

SENIOR GUIDE



**Helpful Tips and Resources for
Chicago's Seniors**



City of Chicago



OFFICE OF THE CITY CLERK
ANNA M. VALENCIA
CITY OF CHICAGO



Anna M. Valencia
City Clerk of Chicago



WELCOME

FROM CITY CLERK ANNA M. VALENCIA

Dear friend,

The Office of the City Clerk serves as the link between the community and municipal government. This guide book does just that: it brings together information on services related to living, working and playing in the city of Chicago.

In this guide book, you will find useful tips and helpful resources to access the many options and resources available to Chicago seniors from senior discounts, employment services, veterans care to legal services. I encourage you to explore the many options that are included in the pages that follow and contact the various agencies to find additional program offerings for which you might qualify.

As your City Clerk, it is my responsibility to ensure that government works for all Chicagoans. If you have any questions, please do not hesitate to contact my office at **(312) 742-5375** or visit us online at www.ChiCityClerk.com.

Sincerely,

A handwritten signature in black ink that reads "Anna M. Valencia".

Anna M. Valencia
City Clerk of Chicago

***Disclaimer:** While this information is accurate at the date of publication, amendments to the municipal ordinance after time of publication may impact the accuracy of the information.*

LOCATIONS AND HOURS



OFFICE OF THE CITY CLERK
ANNA M. VALENCIA
CITY OF CHICAGO

CITY HALL LOOP OFFICE

121 N. LaSalle St., Room 107
Chicago, IL 60602
312-742-5375
MONDAY — FRIDAY
9:00 a.m. — 5:00 p.m.

CITY CLERK OFFICE SOUTH SIDE SATELLITE OFFICE

5672 S. Archer Ave.
Chicago, IL 60638
312-742-5375
MONDAY — FRIDAY
9:00 a.m. — 5:00 p.m.

CITY CLERK OFFICE NORTH SIDE SATELLITE OFFICE

5430 W. Gale St.
Chicago, IL 60630
312-742-5375
MONDAY — FRIDAY
9:00 a.m. — 5:00 p.m.

FIND US ONLINE

www.ChiCityClerk.com

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TELEPHONE RESOURCES

CITY CLERK'S OFFICE

General Information	312-74-CLERK (2-5375)
Vehicle Stickers and Residential Parking Permits	312-742-5375
Online or Mail City Sticker Purchases	312-742-5375
Business Licenses	312-742-5375
Dog Registration	312-744-5375
City Council Legislation and Meetings	312-744-6870
CityKey Program	773-248-9539

CITY OF CHICAGO PHONE NUMBERS

General Information	311
Office of the City Treasurer	312-744-3356
Department of Finance (parking tickets, water bills)	312-744-2204
Department of Transportation	312-744-3600
Department of Business Affairs and Consumer Protection	312-744-6060
Department of Family and Support Services	312-743-0300
Mayor's Office for People with Disabilities	312-744-7050
Chicago Park District	312-742-7529
Chicago Public Library	312-747-4300
Chicago Public Schools	773-553-1000
Department of Public Health	312-747-9884
Department of Housing	312-744-3653
Chicago Housing Authority	312-742-8500
Chicago City Colleges	773-265-5343



TELEPHONE AND WEBSITE RESOURCES

COOK COUNTY PHONE NUMBERS

General Information	312-443-5500
Assessor's Office	312-443-7550
Treasurer's Office	312-443-5100
Clerk of the Circuit Court (Legal Proceedings)	312-603-5030
County Clerk (Birth, Death & Marriage Certificates)	312-603-5656
Sheriff's Office	312-603-6444

STATE OF ILLINOIS PHONE NUMBERS

General Information	217-782-0244
Secretary of State	312-793-1010
Attorney General	312-814-3000
Treasurer's Office	866-458-7327
Better Business Bureau	312-832-0500
Commerce Commission	800-524-0795
Department of Insurance	312-814-2420
Illinois Department of Human Services	800-843-6154

WEBSITES

City of Chicago	www.chicago.gov
Cook County	www.cookcountylil.gov
State of Illinois	www.illinois.gov
City Clerk	www.chicityclerk.com





SENIOR PROGRAMS AND SERVICES

The Senior Guide is for reference purposes only and is not the definitive guide to the city's or state's senior programming. The Office of the City Clerk does not accept any responsibility or liability for the accuracy, content, completeness, legality or reliability of the information contained in the Chicago Senior Guide.

YEAR-ROUND CHICAGO CITY VEHICLE STICKER SALES

In 2014, the Office of the City Clerk modernized its system by ending the seasonal six-week rush for Chicago City Vehicle Stickers that was plaguing constituents since 1908. Now, vehicle sticker sales are available year-round. The shift to year-round sticker sales is historic and resulted in a vastly better customer service experience, shorter wait times and reduced overtime spending.



ANNUAL RESIDENTIAL PARKING PERMITS AND GUEST PASSES

Throughout the city, there are more than two thousand residential parking zones designed to make parking easier for residents of that zone. Signs posted in the zones alert you to the zone number and parking restrictions. You can only park on these streets if you have a Chicago City Vehicle Sticker with that specific zone number listed on it or if you receive a Residential Parking Daily Permit from a resident of that parking zone.

Seniors can add residential zone parking for an additional price (**\$25 per year**; prorated for varying durations) if they reside in a residential parking zone. Residents can also add a residential zone parking to their City Sticker for an additional price of **\$35.00 per year** and will be prorated accordingly based on the duration remaining on your City Sticker.

Residential Parking Daily Permits are used in residential parking zones by guests of someone who lives in that zone. It is valid for 24 hours and sold in **sets of 15 or \$15.00 per set**. Up to 45 passes may be purchased per household in a 30 day period. These permits are available for purchase at City Clerk Office locations and online at: www.ezbuy.chicityclerk.com.

CITY VEHICLE STICKERS

Anyone who lives in Chicago and owns a vehicle must purchase and display a current Chicago City Vehicle Sticker. You have 30 days from the day you move to the city or buy a car to purchase the Chicago City Vehicle Sticker. More than \$130 million in revenue is raised each year from the sale of vehicle stickers with funds dedicated for the repair and maintenance of more than 4,000 miles of city streets. A **\$60.00 (\$30.00 for seniors)** late fee is applied to the purchase of a vehicle sticker unless the motorist has documentation showing they moved to the city or purchased their car in the last 30 days.

You can purchase your City Sticker at an Office of the City Clerk location, online at www.ezbuy.chicityclerk.com or from an authorized vendor. Visit chicityclerk.com/stickers/city-sticker-locations to locate a vendor.

If you suspect a vehicle sticker is counterfeit or if you witness the sale of an unauthorized vehicle sticker, please call the City Clerk's Investigation Division at **312-744-3215**.

