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**Spring 2024 | March – May**

*Classes are scheduled weekly, unless otherwise noted, and*

*are available in various formats listed under “Location”.*

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| **Zoom Instructions** | **Phone Instructions** |
| Step 1: Go to zoom.com  Step 2: Click “Join A Meeting”  Step 3: Enter Meeting ID  Step 4: Enter Passcode (if applicable) | Step 1: Dial phone number  Step 2: Enter Meeting ID  Step 3: Enter Passcode (if applicable) |

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| **MONDAY** | | |
| **Time** | **Class** | **Location** |
| 8:30am | **Stretch & Flex w/ Michele**  Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  *Instructor: Michele Crump (Symbria)* | **ZOOM**  Meeting ID:  **907 424 6822**  Passcode:  **q5QBVj** |
| 9:00am | **Dietitian Presentation *(3/4)***  *Title: Eating Well During Transitions of Care*  Just getting out of the hospital or another recovery setting? Consider asking a dietitian for instructions and dietary priorities to help you heal. Dietitians can highlight smart nutrition choices or help develop a weight loss plan. Your short-term goals and your long-term goals may be separate, so it is important to develop the right nutritional plan during transitions of care.  *Presenter: Jim Coogan, RD/LDN (White Crane)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **476 608 7569** |

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| **MONDAY** | | |
| **Time** | **Class** | **Location** |
| 9:00am | **Dietitian Presentation *(4/1)***  *Title: Diabetes Guidelines*  The American Diabetes Association has released new standards of care for diabetes for 2024. Learn about updates in treating obesity and ways to prevent type 2 diabetes. Discover some of the useful technologies, cardiac risks to address, and improvements in standards of care. Diabetes presents a long-term challenge to many people and finding the right assistance can greatly improve and maintain your health.  *Presenter: Jim Coogan, RD/LDN (White Crane)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **476 608 7569** |
| 9:00am | **Dietitian Presentation *(5/6)***  *Title: Lung Health and Dietary Choices*  Many people with Chronic Obstructive Pulmonary Disease (COPD) successfully manage their condition. Breathing easier means a satisfying and more active life. Healthy choices make a big difference with COPD, such as being mindful of your weight, monitoring your carbohydrate intake, and cutting back on sodium to avoid holding water. Building muscle, including pulmonary muscles, with protein and regular exercise are also important.  *Presenter: Jim Coogan, RD/LDN (White Crane)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **476 608 7569** |
| 9:00am | **Zumba Gold**  Latin-inspired cardio/dance fitness workout class that features Latin and international music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility, and balance. No dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm, and an open mind!  *Instructor: Mari-Jane Dare* | **ZOOM**  Meeting ID:  **867 0629 1839**  Passcode:  **001050** |
| 9:00am | **Forever Fit w/ Ash**  Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life.  *Instructor: Ash Duggal (Symbria)* | **ZOOM**  Meeting ID:  **712 1429 2628**  Passcode:  **bMa7C1** |

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| **MONDAY** | | |
| **Time** | **Class** | **Location** |
| 9:15am | **Forever Fit w/ Michele**  Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights).  *Instructor: Michele Crump (Symbria)* | **ZOOM**  Meeting ID:  **907 424 6822**  Passcode:  **q5QBVj** |
| 10:00am | **Virtual Support Group *(3/11, 4/8 & 5/13)***  Do you want to connect with others from the comfort of your own home? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as you explore new ideas and ways of looking at the world. You can participate in the group with video from your computer/tablet, or you can participate by phone only.  *Facilitator: Jane Pinsof, LCSW (White Crane)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **838 3139 9639**  *Note New Meeting ID* |
| 11:00am | **Sit & Be Strong w/ Joyce**  Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Fitness is essential for day-to-day living. Seated/standing exercises for all levels.  *Instructor: Joyce Bloom (Symbria)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **781 8847 6951**  Passcode:  **452540** |
| 1:00pm | **Balance Masters w/ Michele**  This fun and challenging advanced level class maintains and improves good balance through drills that better develop agility, mobility, stability, posture, and core strength. This class also helps increase gait speed and improve reaction time, making good balance even better.  Instructor: Michele Crump (Symbria) | **ZOOM**  Meeting ID:  **907 424 6822**  Passcode:  **q5QBVj** |
| **TUESDAY** | | |
| **Time** | **Class** | **Location** |
| 10:30am | **Sit & Be Strong w/ Judie**  Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises.  *Instructor: Judie Bernard (Symbria)* | **ZOOM**  Meeting ID:  **933 398 2644**  Passcode:  **261424** |

