in Spanish
Llamada para Aprender Mas del Censo  VIDEO AVAILABLE
Jesus Enriquez, Outreach & Information Specialist, AgeOptions
Thursday, July 9, 9:30 a.m. CT
Aprenda porque es importante el ser contado en el Censo.
World War II Memorial  VIDEO AVAILABLE  
*Caryl Derenfeld, Joy Fueled Souls*  
Thursday, July 9, 11:00 a.m. CT  
Join the discussion as Caryl explains the history behind the creation of the memorial. Every citizen of the United States was part of the war effort, whether in the Atlantic or Pacific theaters or here at home.

Active Adult Exercise  VIDEO AVAILABLE  
*Paige Corley, Certified Personal Trainer*  
Thursday, July 9, 1:00 p.m. CT  
Join Paige as she leads us for a 45-minute session of seated and standing exercises that will boost your mind and body!

Favorite Quotes & Proverbs  
*Jeanne Roppolo, Author, Storyteller & Motivational Speaker*  
Thursday, July 9, 2:30 p.m. CT  
Have pencil and paper handy as Jeanne shares some of her favorite quotes and proverbs.

Meditation  
*Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga*  
Friday, July 10, 9:30 a.m. CT  
Join us for guided meditation to reduce stress, increase resilience, and promote inner calm.

Simply Strong  VIDEO AVAILABLE  
*Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach*  
Friday, July 10, 11:00 a.m. CT  
Join us for a guided strength-training routine that can be done in the comfort of your home.

Storytelling with Megan  
*Megan Wells, National Touring Storyteller, 2016 Oracle Winner*  
Friday, July 10, 1:00 p.m. CT  
Hear a master storyteller read a thought-provoking short story, followed by a discussion.

Travel: Senegal  
*Larissa Rolley, Presenter*  
Friday, July 10, 2:30 p.m. CT  
Discover the beautiful beaches, history, culture, cuisine, music, and dance of Senegal.
Draw-Along
Heidi Parkes, Presenter
Monday, July 13, 9:30 a.m. CT
Each week, join us for a guided exercise in creating art together. Ideal materials include any kind of paper and something to draw with, such as a pen, pencil, or marker.

Meditation
Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga
Monday, July 13, 12:00 p.m. CT
Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Chair Yoga VIDEO AVAILABLE
Tom Wilkens, Yoga Instructor, Dancing Cranes
Monday, July 13, 2:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Tai Chi VIDEO AVAILABLE
Lin Shook, Instructor
Monday, July 13, 4:00 p.m. CT
Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Calming Ground: Meditation
Jaci McCarty, Certified Meditation & Mindfulness Teacher
Tuesday, July 14, 9:30 a.m. CT
Join us for mindfulness and meditation practice. Find your inner peace and joy.

Friends, Friendship & Nurturance
Kate Marrs, Presenter
Tuesday, July 14, 11:00 a.m. CT
Being a friend and having a friend are good for your well-being. Kate shares quotes, personal reflections, thoughts, ideas, how-tos, and fun trivia relating to friendship.

The Monkees VIDEO AVAILABLE
Brian Salgado, Presenter
Tuesday, July 14, 1:00 p.m. CT
Hear about the life and careers of these four iconic actors and musicians.
Cardio & Strength Fitness  VIDEO AVAILABLE
Suzanne Harris, Instructor
Tuesday, July 14, 2:30 p.m. CT
Join us for alternating simple cardio programs for 30 minutes and 10 minutes of upper- and lower-body strength exercises. Squats and lunges can be done at your level, including simple upper-body work. Modifications are welcome!

Virtual Tech Explorations  VIDEO AVAILABLE
Jeff Rose & Vivian Chazen, Mather
Tuesday, July 14, 4:00 p.m. CT
This is the perfect time to learn about technology! Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

The Importance of Healthy Eating
Danielle Riley, Community Health Worker
Wednesday, July 15, 9:30 a.m. CT
Join in as we talk about what healthy eating means and take a closer look at some of our favorite foods. Danielle suggests having any kind of food label handy.

Laughter Is Medicine  VIDEO AVAILABLE
Caryl Derenfeld, Joy Fueled Souls
Wednesday, July 15, 11:00 a.m. CT
Caryl explains how laughter impacts us emotionally, socially, physically, and spiritually. We need laughter's benefits now more than ever. Sample a fun laughter yoga session at the end of this presentation.