To learn more about the requirements and restrictions on senior discounts please visit us at: www.chicityclerk.com/chicago-city-vehicle-sticker-faq



CHICAGO CITY VEHICLE STICKERS FOR SENIORS

\$37.00 - Passenger Vehicle (P)

\$37.00 - Large Passenger Vehicle (LP)

\$37.00 - Motorbike (MB)

\$156.00 - Small Truck (ST)

*Please note that seniors who are 65 or older are eligible to purchase ONE discounted City Sticker at **\$37.00** per year for a Passenger (P), Large Passenger (LP), or Motorbike (MB) and ONE discounted City Sticker at **\$156.00** per year for a Small Truck (ST).*

CITYKEY PROGRAM

The Chicago Municipal ID Program was established to bring Chicago together as one community. Now known as CityKey, it enables Chicagoans to obtain an optional, valid, government-issued ID that constituents can use to access a range of services from both the private and public sectors. The CityKey will also serve as your Ventra, Chicago Public Library and Pharmaceutical Benefit Card. The optional card is available to all Chicagoans who provide documents to establish proof of identity and residency in Chicago.

As part of the CityKey program, you can also take advantage of discounts on generic and name brand medications. When you get your CityKey, your free Chicago Rx Card number will be printed directly on to the back of your card. The Chicago Rx Card is a free and easy way to save up to 80% on prescription drugs and also provides discounts on dental, vision, veterinarian, lab and diabetes supplies/equipment.

No registration or pre-qualifications are needed and all residents of Chicago are eligible, including families and individuals, regardless of age, income or health. There's no limits on usage. It's also great for those who are uninsured or under insured or if you're paying out-of-pocket for your prescriptions after reaching your yearly limit. There's no fees, exams or gimmicks.

Additionally, CityKey cardholders unlock discounts or benefits through our CityKey partners. Learn more about CityKey and its benefits by visiting www.chicityclerk.com/about-citykey.

GET A FREE CITYKEY

Get your **FREE** CityKey in person
by appointment by going to
www.getcitykey.com



DOG REGISTRATION

As a responsible and caring dog owner, it is important to register your dog with the City of Chicago. In the event your dog strays, the finder can call the City Clerk's Office at **312-742-5375** with the dog registration number on the tag and we will help reunite you with your dog.

A portion of your dog registration fee is allocated to Animal Care and Control and spay/neuter programs. The cost to register your dog is **\$5.00** for a sterilized dog (**\$2.50** for seniors) or **\$50.00** for an unsterilized dog (**\$5.00** for seniors).

You can register your dog at all City Clerk Office locations, online at www.ezbuy.chicityclerk.com, or call **312-744-DOGS (3647)** to have an application mailed to you.

PRICING

REGISTRATION TYPE	DOG TYPE	DURATION	COST
Regular Price	S/N	1 Year	\$5.00
Regular Price	S/N	3 Years	\$15.00
Regular Price	NS/NN	1 Year	\$50.00
Regular Price	NS/NN	3 Years	\$150.00
Senior Price	S/N	1 Year	\$2.50
Senior Price	S/N	3 Years	\$7.50
Senior Price	NS/NN	1 Year	\$5.00
Senior Price	NS/NN	3 Years	\$15.00

ABBREVIATION KEY:

S/N = Spayed/Neutered

NS/NN = Non-Spayed/Non-Neutered

*If you prefer to pay with a check or a money order,
please make your check or money order payable to
"Chicago City Clerk".*

*Please print your telephone number on all checks or money orders.
If ordering by mail, WE DO NOT ACCEPT CASH.*

VETERAN'S BENEFITS

Starting in 2019, our office launched a pilot program expanding free City Stickers for many of our city's veterans, the program was made permanent in 2022. Residents who have a current unexpired Illinois Driver's License or State ID with a Veteran's designation will be eligible to receive one City Sticker for a passenger, large passenger, small truck or motorbike for free.



Ex-Prisoners of War, Purple-Heart Veterans or disabled veterans with Illinois DV, IS, PW or PR plates will remain eligible for Chicago City Vehicle Stickers for no fee.

Please note that residents can only take advantage of this offer at Office of the City Clerk locations. There will be no refunds for already issued stickers. People will qualify when their sticker is up for renewal.

Annual Residential Zone Parking may be added for **\$35.00** if purchaser resides in a Residential Parking Zone.



CITY COUNCIL INFORMATION

Below are just some of the features found on Chicago's Electronic Management System (eLMS): chicityclerkelms.chicago.gov

LEGISLATION: Search and find detailed information about City Council legislation. Use the General Search feature to find legislation by a keyword, record number, introduction date and final date. Using the filter feature, you can find specific legislation. Each piece of legislation has a legislative details page that includes each action date, action name, actions taken, associated documents, meeting and votes.

MEETING CALENDAR: Find past and future City Council and committee meetings, including the agenda, links to each agenda item's legislative history, meeting details and corresponding City Council videos. In addition, you can find all City Council Committee notices, agendas and summary reports. You can view the calendar in a list view or in a traditional calendar view.

COMMITTEES: Under the "Legislative Bodies" tab, you can locate detailed information on each City Council member and each City Council Committee. This tab has a link for each legislative body and details the committee membership, contact information, sponsored efforts, and associated legislative meeting reports.

ALDERPERSONS: Under the "Legislative Members", you can find information about all 50 Alderpersons, including their contact information, committee membership and a list of all legislation they have sponsored.

DON'T KNOW YOUR ALDERPERSON?

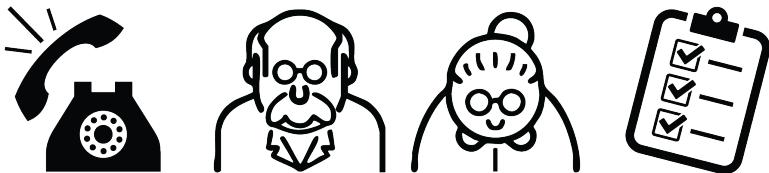
Use the convenient "Find Your Ward and Alderperson" lookup tool on the following website: bit.ly/FindYourAldChi

MORE INFORMATION: Learn more about eLMS and its tool by visiting chicityclerkelms.chicago.gov/help. If you have any questions or need additional support regarding legislation, please contact the City Clerk's Council Division at **312-744-6870**.

SENIOR SERVICES INFORMATION AND ASSESSMENT ASSISTANCE

Information and Assessment is key to determining which City services and programs are available for senior and for eldercare service providers. Central Information and Assessment is located in City Hall with five community locations in each regional senior center. This assessment will determine eligibility for many City services including, but not limited to, home delivered meals, medical transportation assistance, senior companion program, legal assistance, senior housing information, caregiving resources, employment services and life enrichment programs offered by the Chicago Department of Family and Support Services.

Call **312-744-4016** or visit www.cityofchicago.org/fss to get started on your assessment today.



BENEFITS AND SERVICES

Check what city, state and federal benefits you may be entitled to. These benefits include energy assistance, financial assistance, housing, transportation, health, legal and more. Go to cityofchicago.benefitscheckup.org and complete the online application to get started.