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| **TUESDAY** | | |
| **Time** | **Class** | **Location** |
| 12:00pm | **Stretch & Flex w/ Joyce**  Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  *Instructor: Joyce Bloom (Symbria)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **781 8847 6951**  Passcode:  **452540** |
| 1:00pm | **Tai Chi for Wellness**  Tai Chi improves strength, flexibility, balance, and aerobic conditioning. It has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease, and Parkinson’s Disease.  *Instructor: Craig Harris* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **841 9879 2985**  Passcode:  **690519** |
| 1:00pm | **Cooking w/ Gloria**  Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home!  *Instructor: Gloria Hafer* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **840 3457 0587**  Passcode:  **506918** |
| 1:30pm | **Computer & Tech Webinar Series**  Each week’s class (in a webinar format) will have a specific tech-related topic that will be covered by the instructor. For more details about the topics, please see the attached flyer.  *Instructor: Joseph Fedorko* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **514 975 0953**  Passcode:  **727822** |
| 2:00pm | **Sit & Be Strong w/ Judie**  Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises.  *Instructor: Judie Bernard (Symbria)* | **ZOOM**  Meeting ID:  **933 398 2644**  Passcode:  **261424** |
| 2:00pm | **Nurse Presentation *(3/19)***  *Title: Transitions of Care & Medication*  Transitions of care represent a time of high risk for patients, especially older adults. Patients may experience a variety of transitions of care as they move through the health care system, as well as upon returning to their home. Medication errors are of particular concern. Attend this session to learn how care providers work to ensure care continuity and coordination.  *Presenter: Virginia Schelbert, MSN/APN (White Crane)* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **230 022 2803** |

