

# 2024 CHAMPAIGN URBANA ACTIVE AGING WEEK SCHEDULE

## September 30-October 6, 2024 | events in Champaign County



Thank you for joining the Age-Friendly CU Steering Committee in celebrating Active Aging Week! This guide will help you enjoy over FORTY different activities for people age 50 and better in our community! Active Aging Week, which was first launched by the International Council on Active Aging in 2003, is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The Week showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way. The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental domains, regardless of age or health.

Title	Date	Time	Location	Details (all activities are free unless otherwise noted)	How to Attend
Senior Style Show	Sunday, Sep 29	4pm	Douglass Annex, 804 N 5th St, C. 61820	Watch as our fabulous seniors take the runway, showcasing their unique flair and fashion. Dress to impress and be part of this stylish event where elegance and fun meet.  Tickets are required for entry, and can be purchased at any Champaign Park District facility for \$10. Tickets must be purchased by Thursday, September 26 at 3pm. Don't miss this exciting celebration of senior style and grace!	Tickets available at any Champaign Park District Facility or online at <a href="https://champaignparks.org/registration/">https://champaignparks.org/registration/</a> under merchandise tab
CarFit	Monday, Sep 30	8-11am and 12-2:30pm	Stone Creek Church, 2502 S Race St, U. 61801	CarFit at Stone Creek Church: Parkland College's Occupational Therapy Assistant program students are hosting the event in partnership with AAA auto club and ClarkLindsey. Although designed to keep the district's seniors driving safely, CarFit is open to drivers of any age. A CarFit check takes about 20 minutes and is available to all licensed drivers who own a registered vehicle. A trained professional will ask simple questions and complete a 12-point CarFit checklist.	Sign up for a 20 min slot here: <a href="https://tinyurl.com/AAWCarFit">https://tinyurl.com/AAWCarFit</a>
Pickleball	Monday, Sep 30	9am-Noon	Blair Park, 1406 S Broadway Ave, U. 61801	New players always welcome! Open Gym Pickleball meets Monday-Friday from 9am to Noon. <u>Due to the election closing Brookens Gym, Pickleball will be played at Blair</u>	Free, no registration required

				<u>Park</u> . Pickleball is a low-impact, easy-to-learn game that combines elements of tennis, badminton, and ping-pong. It's a great way for seniors to stay active and healthy.	
Chair Exercises	Monday, Sep 30	9:30am	Hays Recreation Center, 1311 W Church St, C. 61821	Join us for an invigorating exercise experience designed to revitalize your body and spirit from the comfort of a chair! Get ready to ignite your metabolism and shed calories while enjoying the supportive and welcoming atmosphere of our chair-based workouts.	Free, no registration required
Heart Healthy Cooking Demo	Monday, Sep 30	11:30am-1pm	Phillips Recreation Center, 505 W Stoughton, U. 61801	Join Liz Sullard, nurse and Regional Community Liaison from Synergy HomeCare as she teaches us how to make the ever popular charcuterie boards that are sure to impress your next guests with a sophisticated assortment of flavors and textures. Liz will also be making her personal favorite healthy dessert, chocolate peanut butter oatmeal bars!	REGISTRATION REQUIRED either online or by calling the Phillips Recreation Center at 217-357-1544.
Creativity Crafts & Coffee	Monday, Sep 30	1-2:30pm	Douglass Annex, 804 N 5th St, C. 61820	Join us for Crafts & Coffee, a monthly workshop where creativity and community come together! Each month, we unveil a new "Creativity Box," brimming with unique craft supplies and inspiring project ideas.	Free, no registration required
Wine Tasting and Financial Presentation on Planning for Long Term Care	Monday, Sep. 30 OR Tuesday, Oct. 1	2- 3:30pm	Villas of Holly Brook	We will start with a wine tasting and then go into our financial talk with Frankie Bialeschki at Northwestern Mutual. I am working on a sponsor for the wine tasting (like Alto Vineyard or Sun Singer)	TBD
Tools for Staying Socially Connected	Monday, Sep 30	2-3 pm	CRIS Healthy Aging, 4116 Fieldstone Rd, C. 61822	Learn about the risks and prevalence of social isolation and ways to counter it by staying connected.	No registration required
Common Scams and Identity Theft	Monday, Sep 30	7-8:30pm	Champaign Public Library, 200 W Green St, C. 61820	The internet is a valuable resource for consumers, but without proper safety procedures, hackers and scammers can easily take advantage of internet users.  Don't let these bad actors take advantage of you! Come and hear a representative from the Illinois Attorney General's Office tell you how you can use the internet safely	Free, no registration required

