

2023 CHAMPAIGN URBANA ACTIVE AGING WEEK SCHEDULE

(all activities are free unless otherwise noted)

Title	Date	Time	Location	Details	How to Attend
Open Gym Pickleball	Monday, Oct. 2 through Friday, Oct. 8	9am to Noon	Blair Park or Brookens Gym	Pickle ball is a fun, fast-paced sport that combines elements of badminton, tennis, and table tennis. This great, lower-impact sport for seniors will be at Blair Park if it's nice out, otherwise at Brookens Gym.	Drop In, but call 217-367-1544 if weather is questionable.
Chair Exercise	Monday, Oct. 2	9:30 to 10:15am	Hays Center	These exercise sessions focus on providing you with a great workout while in the support of a chair. Focus on stretch and strength, core fitness, and yoga. No matter your preference, you are sure to burn calories!	Drop In. Non-Members pay \$5. Call 217-239-1152 with questions.
CRIS Trivia and Brain Games Day	Monday, Oct. 2	1:30 to 3:30pm	CRIS Healthy Aging	Come join us at CRIS for a day of brain games and trivia. Snacks provided!	Drop In.
Fit & Strong	Tuesday, Oct. 3	10 to 11:30am	CRIS Healthy Aging	Fit & Strong is an evidence based fitness class developed for people with arthritis that also helps fall prevention.	Drop In.
Voyage of the Vikings	Tuesday, Oct. 3	10 to 11am	Champaign Public Library Robeson Pavilion Room A & B	Join Fred Christensen for a six-week journey to the lands and people of the North Atlantic. For this session, Fred will present on Norway to Denmark	Drop in.
Walk, Talk, and Lunch Bunch	Tuesday, Oct. 3	11:30am 'til we're done	First United Methodist Church	Begin with a gentle yoga and stretching warm-up, 30-40 minute walk, and ends with a walk to a downtown restaurant for lunch. Contact the church office at 217-356-9078 for further details. Bring cash for lunch.	Drop In.
Intro to Keyboard	Tuesday, Oct. 3	2 to 4pm	Champaign Public Library Friends	Get started with typing skills, including ways to increase your speed, as well as learn how to hold and use a mouse.	Sign up online or call 217-403-2000.

and Mouse Skills			Conference Room 215		
Chair Exercise	Wednesday, Oct. 4	9:30 to 10:15am	Hays Center	These exercise sessions focus on providing you with a great workout while in the support of a chair. Focus on stretch and strength, core fitness, and yoga. No matter your preference, you are sure to burn calories!	Drop In. Non-Members pay \$5. Call 217-239-1152 with questions.
Men's Club	Wednesday, Oct. 4	10:30 to 11:30am	Hays Center	Men's Club is a great way to come together to have fun, learn new things, and share experiences. Men's Club will meet the first Wednesday of each month.	Drop In. Non-Members pay \$5. Call 217-239-1152 with questions.
Dine with a Doc	Wednesday, Oct. 4	11am to 1pm	Carle at the Fields	Free meal and health information presentation from Dr. Michael Smith, MD.	Call Carriage Crossing at 217-303-8840 to RSVP.
Festive Fall Crafting with Faith in Action and Family Service	Wednesday, Oct. 4	1 to 3pm	Curtis Orchard	Pumpkin painting and other fall crafts, snacking on apple donuts, and browsing the gift shop. Win a fall-themed prize basket. Maximum Attendance: 20.	RSVP at (217) 337-2778 or HMMC.FIA@osfhealthcare.org. If you call, please leave a message.
Craft Happy Hour	Wednesday, Oct. 4	6 to 7pm	Urbana Free Library Busey Mills Reading Room	Tap into your intuition and create your own tarot card. We provide the supplies (and some ideas) and you do the rest. At Craft Happy Hour, meet friendly people and go home with something beautiful. This month you're invited to tap into your artistic intuition and create your own tarot card. Information about tarot symbolism and imagery will be available through our display of tarot	Drop In.