If you do not have access to a computer, you can call **312-744-4016** to make an appointment with an information specialists at one of the Regional Senior Centers nearest your home for assistance or request a benefits eligibility checkup application via post mail. If you have questions about the program, call **312-744-4016** or visit cityofchicago.benefitscheckup.org.

For information or to register for any of the following programs, contact the Department of Family and Support Services at 312-743-0300 or visit www.cityofchicago.org/seniors

CONGREGATE DINING PROGRAM (GOLDEN DINERS PROGRAM)

The Golden Diners Program offers older adults (60 years of age and older) and their spouses of any age, an opportunity to have a healthy, nutritious meal each day while enjoying the company of friends at approximately 50 community sites throughout the city of Chicago.

For more information on the program, for serving times or to reserve a meal, call **312-744-4016**.

HOME DELIVERED MEALS

The City of Chicago's Home Delivered Meal (HDM) Program provides nutritious meals to eligible Chicago residents, 60 years of age and older, who are frail and/or homebound because of illness, incapacitating disability or are otherwise isolated. An in-home assessment is conducted by a case manager to determine eligibility for this program. Eligible clients receive either a daily delivery of hot meals or a weekly delivery of frozen meals based on the meal diet received.

For further information, please contact the City of Chicago Senior Services Information and Assistance Call Center at **312-744-4016**.

EDUCATION TRAINING AND REGISTRATION

Education is an important part of the mission of any Area Agency on Aging. If you are helping to care for a person living with Alzheimer's and related diseases, you can register for any of our dementia care programs here. Additionally, many of our educational programs are offered at Senior Centers, presented through delegate agencies. Check out the full list of programs by visiting bit.ly/ChiSenEdu.

*For information or to register for any of the following programs,
contact the Department of Family and Support Services at
312-743-0300 or visit www.cityofchicago.org/seniors*

CHORE SERVICES

The heavy-duty chore program is a one-time intensive cleaning service for seniors age 60 or older whose living conditions pose a threat to their health, safety and well-being. This can include trash removal, window and appliance cleaning, de-cluttering, moving heavy furniture and packing. The short-term chore program assists seniors who need temporary assistance in the home due to illness, recent hospitalization, or life transitions to assist the senior. Homeowners may be eligible for extermination services and seasonal yardwork such as lawncare, snow removal, gutter cleaning and other related household tasks.

Contact aging@cityofchicago.org or call **312-744-4016** to learn more about Chore Services.

VOLUNTEER

Volunteer opportunities include the following programs: Foster Grandparents, Senior Companion Program, Ombudsman Program, SHIP Program and Senior Center Volunteers. If you're a senior and would like to tutor, mentor children in a classroom setting, call **312-416-8572**. For those interested in becoming a Volunteer Senior Companion, where you support and encourage homebound seniors, call **312-416-8572**.

Get more information about volunteer opportunities by emailing aging@cityofchicago.org.



*For information or to register for any of the following programs, contact the Department of Family and Support Services at **312-743-0300** or visit www.cityofchicago.org/seniors*

OMBUDSMAN PROGRAM

The City of Chicago has a dedicated team that represents individuals who live in long-term and residential care facilities (including skilled nursing, assisted living, supportive living, shelter care and other specialized facilities). If you have concerns about the care or services received by an older adult or an individual with disabilities aged 18-59 who lives in a long-term or residential care setting, you can contact an Ombudsman for assistance by calling the City of Chicago Information and Assistance at **312-744-4016**.

MEDICARE AND OPEN ENROLLMENT INFORMATION

Medicare health and drug plans can change each year. Medicare is a federal government health insurance program available to people age 65 or older or determined disabled individuals and is administered by the Social Security Administration. This includes changes to cost, coverage, and which providers and pharmacies are in their networks. Enrolling in Medicare is a milestone! DFSS' Senior Health Insurance Program (SHIP) has trained counselors who can help provide the information you need, whether you are new to Medicare, joining or changing a Part-D Drug plan, or just have questions about Medicare. Call **312-744-4016** or email aging@cityofchicago.org.



*For information or to register for any of the following programs, contact the Department of Family and Support Services at **312-743-0300** or visit www.cityofchicago.org/seniors*

INSURANCE COUNSELING FOR SENIORS (SHIP) - MEDICARE CHANGES HAVE YOU CONFUSED?

Volunteer counselors with the Senior Health Insurance Program (SHIP) offer free, one-on-one insurance counseling at our Regional Senior Centers. SHIP counselors can offer free assistance on questions about Medicare including Medigap, or supplementary insurance coverage; electing the best prescription drug discount card; choosing the best Medicare part D Prescription Drug Program; and resolving billing disputes between a beneficiary and Medicare.

SHIP counselors offer counseling at the following locations, please call the Regional Center near you for times that a counselor is available.

CHICAGO RX CARD

The Chicago Rx Card is a free and easy way to save up to 80% on prescription drugs and also provides discounts on dental, vision, veterinarian, and lab and diabetes supplies/equipment. No registration or pre-qualification is needed and everyone is eligible, including families and individuals, regardless of age, income or health. There's no limit on usage or an expiration date. It's also great for those who are uninsured or under insured or if you're in the Medicare "donut hole" where you must pay all costs out-of-pocket for your prescriptions after reaching your yearly limit. There is no paperwork to fill out, just cut out the card on the back cover of this senior guide and it is ready to use!

For more information visit www.chicagorxcard.com.



For information or to register for any of the following programs, contact the Department of Family and Support Services at 312-743-0300 or visit www.cityofchicago.org/seniors

SENIOR CITIZEN SEWER SERVICE CHARGE EXEMPTION & REBATE

Seniors may be able to save on their water bills. If they qualify, seniors could receive an exemption of the sewer charge on all future water bills. In order to qualify, residents must be at least 65 years old, own the property and occupy it as their principal place of residence, have a separate water meter and not have a balance on an existing water bill. To inquire about this discount, contact the City of Chicago Department of Water Management, Senior Citizen Exemptions department, at **312-744-4426**.

SENIOR CITIZEN GARBAGE FEE DISCOUNT

Customers who receive the Senior Citizen Sewer Charge Exemption also receive the Senior Citizen Garbage Fee Discount. No separate application is required.



SENIOR PROPERTY TAX RELIEF PROGRAMS

There are a variety of discounts and exemptions available to seniors who own homes in Chicago. Some of these include Senior Citizen Assessment Freeze Exemption and the Senior Citizen Tax Deferral. For the latest information about any of the Senior Citizen property tax relief programs, contact the Cook County Assessor's office at **312-443-7550** or visit www.cookcountyassessoril.gov/senior-citizen-exemption.