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| **TUESDAY** | | |
| **Time** | **Class** | **Location** |
| 2:00pm | **Nurse Presentation *(4/16)***  *Title: Diabetes Care Guidelines Overview*  Attend this session to learn the nurse’s perspective on the American Diabetes Association’s (ADA) new guidelines for diabetes care. These new guidelines include updates to recommendations around new classes of obesity drugs, new screening practices, diabetes technology, and the use of teplizumab.  *Presenter: Virginia Schelbert, MSN/APN (White Crane)* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **230 022 2803** |
| 2:00pm | **Nurse Presentation *(5/21)***  *Title: Lung Health & COPD*  Chronic obstructive pulmonary disease (COPD) is a progressive lung disease that affects your airways. COPD makes it harder to breathe and may significantly impact your overall quality of life. The most common risk factor for COPD is smoking. Attend this session to learn more about COPD and how to prevent it.  *Presenter: Virginia Schelbert, MSN/APN (White Crane)* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **230 022 2803** |
| **WEDNESDAY** | | |
| **Time** | **Class** | **Location** |
| 8:30am | **Stretch & Flex w/ Michele**  Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  *Instructor: Michele Crump (Symbria)* | **ZOOM**  Meeting ID:  **907 424 6822**  Passcode:  **q5QBVj** |
| 9:00am | **Tai Chi for Prevention & Balance**  Tai Chi is a unique mind-body form of exercise that involves a series of slow, flowing movements. Tai Chi movements are done with gentle and graceful circular motions while breathing deeply.  *Instructor: Mari-Jane Dare* | **ZOOM**  Meeting ID:  **891 7497 7333**  Passcode:  **001050** |
| 9:00am | **Forever Fit w/ Judie**  Get in shape and maintain overall conditioning in this intermediate level seated/standing class, using movement and strength training with weights and bands. Enjoy upbeat music to engage the brain and body while improving overall vitality and function.  *Instructor: Judie Bernard (Symbria)* | **ZOOM**  Meeting ID:  **933 398 2644**  Passcode:  **261424** |
| **WEDNESDAY** | | |
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| 9:00am | **Dietitian Presentation *(3/6)***  *Title: Eating Well During Transitions of Care*  Just getting out of the hospital or another recovery setting? Consider asking a dietitian for instructions and dietary priorities to help you heal. Dietitians can highlight smart nutrition choices or help develop a weight loss plan. Your short-term goals and your long-term goals may be separate, so it is important to develop the right nutritional plan during transitions of care.  *Presenter: Mark McInerney, DHSc/RD/LDN (Rush)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **843 7440 8035**  Passcode:  **123456** |
| 9:00am | **Dietitian Presentation *(4/3)***  *Title: Diabetes Guidelines*  The American Diabetes Association has released new standards of care for diabetes for 2024. Learn about updates in treating obesity and ways to prevent type 2 diabetes. Discover some of the useful technologies, cardiac risks to address, and improvements in standards of care. Diabetes presents a long-term challenge to many people and finding the right assistance can greatly improve and maintain your health.  *Presenter: Mark McInerney, DHSc/RD/LDN (Rush)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **843 7440 8035**  Passcode:  **123456** |
| 9:00am | **Dietitian Presentation *(5/1)***  *Title: Lung Health and Dietary Choices*  Many people with Chronic Obstructive Pulmonary Disease (COPD) successfully manage their condition. Breathing easier means a satisfying and more active life. Healthy choices make a big difference with COPD, such as being mindful of your weight, monitoring your carbohydrate intake, and cutting back on sodium to avoid holding water. Building muscle, including pulmonary muscles, with protein and regular exercise are also important.  *Presenter: Mark McInerney, DHSc/RD/LDN (Rush)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **843 7440 8035**  Passcode:  **123456** |
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| 10:00am | **Ask the Dietitian—Group Q&A *(3/6, 4/3, & 5/1)***  Join Mark McInerney, DHSc, RD, LDN and fellow participants for a lively discussion on nutrition-related questions. You can participate as much or as little as you would like. Either way, you are sure to learn new ways to meet your nutritional needs!  *Facilitator: Mark McInerney, DHSc/RD/LDN (Rush)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **843 7440 8035**  Passcode:  **123456** |
| 11:00am | **Sit & Be Strong w/ Joyce**  Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels.  *Instructor: Joyce Bloom (Symbria)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **781 8847 6951**  Passcode:  **452540** |
| 1:00pm | **Balance Masters w/ Michele**  This fun and challenging advanced level class maintains and improves good balance through drills that better develop agility, mobility, stability, posture, and core strength. This class also helps increase gait speed and improve reaction time, making good balance even better.  *Instructor: Michele Crump (Symbria)* | **ZOOM**  Meeting ID:  **907 424 6822**  Passcode:  **q5QBVj** |
| 3:00pm | **Spanish: Advanced**  Join us for conversational Spanish at an advanced level.  *Instructor: Marvin Childress* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **846 3658 4845**  Passcode:  **Spanish** |
| 3:00pm | **Social Worker Presentation *(4/17)***  *Title: "HABIT STACKING" AN EASY TOOL TO KEEP YOUR GOALS AND POSITIVE HABITS ON TRACK*  Join us to learn about HABIT STACKING—a simple to use, evidence-based tool to help you to not only create a habit but stick with that habit all year round. Using this simple tool can help you succeed with your health and wellness goal, or new year's resolution, which most people drop before the end of January. Please bring to this discussion one new habit you would like to attain this year, and we will put the tool to use to bring your goal to fruition.  *Presenter: Jeaneane Quinn, LSW (Rush)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **852 2647 6417**  Passcode:  **123456** |
| **THURSDAY** | | |
| **Time** | **Class** | **Location** |
| 10:30am | **Pharmacist Presentation/Consultations *(3/21)***  *Title: Transitions of Care*  Transitions of care can be major, for example: going from a hospital to a skilled nursing facility. Transitions of care can be relatively minor, for instance: when a specialist begins treating a condition that the primary care physician used to manage. Whether major or minor, transitions of care require communication and management. Often the health care team depends on the patient to report their medical history, including an up-to-date medication list. A person who really understands their health conditions, and treatments will be less likely to suffer from a mistake or misstep during a transition of care. In this session, the pharmacist will discuss what to expect during transitions of care and how to be prepared. If you have not already done so, now may be a good time to meet with the pharmacist to make an updated medication list. **Individual consultations will follow the presentation at 11:30am.**  *Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **625 279 2910** |
| 10:30am | **Pharmacist Presentation/Consultations *(4/18)***  *Title: Diabetes*  Each year, the American Diabetes Association releases new guidance for how to best control diabetes. The update is hot off the press! The pharmacist will share new recommendations and insights into how to control diabetes. The pharmacist can, also, help you understand how to use and read your continuous glucose monitor. For those who want to prevent diabetes, the pharmacist can share insights that help everyone manage rising blood sugars. Life is sweet, and understanding how to manage and prevent diabetes can help you enjoy it. **Individual consultations will follow the presentation at 11:30am.**  *Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **625 279 2910** |