Game Time with Jeanne: Holiday Trivia
Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Wednesday, July 15, 1:00 p.m. CT
We'll play a game involving holiday history, facts and figures, global traditions, cartoons, TV shows, movics, carols, and other songs.

Relaxation & Meditation Basics
Sharon Smith, Possibilities Coach, Mather
Wednesday, July 15, 2:30 p.m. CT
Learn basic relaxation techniques, such as deep breathing or progressive muscle relaxation, to reduce stress and improve sleep. Learn the physical and emotional benefits of regular mindful meditation practice.
Music & Wellness  VIDEO AVAILABLE
Rebecca Froman Freiman, Music Therapist, Greater Chicago Music
Thursday, July 16, 9:30 a.m. CT
Learn about and experience music's benefits for different aspects of our health.

Chair Yoga  VIDEO AVAILABLE
Tom Wilkens, Yoga Instructor, Dancing Cranes
Thursday, July 16, 11:00 a.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

50 Nifty United States
Heather Braoudakis, Vocalist
Thursday, July 16, 1:00 p.m. CT
Join Heather as we take a trip across America chronologically according to the time that each state joined the Union. Enjoy trivia sing along with Stephen Foster, Mitch Miller, Johnny Cash, Perry Como, Patti Page, and more!

The Basics of Good Health  VIDEO AVAILABLE
Paige Corley, Certified Personal Trainer
Thursday, July 16, 2:30 p.m.
Paige will share details that are essential to creating and sustaining health.

Meditation
Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga
Friday, July 17, 9:30 a.m. CT
Join us for guided meditation to reduce stress, increase resilience, and promote inner calm.

Exercise for Mental Health  VIDEO AVAILABLE
Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach
Friday, July 17, 11:00 a.m. CT
Did you know that physical activity holds powerful benefits for your mental health? Learn how to make the most of this fascinating connection.

Storytelling with Michael
Michael Menendian, Theater Director
Friday, July 17, 1:00 p.m. CT
Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.
The Intersections between Music & Art History  VIDEO AVAILABLE
Caroline Edasis, Director of Creative Arts, Mather
Friday, July 17, 2:30 p.m. CT
Learn how artists and musicians share a long history of influencing and drawing inspiration from one another.

Draw-Along
Heidi Parkes, Presenter
Monday, July 20, 9:30 a.m. CT
Each week, join us for a guided exercise in creating art together. Ideal materials include any kind of paper and something to draw with, such as a pen, pencil, or marker.

Meditation
Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga
Monday, July 20, 12:00 p.m. CT
Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Chair Yoga  VIDEO AVAILABLE
Tom Wilkens, Yoga Instructor, Dancing Cranes
Monday, July 20, 2:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Tai Chi  VIDEO AVAILABLE
Lin Shook, Instructor
Monday, July 20, 4:00 p.m. CT
Tai Chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Supplemental Nutritional Assistance Program (SNAP)
Joy Aaronson, Benefits Access & Information
Tuesday, July 21, 9:30 a.m. CT
Learn all the benefits of SNAP, Food Stamps, and LINK. Find out about eligibility and how you can apply for these benefits.
Change: The Inevitable Gift  
*Katie Marrs, Presenter*  
Tuesday, July 21, 11:00 a.m. CT  
The ever-present consistent quality in life is change. We will look at the benefits of change and ways to discover them.

Chair Ballet Stretch  
*Jeanine Dent, Instructor*  
Tuesday, July 21, 1:00 p.m. CT  
Learn stretching and strengthening techniques using ballet positions and focusing on hip flexors, core strength, and spinal alignment.

Cardio & Strength Fitness  
*VIDEO AVAILABLE*  
*Suzanne Harris, Instructor*  
Tuesday, July 21, 2:30 p.m. CT  
Join us for alternating simple cardio programs for 30 minutes and 10 minutes of upper- and lower-body strength exercises. Squats and lunges can be done at your level, including simple upper-body work. Modifications are welcome!

Virtual Tech Explorations  
*VIDEO AVAILABLE*  
*Jeff Rose & Vivian Chazen, Mather*  
Tuesday, July 21, 4:00 p.m. CT  
This is the perfect time to learn about technology! Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

Angels in Our Life  
*Marion Mango, Poet & Writer*  
Wednesday, July 22, 9:30 a.m. CT  
Marion will share stories that show how angels are in our lives without us even knowing it. You are welcome to share your experiences, too.

