



# 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 (\$17 resident of Urbana and Champaign Park Districts, \$20 nonresident), please give Jacob Johnston a call at 217-367-1544 (ext. 311) or email Jacob at [jrjohnston@urbanaparks.org](mailto:jrjohnston@urbanaparks.org).

## FREE! Age-Friendly Art, Paper Snowflakes

*December 6, 10am-12pm  
Phillips Recreation Center | Age 50 and better*

Join Janet and Jacob as they teach you how to make beautiful snowflake decorations perfect for the holiday season! These decorations can be made out of just about any type of paper and require minimal crafting materials to create (you just need paper, scissors, and either glue, tape, or staples!). Printed instructions and all necessary materials will be provided. **No registration required, just come on by!**

## 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, subscribe 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.

## FREE! Rules of the Road

*September 1, 10am-11:30pm - Code: 804  
December 1, 10am-11:30pm - Code: 805  
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. **To register, please call 217-367-1544.**

## FREE! Age-Friendly Technology Assistance

*By Appointment Only  
Phillips Recreation Center | Age 50 and better*

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, email Jacob a call 217-367-1544 (ext. 311) or email [jrjohnston@urbanaparks.org](mailto:jrjohnston@urbanaparks.org).

## 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 Phillips 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, e-mail Jacob Johnston at [jrjohnston@urbanaparks.org](mailto: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 Age-Friendly Program Coordinator, 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!

## James Room Kitchen Programs

### Flavor Principles of Ethnic Cooking with Paul Young

Thursdays, 6-8pm | Phillips Recreation Center | Age 21+

Travel the world with self-taught home cook Paul Young as he deconstructs ethnic recipes and breaks down the flavor principles of each culinary tradition. Learn how to make anything taste Greek, Indian or Korean by following a few master recipes and utilizing simple flavor principles. By the end of the series, you will be able to customize flavor profiles and adjust recipes like a pro.

Paul Young is a retired Parkland College professor and an adventurous international culinary explorer who has traveled to 22 different countries so far. His favorite pastime is trying new dishes in restaurants and then attempting to recreate them at home. Paul is an adventurous eater and likes to challenge himself by finding new things to eat. He has also been an irregular food writer for Smile Politely since 2007.

Students will have the opportunity to watch demos and/or participate in the preparation of our dinner party. Do come hungry and thirsty because the tuition includes a full two-course dinner with alcoholic beverage pairings during the second half of the class when we will be eating everything that was cooked that evening.

Students will leave each session with easy-to-follow recipes of all the dishes on the menu. These recipes have all been adapted for the typical home cook and contain many tips & tricks to help minimize your time in the kitchen while staying true to the spirit of the original ethnic flavors.

All ingredients will be sourced from local markets and grocers using the freshest seasonal ingredients. Draft menus and more information is available at [www.cooking-with-paul.com](http://www.cooking-with-paul.com).



#### September 22

**Greek Classics:** Learn how to make almost anything taste Greek as we explore this wonderful Mediterranean cuisine. Enjoy an alfresco Greek dinner complete with wine pairings and grappa sampling.

#### November 3

**A Taste of Korea:** Learn how easy it is to make four classic dishes from Korea then translate those flavor principles to any dish using your favorite ingredients. Enjoy a Korean dinner complete with soju tastings.

#### October 13

**Indian Delights:** Learn how to make a Garam Masala spice mix from scratch, then use this delightful seasoning to flavor almost any dish. Enjoy an Indian buffet complete with imported Indian beers.

Date	EB Cost	Deadline	Cost	Deadline	Code
Sep 22	\$35R/\$52NR	Sep 8	\$41R/\$62NR	Sep 15	801
Oct 13	\$35R/\$52NR	Sep 29	\$41R/\$62NR	Oct 6	802
Nov 3	\$35R/\$52NR	Oct 20	\$41R/\$62NR	Oct 27	803