



Your generous financial support of the LifeSpan Center can help ensure the transfer of culture and local history from one generation to the next, preserving the essence of our community's character.

Contributions to the Coles County Council on Aging are tax deductible (in accordance with IRS regulations). Please call us at (217) 639-5150 to discuss available options. We look forward to hearing from you!

Please call us at (217) 639-5150 to see how you can help!

COCoA Mission

The mission of the Coles County Council on Aging is to enhance quality of life for older adults and people of all ages and abilities.



"It's All in the Attitude"

The Coles County Council on Aging does not discriminate in admission to programs or activities, or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. For information, contact: Coles County Council on Aging's Civil Rights Coordinator/Executive Director: 11021 East County Road 800 North, Charleston, IL 61920-8632; Telephone: (217) 639-5150 Fax: (217) 639-5199

LifeSpan Center
Connections
July 2018

*Linking generations,
 enhancing lives.*

*Sponsored by the Coles County Council on Aging
 A Local Charity since 1974*

LifeSpan Center 639-5150
 Health Program 639-5150
 Family Caregiver Program 639-5168
 LifeSpan Volunteer Program (LSPV) 639-5155
 Dial-A-Ride-Transportation Program 639-5169
 Toll-Free 1-800-500-5505

LifeSpan Center - Coles County Council on Aging
 14021 E. Co. Rd. 800N
 Charleston, IL 61920-8632
 lifespancenter@colescountyonaging.org
 www.colescountyonaging.org
 A United Way Agency

LifeSpan Center Movies

July Movies at Your LifeSpan Center Family Theater

TUESDAY	Animation
5 July	Coco
10 July	Despicable Me 3
17 July	Finding Dory
24 July	Coraline
31 July	Hoodwinked
WEDNESDAY	Drama
4 July	CLOSED
11 July	Moonrise Kingdom
18 July	Dead Poets Society
25 July	To Kill a Mockingbird
THURSDAY	Family Favorites
5 July	Elizabethtown
12 July	Heretics
19 July	Harry and the Hendersons
26 July	Ernest and Celestine
FRIDAY	Science Fiction
6 July	Doctor Strange
13 July	Pirates of the Caribbean
20 July	Dead Man's Chest
	Rogue One: A Star Wars Story
27 July	Armageddon



(PG) 2017, 1 hr 45 minutes
 (PG) 2017, 1 hr 29 minutes
 (PG) 2016, 1 hr 40 minutes
 (PG) 2009, 1 hr 40 minutes
 (PG) 2005, 1 hr 20 minutes

(PG-13) 2012, 1 hr 53 minutes
 (PG) 1989, 2 hr 8 minutes
 (PG) 1962, 2 hr 9 minutes

(PG) 2004, 1 hr 36 minutes
 (G) 1997, 1 hr 34 minutes
 (PG) 1987, 1 hr 50 minutes
 (PG) 2012, 1 hr 19 minutes

(PG-13) 2016, 1 hr 55 minutes
 (PG-13) 2006, 2 hr 31 minutes
 (PG-13) 2016, 2 hr 14 minutes
 (PG-13) 1998, 2 hr 31 minutes

The movies shown in your LifeSpan Family Theater are most often requested, never miss! We do research on the general ratings for each and every movie shown, including the subject matter, and show them with a rating higher than PG-13/TV-14. Unfortunately, if a requested movie contains content that falls outside our family-friendly guidelines, we will not show it. It is our goal to try to make everyone happy, especially those who take time to request specific movies. That said, we can only try our best... Occasionally a scheduled movie may be changed without prior notice due to circumstances beyond our control. Suggestions and constructive comments are always encouraged - and welcomed!

P.S. Please remember to dispose of garbage in the trash container outside the theater. The free snacks provided are a privilege that we can only continue to offer only if we are ALL responsible for proper disposal. Thank you!