Christmas in July  
*Walter Podrazik, Author, Watching TV: Eight Decades of American Television*  
Wednesday, July 22, 11:00 a.m. CT  
Learn why some seasonal media offerings work year-round, from *It’s a Wonderful Life* to *WKRP's “Turkeys Away”* episode.
Across the Miles
*Amber Carroll, Director, Covia, Well Connected, San Francisco*
Wednesday, July 22, 2:30 p.m. CT
Join participants in other telephone programs across the US and Canada to share stories and talk about life in our different locations. Note that this program uses a unique call-in number: call (888) 974.9888 and use meeting ID 788 788 7778.

Senior Medicare Patrol  VIDEO AVAILABLE
*Miranda Davis, Senior Medicare Patrol Outreach Specialist & Jesus Enriques, Outreach & Information Specialist, AgeOptions*
Thursday, July 23, 9:30 a.m. CT
Learn about the Senior Medicare Patrol and how they work to prevent Medicare fraud and abuse.

Joan Rivers & Totie Fields  VIDEO AVAILABLE
*Brian Salgado, Presenter*
Thursday, July 23, 11:00 a.m. CT
Brian explores the lives and careers of these multitalented, pioneering female comedians.

Active Adult Exercise  VIDEO AVAILABLE
*Paige Corley, Certified Personal Trainer*
Thursday, July 23, 1:00 p.m. CT
Join Paige as she leads us for a 45-minute session of seated and standing exercises that will boost your mind and body!

Travel: Southwest France
*Larissa Rolley, Presenter*
Thursday, July 23, 2:30 p.m. CT
Discover the outstanding food, history, prehistoric cave art, and beautiful villages of southwestern France.

Meditation
*Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga*
Friday, July 24, 9:30 a.m. CT
Join us for guided meditation to reduce stress, increase resilience, and promote inner calm.
Fabulous Fiber  VIDEO AVAILABLE
Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach
Friday, July 24, 11:00 a.m. CT
Considered to be the most important of all vital nutrients, fiber has many important benefits. Learn about the fabulousness of fiber as well as how to get the recommended amount into your diet—something that only 3% of us accomplish!

Storytelling with Caroline
Caroline Latta, Theatre Department, Columbia College Chicago
Friday, July 24, 1:00 p.m. CT
Hear a master storyteller read a thought-provoking short story, followed by discussion.

Traditional Irish Folk Songs
Rick Pickren, Musician
Friday, July 24, 2:30 p.m. CT
Sing along as Rick plays guitar and sings favorites like “Danny Boy,” “When Irish Eyes Are Smilin’,” and “The Wild Rover.”

Meditation
Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga
Monday, July 27, 9:30 a.m. CT
Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Time for Us: Let’s Chat!
Kate Marrs, Presenter & Lisa Evans, Mather
Monday, July 27, 12:00 p.m. CT
Join an uplifting chat about thoughts and experiences from your world.

Chair Yoga  VIDEO AVAILABLE
Tom Wilkens, Yoga Instructor, Dancing Cranes
Monday, July 27, 2:00 p.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.
Tai Chi    VIDEO AVAILABLE
Lin Shook, Instructor
Monday, July 27, 4:00 p.m. CT
Tai chi is a series of movements performed in a slow, gentle, focused manner and accompanied by deep breathing. Some previous experience required.

Making Art from Anything, Part 2
Heidi Parkes, Presenter
Tuesday, July 28, 9:30 a.m. CT
Learn how to make art from materials you already have at hand. While you may not have stocked up on traditional art supplies, you can still experience the joy of creativity at home.

The Ashcan School in the Art Institute of Chicago    VIDEO AVAILABLE
Dave Williams, Art Institute of Chicago
Tuesday, July 28, 11:00 a.m. CT
Explore the art, artists, and history of the distinctly American movement known as the Ashcan School, notable for its evocative scenes of early twentieth-century urban life. This lively presentation will include detailed descriptions of notable works in the collection of the Art Institute of Chicago.

What’s Hot in the News
Judy Lear, Activist
Tuesday, July 28, 1:00 p.m. CT
Judy recaps the past month’s national issues and news events and asks for your input.

