

CHAMPAIGN COUNTY

Bingocize

This class meets for 1 hour 2 times per week for 10 weeks. Class size is limited to 20

**August 5 through October 10
(Mondays & Thursdays)**

10 to 11 AM

CRIS Healthy Aging
Community Room
4116 Fieldstone Rd
Champaign, IL 61822

For more information or to register, please call **217-355-1543** or [register here.](#)

This class combines exercise, health education, and the familiar game of bingo in a fun way to get you moving and socializing. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement.

Each session begins with a warm-up and ends with a cool down. Participants rest while numbers are called for the bingo game, then complete exercises or health education questions. You'll rest again during number calling, and so on. This pattern continues until a Bingocizer wins the game. Exercises can be completed either sitting or standing.

A Matter of Balance

This class meets for 2 hours weekly for 8 weeks. Class size is limited to 15.

September 6 through October 25 (Fridays)

9:30 to 11:30 AM

Family Service
405 S. State Street
Champaign, IL

For more information or to register, please call Deb at **217-352-5100** or email dbrooks@familyservicecc.org, or [register here.](#)

An award-winning program designed for older adults to manage falls and increase activity levels. Two trained coaches guide participants through learning and activities that emphasize strategies to reduce the fear of falling and increase activity levels. Participants show improved balance, flexibility and strength while viewing falls as controllable.

COOK COUNTY

Watercolor and Ink

Wednesday, August 14 | 10:00 - 11:30 am | Oak View Community Center, 4625 W 110th Street, Oak Lawn, IL 60453 – [Register now.](#)

In this hands-on arts workshop, create a unique work of art using watercolors and simple meditative drawing techniques. You'll explore color, patterns, and composition in this relaxing and creative beginning visual arts workshop.

10:00 Refreshments and social time

10:30 - 11:30 Art Workshop

Facilitated by SilverKite® teaching artists. All materials provided.

COOK COUNTY

Seasonal Mixed Media Collage

Thursday, September 12 | 10:00 - 11:30 am | Lightford Recreation Center, Maywood Park District, 809 W Madison Ave, Maywood, IL. 60153 – [Register now.](#)

In this workshop, we'll learn about and explore different collage techniques. Using these skills, we'll celebrate the season by combining a variety of materials to create visually interesting compositions.

10:00 Coffee and Refreshments

10:30 - 11:30 Art Workshop

Facilitated by SilverKite® teaching artists. All materials provided.

COOK COUNTY

Writing Memoir

Wednesday, September 25 | 10:00 - 11:30 am | Oakton Community Center, 4701 Oakton Street, Skokie, IL 60076 – [Register now](#).

Please note that this will be held at the Community **Center** (not the community college).

Through discussion and creative exercises, we'll recall specific themes or time periods in our lives that hold significance for us. Reflecting on these personal experiences, we'll craft memories into short pieces of memoir.

10:00 Coffee and Refreshments

10:30 - 11:30 Writing Workshop

Facilitated by SilverKite® teaching artists. All materials provided.

COOK COUNTY

Watercolor and Ink

Tuesday, October 8 | 10:00 - 11:30 am | Village of Palos Park, Recreation Center 8901 W 123rd St, Palos Park, IL 60464 – [Register now](#).

In this hands-on arts workshop, create a unique work of art using watercolors and simple meditative drawing techniques. You'll explore color, patterns, and composition in this relaxing and creative beginning visual arts workshop.

10:00 Coffee and Refreshments

10:30 - 11:30 Art Workshop

Facilitated by SilverKite® teaching artists. All materials provided.

COOK COUNTY

Movement for Adult Bodies

Thursday, October 24 | 10:00 - 11:30 am | Triphahn Center, Hoffman Estates Park District, Community Room (114)

1685 West Higgins Road, Hoffman Estates, IL 60169 – [Register now.](#)

Note: Please enter through the main entrance to find Community Room 114

Movement and dance are great ways to center the body and work on balance, strength, flexibility, and agility. It doesn't take a "dancer's body" to learn these stretches, poses and moves. Anyone can learn these basics and use them in everyday life. Join us for this slow-paced, relaxed, beginning movement class to uplifting music.

What You'll Need:

- Wear comfortable clothes and shoes that allow easy movement

10:00 Coffee and Refreshments

10:30 – 11:30 Movement Workshop

Facilitated by SilverKite® teaching artists.