				<p>and protect yourself against online scams such as phishing, tech support scams, identity theft, and more.</p> <p>About the Presenter: This program will be presented by a staff person from the Illinois Attorney General's Office.</p>	
The Great Pumpkin Hunt	Tuesday, Oct 1 – Sunday, Oct 6	All day	Select Champaign and Urbana Parks	Champaign and Urbana Park Districts have hidden Pumpkin and Halloween-themed rocks all over Champaign and Urbana this October during the Great Pumpkin Hunt! Get your detective gear ready and see how many you can find. Be sure to snap a picture and share your discoveries with us on our Facebook and Instagram accounts by tagging #CUpumpkinhunt. Have fun hunting (and keeping) pumpkins this fall in our parks! This is a great opportunity to get out walking and explore smaller parks you may not have visited before. Call 217-367-1544 or 217-819-3931 with questions.	Free, no registration required
Pickleball	Tuesday, Oct 1	9am-Noon	Blair Park, 1406 S Broadway Ave, U. 61801	New players always welcome! Open Gym Pickleball meets Monday-Friday from 9am to Noon. <u>Due to the election closing Brookens Gym, Pickleball will be played at Blair Park.</u> Pickleball is a low-impact, easy-to-learn game that combines elements of tennis, badminton, and ping-pong. It's a great way for seniors to stay active and healthy.	Free, no registration required
Walk this Way	Tuesday, Oct 1	9:30-10:15am	Martens Center, 1515 N Market St, C. 61801	Join us for an invigorating walking experience with "Walk This Way," our senior walking group dedicated to promoting health and wellness for older adults.	Free, no registration required
Tuesdays at Ten: Historical Curiosities - King Arthur: Fact, Folklore or Fiction	Tuesday, Oct 1	10-11am	Champaign Public Library, 200 W Green St, C. 61820	<p>Join us at the library for coffee, socializing, and learning something new.</p> <p>For five weeks, history will come alive in these presentations by Fred Christensen. Each topic will combine fascinating information about the past with insights into how people today think about the world of their ancestors.</p>	Free, no registration required
Bingocize at CRIS	Tuesday, Oct 1	10-11am	CRIS Healthy Aging, 4116 Fieldstone Rd, C. 61822	Try out this combination Bingo game and Exercise class, learning a bit about preventing falls along the way.	No registration required

Quilting	Tuesday, Oct 1	10am-12:30pm	Douglass Annex, 804 N 5th St, C. 61820	If quilting is your passion, then our quilting club is the perfect place for you to be. Join our welcoming community of like-minded individuals who share your love for quilting and come together to create beautiful quilt designs.	Free, no registration required
Coffee & Crafts	Tuesday, Oct 1	10-11am	Hays Recreation Center, 1311 W Church St, C. 61821	Join us for a delightful combination of creativity and caffeine at our DIY Crafts and Coffee sessions! Whether you're a seasoned crafter or just discovering your artistic side, these bi-weekly gatherings are the perfect opportunity to unleash your creativity and connect with others.	Free, no registration required
Financial Wellness Presentation	Tuesday, Oct 1	10-11am	Phillips Recreation Center, 505 W Stoughton, U. 61801	Discover strategies for building financial wellness as you approach and live through retirement. We'll cover saving for and spending in retirement, strategies for creating a sound retirement income plan, the six risks of retirement and how to protect your assets to ensure a secure and comfortable future.	REGISTRATION REQUIRED either online or by calling the Phillips Recreation Center at 217-357-1544
Intro to Microsoft Excel, Part I	Tuesday, Oct 1	2-3:30pm	Champaign Public Library, 200 W Green St, C. 61820	Library staff will give you an introduction to Microsoft Excel 2016.  Explore the parts of a workbook and how to enter data. Begin to format a spreadsheet. Reserve your spot. Sign up online or call 217-403-2000.  <a href="https://champaign.libnet.info/event/11072981?registration=true">https://champaign.libnet.info/event/11072981?registration=true</a>	Free, registration required
Douglass Walking Club	Tuesday, Oct 1	1-2pm	Douglass Community Center, 804 N 5th St, C. 61820	Stay active and connected with the Senior Walking Club at the Douglass Community Center! Join us for lively afternoon sessions as we walk laps in the gym to the rhythm of uplifting music.	Free, no registration required