Cardio & Strength Fitness    VIDEO AVAILABLE
Suzanne Harris, Instructor
Tuesday, July 28, 2:30 p.m. CT
Join us for alternating simple cardio programs for 30 minutes and 10 minutes of upper- and lower-body strength exercises. Squats and lunges can be done at your level, including simple upper-body work. Modifications are welcome!

Virtual Tech Explorations    VIDEO AVAILABLE
Jeff Rose & Vivian Chazen, Mather
Tuesday, July 28, 4:00 p.m. CT
This is the perfect time to learn about technology! Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.
How to Read Your Medicare Summary Notice  VIDEO AVAILABLE
Miranda Davis, Senior Medicare Patrol Outreach Specialist & Jesus Enriquez, Outreach & Information Specialist, AgeOptions
Wednesday, July 29, 9:30 a.m. CT
Learn how to read a Medicare Summary Notice and detect potential fraud, errors, or abuse.

Twists & Turns in Storytelling
Walter Podrazik, Author, Watching TV: Eight Decades of American Television
Wednesday, July 29, 11:00 a.m. CT
We’ll talk about shows with surprising spoiler alerts, including Columbo mysteries, “Who Shot J.R.?” prerecording the “Big Game,” and the real final words of Charles Foster Kane, according to Saturday Night Live.

Ancient Aliens
Jeanne Roppolo, Author, Storyteller & Motivational Speaker
Wednesday, July 29, 1:00 p.m. CT
We’ll delve into stories taken from the History Channel’s TV show Ancient Aliens. Are we alone in the universe? Where did they go? Will they return? You decide for yourself!

Questions for Your Answers
Kate Marrs, Presenter
Wednesday, July 29, 2:30 p.m. CT
Thought-provoking, deep-dive questions cause us to consider more deeply our choices and actions. Thinking through your answers helps reveal your true self!

Program in Spanish
Tips para Prevenir Fraude en Medicare  VIDEO AVAILABLE
Jesus Enriquez, Outreach & Information Specialist, AgeOptions
Thursday, July 30, 9:30 a.m. CT
Aprenda a cómo prevenir fraude en Medicare.

Chair Yoga  VIDEO AVAILABLE
Tom Wilkens, Yoga Instructor, Dancing Cranes
Thursday, July 30, 11:00 a.m. CT
Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.
Foods to Improve Your Mood  
_Sharon Smith, Mather_
Thursday, July 30, 1:00 p.m. CT
Learn which foods to eat to help reduce mood swings and improve your overall health.

Strength Training  VIDEO AVAILABLE  
_Paige Corley, Certified Personal Trainer_
Thursday, July 30, 2:30 p.m.
Why is strength training such an important aspect of health for older adults? Find out, and learn exercises as well as strategies to keep it a part of your daily routine.

Meditation  
_Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga_
Friday, July 31, 9:30 a.m. CT
Join us for guided meditation to reduce stress, increase resilience, and promote inner calm.

Simply Strong  VIDEO AVAILABLE  
_Randi Kant, MS, MPH, CHES, CPT, Certified Intrinsic Coach_
Friday, July 31, 11:00 a.m. CT
Join us for a guided strength-training routine that can be done in the comfort of your home.

Storytelling with Will  
_Will Casey, Theatre Department, Columbia College Chicago_
Friday, July 31, 1:00 p.m. CT
Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

Songs from the Steel Rails  
_Rick Pickren, Musician_
Friday, July 31, 2:30 p.m. CT
Cheery-O Bird Feeders

String Cheerios onto pipe cleaners to make one-minute birdfeeders. Hang the feeders so people can easily see them from their windows.

You will need:

- 12" pipe cleaners
- Cheerios or similar O-shaped cereal

Directions:

1. Bend the bottom 1" of a pipe cleaner to prevent the cereal from falling off.
2. Thread the cereal onto the pipe cleaner, leaving about 1" open at the top.
3. When you are finished adding the cereal, twist the ends of the pipe cleaner together. Shape your birdfeeder into a circle or heart.
4. Find a tree or bush to hang the bird feeder on, so it can be seen from people’s windows.
5. Enjoy watching the birds as they enjoy a snack.

Other Easy Bird Feeders

- Spread lard or peanut butter on a day-old bagel. Roll it in birdseed. Tie a ribbon or string through the hole and hang on a tree.
- Roll a pinecone in lard or peanut butter. Roll in birdseed. Attach a string long enough to hang from a tree branch.
Try these exercises twice a week to build up your strength, balance and flexibility.