FREE FAMILY MOVIE MATINEE

POP CORN & SMOOTHIES

Courtesy of our generous friends at:

LOUPEZ CHICKEN COTTAGES

Hilltop Skilled Nursing and Rehabilitation Center

Loretta Lahr Presents: A LOOK IN THE BOOK NOOK

Mitch Albom (1958) dreamed of being a musician, but he ended up with several other titles: author, journalist, philanthropist, screenwriter, dramatist, playwright, radio and TV broadcaster, and yes, a musician.

Felt destined for music, Mitch spent his early time as musician/singer on Isle of Crete, singing with an author group including Steven King and Dave Barry for charity goals. He also had opportunities to work with Tamy Bannett, Peter Seeger, Sheryl Crow, Randy Newman, Warren Zevon and Lyle Lovett. "Everybody joins a band in life, and some of them play music." Book sales have topped 35 million along with 4 movies. Mitch, who lives in Michigan, has formed eight charities in Detroit and Haiti including a Haitian orphanage. Dreams don't always take you where you want to go.

Books by Mitch in your LSC Library are: Time With Morrie and For One More Day, in large print. Others are: The Time Keeper, Have a Little Faith, First Phone Call from Heaven, Magic Strings of Frankie Presto, Fab 5, Duck Hunter Shoots Angel.



Quotes from Mitch's books:

"Sometimes when you sacrifice something precious, you're not really losing it, you're just passing it on to someone else."

"Sacrifice is a part of life. It's supposed to be. It's not something to regret. It's something to aspire to."

"No life is a waste. The only time we waste is the time we are alone." and finally, "Nothing haunts us like the things we didn't say." [Or something we did say!]



See Connections 2018 Exercise Calendar for dates and times!



LifeSpan Center will be participating in Relay for Life to support our community, ACS and our clients on 25 August in Matttoon, IL.

Go to: http://main.acsevents.org/site/TR?pg=entry&fr_id=86872

to sign up in our group. You will find LifeSpan under 'companies.' Share on your Facebook page and by emails for monetary support.

The Rules of the Road Review Course
This course is designed to help drivers, especially active adults and persons with disabilities, get knowledge and confidence needed to remain or obtain a driver's license.

Becky, Secretary of State, announced that, Patrick Quinn, will air the 1st episode on **ILLINOIS RULES OF THE ROAD** for a Rules of the Road Review course. This is a free course. No registration is required.



EXERCISE CLASSES 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11-11:45 am - Zumba Gold \$5	9-10 am - Arthritis Exercise \$1 10-10:45 am - Chair Yoga \$5 11-11:45 am - Zumba Gold Toning \$5 2-3 pm - Advanced Tai Chi \$1	11-11:45 am - Zumba Gold \$5 2-3 pm - QiGong Tai Chi \$1	9-10 am - Arthritis Exercise \$1 10-10:45 am - Chair Yoga \$5 11-11:45 am - Zumba Gold Toning \$5 2-3 pm - Advanced Tai Chi \$1	11-11:45 am - Zumba Gold \$5

ARTHRITIS EXERCISE A tailored program that includes a balance of three types of exercises -- range-of-motion, strengthening, and endurance.

CHAIR YOGA is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

QIGONG TAI CHI is a holistic system of body posture and movement, breathing and meditation, which increases the flow of vital energy (qi or chi) throughout the body. Good for improving flexibility, balance, relaxation and mental focus. Suited to all ages and levels of physical ability, beginners welcome!

TAI CHI (Advanced) is a group practice for those familiar with a least one Tai Chi form, such as the Beijing 24 Form or the Yang 48 Short Form. Its benefits include all those listed with QIGong Tai Chi, but its movements require more skill and experience.

ZUMBA GOLD® Perfect For: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. How It Works: The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

ZUMBA® GOLD TONING Perfect For: Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. How It Works: Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Benefits: Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass).