The ClarkLindsey Readers Present Poetry and Piano in Praise of Longevity	Tuesday, Oct 1	7pm	ClarkLindsey, Activity Center, 1st Floor, 101 W Windsor Rd, U. 61801	<p>The Clark Lindsey Readers, a group of residents directed by Judy Jones, read poetry and perform shows combining music and poetry on various themes, including, women poets and composers, African American poets and composers, aging, and their current show on longevity. They have presented at Clark Lindsey, the Urbana Free Library, and the Urbana's Rose Bowl Tavern.</p> <p>For the Urbana Park District's Active Aging Week, the Clark Lindsey Readers present "Poetry and Piano in Praise of Longevity." The show features Bill Heiles on piano, and eight Readers: Pat Barnes-McConnell, Anton Chaplin, Priscilla Christians, Stacy Economy, Lois Gullerud, Anne Heiles, Nina Hamilton, and Joy Thorton-Walter.</p>	Open to all- no registration required
Pickleball	Wednesday, Oct 2	9am-Noon	Blair Park, 1406 S Broadway Ave, U. 61801	New players always welcome! Open Gym Pickleball meets Monday-Friday from 9am to Noon. <u>Due to the election closing Brookens Gym, Pickleball will be played at Blair Park.</u> Pickleball is a low-impact, easy-to-learn game that combines elements of tennis, badminton, and ping-pong. It's a great way for seniors to stay active and healthy.	Free, no registration required
Chair Exercises	Wednesday, Oct 2	9:30am	Hays Recreation Center, 1311 W Church St, C. 61821	Join us for an invigorating exercise experience designed to revitalize your body and spirit from the comfort of a chair! Get ready to ignite your metabolism and shed calories while enjoying the supportive and welcoming atmosphere of our chair-based workouts.	Free, no registration required
Quilting	Wednesday, Oct 2	10am-12:30pm	Douglass Annex, 804 N 5th St, C. 61820	If quilting is your passion, then our quilting club is the perfect place for you to be. Join our welcoming community of like-minded individuals who share your love for quilting and come together to create beautiful quilt designs.	Free, no registration required
Create Better Health: Presented by Illinois Extension	Wednesday, Oct 2	10:30am	Hays Recreation Center, 1311 W Church St, C. 61821	Are you ready to embrace a healthier lifestyle and unlock the secrets to vitality in your golden years? Better Health is here to support you on your journey with a wealth of nutrition information, mouthwatering yet budget-friendly recipes, and valuable tips for maintaining physical fitness.	Free, registration required <a href="https://champaignparks.org">Registration (champaignparks.org)</a>
Head Strong and Eating Right for	Wednesday, Oct 2	1-3pm	Stevick Senior Citizen Center, 2102 Windsor Pl, C. 61820	Sharpen your mind and boost your brainpower with this double feature on cognitive health! Join Illinois Extension to keep your brain healthy and engaged! At 1pm, in "Head Strong" with Family Life Educator <u>Emily Harmon</u> , learn more about what you can do to keep your brain healthy and engaged. Then, after a short break featuring a	Register at: <a href="https://go.illinois.edu/ActiveAgingDouble">go.illinois.edu/ActiveAgingDouble</a>

Cognitive Health				brain health food demo, join us for "Eating Right for Cognitive Health" with Nutrition and Wellness Educator <u>Rachel Mannen</u> to learn how to eat right for a healthy brain.	
McKechnie Family LIFE Home Open House	Wednesday, Oct 2	2-5pm	McKechnie Family LIFE Home, 75 Bailey Dr, C. 61820	The <u>McKechnie Family LIFE Home</u> will once again have the pleasure of welcoming guests for an open house to explore the research conducted at the facility. This is a unique opportunity to interact with the researchers, robots, and all the technologies! Research demonstrations will be given by faculty, post-docs, graduate students, and undergraduate students. The attendees will learn about the diverse projects being worked on as well as the technologies many of us already have at home. Our open house allows for lots of ideas to be shared between guests and researchers and introduces people to possible ideas for the future. For more information, please visit us <u>online</u> .	Free-Open Door-Everyone Welcome  Free Parking in the back of the LIFE Home.  Refreshments Provided
Brain, Body and Balance	Wednesday, Oct 2	3:15-4pm	ClarkLindsey 2760 S Race St, 1st Floor Courtyard, U. 61801	Join Rena Leake for Brain, Body and Balance class starts with a full body warm-up, followed by fun seated cardio to raise the heart rate and practice coordination. Then we add brain-body drills that combine physical and cognitive tasks. After a brief cool-down, we play various word games or do other brain teaser activities as a group.	Drop in. No registration required
Wits Workout at CRIS	Wednesday, Oct 2	3-4pm	CRIS Healthy Aging, 4116 Fieldstone Rd, C. 61822	This peer-reviewed brain health program is perfect for any older adults looking to kep their wits sharp!	No registration required
United Way & CU Kiwanis Volunteer Group Project Diaper Pack	Wednesday, Oct 2	5-6pm	United Way of Champaign County HQ, 5 Dunlop Ct, Savoy 61874	Join our team of volunteers in organizing Diaper Packages for distribution to families in Champaign County. It will be a good group of a couple dozen volunteers that make quick and easy work of preparing diaper bundles the United Way will distribute throughout the community.	RSVP by Monday Sept. 30 to Marianne Downey at <u>downey@illinois.edu</u> or 217.417.4305
Craft Happy Hour!	Wednesday, Oct 2	6-7pm	The Urbana Free Library, 210 W Green St, U. 61801	Monthly drop-in crafts for adults. You know you want to get creative and hang out with friendly people, so stop by the library for this monthly drop-in crafts program for adults! Meet your neighbors and go home with something beautiful. Cosponsored by Urbana Arts and Culture and The Urbana Free Library.	Drop-in. No registration required.