*For information or to register for any of the following programs,
contact the Department of Family and Support Services at
312-743-0300 or visit www.cityofchicago.org/seniors*

LEGAL ASSISTANCE

Professional attorneys are available to assist caregivers with various legal issues such as: power of attorney, living wills, guardianship and other legal issues that caregivers are often faced with when assisting their older loved ones. Legal services are coordinated and provided by Legal Aid Chicago (LAC). For further information, please call **312-744-4016**.



VETERANS CARE PROGRAM

The Veterans Care Program offers veterans who have the least access to reliable healthcare and cannot access Veterans Health Administration's benefits and meet specific income requirements. Under this program, veterans pay a premium of \$40 or \$70 depending on income. They receive medical, limited dental and vision coverage. Veterans can apply through the Illinois Department of Veterans Affairs office or call **877-483-8779** if calling from within Illinois; **TTY 877-204-1012**.

For information or to register for any of the following programs, contact the Department of Family and Support Services at 312-743-0300 or visit www.cityofchicago.org/seniors

MEDICAL ASSISTANCE PROGRAMS OF ILLINOIS

Illinois offers additional assistance to those in need who are 65 years of age or older, blind or disabled through the Aid to the Aged, Blind or Disabled (AABD) Program. This assistance is available to those who receive Supplemental Security Income (SSI) and those with incomes higher than SSI standards. The Illinois Department of Healthcare and Family Services administers the Medicaid and medical assistance grant programs. For more information, contact the Illinois Department of Healthcare and Family Services Health Benefits helpline at **1-800-843-6154** or **866-324-553** (TTY).



SENIOR SERVICES AREA AGENCY ON AGING

SENIOR SERVICES AREA AGENCY ON AGING DEPARTMENT OF FAMILY AND SUPPORT SERVICES CITY OF CHICAGO

1615 W. Chicago Ave.
5th Floor
Chicago, IL 60622

MONDAY — FRIDAY

Ph: 312-744-4016
Fax: 312-743-044
9:00 a.m. — 5:00 p.m.

E-mail: aging@cityofchicago.org
Web: www.cityofchicago.org/seniors

*For information or to register for any of the following programs,
contact the Department of Family and Support Services at
312-743-0300 or visit www.cityofchicago.org/seniors*

SENIOR CENTER OFFICE LOCATIONS

INFORMATION AND ASSISTANCE OFFICE

CITY HALL

121 N. LaSalle St., Room 100
Chicago, IL 60602
312-744-4016
TDD: 312-744-6777

MONDAY — FRIDAY

9:00 a.m. — 5:00 p.m.
www.cityofchicago.org/fss

REGIONAL SENIOR CENTER LOCATIONS

NORTHEAST (LEVY)

Senior Center
2019 W. Lawrence Ave.
312-744-0784
TDD: 312-744-0320
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

NORTHWEST (COPERNICUS) SENIOR CENTER

3160 N. Milwaukee Ave.
312-744-6681
TDD: 312-744-0321
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

SOUTHEAST (ATLAS) SENIOR CENTER

1767 E. 79th St.
312-747-0189
TDD: 312-744-0322
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

SOUTHWEST SENIOR CENTER

6117 S. Kedzie Ave.
312-747-0440
TDD: 312-744-0323
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

CENTRAL WEST SENIOR CENTER

2102 W. Ogden Ave.
312-746-5300
TDD: 312-744-0319
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

DOWNTOWN: RENAISSANCE COURT

78 E. Washington St.
312-744-4550
TTY: 312-744-6777
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

SATELLITE SENIOR CENTER LOCATIONS

ABBOT PARK

49 E. 95th St.
312-745-3493
MONDAY — FRIDAY
8:00 a.m. — 4:00 p.m.

AUBURN GRESHAM

1040 W. 79th St.
312-745-4797
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

TDD = Text communication for the deaf

AUSTIN

5071 W. Congress Pkwy.
312-743-1538
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

CHATHAM

8300 S. Cottage Grove Ave.
312-745-0401
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

EDGEWATER

5917 N. Broadway St.
312-742-5323
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

ENGLEWOOD

653–657 W. 63rd St.
312-745-3328
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

GARFIELD RIDGE

5674-B S. Archer Ave.
312-745-4255
MONDAY — FRIDAY
8:30 a.m. — 3:00 p.m.

KELVYN PARK

2715 N. Cicero Ave.
312-744-3799
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

NORTH CENTER

4040 N. Oakley Ave.
312-744-4015
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

NORWOOD PARK

5801 N. Natoma Ave.
773-775-6071
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

PILSEN

2021 S. Morgan St.
312-743-0493
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

PORTAGE PARK

4100 N. Long Ave.
312-744-9022
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

ROSELAND

10426 S. Michigan Ave.
312-745-1500
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

**SOUTH CHICAGO
SATELLITE CENTER**

9233 S. Burley Ave.
312-745-1282
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

WEST TOWN/LOGAN SQUARE

1615 W. Chicago Ave.
312-743-1016
MONDAY — FRIDAY
8:30 a.m. — 4:30 p.m.

*For additional information, call
the the Department of Family and
Support Services Information and
Assessment line at 312-744-4016*

ILLINOIS DEPARTMENT ON AGING

The Illinois Department on Aging helps older adults live independently in their own homes and communities. In order to provide the best assistance to older adults, it is essential to cater to their families as well as educate younger generations about the aging process. As a result, many of the programs have an intergenerational focus. Working with area agencies on aging, community-based service providers and older adults themselves, the Illinois Department on Aging strives to improve quality of life for current and future generations of older Illinoisans. Learn more at ilaging.illinois.gov or call their Senior HelpLine at **1-800-252-8966**, Monday through Friday, from 8:30 a.m. to 5:00 p.m. For individuals who are deaf or have speech impairments, please dial 711 (Illinois Relay) to communicate over the telephone.

COMMUNITY CARE PROGRAM - Designed to help older people live independently, the Community Care Program provides in-home and community-based services to seniors each month. To be eligible for service, clients must be 60 years of age or older; a resident of Illinois, a U.S. citizen or an eligible non-citizen within the specific categories; meet the asset requirement, agree to apply, and if found eligible, enroll for Medicaid benefits on an annual basis; and lastly you have been determined to be physically in need of services and supports based on the comprehensive assessment tool.

CARE COORDINATION - Care coordinators, who work in community-based agencies called Care Coordination Units, arrange for an array of support services and make appropriate referrals for older people who need assistance. It is the care coordinator who determines eligibility and designs the care plan. You can locate Care Coordination Services (Care Coordination Units) in your community by using their service locator at bit.ly/ILAGL, contact the local Area Agency on Aging at bit.ly/LocalAging or by contacting the Department on Aging Senior HelpLine at **1-800-252-8966** or 711 (Illinois Relay).

IN-HOME SERVICE - This service provides assistance with personal care, as well as with household tasks such as cleaning, laundry, shopping, running errands, and planning and preparing meals. In-

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home service is available in every county in Illinois, go to bit.ly/LocalAging to find an In-Home Service Provider in your area or contact the Department on Aging Senior HelpLine at **1-800-252-8966** or 711 (Illinois Relay).