1. Stationary March with Arm Swing/Seated March

2. Sit to Stand

3. Standing Hip Extension

4. Side Leg Raise

5. Single Leg Stand

6. Triceps Stretch

7. Standing Quadriceps Stretch
YOU-fit: Exercises for EveryBODY

Mountain  Side Bend  Knee Hug  Cow/Cat

Helicopter  Half-Forward Fold

Reverse Chair  Warrior Series

Hamstring Stretch  Gluteal Stretch  Quadriceps Stretch
1950s Trivia Questions

History
1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
2. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
3. What was the name of the first satellite launched into orbit by Russia in 1957?
4. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
5. What year did Disneyland open?
6. What famous explorer first climbed Mount Everest in 1953?
7. Who became Premier of the Soviet Union in 1958?
8. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state?
9. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
10. Which member of the royal family became head of state in Great Britain in 1953?

Music
1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
2. What singer had a hit with *Sixteen Tons* in 1955?
3. Which group had a hit with *Twilight Time* in 1958?
4. Which smoky-voiced singer sang *Too Young* in 1951?
5. What Cleveland disc jockey first used the term “Rock N Roll” in 1951?
6. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
7. Who recorded *Rock Around the Clock* in 1955?
8. Who originally sang *That’ll Be the Day* in 1957?
9. The Coasters recorded a song in 1959 with the line “You’re gonna need an ocean of Calamine lotion.” What is the name of the song?
10. B.J. Thomas sang *“I Can’t Help It If I’m Still In Love With You”* in 1967. Who first recorded it in 1951?

Pop Culture
1. Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up?
2. Which rising young star from the movie *Rebel Without a Cause* died in an automobile accident in 1955?
3. Which television game show first aired in 1956 and is still running today?
4. What famous baseball player married Marilyn Monroe in 1954?
5. What piece of women’s clothing, named after a dog, became popular in the 1950s?
6. What teen idol sang, *“Kookie, Kookie, Lend Me Your Comb?”*
7. What type of hat/cap did both Davy Crockett and Daniel Boone wear on TV in the 50s?
8. Eating what type of live fish became popular in the 1950s?
9. What famous cowboy of the 1950s was really named Leonard Slye?
10. What was the name of the circular plastic 1950s toy that was placed around the waist and operated by gyrating the hips?

http://seniors.lovetoknow.com/Senior_Citizen_Trivia_Questions
Funny Mix-Up

Unscramble the letters to reveal funny words.

1. IVJOLA
2. USILORAHI
3. DNCIONEEME
4. UUSORHMO
5. RLCUAJO
6. FSEUOTACI
7. ICKSTPSAL
8. CWNLO NDAROU
9. SRJTEE
10. UNMISAG
11. HTEAGURL
12. OINGHLTRC
13. GUCNICHKL
14. ROOIRASUPU
15. CIAMLCO
16. ODLRL
17. IRUTOOS
18. AYEITCRLSH
Common Endings #1
Find the word that can end all three words.
The first answer is given.

1. long, lake, sea
2. home, ready, man
3. face, fork, shop
4. hind, eye, fore
5. short, crew, buzz
6. sketch, mouse, launch
7. black, voice, air
8. news, night, hand
9. truck, over, free
10. under, slip, dust
11. land, slum, war
12. thunder, ring, dead
13. stove, bag, wind
14. counter, needle, check
15. arm, wheel, high
16. latch, turn, pass

shore__________________
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Double Trouble #1

Find the word that can be an ending to the first word listed and can be the beginning to the second word listed. The first answer is given.

1. bat ___ ___ man
cave

dead

2. jumping ___ ___ sprat

dead

3. candy ___ ___ meal

dead

4. home ___ ___ ball

dead

5. back ___ ___ bell

dead

6. oak ___ ___ house

dead

7. garden ___ ___ ___ web

dead

8. mother ___ ___ worm

dead

9. string ___ ___ puff

dead

10. gila ___ ___ ___ mash

dead

11. magic ___ ___ knee

dead

12. green ___ ___ stalk

dead

13. billy ___ ___ cheese

dead

14. angel ___ ___ bone

dead

15. motor ___ ___ helmet

dead

16. paper ___ ___ lunch

dead

17. blue ___ ___ walk

dead

18. vampire ___ ___ boy

dead

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Pass It On

After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

1. Winter’s end
2. Honeycomb shape
3. Eggnog spice
4. Parking area
5. Theater door sign
6. Cyclone
7. Greek salad ingredient
8. Study of habitats
9. Egg part
10. Skewer dish
11. Dam building critter
12. McDonald’s, for one
13. Device for sending messages
14. Plucked instrument
15. Mercury or Saturn
16. Farm vehicle
17. Cuban dance
18. Spring month

March

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You Are My Sunshine

Fill in the missing words below, then search for them in the puzzle. Words can be found vertically, horizontally, diagonally, forward, and backward.