Family Service's Creative Aging Art Exhibit	Wednesday, Oct 2	3 - 6pm	Phillips Recreation Center, 505 W Stoughton, U. 61801	Stop by Phillips Recreation Center to view artwork from fellow older adults and learn more about opportunities to engage your creativity. Refreshments will be provided.	Drop-in. No registration required.
Sign Up for an MTD DASH Pass	Wednesday, Oct 2	3-6pm	Phillips Recreation Center, 505 W Stoughton, U. 61801	While you're enjoying Family Service's Creative Aging Art Exhibit, visit with MTD and sign up for a free DASH Pass. With a DASH Pass, older adults who are 65 or better can ride MTD's fixed-route bus service for free, among other benefits. We're happy to answer all of your public transportation questions!	Drop-in. No registration required.  Simply bring proof of age.
Pickleball	Thursday, Oct 3	9am-Noon	Blair Park, 1406 S Broadway Ave, U. 61801	New players always welcome! Open Gym Pickleball meets Monday-Friday from 9am to Noon. <u>Due to the election closing Brookens Gym, Pickleball will be played at Blair Park.</u> Pickleball is a low-impact, easy-to-learn game that combines elements of tennis, badminton, and ping-pong. It's a great way for seniors to stay active and healthy.	Free, no registration required
Downsizing Presentation	Thursday, Oct 3	10-11am	Phillips Rec Center, 505 W Stoughton, U. 61801	Join us for a presentation on how to take some of the stress out of downsizing and researching assisted living options.	REGISTRATION REQUIRED either online or by calling the Phillips Recreation Center at 217-357-1544
PACE, Inc. Open House	Thursday, Oct 3	10am-3 pm	PACE office, 301 S Vine St, Ste 211, U. 61801	PACE has recently moved to Lincoln Square Mall. Everyone is welcome to stop by at the new location. We will have information about PACE services. Refreshments will be available at PACE's lobby.	Free. Drop-in. No registration is required.
Medicare Education Workshop	Thursday, Oct 3	11am - 12pm	CRIS Healthy Aging, 4116 Fieldstone Rd, C. 61822	A presentation on Medicare fundamentals: how it's structured, interactions with Medicaid, Enrollments periods, evaluating a plan, and more.	No registration required

Fall Crafting at Curtis Orchard (Hosts: OSF Faith in Action and Family Service)	Thursday, Oct 3	1-3pm	Curtis Orchard Lollipop Pavilion, 3902 S Duncan Rd, C. 61822	Two fall crafts plus free Curtis Orchard cider and donuts!	Registration required, please email Camille Birt at <a href="mailto:Camille.E.Birt@osfhealthcare.org">Camille.E.Birt@osfhealthcare.org</a> or call 217-337-2778 and leave a message if no answer.
Hold That Thought	Thursday, Oct 3	2-3pm	St. Joseph Township-Swearingen Memorial Library- 201 N 3rd St, St. Joseph, 61873	Explore tips and techniques to improve memory and cognitive function in everyday life.	Registration not required but encouraged- <a href="https://go.illinois.edu/BrainHealthSeries">https://go.illinois.edu/BrainHealthSeries</a>
Pickleball	Friday, Oct 4	9am-Noon	Blair Park, 1406 S Broadway Ave, U. 61801	New players always welcome! Open Gym Pickleball meets Monday-Friday from 9am to Noon. <u>Due to the election closing Brookens Gym, Pickleball will be played at Blair Park.</u> Pickleball is a low-impact, easy-to-learn game that combines elements of tennis, badminton, and ping-pong. It's a great way for seniors to stay active and healthy.	Free, no registration required
Walk this Way	Friday, Oct 4	9:30-10:15am	Leonhard Recreation Center, 2307 Sangamon Dr, C. 61821	Join us for an invigorating walking experience with "Walk This Way," our senior walking group dedicated to promoting health and wellness for older adults.	Free, no registration required
Create Better Health: Presented by Illinois Extension:	Friday, Oct 4	10am	Douglass Annex, 804 N 5th St, C. 61820	Are you ready to embrace a healthier lifestyle and unlock the secrets to vitality in your golden years? Better Health is here to support you on your journey with a wealth of nutrition information, mouthwatering yet budget-friendly recipes, and valuable tips for maintaining physical fitness.	Free, registration required: <a href="https://champaignparks.org/registration/">https://champaignparks.org/registration/</a>
BINGO!	Friday, Oct 4	10am	Hays Recreation Center, 1311 W Church St, C. 61821	TGIF! Get ready to end your week on a high note with our exciting bingo program! Join us for an hour filled with fun, laughter, and the thrill of bingo. Gather with friends as we come together to enjoy this timeless game of chance. Prepare to have a great	Free, no registration required