ADULT DAY SERVICE - Designed especially for older adults who want to remain in the community but who cannot be home alone during the day due to a physical, social and/or mental impairment. Adult day service also provides respite for family caregivers, especially those who are employed outside the home and socialization for isolated adults. This service is available under the Community Care Program. To find an Adult Day Service that takes part in a Community Care Program in your area visit bit.ly/ILAGL.

SENIOR COMPANION - This program, which is offered in limited areas of the state, matches older people who cannot be left alone with low-income senior volunteers age 55+, who provide companionship. For more information or to locate a Senior Companion Services agency near you, go to bit.ly/ILAGL to find a local Care Coordinator Unit in your area, contact your local Area Agency on Aging by going to bit.ly/LocalAging or contact the Department on Aging Senior HelpLine at **1-800-252-8966** or 711 (Illinois Relay).

GRANDPARENTS RAISING GRANDCHILDREN - The Illinois Department on Aging, in cooperation with the Kinship Navigator Task Force, works to locate, assist and promote awareness of older caregivers who are currently raising their family's children. To access these services, call the Senior HelpLine at **1-800-252-8966** or contact your local Area Agency on Aging by visiting bit.ly/LocalAging.

CHOICES FOR CARE - If you need long term care, this program makes it possible for you to learn about community-based care (in-home service, home delivered meals, etc.), as well as nursing home care. Local case managers meet with older people and their families to discuss various care options. As a result, people can make more informed decisions about what kind of care is most appropriate and affordable. To learn more about this program, contact your local Care Coordination Unit by visiting bit.ly/ILAGL or by calling the Senior HelpLine at **1-800-252-8966** or 711 (Illinois Relay).

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THE SENIOR HEALTH INSURANCE PROGRAM (SHIP) - A free statewide health insurance counseling service for Medicare beneficiaries and their caregivers. Contact SHIP, call **(800) 252-8966**.

SENIOR HELPLINE - The Department's statewide toll-free number is **1-800-252-8966**, Monday through Friday, from 8:30 a.m. to 5:00 p.m. For individuals who are deaf or have speech impairments, please dial 711 (Illinois Relay).

EMERGENCY HOME RESPONSE SERVICE

EMERGENCY HOME RESPONSE SERVICE (EHRS) - a 24-hour emergency communication link to assistance outside the home for older adults with documented health and safety needs and mobility limitations. This service is provided by a two-way voice communication system consisting of a base unit and an activation device worn by the client that will automatically link the older adult to a professionally staffed support center.

EHRS COMMUNITY CARE PROGRAM - core service provided to improve the independence and safety of clients in their own homes and help reduce the need for nursing home care.

EHRS offers 24-hours-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the Community Care Program.

To learn more about the **EMERGENCY HOME RESPONSE SERVICE AND THE COMMUNITY CARE PROGRAM**, call the Illinois Department on Aging Senior HelpLine Monday through Friday from 8:30 a.m. to 5:00 p.m. at **1-800-252-8966**. For individuals who are deaf or have speech impairments, please dial 711 (Illinois Relay).

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

The **SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)**, also known as the Title V Program, is a federally funded program designed to assist adults age 55 and older in entering or re-entering the job market. The program is administered by the

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Illinois Department on Aging through the Area Agencies on Aging, which are responsible for implementation at the local level.

The SCSEP fosters and promotes part-time and temporary community service opportunities that contribute to the general welfare of the community.

WHO IS ELIGIBLE?

Anyone is eligible to enroll in the program who:

- is at least 55 years old,
- has a limited income (a figure set by the U.S. Department of Labor, which is not more than 125% of the poverty level), and
- is capable of performing the tasks involved in the proposed community service assignment.

HOW IT WORKS

SCSEP places enrollees, usually 20 hours a week at minimum wage, in community service or not-for-profit agencies where they can remain productive and independent by contributing their talent and services to their communities while earning a modest income. Participants also receive personalized employment-related counseling to enhance their abilities, skills and aptitudes to increase their job marketability.

Enrollees receive job-related training designed to assist them in finding permanent unsubsidized employment. Training may consist of upgrading existing skills, development of new skills, exposure to educational opportunities, and counseling and assistance in finding and keeping a job to help improve their lives.

Typically, SCSEP participants are offered positions in schools, hospitals, senior centers, nutrition programs, conservation programs, restoration projects, day care centers, employment training centers and other sites.

For more information or to locate a Senior Community Service Employment Program in your community, contact your local Area Agency on Aging by visiting bit.ly/ILAGL. You can also call the Illinois Department on Aging Senior HelpLine Monday through Friday from 8:30 a.m.-5:00 p.m. at **1-800-252-8966**. For individuals who are deaf or have speech impairments, please dial 711 (Illinois Relay).

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CHICAGO PARK DISTRICT PROGRAMS

One of America's best-kept secrets is Chicago's historic park system. Even Chicagoans, who routinely enjoy its diverse open spaces, from the magnificent lakeshore parks to intimate neighborhood settings, may be surprised by their parkland legacy. We invite you to learn more about the history of Chicago parks, which are second to none in America and abroad. The Chicago Park District offers multiple senior programs, below is the list. Please contact the Chicago Park District directly with any questions at: www.chicagoparkdistrict.com or 312-742-PLAY (7529).

LIST OF CHICAGO PARK DISTRICT PROGRAMS

3D PRINTING - This program utilizes 3-D printing to learn how software and hardware work together to create 3-D objects. Participants will learn how to operate 3-D printers, print using computer aided manufacturing (CAM) software, & design for 3-D printers using computer aided design (CAD software). Within the CAM and CAD software participants learn sculpting, primitives modeling, parametric modeling, black coding and raw coding.

ABS & CORE - This class is dedicated to working core muscles, specifically abdominal and back muscles. More than just looks, a strong core helps contribute to overall strength and stability. All fitness levels are welcome.

AQUATIC EXERCISE I - Water Walking - Instructor led group exercise activity for the general population adaptable for individual pace and intensity. This low intensity activity is for new or returning people. Various styles of walking across the width of the shallow end of the pool will be covered. The aquatic environment is easy on the joints and offers more resistance. General activity format includes a warmup, cardio work, strengthening work and cool down. No swimming experience needed.

AQUATIC EXERCISE II - Low Impact - Instructor led group exercise activity for the general population adaptable for individual pace and intensity. Participants move at a slow pace in this low to moderate

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intensity activity, while doing less intense exercises in chest deep water. The aquatic environment is easy on the joints and offers more resistance. General activity format includes a warmup, cardio work, strengthening work and cool down. No swimming experience needed.

AQUATIC EXERCISE III - High Impact - Instructor led group exercise activity for the general population adaptable for individual pace and intensity. Participants move at a faster pace in this high intensity activity, using techniques to increase intensity in chest deep water. The aquatic environment is easy on the joints and offers more resistance. General activity format includes a warmup, cardio work, strengthening work and cool down. No swimming experience needed.