You are my ______, my only sunshine
You make me ____ when skies are ____
You _____ know, ____, how _____ I ____ you
_______ don’t take my sunshine away

The _____ night, dear, as I lay ______
  I _____ I held you in my ____
  When I ______, dear, I was ________
  So I hung my _____, and I cried
Ride On
The words listed below can be found vertically and horizontally.

H W F R A M E E G T
A K V A C V Y Y S I
N Y F C H A I N P R
D X L K B Q N E E E
L E T Z W A K D D J
E L E F H A C B A N
B R A K E T Q M L W
A A V G E A R J Z E
R I I Y L R N S H H
S L V C N S P O K E

BRAKE  PEDAL
CHAIN  RACK
FRAME  SPOKE
GEAR  TIRE
HANDLEBARS  WHEEL

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**Grow Categories**

Fill in the boxes with one word that begins with each of the letters in GROW.

<table>
<thead>
<tr>
<th></th>
<th>G</th>
<th>R</th>
<th>O</th>
<th>W</th>
</tr>
</thead>
<tbody>
<tr>
<td>G</td>
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</tbody>
</table>

- **Three-letter Word**
- **Animal**
- **Girl’s Name**
Word Pyramid #1

Answer the clues to fill in the pyramid.

1. Alphabet’s third vowel
2. Do, re, ___
3. Snakelike fish
4. Mexican menu item
5. Dried plum
6. Two-piece bathing suit
7. Heavily built wild ox
8. Use instead of knocking
9. Type of pen

___
___ ___
___ ___ ___
___ ___ ___ ___
___ ___ ___ ___ ___
___ ___ ___ ___ ___ ___
___ ___ ___ ___ ___ ___ ___
___ ___ ___ ___ ___ ___ ___ ___
___ ___ ___ ___ ___ ___ ___ ___ ___
Solutions
1950s Trivia Answers

History
1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961? Dwight D. Eisenhower
2. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952? Polio
3. What was the name of the first satellite launched into orbit by Russia in 1957? Sputnik
4. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba? Fidel Castro
5. What year did Disneyland open? 1955
8. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state? Wisconsin
9. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955? Rosa Parks
10. Which member of the royal family became head of state in Great Britain in 1953? Queen Elizabeth II

Music
1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, The Man Who Knew Too Much? Que Sera Sera
2. Which singer had a hit with Sixteen Tons in 1955? Tennessee Ernie Ford
3. Which group had a hit with Twilight Time in 1958? The Platters
4. Which smoky-voiced singer sang Too Young in 1951? Nat King Cole
5. What Cleveland disc jockey first used the term “Rock N Roll” in 1951? Alan Freed
6. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957? West Side Story
7. Who recorded Rock Around the Clock in 1955? Bill Haley and the Comets
8. Who originally sang That’ll Be the Day? in 1957? Buddy Holly and the Crickets
9. The Coasters recorded a song in 1959 with the line “You’re gonna need an ocean of Calamine lotion.” What is the name of the song? Poison Ivy
10. B.J. Thomas sang “I Can’t Help It If I’m Still In Love With You” in 1967. Who first recorded it in 1951? Hank Williams Senior

Pop Culture
1. Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up? Elvis Presley
2. Which rising young star from the movie Rebel Without a Cause died in an automobile accident in 1955? James Dean
3. Which television game show first aired in 1956 and is still running today? The Price Is Right
5. What piece of women’s clothing, named after a dog, became popular in the 1950s? Poodle skirt
6. What teen idol sang, “Kookie, Kookie, Lend Me Your Comb?” Edd “Kookie” Burns
7. What type of hat/cap did both Davy Crockett and Daniel Boone wear on TV in the 50s? Coonskin
8. Eating what type of live fish became popular in the 1950s? Goldfish
9. What famous cowboy of the 1950s was really named Leonard Slye? Roy Rogers
10. What was the name of the circular plastic 1950s toy that was placed around the waist and operated by gyrating the hips? Hula hoop

http://seniors.lovetoknow.com/Senior_Citizen_Trivia_Questions
Funny Mix-Up
(solution)

