

Urbana Park District Senior Club

Second Tuesday of the 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 has included a sing-a-long lead by members, music from the Grand Ole Opry and standup comedy performed by Ozzy Pearl, and "Toppers with a Tale," a hat-wearing, storytelling contest with cash prizes! 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 voicemail box 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, call Travel Chair Karen Hackett at 217-367-1394. Please call between 9am and 8pm Monday-Saturday.

Senior Club Christmas Lunch

Tuesday, December 11, 11am-2pm
Round Barn Banquet Center
Age 50 and Better

Christmas comes early for Urbana seniors! Join the senior club for a delicious meal and special holiday entertainment. There will also be a spectacular raffle with no shortage of prizes.



Celebrate Aging Week!

September 22-September 29
Age 50 and Better

Join Clark-Lindsey Village and Urbana Park District for Champaign County's 5th annual Celebrate Aging Week. Formerly known as Active Aging Week, Celebrate Aging Week was started in 2003 by the International Council on Active Aging. Since its conception, Celebrate Aging Week events have advocated for a healthier, more active lifestyle in adults over 50, and seeks to challenge society's diminished expectations of aging. Each day of the week will revolve around a wellness-related theme:

- **Saturday, September 22:** Emotional Wellness and Kickoff Event
 - » Featuring Feel Good Fest with OSF Healthcare and a free lunch at Clark-Lindsey from 11am-2pm
- **Sunday, September 23:** Spiritual Wellness
- **Monday, September 24:** Intellectual Wellness
 - » Featuring Trivia at Rafters
- **Tuesday, September 25:** Occupational Wellness
 - » Featuring ENCORE Career & Opportunity Expo at Lodgic Everyday Community
- **Wednesday, September 26:** Environmental Wellness
 - » Featuring Bye Bye Birdie Outdoor movie night at Clark-Lindsey from 6:30-9pm
- **Thursday, September 27:** Physical Wellness
 - » Featuring Zumba Gold Trial Class at Phillips Recreation Center from 12-12:50pm, and Free Wellness Center Day at Clark-Lindsey from 8am-5pm
- **Friday, September 28:** Social Wellness
 - » Featuring Happy Hour at Harvest Market from 4-6pm
- **Saturday, September 29:** Finale Event
 - » Featuring Celebrate Aging Festival at Clark-Lindsey from 10am-2pm

Events will be taking place all over the Champaign-Urbana community, so be sure to attend the kickoff lunch event at Clark-Lindsey Village Saturday, September 22nd to pick up your "passport" and learn about the various opportunities offered throughout the week! RSVP at <https://clark-lindsey.com/celebrateagingweek>.



FREE! Connections Café

Fridays, 10am-12pm

*Phillips Recreation Center**

**ONLY on Third Friday of Each Month
Age 50 and Better*

Rotating venues each week, visit www.clark-lindsey.com/connections-cafe 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, hot water and tea, donuts, and snacks
- Technology support for virtually any portable device
- Blood pressure and hypoxia (blood-oxygen) checks
- Card games, adult coloring books, 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! 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! **The group will not meet September 1, November 24, and December 8-29.**



Jacob Johnston

Age-Friendly Resource Specialist

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.com.

FREE! Age-Friendly Community Pop-Ups

Monday-Thursday, 10am-12pm

Rotating Locations

Age 50 and Better

I wonder where Jacob is today? Check out the Lifelong Leisure newsletter for a schedule of Jacob's community popups. At these micro-events, Jacob will be offering technology support, information about senior programming and resources, basic vitals checks, and friendly conversation.

FREE! Rules of the Road

Thursdays, 10am-12pm

- September 6
- December 6

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!

FREE! Senior 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!

FREE! Health Checks with CU Nursing and Rehab

Second Tuesday of Each Month, 10-11:30am

Phillips Recreation Center
Age 50 and Better

Swing by for a quick, accurate vitals check. A registered nurse will be on duty in the Phillips Recreation Center lobby to administer blood pressure and blood sugar tests. Vital cards will be issued to help track any changes! No appointments needed, first-come, first-serve.

FREE! Bucket List Basics: Finish Your Novel

Tuesdays, 5-6pm

Urbana Free Library
Age 50 and Better

Have you dreamed of writing a novel or autobiography? Maybe you've started one, but just can't seem to find the right time or environment to finish it. Well you're in luck! Come by our open writer's forum and connect with others just as passionate about sharing their story as you are.

