

Urbana Park District Senior Club

Second Tuesday of Each Month, 12-1:30pm
Phillips Recreation Center
Age 50 and Better

The Urbana Park District Senior Club gathers on the second Tuesday of every month at the Phillips Recreation Center for a meeting, potluck luncheon, and entertainment. Past entertainment included an open mic lead by members with cash prizes, rocking 50s music courtesy of The Bel Aires, and Kay's Ukulele band with a spooky Halloween costume contest! All seniors, 50+, are welcome to join us for fun, fellowship, and a great meal. The Club also offers a variety of one-day and extended trips throughout the year. Whether on trips or in meetings, members are well entertained and create close friendships. For more information about the Club or to become a member (\$12 resident of Urbana and Champaign Park Districts, \$15 nonresident), please leave a message for Jacob at 217-840-6892. Or Email Jacob at jrjohnston@urbanaparks.org

Lifelong Leisure-Senior News

The Urbana Park District's free senior newsletter is your go-to source for senior activities in Urbana. The newsletter includes a monthly calendar, so you can stay up-to-date on all trips, events, and programs offered through the Park District and Senior Club. Call the Recreation Office at 217-367-1544 to get your name on the mailing list. We also send the newsletter electronically, so if you'd like to save paper and postage, send an e-mail to Jacob Johnston at jrjohnston@urbanaparks.org or join directly from urbanaparks.org.

Urbana Park District Senior Club Trips

This season, our Club will be going on some fabulous trips. If you're interested in joining us, contact Janet Soesbe at 217-367-1544 ext. 277.

The Urbana Senior Club Now Has a Facebook Group!

If you've got a Facebook account, you can request to join our Facebook group. Don't have a Facebook? No worries! Set up an appointment with Jacob Johnston, our Age-Friendly Resource Specialist, for Facebook creation, education, and complimentary privacy-settings screening. We use the page to post information about the club, its members, and important local stuff we think you ought to know, so be sure to check for updates frequently! Here's how to join:

1. Log in to your Facebook account.
2. In the Facebook search bar (located at the top left of the screen), type "Urbana Park District Senior Club." The group's page will show up as the first result.
3. Click the +1 JOIN button!

A group administrator will approve your request (usually within hours) and then you may post and share information among the group!



FREE! Rules of the Road

Thursday, March 7, 9-10:30am
Phillips Recreation Center
Age 50 and Better

This free review of Illinois traffic laws and signs, held in cooperation with the Illinois Secretary of State's Office, allows experienced drivers to polish their skills and keep on top of changing traffic laws. Registration is not necessary, just drop in!

Age-Friendly Field Trip to Chicago's Garfield Park Conservatory with Home & Garden Shopping

Thursday, March 14, 7am-7pm
Age 21 and Up
Fee: \$62, includes boxed lunch and snacks
Code: 7524

Join us for our annual, awe-inspiring Chicago garden trip. First we'll tour Garfield Park Conservatory's various biome-themed rooms. After getting our fill of the displays, we'll take a short bus trip to Gethsemane Garden Center to shop, shop, and shop some more. There will be plenty of storage space under the bus for your purchased items.



FREE! Connections Café

Fridays, 10am-12pm
Various Locations
Age 50 and Better

Rotating venues each week, visit www.clark-lindsey.com/connections-cafe or see the *Lifelong Leisure Newsletter* for the full list of dates and locations.

Clark-Lindsey and the Urbana Park District have partnered for monthly installations of the popular community event, Connections Café! These FREE pop-up events feature a welcoming, relaxing environment perfect for making new friends while learning about community resources and wellness opportunities. All are welcome! Each event will feature:

- Coffee and/or hot water and tea
- Technology support and education for virtually any portable device
- Blood pressure, hypoxia (blood-oxygen) checks, and wellness tips
- Card games, adult coloring books, technology demonstrations, and other activities
- Fellowship and socializing with contacts from social service agencies and local businesses

Supplies are provided and we look forward to seeing you! Connections Café is brought to you by a number of collaborative organizations with the mission of making a difference in our community: Urbana Park District, Clark-Lindsey Village, Champaign-Urbana MTD, Age-Friendly C-U, OSF Heart of Mary Medical Center, and Family Service.