Dial-A-Ride

Dial-A-Ride Public Transportation has implemented a deviated fixed route bus line called the ZIP LINE. The ZIP LINE is a city bus route within and between the cities of Mattoon and Charleston. The route is offered Monday-Friday beginning at 8 a.m. with the last route starting at 4 p.m. The cost per passenger to ride the ZIP LINE is \$1.00 each one-way trip. No reservations are required. The ZIP LINE is a curb to curb form of transportation and the driver will not be able to assist passengers on/off the vehicle or with packages; but for those who prefer extra assistance, the traditional Dial-A-Ride service is still available—reservations are required. Remember that Dial-A-Ride is available to the public of all ages when you need transportation, and serves Douglas & Coles Counties.

If you do not want to drive for any reason or if you are coming to a popular event at your LifeSpan Center where you expect parking difficulty, take Dial-A-Ride. The suggested donation is \$1.00 for those over 60 riding within city limits and is available to all ages for a nominal fee. Be sure to schedule your pick up 4 days in advance. Dial-A-Ride also travels to Champaign and Effingham on scheduled days!

YOUR DIAL-A-RIDE ZIP LINE ROUTE SCHEDULE

Charleston ZIP LINE route:
Minutes after the Hour & Stop Location

:02	LifeSpan Center
:10	Lincoln & Douglas (D&S office - south side)
:13	Rider Foods
:18	EU Student Union
:21	Newman Catholic Center
:26	Savo-A-Lot
:29	Wal-Mart
:31	Coles County Public Health
:34	6th & Monroe
:37	119 West State Street
:50	Cable Clinic
:56	Sarah Bush Lincoln Health Center

Mattoon ZIP LINE route:

:03	LifeSpan Center***
:10	Criss County Mall
:13	Prairie Ave. & 1st Street
:17	14th St. & Broadway Ave.
:20	Armstrong Depot
:24	32nd St. & Cedar Ave.
:32	1004 South 9th Street (across from Williams School - south drive)
:41	Lake Land Carriage
:53	Delmar Drive & Farmington Rd.

***Curb stop at SBL Health Center prior to LifeSpan Center if requested



Peace Meal Senior Nutrition Program July 2018

2	Chicken and Noodles Mashed Potatoes Biscuits Whole Grain Whole Tropical Fruit	3	Scallops, Beef and Beans Carnitas Biscuits Molten Cheeks	4		5	Focaccia Crust Chicken Breast Mashed Potatoes Seasoned Green Beans W/Whole Diner Roll	6	White Chili Sautéed Salad Porky Corned Cheese Criscoles Peaches		
9	Country Fried Steak Mashed Potatoes w/Gravy Corn and Lima Beans Texas Toast Appetizers	10	Stink Sandwich w/Lettuce and Tomato Braised Soup Kadlay Bean Salad Bun Flourless Salad	11	Baked Spaghetti Toasted Salad w/Cheddar Cheese Cherry Applesauce Whole Grain Wheat Caramel Raisin Cookie	12	Chicken Parmesan Zucchini Ribbe Cucumber and Onion Diner Roll	13	Macaroni Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat Peaches	20	
16	Pulled Pork Creamed Peas and Potatoes Mesa Corn Bun Mandarin Oranges	17	Sandwich Beef Plate Mashed Potatoes Cumin Carrots W/Whole Diner Roll Fruit Juice	18	Chicken Broccoli Alfredo Mixed Vegetables Creamy Colelaw W/Whole Diner Roll Fruit Fruit	19	Shepherd's Pie Hot and Heats Biscuits Stuffed Peas	21		27	Pork Chop in Gravy Mashed Potatoes Braised Potatoes Whole Grain Wheat Fruit Salad
23	Chicken Sandwich Scalloped Corn Red Cabbage w/Sour Sauce Bun Appetizers	24	Salmon Roll Miso and Cheese w/Fruit Molten Bread Vegetables Whole Grain Wheat Pineapple	25	Tare Salad w/Meat Cheese and Eggroll Lentils, Tomato, Sauté Cauliflower Cream and Taco Sauce Taco Chips Pudding	26	Turkey Salad w/Grapes on Lentice Leaf Creamy Potato Soup Chicken Columbian Salad with 1/2 Cup Fruit	27			
30	Chicken and Noodles Mashed Potatoes Biscuits Whole Grain Whole Tropical Fruit	31	Scallops, Beef and Beans Carnitas Biscuits Molten Cheeks								

