¡Gracias por registrarte!

¡Bienvenidos!

Julio 2020

División de Servicios para Personas Mayores de la Ciudad de Evanston, Biblioteca Pública de Evanston, Evanston 311, y los miembros de la comunidad local se dedican a ayudar a los adultos mayores y sus seres queridos. Se permanecen conectados manteniéndose comprometidos. Estos paquetes, enviados mensual y financiado por la Evanston Community Foundation, contará información sobre programas y otros recursos disponibles en la ciudad, así como juegos, rompecabezas, indicaciones de actividades y más para ayudarte a pasar el tiempo.

¿Preguntas? ¿ReaIlmentación? Por favor llama 847-866-2919.
¿Necesitas recursos?
Encuentra programas | Conéctese a los servicios | Disponible en más de 100 idiomas

¿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
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
<table>
<thead>
<tr>
<th>Recursos adicionales de alimentos</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ciudad de Evanston Comidas Congregadas para la tercera edad</strong></td>
</tr>
<tr>
<td><strong>Número de teléfono</strong></td>
</tr>
<tr>
<td>(847) 448-4311</td>
</tr>
</tbody>
</table>

| **Comidas para jóvenes de la Ciudad de Evanston** |
| Desayunos 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. |
| **Número de teléfono** | **Servicio para** |
| (847) 448-4311 | Estudiantes |

| **Despensas de comida** |
| 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. |
| **Número de teléfono** | **Servicio para** |
| (847) 448-4311 | Todas edades |

| **Red de acción interreligiosa comedor de beneficencia** |
| Beth Emet Synagogue, 1224 Dempster St. (Ridge Entrance), Miércoles a las 6pm |
| First Congregational Church of Evanston, 1417 Hinman Ave., Viernes a mediodía |
| First Presbyterian Church, 1427 Chicago Ave., Sábado a las 11:30am |
| First United Methodist Church, 1417 Hinman Ave., Jueves a las 6pm |
| Hemenway United Methodist Church, 933 Chicago Ave., Martes a las 4pm |
| Second Baptist Church, 1717 Benson Ave., Lunes & Martes a mediodía |
| St. Mark's Church, 1417 Hinman Ave., Miércoles a las 11am |
| **Número de teléfono** | **Servicio para** |
| (847) 869-0370 | Todas edades |

| **Meals on Wheels del Noreste de Illinois** |
| Entregas semanales de comidas congeladas disponibles por una tarifa de escala móvil. Solicite en línea en https://mealsonwheelsnei.org/client-application. |
| **Número de teléfono** | **Servicio para** |
| (847) 332-2678 | Tercera edad* |

*Brindar también servicios a personas con discapacidades.

| **Producemobile** |
| 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. |
| **Número de teléfono** | **Servicio para** |
| (847) 448-4311 | Todas edades |

| **Mercado C&W y Heladería** |
| Ofreciendo recogida afuera del mercado o entregas a domicilio de alimentos a las personas de tercera edad. Aceptan tarjeta de LINK aquí |
| **Número de teléfono** | **Servicio para** |
| (847) 833-9367 | Tercera edad |
Additional Food Resources
For more information on these and other resources, visit www.evanstoncarenetwork.org or call 847-448-4311.

City of Evanston Senior Congregate Meals
Apply online at https://cityofevanston.wufoo.com/forms/senior-congregate-meal-application/. Pick up meals on Mondays at the Levy Center, 300 Dodge Ave.

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.

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.

Hillside: Registrants may pick up on Wednesdays 4 - 6pm OR Saturdays 2 - 4pm at 2727 Crawford Ave. Limit one pickup per week.

Vineyard: 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.

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.

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

Meals on Wheels Northeastern Illinois:
Weekly deliveries of frozen meals available for a sliding-scale fee. Apply online at https://mealsonwheelsnui.org/client-application.

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.

C&W Market and Ice Cream Parlor
Offering curbside pickup or deliveries of groceries to seniors. LINK accepted here!

Phone Number | Serving
--------------|-------------
(847) 448-4311 | Seniors
(847) 448-4311 | Students
(847) 448-4311 | All Ages
(847) 869-0370 | All Ages
(847) 332-2678 | Seniors*
(847) 448-4311 | All Ages
(847) 833-9367 | Seniors
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.

Need to apply? Visit ABE.illinois.gov or call (800) 843-6154 to get started.
Usa tus beneficios de SNAP (tarjeta LINK) para comprar alimentos en línea

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.

Amazon Core Groceries
- Artículos al mayoreo y alimentos enlatados, en cartón o en plástico que no tiene fecha de caducidad cercana
- Envío gratis si gastos 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 gastos 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 gastos 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.

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, visita 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.
**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.

**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.

**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 [chicagofoodbank.org/benefits-outreach](http://chicagofoodbank.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.
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 VIDEO AVAILABLE
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 cómo prevenirlos.