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| **THURSDAY** | | |
| **Time** | **Class** | **Location** |
| 10:30am | **Pharmacist Presentation/Consultations *(5/16)***  *Title: Lung Health – Asthma & Allergy*  Shortness of breath is, always, a major concern. It can be natural to become a little short of breath after a cardio fitness class. Over time, people may notice that they experience shortness of breath more often and with less physical exertion. Those with asthma or allergies may struggle to breathe without realizing that they could have better control. Simple things like improper use of inhalers, or not recognizing and controlling triggers, can turn a long walk in the park into a fight for air. In this session, the pharmacist will review the signs and symptoms of asthma and allergies, typical triggers and the complications of these lung diseases. The pharmacist will, also, discuss common medications that can be used to treat asthma and allergies, including different inhalers and their proper use. **Individual consultations will follow the presentation at 11:30am.**  *Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)* | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **625 279 2910** |
| 12:00pm | **Stretch & Flex w/ Joyce**  Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  *Instructor: Joyce Bloom (Symbria)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **781 8847 6951**  Passcode:  **452540** |
| 2:30pm | **Spanish: Intermediate**  Join us and learn basic Spanish at an intermediate level.  *Instructor: Marvin Childress* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **897 6710 9779**  Passcode:  **Spanish** |
| **FRIDAY** | | |
| **Time** | **Class** | **Location** |
| 8:30am | **Stretch & Flex w/ Michele**  Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  *Instructor: Michele Crump (Symbria)* | **ZOOM**  Meeting ID:  **907 424 6822**  Passcode:  **q5QBVj** |
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| 10:00am | **Social Worker Presentation *(3/15)***  *Title: Vaccines*  As we age, we often face new health challenges that can take time, money, and energy to manage. This includes accessing preventative care like new, seasonal, and booster vaccines. During this talk, a licensed social worker will make space to explore common questions about vaccines and share resources to help make decisions and get access to vaccines.  *Presenter: Theo Lakshmanan, LSW (they/them) (Rush)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **848 7524 0527**  Passcode:  **123456** |

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| **FRIDAY** | | |
| **Time** | **Class** | **Location** |
| 10:00am | **Social Worker Presentation *(5/31)***  *Title: May 2024 is Lung Health Month! How they Work, What We Can Do, What Can Go Wrong*  Please join Jim Rohde, LCSW, Department of Social Work and Community Health at RUSH University Medical Center, for a presentation and discussion about: Taking care of our Lungs.  Most of the time, people do not think about their breathing- We are changing that today! Please join us for a presentation that tackles questions like these head-on:  · How do the lungs work, anyway?  · Can we do anything to keep them healthy?  · How do we know we have a problem with our lungs?  · If we have problems, what can we do about them?  · What can Rush do to help?  *Presenter: Theo Lakshmanan, LSW (they/them) (Rush)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **848 7524 0527**  Passcode:  **123456** |
| 12:00pm | **Stretch & Flex w/ Joyce**  Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  *Instructor: Joyce Bloom (Symbria)* | **PHONE/ZOOM**  (312) 626-6799  Meeting ID:  **781 8847 6951**  Passcode:  **452540** |
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| **SATURDAY** | | |
| **Time** | **Class** | **Location** |
| 10:00am | **Book Club *(4/13, 4/20, 5/9 & 5/25)***  Join us for a special collaboration between CPL and DFSS. Each month a new book will be discussed:  4/13 – *The Vanishing Half* by Brit Bennett (English / 10:00am)  4/20 – *Las Voces de Adriana* by Elvira Navarro(Spanish / 10:00am)  5/11 – *The Violin Conspiracy* by Brendan Slocumb (English / 10:00am)  5/25 – *Terapia de Grupo* by Christie Tate (Spanish / 10:00am)  Copies of the books are available at the Chicago Lawn Branch (6120 S Kedzie Ave) or requested at your neighborhood branch. Please register by emailing [chicagolawn@chipublib.org](mailto:chicagolawn@chipublib.org) or calling 312-747-0639. | **PHONE/ZOOM**  312-626-6799  Meeting ID:  **833 0209 7630**  Passcode:  **125911** |

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| **Individual Wellness Phone Consultations** |
| Looking for personalized help? Our team of wellness professionals are available by phone to answer your health-related questions and refer you to resources whenever possible. Phone consultations are not designed to address emergencies. If you are having an emergency, please call 911.  To make an appointment for a phone consultation, please call the **White Crane Wellness Center** at **773-271-9001**. Appointments are available on a first-come, first-served basis and last for approximately 15 minutes.  **\* Ask the Nurse**: The nurse can help quickly answer your most pressing health questions and direct you to follow-up care as needed.  **\* Ask the Social Worker**: The social worker can provide emotional support as you adjust to a new way of life, as well as provide resources for accessing social services when possible.  **\* Ask the Pharmacist**: The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe.  **\* Ask the Dietitian**: The dietitian has ideas for ways to get creative with healthy food. |