FREE! iPad 101

Thursdays through February, 4:30-5:20pm
Phillips Recreation Center
Age 50 and Better

There is no denying the positive impact that modern technologies, such as tablets and smartphones, have had on our society. Modern technology makes communicating with friends and relatives, learning new skills, and keeping up with news sources easier than ever before, but they come at a cost. Wouldn't it be nice to try it before you buy it? Well, be sure to RSVP to this FREE, two-part class and experience these benefits with your own two hands. These classes are designed for those with very little, if any, knowledge of iPad tablets and we will provide a brand-new iPad for students who do not own their own. These iPads, made possible by grant funds awarded by the Foundation of East-Central Illinois, will only be for class use and will not be allowed to leave the classroom for any reason. **Please RSVP by calling 217-840-6892, emailing jrjohnston@urbanaparks.org, or registering online at urbanaparks.org.**

Date	Code
January 10 & 17	7510
January 24 & 31	7511
February 7 & 14	7512
February 21 & 28	7513

FREE! Knitting Drop-In Days

Saturdays, 10am-3:30pm
Phillips Recreation Center James Room
Age 21 and Up

All are welcome to come for knitting and socializing. We have comfy chairs, great lighting and access to the kitchen's microwave and refrigerator, so bring your lunch!

FREE! Age-Friendly Euchre Group

First Friday of Each Month, 1pm
Phillips Recreation Center
Age 50 and Better

Join this lively and animated group of card sharks in their quest to be the best... that month! Whether a seasoned player or brand new, all are welcome. We'll provide the cards, so just bring a beverage to help quench your thirst for victory!



Age-Friendly Resource Specialist Office Hours

Tuesdays & Thursdays, 2-4pm
Phillips Recreation Center Lobby
Age 50 and Better

Come visit Jacob Johnston, our Age-Friendly Resource Specialist, to learn about programming and resource opportunities for the 50 and better set. Jacob will also be providing technology education and troubleshooting, so be sure to bring your smartphone, tablet, or laptop and lots of questions! Walk-ins welcome, appointments appreciated. Contact Jacob at jrjohnston@urbanaparks.org.

NEW & FREE! Age-Friendly Farm-to-Table Gardening and Cooking Class

Various Days determined by the group, starting Monday, March 4
Meadowbrook Park, Garden Pavilion
Age 50 and Better
Code: 7525

What's better than a freshly cooked meal? A freshly cooked meal with ingredients picked right from the garden! Join us at Meadowbrook Park and Phillips Recreation Center for this two-part cooking event. First, take turns planting, watering, and maintaining a communal garden plot at Meadowbrook Park. Once the garden reaches fruition, we'll pick the vegetables and use them as part of a cooking series at the Phillip Recreation Center's newly renovated cooking demonstration room! **RSVP by calling 217-840-6892 or emailing jrjohnston@urbanaparks.org**

NEW & FREE! Age-Friendly Ukulele Workshop

Thursdays starting in March, 4:30-5:20pm
Phillips Recreation Center
Age 50 and Better
Code: 7526

Have you ever wanted to learn a stringed instrument but found it too difficult or just couldn't find the time? Well, why not start with an easy one? This March, our Age-Friendly Resource Specialist will be trading in his iPad for a ukulele! Our Ukulele Workshops are designed for absolute beginners. Even if you don't own the instrument, we'll loan you one during class times, on us! With that said, all skill levels are welcomed and encouraged to attend, as we'd love to facilitate ukulele masters who've been wanting to share their knowledge and passion. Either way, **pre-registration for the class is required, so please RSVP by calling 217-840-6892 or emailing jrjohnston@urbanaparks.org**.

Our workshop will be capped off with a group recital to be performed at Clark-Lindsey on April 25th, so be sure to mark your calendars accordingly so you can showcase your new-found skills!

Date
March 7: Ukulele distribution & general education
March 14: Workshop
March 21: Workshop
March 28: Workshop
April 4: Workshop
April 11: Workshop
April 18: Recital Rehearsal
April 25: Recital at Clark-Lindsey at 4pm