Chicago Stories VIDEO AVAILABLE
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 & Automotive 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, movies, 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  
Kate 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 Enriquez, 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
Sing along to classics like “The Rock Island Line,” “Waiting for a Train,” “16 Tons,” “I’ve Been Working on the Railroad,” and many more favorites.
Stay Strong Stay Healthy

Sentadilla
Wide leg squat

Flexión de pierna
Standing leg curl

Knee extension
Extensión de rodilla

Side hip raise
Subir la cadera

Flexión de biceps
Biceps curl

Elevaciones de talones de pie
Toe stand

Overhead press
Empuje de fuerza

Bent forward fly
Ejercicio lateral de pecho

Estiramiento de pecho

Estiramiento de muslo y pantorrilla
Hamstring and calf stretch

Chest and arm stretch

Upper back stretch
Postres Mixtos
Ponga en orden las letras para revelar algunas palabras relacionadas con la postres.

1. NANAAZM ETIUCERNJ
2. AATRT ED OUSEQ
3. EINBROW
4. EDUCL ED RAZAÚC
5. PETSLA DE UMBODE
6. ATRAT
7. DEHLOA ED OGTRUY
8. LSTAEGLA
9. RSÚITIAM
10. LODHEA
11. CCUEPAK
12. CRNMAÓAR
13. ACOOLECTH
14. TLASILAN
15. RHCURO
16. OMSÍRABA
17. QOUAIRSLL
18. UÍPDN
Postres Mixtos
(solución)

1. manzana crujiente
2. tarta de queso
3. brownie
4. Dulce de azúcar
5. pastel de embudo
6. tarta
7. helado de yogurt
8. galletas
9. Tiramisú
10. helado
11. cupcake
12. macarrón
13. chocolate
14. natillas
15. churro
16. Ambrosía
17. rosquilla
18. pudín
Animales Impresionantes

Las palabras que aparecen en el listado de abajo pueden encontrarse vertical, horizontal, diagonalmente, ya sea hacia delante o hacia atrás. Ignore los espacios entre palabras.

ARDELLA
BABUINO
BÚFALO
CANGREJO
CANGURO
Delfín
ELEFANTE

ESCORPIÓN
FLAMENCO
GECO
HIENA
IMPALA
JIRAFÁ
LEMING

MANGOSTA
ORNITORRINCO
OSO HORMIGUERO
PANDA
PULPO
TIGRE
TRITÓN
Animales Impresionantes
(solución)
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. IONGTUA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. ALHAOSDAM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. OESFRL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. TSACIORN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. SROOCLE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. RLEROOF</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. PTIRAN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. OTANMOO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. HAACP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. EORDB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. OÑSDEI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. GEMNSIEÁ</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. GNLTEEAE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. TTCORAÍSI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. MASSE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. ERLAAGR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. NRACOCÓDEI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. AHCRCEHÍU</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Mezcla de Decoración
(solución)

1. antiguo
2. almohadas
3. flores
4. cortinas
5. colores
6. florero
7. pintar
8. otomano
9. chapa
10. borde
11. diseño
12. imágenes
13. elegante
14. artístico
15. mesas
16. arreglar
17. decoración
18. chuchería
Mezcla de Hierbas
Ponga las letras en orden para descubrir palabras relacionadas con hierbas.

1. EPIRELJ
2. ITLMLOO
3. CBALOETTSL
4. BAALHCAB
5. NEMAT
6. FFAALAL
7. LICTANRO
8. HIOJON
9. NGOROAÉ
10. ORMREO
11. LAIAVS
12. SANÍ
13. AAAELRCEVA
14. AILNALNAZM
15. ADANVAL
16. GÓTENSAR
Mezcla de Hierbas
(solución)

1. perejil
2. tomillo
3. cebolletas
4. albahaca
5. menta
6. alfalfa
7. cilantro
8. hinojo
9. orégano
10. romero
11. salvia
12. anís
13. alcaravea
14. manzanilla
15. lavanda
16. estragón
Hurra por las Hamburguesas
Las palabras que aparecen en el listado de abajo pueden encontrarse vertical, horizontal, diagonalmente, ya sea hacia delante o hacia atrás. Ignore los espacios entre palabras.

AGUACATE
AMERICANO
CARNE MOLIDA
CEBOLLA
CHAMPIÑONES
CONDIMENTO
GERMINADO

HAMBURGUESA
HUEVO
JALAPEÑOS
LECHUGA
MAYONESA
MOSTAZA
PEPINILLOS

PIMIENTA
QUESO CHEDDAR
SAL
SALSA DE TOMATE
SUIZO
TOCINO
TOMATE

©ActivityConnection.com
Hurra por las Hamburguesas
(solución)
¿Cómo te gustan los huevos?
Haga coincidir el nombre del plato de huevo con la imagen.

A. Ensalada de huevo
B. Huevos rellenos
C. Hervido
D. Estrellado
E. Tortilla

F. Huevos rancheros
G. Duro
H. Huevos Benedict
I. Revuelto
J. Quiche

©ActivityConnection.com
¿Cómo te gustan los huevos?
(solución)

A. Ensalada de huevo – 9
B. Huevos rellenos – 6
C. Hervido – 3
D. Estrellado – 5
E. Tortilla – 7
F. Huevos rancheros – 1
G. Duro – 10
H. Huevos Benedict – 4
I. Revuelto – 8
J. Quiche – 2