For Reservations Call 1-800-543-1770

Stain milk and dressers with an sugar added are available in many locations. Ask the Site Supervisor for information.

Sometimes we need to substitute on our menus. We still guarantee a nutritious meal. The Peace Meal Senior Nutrition Program operates a donation of \$3.50 for each congregant and home delivered meal. No other person shall be denied a meal because of their inability to contribute towards the cost of the meal. We accept the Illinois Link Card.

Call 217-345-1900 or 1-800-543-1770 to place your reservation with Peace Meal Today!
Meal reserve needs at least one day in advance. All Monday meals must be reserved by Thursday of the previous week.



Your LifeSpan Center is now featuring BUNCO! BUNCO will be held the 1st Wednesday of each month from 10am-12pm. Call and Register at (217) 639-5150. Refreshments and Prizes donated by:
**SEE CALENDAR THIS MONTH!
NO JULY 4TH BUNCO**



A Colles County Council on Aging, Inc. Program



Located in



The LifeSpan Volunteer Program (LSVP) invites Veterans of all ages to attend our monthly

Veterans' Coffee



Join us Wednesday

July 18, 2018

9 to 10 am

At your LifeSpan Center

11021 East CR 800 N

Charleston, IL (Loxa Road)

217-639-5150

The Veterans Coffee will be held monthly, every third Wednesday of the month beginning at 9 a.m.

Refreshments provided by Matteson Rehabilitation & Health Care Center



Need a ride? Call Dial-A-Ride a day or more in advance about free or low-cost transportation
217-639-5150

Wits Fitness



Brain Exercise Classes

Every 1st Monday of the month

10:00 to 11:30 a.m.
LifeSpan Center
Cost is FREE
No registration required.



University of Illinois Extension—Unit 19
www.extension.illinois.edu/ccdms

Carle 217-245-7004
Canton 217-645-0901
Moline-Douglas 217-543-3755
Stelby 217-774-8546

2018 Dates:

Jan-8	July 2
Feb-5	Aug. 6
March-5	No Sept.
April-2	Oct. 1
May-7	Nov. 5
June-4	No Dec.

If you need a reasonable accommodation to participate in this program, contact University of Illinois Extension Call County office at 217-245-7004.

BIBLE STUDY

Wednesday Mornings, 10:30-11:30AM
With Dr. Daniel Hatfield

"What Did Jesus Really Say?"
— A Study of the Book of Matthew —



Bingo!

Join Us!
Card Games at
LifeSpan Center
Every Wednesday, 1-3:30p.m.
Dining Room

All ages, skills, games welcome!
You needn't bring a thing!

Cards and light refreshments
 will be provided.




Bridge

Hand & Foot

Pinochle

For information, call
 639-5150.

Disability Aide can provide
 a ride for people of all
 ages! Call 639-5150.



GlassMan is now offering eyeglass adjustments, cleaning and minor repairs by Volunteer, Alex, a retired Optician!

Call us at 639-5150 or 639-5150 for more information.

CHARLESTON-MATTOON
CHRISTIAN WOMEN'S CONNECTION
 You and Your Friends are invited to a Luncheon
Thurs., July 26, 2018 12:00-1:30p.m. \$9.00 inclusive

"America the Beautiful"

LifeSpan Center - 11021 ECK 800 N
 Charleston, IL 61920

SPEAKER:
 Debbie Sofis of Rock Island, IL
 "The Best Gift Ever"

FEATURE: Patriotic Music

Reservations Essential - Cancellations Necessary
NO LATER THAN MONDAY, July 23, 2018

Contact: Rita 217-234-8604 or Sandy 217-345-4652
 Stonycroft Bible Studies—Brenda Walters 217-549-8773
Affiliated with Stonycroft Ministries
MATTOON CHRISTIAN

Feed your inner artist with a
Bob Ross Painting Class!