FREE! Bucket List Basics: Reconnect with an Old Friend

Thursdays, 5-6pm

Phillips Recreation Center
Age 50 and Better

In this age of technology, reconnecting with old friends is easier than ever before. Drop by Phillips Recreation Center this December and learn how to reconnect, virtually! Lessons will be tailored to the individual and their personal devices and may include: Email, Facebook, Text Messaging, and/or looking up mailing addresses online. You'll be surprised at how many relationships you can rekindle! First come, first serve. As always, walk-ins welcome, appointments appreciated. Just email Jacob at jrjohnston@urbanaparks.com.

FREE! Age-Friendly Glow in the Dark Scavenger Hunt



Thursday, September 27, 7pm

Meet at Meadowbrook Park, PrairiePlay Pavilion
All Ages

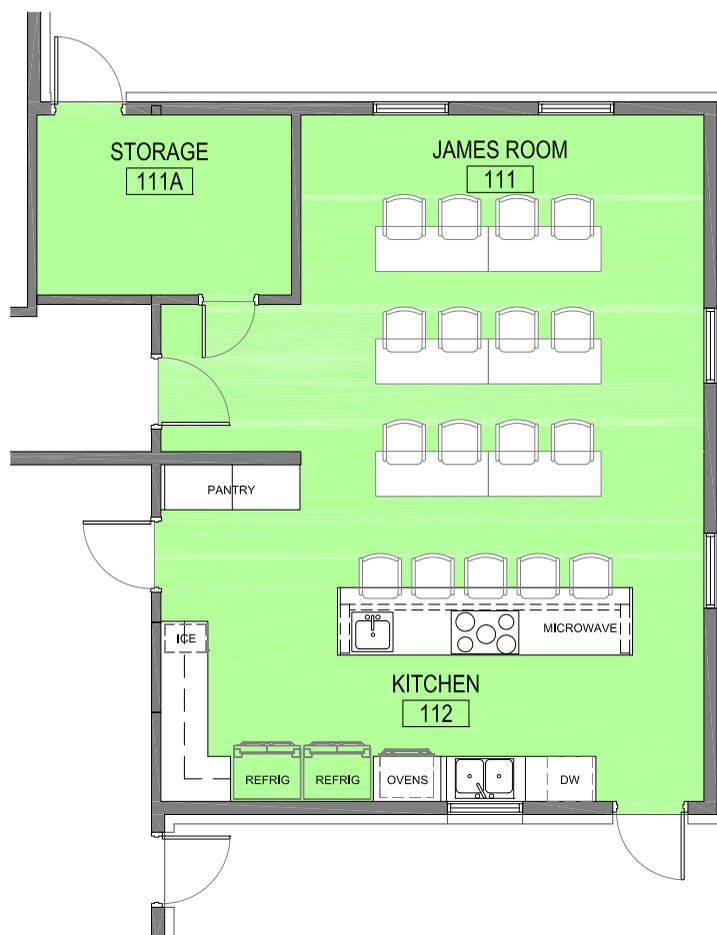
Grab a grandchild or friend and compete across the generations in this night-time scavenger hunt! Clark-Lindsey Village will partner with the Urbana Park District for this event that merges Take a Child Outside Week with Celebrate Aging Week. As evening falls, teams of one child and one elder will form to begin the hunt. The duo to complete the most items wins!

James Room/Kitchen Remodel

During fall 2018, remodeling work will be conducted to transform the James Room and Kitchen. This work will open up the two spaces for future classroom and meeting space, and will ultimately provide better accessibility. The improvements will allow for greater programmability and increased usage with Champaign-Urbana Special Recreation.

During the construction timeframe, expected to be completed by November 2018, access to the James Room and Kitchen will be closed. Once finished, the room will continue to be used as a meeting space, but will primarily serve as a classroom for cooking and nutrition programs. Once the remodel has been completed, and the weather begins to warm, a pergola is planned for installation on the southern patio adjoining the James Room.

Please direct any questions to Andy Rousseau, Project Manager, at 217-344-9583 or ajrousseau@urbanaparks.org.



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/or a 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!