COOK COUNTY

Writing Memoir

Thursday, November 7 | 10:00 - 11:30 am | Howard Mohr Community Center
7640 Jackson Boulevard, Forest Park, IL 60130 – [Register now.](#)

Through discussion and creative exercises, we'll recall specific themes or time periods in our lives that hold significance for us. Reflecting on these personal experiences, we'll craft memories into short pieces of memoir.

10:00 Coffee and Refreshments

10:30 - 11:30 Writing Workshop

Facilitated by SilverKite® teaching artists. All materials provided.

COOK COUNTY

Seasonal Mixed Media Collage

Wednesday, November 13 | 10:00 - 11:30 am | Village of South Holland, Community Center
| 501 East 170th Street South Holland, IL 60473 – [Register now.](#)

In this workshop, we'll learn about and explore different collage techniques. Using these skills, we'll celebrate the season by combining a variety of materials to create visually interesting compositions.

10:00 Coffee and Refreshments

10:30 - 11:30 Art Workshop

Facilitated by SilverKite® teaching artists. All materials provided.

COOK/DUPAGE COUNTY

Watercolor and Ink

Wednesday, December 11 | 10:00 - 11:30 am | Community Recreation Center,
505 N Springinsguth Road, Schaumburg, IL 60194 - [Register now.](#)

In this hands-on arts workshop, create a unique work of art using watercolors and simple meditative drawing techniques. You'll explore color, patterns, and composition in this relaxing and creative beginning visual arts workshop.

10:00 Coffee and Refreshments

10:30 - 11:30 Art Workshop

Facilitated by SilverKite® teaching artists. All materials provided.

DUPAGE COUNTY

A Matter of Balance

This class meets for 2 hours weekly for 8 weeks. Class size is limited to 15.

September 24 through November 12 (Tuesdays)

1:00 to 3:00 PM

AgeGuide
1910 S Highland Road
1st Floor Conference Room
Lombard, IL 60148

For more information or to register, please call **630-785-2375** or [register here](#).

An award-winning program designed for older adults to manage falls and increase activity levels. Two trained coaches guide participants through learning and activities that emphasize strategies to reduce the fear of falling and increase activity levels. Participants show improved balance, flexibility and strength while viewing falls as controllable.

Fit and Strong

This class meets for 90 minutes 2 to 3 times per week for 10 weeks. Class size is limited to 15.

10:00 to 11:30 PM (see dates below)



When: 10:00 – 11:30 AM (see dates below)

September 16 & 20 (No class on September 18)
September 23, 25 & 27
September 30
October 2 & 4
October 7 & 9
October 16 & 18 (No class on October 14 – Indigenous Peoples Day)
October 21, 23 & 25
October 28 & 30
November 1
November 4, 6 & 8
November 13 (No class November 11 – Veterans Day)
November 18 & 20

AgeGuide

1910 S Highland Road
 1st Floor Conference Room
 Lombard, IL 60148

For more information or to register, please call White Crane Wellness at **773-271-9001** or [register here](#).

Fit and Strong is a physical activity program for older adults that uses flexibility and strength training, aerobic walking, and health education to promote behavior change.

Each class includes 60 minutes of physical activity emphasizing lower body joints, and 30 minutes of health education.

Benefits of the class may include:

- Strengthening of lower body extremities
- Increased mobility
- Improved lower extremity pain and function
- Reduced depression and anxiety

DUPAGE COUNTY

Movement for Adult Bodies

Tuesday, December 3 | 10:00 - 11:30 am | Oak Brook Park District, Family Recreation Center | 1450 Forest Gate Road, Oak Brook, IL 60523 – [Register now.](#)

Movement and dance are great ways to center the body and work on balance, strength, flexibility, and agility. It doesn't take a "dancer's body" to learn these stretches, poses and moves. Anyone can learn these basics and use them in everyday life. Join us for this slow-paced, relaxed, beginning movement class to uplifting music.

What You'll Need:

- Wear comfortable clothes and shoes that allow easy movement

10:00 Coffee and Refreshments

10:30 - 11:30 Movement Workshop

Facilitated by SilverKite® teaching artists.

SANGAMON COUNTY

Writing Memoir

Tuesday, November 5 | 10:00 - 11:30 am | Crowne Plaza Sangamon County
3000 Dirksen Pkwy, Springfield, IL 62703 – [Register now.](#)

Through discussion and creative exercises, we'll recall specific themes or time periods in our lives that hold significance for us. Reflecting on these personal experiences, we'll craft memories into short pieces of memoir.

10:00 Coffee and Refreshments

10:30 - 11:30 Writing Workshop

Facilitated by SilverKite® teaching artists. All materials provided.