Open to the first 20 participants that




- Limited to 600 with a limited seating—your own creation!
- This class will be held every 2nd Monday of the month, from 10a.m.-1p.m.
- Class fee is \$50, and includes everything you need to create your own masterpiece!

Register by calling 639-5150

Monday July 9, 2018 10-3pm

SPONSORS WELCOME

We always welcome sponsors for programs and events! If your organization is interested in a sponsorship opportunity, please call Pat Hicks, Connections Programming/Public Relations, at (217) 639-5150. Thank you, in advance, for your consideration!

MEETS July 9—FROM 9AM-10AM

Nothing expresses thanks quite like an item

MADE WITH LOVE

Our heroes are always deeply touched by the care and effort put into the handmade Scarves, Hats and Cool Ties sent to them by Americans like you.

Hats & Scarves

Scarves should be a maximum of 4" - 6" wide and 48" - 50" long so they fit in our care packages. No fringe, please!



Some commonly asked questions:

- **What colors are acceptable?** Best to keep the colors subtle - Blues, browns, olive, grays, maroon, and black are all excellent choices.
- **What fibers are acceptable?** We will accept scarves and hats made from wool, acrylics, or non-flammable fleeces. Cool Ties should be made with 100% cotton. Please list the fiber content on your items.
- **Can't knit or sew?** Consider donating yarn for other knitters to use or making a financial donation to help pay the postage on our care packages.



Send all handmade donations to:
OPERATION GRATITUDE
21100 Lassen Street
Chatsworth, CA 91311
ATTN: SCARVES FOR TROOPS

For more information visit us on the web at www.OperationGratitude.com
or Facebook at www.facebook.com/OperationGratitude
or send an email to info@operationgratitude.com



FAMILY CAREGIVER RESOURCE CENTER PRESENTS-

LET'S CONNECT!

A PROGRAM FOR GRANDPARENTS
CARING FOR YOUNGER RELATIVES

SATURDAY, JULY 14, 2018, 8:30AM-12PM
LUNCH INCLUDED



LIFESPAN CENTER
CORNER OF LOXA ROAD & 800N. CHARLESTON

SPECIAL PROGRAM CONTENT:

- BONDING & MENTORING WITH CHILDREN
- CYBER BULLYING & CYBER SAFETY
- WARNING SIGNS OF ADDICTION OR ABUSE IN YOUTH

SPECIAL PROGRAM CONTENT FOR YOUTH UNDER 12:

- BACKYARD BUGS
- GOOD FOR YOU SNACKING
- SUMMER FUN ACTIVITY

THIS IS A FREE PROGRAM PROVIDED THROUGH A GRANT FROM THE ILLINOIS DEPARTMENT ON AGING. REGISTRATION IS REQUIRED PLEASE CALL 312.619.5150 TO RESERVE A SPOT FOR YOU AND YOUR CHILD. MULTIPLE CHILDREN PER FAMILY WELCOME TO ATTEND.

THE FAMILY CAREGIVER RESOURCE CENTER, SPONSORED BY THE COLES COUNTY DEPARTMENT ON AGING, IS PARTIALLY FUNDED THROUGH THE OLDER AMERICANS ACT, EAST CENTRAL ILL. AREA AGENCY ON AGING, ILLINOIS DEPARTMENT ON AGING AND CLIENT CONTRIBUTIONS.



Showcase Your Business Name & Logo
Your Lifespan Center can assist with your advertising needs.