ARCHERY - Archery is the practice of propelling an arrow at a target, using a bow. Participants will learn the basic skills, rules and fundamentals of the game in this activity.

ARTS & CRAFTS - Everyone gets crafty in this creative and fun-filled class. Participants will dabble with all kinds of art material such as paper art, clay projects and more.

BACK & BALANCE - Exercises to improve balance and strengthen the back.

BASKETBALL - Gym facility is available for open play of basketball games. No officials or pre-set teams. Patrons are welcome to participate at an open level of play.

BID WHIST - Join others in playing a lively card game of Bid Whist. Bid Whist is a trick-taking card game that includes a bidding element and is played with a partner, against another set of players.

BINGO - Whether you play one card or three, this game offers loads of fun as participants chat and socialize with others.

BOCCE - Lawn and equipment are available for open play of bocce games. No officials or pre-set teams. Patrons are welcome to participate at an open level of play.

BOOT CAMP - A military-style workout incorporating calisthenics and drills to improve cardiovascular endurance, strength, agility, speed and balance.

BOXING SKILLS - This activity provides instruction on the basic fundamentals, techniques and rules of boxing.

BRIDGE CLUB - Enjoy an afternoon playing bridge while meeting new friends, strengthening card playing skills and sharpening the mind.

CARDIO BEATS - Using drum sticks specifically meant for exercising, Cardio Beats turns drumming into a fun, energizing and effective way of working out. Get ready to work up a sweat in this full-body workout that combines cardio, strength, conditioning, yoga and Pilates movements designed to tone your body while jamming out and finding your inner rock star! All movements can easily be modified to fit any fitness level and appeal to both men and women.

CARDIO CONDITIONING - Through a combination of rhythmic aerobic movements, participants will improve cardiovascular endurance, muscle tone and strength in this fun and energetic class.

CERAMICS - Participants will learn the basics techniques of clay, molding and glazing. Through this activity, participants will learn how to build sculptures, work with the throwing wheel, firing the kiln and glazing. Participants are encouraged to progress at their own pace in this class for all skill levels, creating their own art pieces, pottery, tableware, etc.

CHAIR EXERCISE - This activity emphasizes flexibility, strength, endurance and cardio-respiratory health through chair-based exercises and gentle movements.

CHAIR YOGA - Chair Yoga is a yoga class to make yoga accessible for individuals who have challenges in a typical yoga class setting. Perfect for those who have knee issues, difficulty getting on the floor, balance challenges, limited range of motion, or fluctuating energy levels; chair yoga uses the chair and various props to strengthen the body, assist with flexibility, increase range of motion, decrease stress and improve balance. Various modifications are provided to meet students where they are at in their yoga practice.

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CHESS - Participants will exercise their mind by learning the game of chess. Participants master strategies and tactics they can apply to other social and academic pursuits.

CIRCUIT TRAINING - Challenge your cardio workouts and strength systems in this high energy, total body conditioning class. Circuit training is a total body challenge that is designed to combine resistance training and aerobics that will target strength building and improve agility and muscular endurance through various stations.

CONDITIONING - This conditioning class focuses on various fitness components including cardiovascular, muscular strength and endurance, flexibility and core stability. Tubing, physio balls, and/or hand-held weights may be incorporated.

COOKING CLUB - This fun, social activity teaches the basics of the kitchen, safety and cooking in creative ways.

CRAZY CRAFTER'S CLUB - This activity is ideal for those interested in learning life skills while having fun with their friends. The crazy crafters will expand their self-expression through fun and easy projects ranging from starting their own garden, to an easy sewing project, to cooking a delicious treat.

CREATIVE WRITING PARTNERSHIP - Participants will learn the basics of creative writing and how to write a good story successfully. This activity is presented by Goodman Theatre.

CROCHETING - Perform Basic crochet stitches, learn how to read and follow beginners' patterns.

CROSS TRAINING - Individuals will improve flexibility, strength and cardiovascular endurance through a variety of exercises. Changing activities decreases the risk of overuse injury.

DANCE - If you love to dance, you've come to the right place! Participants will be learning dance movements from a variety of dance styles during this class. This is the perfect introduction to the world of dance.

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DANCE – STEPPERS - Join a partner or a group of other dancers in learning a series of synchronized steps, trying some new moves, practicing some old ones or just enjoying the dancing fun.

DANCE – TAP - Participants will learn basic tap steps and exercises, as well as floor work and rhythm games, leading up to a final recital at the end of the season.

DANCE BASICS - Participants will be exposed to a variety of dance styles. Musicality, coordination and basic footwork will be emphasized.

DRAWING & PAINTING - Using traditional and contemporary methods of drawing and painting, participants will learn to master basic skills. As participant's abilities improve, with knowledge gained while working in various mediums, additional creative and challenging assignments are encouraged. Participants must supply painting canvas.

FITNESS BOOT CAMP - Fitness instructors will lead you through a mix of traditional callisthenic and body weight exercises using interval, resistance and strength training designed to give you a full body workout in less time - boot camp style. The program incorporates safe and effective exercises, stressing proper form and technique.

FLOOR HOCKEY - Gym facility is available for open play of floor hockey games. No officials or pre-set teams. Patrons are welcome to participate at an open level of play.

FUN AND GAMES - Individuals will have a lot of fun participating in recreational games and other basic activities in this energetic activity.

GAME ROOM - Challenge your friends to more than just board games in this fun activity. Enjoy a variety of different games such as ping pong, air hockey and foosball.

GROUP TRAINING - Get a personalized training session in a small group. Make sure you are getting the best use of your Fitness Center.

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ICE SKATING - Senior Open Skate - Sled assisted skating allows people of all abilities to skate together. These specialty sleds for both children and adults are designed with a foot guard, ABS bucket seat, footrest and pusher handle. Available upon request. *Open Skate schedules and blocks are subject to change.

JEWELRY - Learn how to make your own custom handmade jewelry. You'll learn the tricks and techniques for using the right tools, beads and findings that will bring your inspiration to life.

LEARN TO SWIM - Participants will be introduced to aquatic activities through water exploration. Individuals will learn basic swimming techniques, advanced breathing techniques, and mechanics of the four basic strokes (freestyle, backstroke, butterfly, and breaststroke). Participants will be grouped according to skill level.

LINE DANCE - Learn the latest line dances and steps in this fun and energetic class. Benefits may include improved coordination and increased fitness level while moving to music.

LOW IMPACT AEROBICS - This activity offers low-impact, fat burning cardiovascular aerobics, designed to reduce stress on the spine and joints while using all major muscle groups.

LUCKY DAY BINGO - Seniors, get ready for an afternoon of fun, friends and a little bit of luck at the Lincoln Park Cultural Center! Join us for Bingo Fun, where good times are always had. Don't miss out on the chance to shout BINGO! and celebrate with your community.

