



Age Friendly Programs

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. All seniors and their caregivers are welcome to join us for fun, fellowship, and a great meal. For more information about the Club or to become a member (\$15 resident of Urbana and Champaign Park Districts, \$18 nonresident), please give Jacob Johnston a call at 217-367-1544 ext. 311 or email Jacob at jrjohnston@urbanaparks.org.

Join the Urbana Senior Club 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 Community Program and Engagement Coordinator, for Facebook creation, education, and a complimentary privacy-settings screening to ensure that your information remains as secure as possible. 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!

Urbana Park District Senior Citizens Club Trips

Senior Club Trips are back! This season, our Club will be going on some fabulous trips. If you'd like to stay up-to-date about Club Travel, please consider subscribing to our Lifelong Leisure newsletter. For any questions about Club Travel, call Travel Chair Bobbi McEntire at 217-637-1849. Please call between 9am and 5pm Monday-Thursday or Saturday.

Senior Club Trips Previews

Be sure to mark your calendars with these timeless travel opportunities:

- "Elvis" the King of Rock & Roll
July 17 | Hillsboro, Indiana at the Beef House
- Hits of the Decades
September 8 | Moline, Illinois at the Celebration Belle Riverboat

FREE! Age-Friendly Office Hours and Technology Assistance

Tuesdays & Thursdays, 2-4pm

By appointment only

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Come visit Jacob Johnston, our Community Program and Engagement Coordinator, to learn about all things technology. Jacob, along with some tech-savvy volunteers, will be providing technology education and troubleshooting, upon request. **Appointments required!** Once you've booked your appointment, be sure to bring your smartphone, tablet, or laptop and plenty of questions! For more information or to schedule an appointment, give us a call at 217-367-1544 or email Jacob directly at jrjohnston@urbanaparks.org.

Age-Friendly Field Trip to St. Louis Botanical Gardens

Wednesday, May 11, 7am-8pm

\$70, includes snacks

Age 50 and better

CODE: 893

Join us for our annual, awe-inspiring garden trip! This year we've decided to change it up a bit and try out the Missouri Botanical Gardens instead of our traditional Chicago Garden trip. Upon arriving in St. Louis we'll soak up some of the initial sites before sitting down for a quick and delicious meal at a local restaurant. After lunch, there will be an optional guided tram tour, which will provide an excellent opportunity to observe the beautiful display gardens, sculptures, and buildings. We'll end our time at the Gardens by visiting the Garden Gate Shop, which stocks some of the finest plants, gardening materials, books, and home furnishings around. There will be plenty of storage space under the bus for your purchased items. **Please register online or call the Phillips Recreation Center at 217-367-1544.**

Lifelong Leisure-Newsletter

The Urbana Park District's free senior newsletter is your go-to source for age-friendly activities in Urbana. The Lifelong Leisure newsletter is the best way to 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.**

Evergreen Place

ASSISTED LIVING

FREE! Conversations with Evergreen Place

Second Tuesday of each month, 2-3:00pm

Phillips Recreation Center James Room Kitchen

Age 50 and better

Join Evergreen Place for Age-Friendly topics full of information and a great way to interact amongst your peers. Presentations will be given by Sandy Hockman, Community Relations Coordinator of Evergreen Place Assisted Living. All content presented is interactive, educational and fun.

May 10 - Laughter the Healthy Medicine helps you to find ways to laugh again and how it triggers important physical changes to your body and mind.

June 14 - Dementia and Effective Communication will help you find creative and effective ways to communicate with someone with Dementia.

July 12 - Adult Healthcare Options helps to navigate all facets of Healthcare such as Assisted Living, Independent Living, and Skilled Nursing.

August 9 - Shine like a Diamond shows us the importance of finding our sparkle and luster in life.

No registration required, just come on by!