ADVERTISING GUIDELINES

Size: Business Card (2" x 3.5")

Cost: 1 month = \$70

6 months = \$415

12 months = \$775

All ads must be pre-paid prior to print date.
(SC retains the right to edit ads based on content)

Contact Patti Hicks
at (217) 639-5150
or e-mail: pattih@colescountynavigating.org

LifeSpan Center
Business Cards, Flyers, Brochures, Posters
and more!

Print
PRINTING

Free Estimates

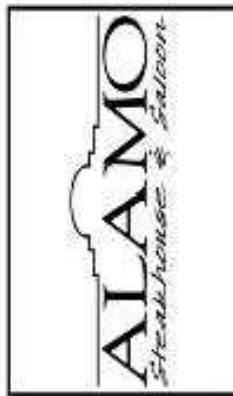
307 Jackson Avenue
Charleston, IL 61820
printings@lifespancenter.org
Phone: (217) 639-5150



You can now view your Connections via Facebook! "Like" us today and begin reading your Connections online!

Thanks to our June Donors!

- Alex Anchein
- First Fruits Homestead
- Melissa M. Hardin at Studio 21
- Phil & Betty (Seng) Slaughter



AARP, Family Caregiver Resource Center
Alzheimer's Association present

The Basics

TUESDAY, JULY 24, 2018
CHOOSE 9-11:30AM OR 5:30-8PM
SESSIONS
LIFESPAN CENTER, CHARLESTON
PLEASE CALL (217) 639-5150 TO REGISTER

IF YOU OR SOMEONE YOU KNOW IS AFFECTED BY ALZHEIMER'S DISEASE OR DEMENTIA, IT'S TIME TO LEARN THE FACTS. THIS PROGRAM PROVIDES INFORMATION ON DETECTION, CAUSES AND RISK FACTORS, DISEASE STAGES, TREATMENT AND MUCH MORE.

A complimentary meal will be provided with each registration.

LIFESPAN CENTER



22 May 2018 -- Fall Prevention 28 August 2018 - Medicare
26 June 2018 -- Hydration 25 September 2018 - Medicaid
24 July 2018 - Infection Control 30 October - Managed Care

Community Education Series

Presented by

Hilltop Skilled Nursing & Rehabilitation Center
Mattoon Healthcare & Rehabilitation Center



11am-Noon
Lunch Provided
Call to register
217.639.5150



FREE EVENT



DO YOU HAVE Concerns about falling?



A MATTER OF
BALANCE

PREVENTING FALLS IN SENIORS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Lifespan Center
1101 E Co Rd 600 N, Charleston, IL
1:30-3:30 PM Thursdays,
June 14-August 2, 2018

Classes are held weekly for 8 weeks.
2 hours each.

Program fee is \$10 and includes workbook and materials.

For more information please call
Sheila Grucel, MA
217 725-6081

A Matter of Balance: Managing Concerns About Falls, Volunteer Lay Leader Manual (2006) and Manual for Promoters of Older Adults. Copyright © 2006, National Institute on Aging. All rights reserved. Used with permission of National Institute on Aging.

A Matter of Balance Lay Leader Manual. Copyright © 2006, American Society on Aging. All rights reserved. Used with permission of American Society on Aging.

A Matter of Balance Lay Leader Manual was developed by a grant from the Administration on Aging (Aging & Disability Development Administration).



Dine with a Doc®

COMPLIMENTARY

DATE: JULY 26, 2018
11AM TILL 1PM

DR. AMANDA BRAMHAM MD



FAMILY PRACTICE

Wellness Clinic: LincolnLand Home Care
Visit Us at www.dinewithadoc.com



Senior Education Ministries
4310 S 11th St, Terre Haute, IN 47802
Phone: 812-917-4970
E-mail: senioreducationministries@valley.com

"Community wins only together for the good of all. Saving our seniors & veterans and providing food"