				time and possibly win some fantastic prizes! Don't miss out on this opportunity to unwind, socialize, and kick off your weekend in style!	
Heart-Healthy Cooking Class	Friday, Oct 4	11am-1pm	CU Public Health, 201 W Kenyon Rd, Suite 3, C. 61820	<p>Join Illinois Extension Nutrition and Wellness Educator Rachel Mannen for an Active Aging Week Heart Healthy Cooking Class! Learn about delicious, nutritious recipes that support cardiovascular health, cooking techniques that maximize flavor without sacrificing health, and tips for creating balanced meals.</p> <p>Whether you're a seasoned chef or just starting out, this class offers something for everyone. Come and discover how to make heart-healthy eating an enjoyable and sustainable part of your lifestyle. There is a \$10 fee to register for this class.</p>	<p><u>Registration required. \$10 fee covers cooking ingredients.</u> If you need a reasonable accommodation to participate, contact: Rachel Mannen <a href="mailto:rmannen@illinois.edu">rmannen@illinois.edu</a></p> <p><a href="http://go.illinois.edu/HeartHealthyCooking">go.illinois.edu/HeartHealthyCooking</a></p>
Stress-busting For Family Caregivers Workshop	Friday, Oct 4	3-4pm	CRIS Healthy Aging, 4116 Fieldstone Rd, C. 61822	At this workshop on unpaid caregiving, learn about things like work/life balance, how to ask for help, and how to keep loved ones in the home for as long as possible.	No registration required
Walker's Book Club	Saturday, Oct 5	9-10am	Meadowbrook Park, 2808 S Race St, U. 61801	Free! Hit your stride with the Walker's Book Club. Once a month, we invite you to join us as we come together at the Garden Pavilion on South Race Street to take a 30-minute walk together. Afterwards, we'll gather to drink lemonade or hot cocoa and share what we've been reading. Of course, you can count on staff to bring along several books to recommend, but we hope you'll share the best (and worst!) of what you've read lately.	Registration recommended, but not required. Call 217-367-1544.
Fall Fusion Fest	Saturday, Oct 5	3-7pm	Downtown Urbana, Race and Main Streets	Join the Urbana Park District, Urbana Rotary, and Age-Friendly CU for some adults-only crafting fun at 40North's second annual Fall Fusion Fest.	Drop in anytime
Tap Dance Jam	Saturday, Oct 5	4:30-6pm	Phillips Recreation Center, 505 W	Free! Calling all levels of tap dancers! Share shuffles with others in our tap dance community – bring your fabulous self and your tap shoes and join us for warm-ups, historical tap choreography, and a jam in an improv circle.	Registration not required. Call Matt at 217-367-1544 with questions.

			Stoughton, U. 61801		
Free Sunday Morning Bird Walk	Sunday, Oct 6	7:30-9am	Anita Purves Nature Center, 1505 N Broadway, U. 61801	Walk with the Champaign County Audubon Society leaders and search for birds in Busey Woods and Crystal Lake Park. If you don't have your own binoculars, they have 10 pairs to lend (first-come, first-served.)	No registration required.
Movie Event with Cooperative Extension	TBD	TBD	TBD	"Join or Die" documentary film focusing on Social Capital/Social Networks and their important connection to health, wellbeing, and quality of life by Robert Putnam – author of the best-selling book "Bowling Alone: The Collapse and Revival of American Community" (2000, Simon & Schuster).	TBD