1. jovial
2. hilarious
3. comedienne
4. humorous
5. jocular
6. facetious
7. slapstick
8. clown around
9. jester
10. amusing
11. laughter
12. shortling
13. chuckling
14. uproarious
15. comical
16. droll
17. riotous
18. hysterical
Common Endings #1
(solution)

1. long, lake, sea          shore
2. home, ready, man         made
3. face, fork, shop         lift
4. hind, eye, fore          sight
5. short, crew, buzz        cut
6. sketch, mouse, launch    pad
7. black, voice, air        mail
8. news, night, hand        stand
9. truck, over, free        load
10. under, slip, dust       cover
11. land, slum, war          lord
12. thunder, ring, dead     bolt
13. stove, bag, wind        pipe
14. counter, needle, check  point
15. arm, wheel, high        chair
16. latch, turn, pass       key
Double Trouble #1
(solution)

1. bat _ _ _ _ man
2. jumping _ _ _ _ sprat
3. candy _ _ _ _ meal
4. home _ _ _ _ ball
5. back _ _ _ _ bell
6. oak _ _ _ _ house
7. garden _ _ _ _ _ _ web
8. mother _ _ _ _ _ _ worm
9. string _ _ _ _ _ _ puff
10. gila _ _ _ _ _ _ mash
11. magic _ _ _ _ knee
12. green _ _ _ _ stalk
13. billy _ _ _ _ cheese
14. angel _ _ _ _ bone
15. motor _ _ _ _ helmet
16. paper _ _ _ _ lunch
17. blue _ _ _ _ walk
18. vampire _ _ _ _ boy

cave
jack
corn
base
door
tree
spider
earth
cheese
monster
trick
bean
goat
fish
bike
sack
moon
bat
## Pass It On

(solution)

<table>
<thead>
<tr>
<th>Number</th>
<th>Word</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Winter’s end</td>
<td>March</td>
</tr>
<tr>
<td>2.</td>
<td>Honeycomb shape</td>
<td>hexagon</td>
</tr>
<tr>
<td>3.</td>
<td>Eggnog spice</td>
<td>nutmeg</td>
</tr>
<tr>
<td>4.</td>
<td>Parking area</td>
<td>garage</td>
</tr>
<tr>
<td>5.</td>
<td>Theater door sign</td>
<td>exit</td>
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<td>6.</td>
<td>Cyclone</td>
<td>tornado</td>
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<td>7.</td>
<td>Greek salad ingredient</td>
<td>olive</td>
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<tr>
<td>8.</td>
<td>Study of habitats</td>
<td>ecology</td>
</tr>
<tr>
<td>9.</td>
<td>Egg part</td>
<td>yolk</td>
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<tr>
<td>10.</td>
<td>Skewer dish</td>
<td>kabob</td>
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<tr>
<td>11.</td>
<td>Dam building critter</td>
<td>beaver</td>
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<tr>
<td>12.</td>
<td>McDonald’s, for one</td>
<td>restaurant</td>
</tr>
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<td>13.</td>
<td>Device for sending messages</td>
<td>telegraph</td>
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<tr>
<td>14.</td>
<td>Plucked instrument</td>
<td>harp</td>
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<tr>
<td>15.</td>
<td>Mercury or Saturn</td>
<td>planet</td>
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<tr>
<td>16.</td>
<td>Farm vehicle</td>
<td>tractor</td>
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<tr>
<td>17.</td>
<td>Cuban dance</td>
<td>rumba</td>
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<tr>
<td>18.</td>
<td>Spring month</td>
<td>April</td>
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</table>
You Are My Sunshine
(solution)
<table>
<thead>
<tr>
<th>Grow Categories (possible answers)</th>
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<tbody>
<tr>
<td>Three-letter Word</td>
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</table>
Word Pyramid #1
(solution)

1. I
2. MI
3. EEL
4. TACO
5. PRUNE
6. BIKINI
7. BUFFALO
8. DOORBELL
9. BALLPOINT