- LISTEN AND ASK DOCTOR QUESTIONS
- DOOR PRIZES
- FELLOWSHIP WITH YOUR PEERS

FREE LUNCH
COURTESY OF
MATTOON
RESTAURANT

LOCATION
LIFESPAN CENTER
11021
E. CO. RD. 800N
CHARLESTON, IL
61920

NO CHARGE TO ATTEND. FREE!
RSVP @
217-639-3150

Parkinson's Support Group of East Central Illinois



Where the Movers and Shakers meet

Each month the Parkinson's Support Group meets at the LifeSpan Center. We meet on the last Tuesday of each month at 1:50pm. Speakers from within the community sometimes come to share knowledge and resources about disease processes, treatments, health tips and much more. Suggestions for speakers or topics from the group are welcome. If you have Parkinson's disease or you are a caregiver of someone with Parkinson's you are welcome to attend. Sharing is encouraged but not required. The information shared within the meeting is confidential.

11021 ECR 800 N
Loka Road
Charleston IL 61920
217-639-3150



Teach Based speech assessing device for Augmentative and Alternative Communication tailored for real life.

Can't Drive CAR SHOW & PARTS SWAP

PROCEEDS TO BENEFIT DIAL-A-RIDE
Public Transportation

2018 SEPTEMBER 29TH
9 AM - 3PM

THE LIFESPAN CENTER
11021 ECR 800 N AT LOXA ROAD
CHARLESTON IL 61820
217-639-5150

SAVE THE DATE

FREE TO PUBLIC
Look out for future details!

TELECARE PROGRAM UPDATE



Senior Farmers' Market Nutrition Program (SFMNP)

The Coles County Council on Aging Telecare Program is pleased to announce participation in the USDA Senior Farmers' Market Nutrition Program (SFMNP) again this year. The program offers income eligible Coles County seniors, age 60 and older, with coupon checks that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture programs in Coles County that participate in the USDA Senior Program. SFMNP coupon checks will only be redeemable for goods from July 10, 2018 through October 31, 2018. Authorized USDA SFMNP vendors will display a sign indicating acceptance of the coupon checks.

Coupon booklet distribution will begin on **Monday, July 9th 9:00 am to 1:00 pm** at your Lifespan Center located at 11021 E Co Rd 800 N Charleston and continue Monday through Friday from 10am to 3:00pm while supplies last. Limited quantities are available and are limited to one (1) coupon booklet per eligible applicant. Income guidelines and proof of identity apply. Please bring current drivers license or state identification card. Monthly income for a one (1) person household must be \$2,872 or less; Two (2) person households must be \$2,538 or less. Please contact Coles County Telecare at (217) 639-5166 with any questions.

Coupon Distribution Begins On Monday, July 9th

- REMEMBERS:**
- ❖ Must be 60 years of age
 - ❖ Must live in Coles County
 - ❖ Must had valid state ID
 - ❖ All proxies must have completed form, signed with accompanying ID