MEDITATION - Through different breathing techniques and exercises, this class will teach you to focus your energy, reduce stress, develop your concentration and increase your flexibility.

MEN'S BASKETBALL - Gym facility is available for open play of basketball games. No officials or pre-set teams. Patrons are welcome to participate at an open level of play.

MIXED MEDIA ARTS - Participants will develop their own sense of creative expression through exploration of multiple mediums, materials and subject matters.

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OIL PAINTING - This class is for experienced painters who understand the principles of color theory, would like to refine their technique and explore advanced concepts.

PAINTING OPEN STUDIO - Participants who would like to work independently on their paintings, not exceeding a 48-inch x 48-inch scale. Open Studio is a non-instruction class. Participants must provide their own materials. Easels will be provided. Participants will use painting mediums to develop their ideas on canvas while working at their own pace.

PERSPECTIVE DRAWING - Learn the basics of drawing in three dimensions with a focus on architecture. If you are interested in drawing a geometric shape, a building, or some furniture then this is the class. Go through the steps of one-, two- and three-point perspective.

PHOTOGRAPHY – FILM - Learn both the technical and artistic skills involved in black and white photography. Participants learn to use a 35mm camera, develop film in the darkroom and make beautiful black and white prints.

PIANO - GROUP - BEGINNER - Participants are taught the keyboard, music theory and the rudiments of key and time signatures. After completing the class, students should be prepared for more advanced piano lessons.

PIANO - Individual piano lessons cover a range of age and skill levels. Beginning participants learn how to read music and basic rhythms. More advanced participants learn to read chords and perform entire songs.

PICKLEBALL - Gym facility is available for open play of pickleball games. No officials or pre-set teams. Patrons are welcome to participate at an open level of play.

PILATES - Based on the teaching of Joseph Pilates, this mat workout focuses on the powerhouse muscles, incorporating movement to improve core strength and support flexibility. Learn the fundamentals and proper technique in this basic level Pilates for

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fitness class. Discover the many benefits including body awareness, increased energy and improvement in muscle tone.

PINOCHLE CLUB - A game of cards for two to four people, played with a special deck of cards. All levels: beginner, intermediate and advanced are welcome to join.

POOL AT COLUMBUS - Come out and shoot some pool with others that enjoy the game. This billiards activity is both challenging and fun.

QUILTING - Learn the art of quilt making in an engaging group setting. Employ various quilting tools, including rotary cutter and mat. Instruction will also include fabric selection, accurate piecing and quilting assembly.

SANTA'S SENIOR EVENT - Join us for a festive workshop where Seniors can craft ornaments, enjoy holiday music, savor light refreshments, snacks and delight in a visit from a very special guest.

SENIOR CITIZEN DISCO DANCE - Let's dance to disco music and live entertainment will be provided. A light dinner and desserts for your enjoyment. Register in-person at the park.

SENIOR CITIZENS CLUB - A club ideal for those interested in socializing with friends and neighbors. Come out and enjoy quality time in group participation activities such as bingo, card playing, board games and more.

SENIOR DANCE - Learn various styles of dancing with other seniors in this weekly rotating class. Styles explored include swing, salsa, ballroom and many more!

SENIOR HOLIDAY LUNCHEON AT MERRIMAC - Let's get this party started. Join us as we celebrate the holiday season with our annual senior luncheon and dance!

SENIOR HOLIDAY PARTY AT HAMILTON - Celebrate the joy of the season with friends, laughter and festive cheer at our Senior Holiday Party! Enjoy an afternoon filled with holiday music, delicious refreshments, fun games. Whether you're looking to mingle, dance,

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or simply soak up the Holiday spirit, this heartwarming event promises memories to last all year. Open to all seniors—come decked out in your holiday best!

SENIOR SOCIAL HOUR (ASMG) - Open at Gately - Our upstairs viewing area is available to seniors Weekday mornings from 9am - 11am. TV's will be on; card games and board games will be available for guests to participate in social activities at their own leisure.

SENIOR SWIM - Social fun swim. Some may choose to work on their strokes, while others just float around.

SENIOR WATER POLO LEAGUE - Water polo is a competitive team sport played in the water between two teams. The game consists of four quarters, usually of seven minutes, in which the two teams attempt to score goals and throw the ball into their opponent's goal. The team with the most goals at the end of the game wins the match.

SENIOR WINTER WONDERLAND AT SHEDD - Lunch, music and games.

SENIOR WOMEN'S WATER POLO - Water polo is a competitive team sport played in the water between two teams. The game consists of four quarters, usually of seven minutes, in which the two teams attempt to score goals and throw the ball into their opponent's goal. The team with the most goals at the end of the game wins the match.

SEWING - Explore the wonderful world of sewing with simple, fun and easy projects that get you started. No experience is needed. Just bring your enthusiasm and love of learning. This activity is geared toward Beginner sewers.

SMALL GROUP PERSONAL TRAINING - Small group personal training offers the benefits of personal training at a fraction of the price. Sessions are led by a certified fitness instructor and include custom designed workouts tailored to your fitness levels and goals. Groups are limited to 5 participants per instructor, creating an environment that includes accountability, motivation, support and success.

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SOCIAL CLUB - If you're looking for a great time in the parks, you've come to the right place. Our Social Club is the perfect balance of fun, competition and camaraderie by offering a variety of leisure activities to keep you busy.

SPOOKY STEP AEROBICS - Get into the Halloween mood with Spooky Step Aerobics!

STAINED GLASS - Learn the art of stained glass in this activity. Step-by-step instruction is offered on glass cutting techniques, tool usage, copper foil technique, soldering and finishing. A small class size ensures personalized attention, as well as an opportunity to work on independent projects. Glass and materials are provided.

STEP AEROBICS - Step class involves high energy aerobic conditioning utilizing a step platform. Participants will step up and down, over and around in this fun, up-beat, fast paced, high energy class. Various step heights are determined by participant's fitness level ranging from beginner to advanced.

STEP CLASS - The class involves high energy aerobic conditioning utilizing a step platform. Participants will step up and down, over and around in this fun, up-beat, fast paced, high energy class with a Spooky twist. Various step heights are determined by participant's fitness level ranging from beginner to advanced.

STRENGTH & CONDITIONING - The class focuses on various fitness components including both cardiovascular and muscle strength and endurance. It increases gains in core strength, endurance and flexibility. This class often incorporates exercises traditionally seen in the weight room setting, mixed in with various aerobic exercises. Some classes may involve tubing, physio balls and/or handheld weights.

STRETCHING - This activity is for participants looking to increase flexibility of joint and muscles and circulation through various limbering, lengthening and relaxation techniques rather than weight-bearing exercise.

TABLE GAMES - Join other participants in fun and challenging table games. Enjoy a variety of recreational games from cards to board games and billiards.

TABLE TENNIS - Players will learn the basic skills, rules and fundamentals of the table tennis (aka ping pong).