				decks. You'll be invited to design your own card or use one of our templates.	
Writer's Workshop	Wednesday, Oct. 4	7 to 8pm	Champaign Public Library Robeson Pavilion Room A & B	Story Elements: Plot & Prose Learn how to craft a riveting plot while perfecting your prose. Interested in our Short Story Contest? Entries due Friday, November 10, 2023. Visit champaign.org/short-story for additional details.	Sign up online or call 217-403-2000.
CarFit	Thursday, Oct. 5	8:30am to 2:30pm	Stone Creek Church	Interactive and educational program teaching participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road.	Drop In.
Minds in Motion	Thursday, Oct. 5	10am to 1pm	First United Methodist Church in Champaign	Getting Ready for Fall at the Negangard's Pumpkin Patch with lunch at Philo Tavern! Bring cash for lunch.	RSVP by calling church at 217-356-9078.
50+ Potluck	Thursday, Oct. 5	Noon 'til we're done	Hays Center	Join us every Thursday for a potluck lunch. The first Thursday of every month we celebrate birthdays for that month. Throughout the season, we celebrate holidays and have other fun events.	Bring a dish to share or \$5.
Cover-to-Cover Book Discussion	Thursday, Oct. 5	1:30 to 2:30pm	Champaign Public Library Robeson Pavilion Room C	In anticipation of Brendan Slocumb's visit, we will be discussing his newest book, Symphony of Secrets. For more information, call 217-403-2070.	Drop In.
Aging Mastery Class	Thursday, Oct. 5	2:30 to 4pm	Phillips Recreation Center	This week's topic: Advanced Planning http://apm.activecommunities.com/urbanaparks/Activity_Search/12483	Register with UPD online or call 217-367-1544.

Sculpture Exercise Walk	Thursday, Oct. 5	3:30 to 4:30pm	PrairiePlay Pavilion, Meadowbrook Park	Take a guided fitness walk around the sculpture loop and do different exercises and stretches at each sculpture station. Program will be canceled if weather is severe. Call 217-367-1544 if weather is questionable.	Drop In.
Fall Fun Crafternoon	Friday, Oct. 6	10am to 1pm	Phillips Recreation Center	Make & Take autumn crafts where we supply everything. <i>LEAF</i> the clean-up to us!	Drop In.
Heart Healthy Cooking Demo with Synergy HomeCare	Friday, Oct. 6	11:30am to 1pm	Phillips Recreation Center	Come join Liz from Synergy as she demonstrates some fun, new recipes for your fall season! She will be making a homemade whole wheat pizza crust with heart health toppings as well as pumpkin oat cookies for dessert. Samples will be available during class and participation will be welcome as well!	Register with UPD online or call 217-367-1544.
atHome Happy Hour	Friday, Oct. 6	4 to 5pm	ClarkLindsey	atHome with ClarkLindsey will host a happy hour in ClarkLindsey's Masterpiece Garden or inside its Activity Center if the weather doesn't cooperate.	Drop In.
Carle Health Wellness and Medicare Expo	Saturday, Oct. 7	9am to 1pm	Carle at the Fields	An annual event dedicated to health and well-being.	Drop In.
Fall Fusion Fest	Saturday, Oct. 7	4 to 8pm	Downtown Urbana	40 North and Urbana Arts and Culture Program festival celebrating autumn and the arts. Age-Friendly CU will have a crafting station.	Drop In.
Sunday Morning Bird Walks	Sunday, Oct. 8	7:30 to 9am	Busey Woods	Walk with Champaign County Audubon Society leaders and search for birds in Busey Woods and Crystal Lake Park.	Drop In.
Cheese Tasting	Sunday, Oct. 8	1 to 3pm	Prairie Fruits Farm	Sign up to taste 4 cheeses with wine or cider pairing. Get a short tour of the Farm and meet the goats! Cost is \$25 per person and seating is limited.	Register with UPD online or call 217-367-1544.

				http://apm.activecommunities.com/urbanaparks/Activity_Search/12551	
S'mores Social & Stroll	Sunday, Oct. 8	3 to 5pm	South Ridge Park	Stories and s'mores plus an autumn stroll around the loop path. Ghost Stories by Kim Sheahan Sanford.	Drop In.