July 2018 Activities at LifeSpan

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) 10-11:30 am Vite Fitness Brain Exercise Class- The Marcher At 12 pm Hourland Line Dancers</p> 	<p>3) 9-10 am Coffee group - Matison Health Care 10:30 am BRNGO with Alibi Book 1 pm Movie - "Cool" 1-3 pm -AC Guild</p>		<p>5) NO BRNGO 1 pm Movie - "The Incomparable" See Exercise Page / See Peace Meal</p>	<p>6) 1 pm Movie "Ocean Struggle" See Exercise Page / See Peace Meal</p>
<p>9) 9-10 am Operation Gratitude Pen Pal AND Made with Love Knitting/Crocheting 10 am-3 pm Rob Ross Painting Workshop Limited to 20!</p>	<p>10) 9-10 am Coffee group - Matison Health Care NO BRNGO 1 pm Movie "Dispicable Me 3" 1-3 pm -AC Guild 1:30pm Skilled Teacher Meeting</p>	<p>11) 10:30-11:30 am Bible Study - Conference Room 10:30-11:30 am BRNGO with LIFE'S Journey Senior Living 1-3:30 pm Card Games with LIFE'S Journey Senior Living 1-3 pm Ladies Game of Pool for all ages with LIFE'S Journey Senior Living 1 pm Movie - "Moulin Rouge"</p>	<p>12) Happy Birthday, Jilly Robles! Birthday Cake provided by Adams Funeral Chapel. Activity provided by WMA of Mobile. Book and Refreshments Memory Lane 9:30 am Roll of the Road See Ad 10:30 am BRNGO with Matison Brookdale Estates 11 am-12 pm Memory Lane Support Group 1 pm Movie - "Hercules"</p>	<p>13) 1 pm Movie - "Princess of the Caribbean: Good Man's Chest" See Exercise Page / See Peace Meal</p>
<p>16) See Exercise Page / See Peace Meal</p>  <p>1-2 pm Rejointed Life Owners</p>	<p>17) 9-10 am Coffee group - Matison Health Care 9 am Skilled Teacher Evening Board meeting 10:30 am BRNGO with Charleston Brookstone Estates 1 pm Movie - "Standing Duty" 1-3 pm -AC Guild</p>	<p>18) 9-10 am Veterans Coffee Group - Matison Health Care 10:30-11:30 am Bible Study - Conference Room 10:30 am BRNGO with Hilltop Skilled Nursing & Rehabilitation 1-3 pm Ladies Game of Pool for all ages with LIFE'S Journey Senior Living 1 pm Movie - "Good Pests Society"</p>	<p>19) 10:30-11:30 am BRNGO with Garage Scavenger 1 pm Movie "Henry and the Artisans"</p>	<p>20) NO PEACE MEAL 11am-1:00 pm "One with a Doc" - See Newsletter-Ad- Call for reservations 1 pm Movie "Kangaroo" A Star Wars Story</p> 
<p>23) See Exercise Page / See Peace Meal</p>	<p>24) 9-10 am Coffee group - Matison Health Care 9-11:30 am Caregiver Brunch- The Basics See Ad 10:30 am BRNGO with Hilltop Skilled Nursing & Rehab. 11:00 am Community Education Series with Hilltop Skilled Nursing & Rehabilitation. See Ad 1 pm Movie - "Coraline" 1-3 pm -AC Guild 5:30 -8am Caregiver Brunch- The Basics See Ad</p>	<p>25) 10:30-11:30 am Bible Study - Conference Room NO BRNGO 1-3:30 pm Card Games with Hilltop Woods 1-3 pm Ladies Game of Pool for all ages with life's Journey Senior Living 1 pm Movie - "To Kill a Mockingbird"</p>	<p>26) 12:00-1:30 pm Charleston-Hampton Director Women's Connection - See Ad 10:30 am BRNGO with Charleston Falls 1 pm Movie - "Ernest and Cecile"</p>	<p>27) 1 pm Movie - "Amigo!"</p>
<p>30) See Exercise Page / See Peace Meal</p>	<p>31) 9-10 am Coffee group - Matison Health Care 10-11 am Wheel of Fortune with Marion Home 10:30 am BRNGO with HERSB 1 pm Movie - "Macarons" 1:30PM Parkinson's Support Group 1-3 pm -AC Guild</p>	<p>Billie Jean Cheat Sheet: Monday: Lion Zebra Gold Tuesday: Sun Arthritis Class, Lion Hair Yoga, Lion Zebra Gold Wednesday: Sun Arthritis T at 11 Thursday: Lion Zebra Gold and Sun Omega T at 11 Friday: Sun Arthritis Class, Lion Chair Yoga, Lion Zebra Gold Saturday: Sun Arthritis Class, Lion Chair Yoga, Lion Zebra Gold Sunday: Lion Zebra Gold</p>		<p>SEE Peace Meal And Exercise Pages for Daily Schedules & Class Descriptions</p>