TAI CHI - Tai Chi is an ancient Chinese discipline of meditative movements practiced as a system of exercises. Learn how to create "chi" power through controlled breathing, breathing exercises and low impact musical movements.

TEAM SPORTS - TEAM Sports includes Swim Team, Water Polo and Junior Lifeguarding. Participants will learn or improve their four competitive strokes, learn skills and game techniques for water polo, and how to use rescue equipment and perform rescue techniques. There are competitions offered for every ability and age level.

TENNIS - Drop in and play sets, rotating partners each set.

TONE STRETCH BALANCE - Participants will move through various exercises and positions to increase flexibility and strengthen their core. Participants will transition from standing to mat exercises on the floor.

VOLLEYBALL - This instructional activity will teach the basic skills in serving, bumping and passing the ball through drills and team competition.

WALKING CLUB - Walking is a simple but effective way to incorporate fitness into your daily routine. This activity encourages the social aspect of walking and incorporates some mat work and stretching at the end. The club will move indoors to the gym during bad weather.

WESTERN LINE DANCE THROWDOWN AT COLUMBUS - Come and dance your way to fun with friends! No experience necessary just a willingness to have fun.

WINTER BLUES AT LINCOLN - Shake the winter blues away with a game show, refreshments and fun!

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WOMEN'S BRIDGE CLUB AT WARREN - Enjoy an afternoon playing bridge while meeting new friends, strengthening card playing skills and sharpening the mind.

WOODCRAFT - Enjoy learning to use scroll and band saws to create a variety of wood projects. Master the skills of woodworking including measuring, designing, cutting and sanding. Projects are based upon age, skill level and interest and include birdhouses, small cabinets and bookcases. No experience necessary.

WRITING - This activity provides the tools to write stories, reports, speeches and more with better strength, clarity and style.

YOGA - This class works to lengthen, strengthen and stretch the body while clearing the mind. Reduce stress while improving strength and flexibility through visualization, focused breathing and yoga postures—with modifications for all levels.

YOGA/PILATES - This activity offers the perfect balance of Yoga postures and Pilates mat exercises, with a focus on total body strength, flexibility and muscle awareness.



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ALDERMANIC LISTINGS

- 1. LA SPATA, DANIEL 312-744-3063**
Email ward01@cityofchicago.org
City Hall 300
Ward Office 1958 N. Milwaukee Ave.
Phone Number 872-206-2685
- 2. HOPKINS, BRIAN 312-744-6836**
Email office@aldermanhopkins.com
City Hall Room 300
Ward Office 121 N. LaSalle St.
Phone Number 312-744-9867
- 3. DOWELL, PAT 312-744-8734**
Email ward03@cityofchicago.org
City Hall Room 302
Ward Office 5046 S. State St.
Phone Number 773-373-9273
- 4. ROBINSON, LAMONT J. 312-744-2690**
Email ward04@cityofchicago.org
City Hall Room 300
Ward Office 928 E. 43rd St.
Phone Number 312-744-8438
- 5. YANCY, DESMON C. 312-744-6832**
Email ward05@cityofchicago.org
City Hall Room 200
Ward Office 2230 E. 71st St.
Phone Number 312-744-6832
- 6. HALL, WILLIAM E. 312-744-6868**
Email ward06@cityofchicago.org
City Hall Room 300
Ward Office 8541 S. State St.
Phone Number 773-241-3100
- 7. MITCHELL, GREGORY 312-744-6833**
Email ward07@cityofchicago.org
City Hall Room 304
Ward Office 2249 E. 95th St.
Phone Number 773-731-7777

ALDERMANIC LISTINGS

8. HARRIS, MICHELLE A. 312-744-3075
Email ward08@cityofchicago.org
City Hall Room 200
Ward Office 8539 S. Cottage Grove Ave.
Phone Number 773-874-3300

9. BEALE, ANTHONY 312-744-6838
Email ward09@cityofchicago.org
City Hall Room 200
Ward Office 34 E. 112th Pl.
Phone Number 773-785-1100

10. CHICO, PETER 312-744-3078
Email ward10@cityofchicago.org
City Hall Room 200
Ward Office 10500 S. Ewing Ave.
Phone Number 773-768-8138

11. LEE, NICOLE T. 312-744-6663
Email ward11@cityofchicago.org
City Hall Room 300
Ward Office 3659 S. Halsted St.
Phone Number 773-254-6677

12. RAMIREZ, JULIA M. 312-744-3068
Email ward12@cityofchicago.org
City Hall Room 200
Ward Office 3868 S. Archer Ave.
Phone Number 773-475-6783

13. QUINN, MARTY 312-744-3058
Email ward13@cityofchicago.org
City Hall Room 300
Ward Office 6500 S. Pulaski Rd.
Phone Number 773-581-8000

14. GUTIERREZ, JEYLU B. 312-744-6580
Email ward14@cityofchicago.org
City Hall Room 300
Ward Office 3124 W. 59th St.
Phone Number 773-236-0117

Please visit bit.ly/CityAids for the most up to date Aldermanic information.

ALDERMANIC LISTINGS

15. LOPEZ, RAYMOND A. 312-744-4321
Email ward15@cityofchicago.org
City Hall Room 300
Ward Office 2650 W. 51st St.
Phone Number 773-823-1539

16. COLEMAN, STEPHANIE D. 312-744-6850
Email ward16@cityofchicago.org
City Hall Room 300
Ward Office 1137 W. 63rd St., Unit C.
Phone Number 773-306-1981

17. MOORE, DAVID H. 312-744-3435
Email ward17@cityofchicago.org
City Hall Room 300
Ward Office 1344 W. 79th St.
Phone Number 773-783-3672

18. CURTIS, DERRICK G. 312-744-6856
Email ward18@cityofchicago.org
City Hall Room 300
Ward Office 8359 S. Pulaski Rd.
Phone Number 773-284-5057

19. O'SHEA, MATTHEW J. 312-744-3072
Email ward19@cityofchicago.org
City Hall Room 200
Ward Office 10400 S. Western Ave
Phone Number 773-238-8766

20. TAYLOR, JEANETTE B. 312-744-6840
Email ward20@cityofchicago.org
City Hall Room 300
Ward Office 5401 S. Wentworth Ave., Ste. 19E
Phone Number 773-966-5336

21. MOSLEY, RONNIE L. 312-744-4810
Email ward21@cityofchicago.org
City Hall Room 200
Ward Office 10805 S. Halsted
Phone Number 773-881-9300

ALDERMANIC LISTINGS

22. RODRIGUEZ, MICHAEL D. 312-744-9491

Email ward22@cityofchicago.org
City Hall Room 300
Ward Office 2500 S. St. Louis Ave.
Phone Number 773-762-1771

23. TABAREZ, SILVANA 312-744-6828

Email ward23@cityofchicago.org
City Hall Room 200
Ward Office 6247 S. Archer Ave./3954 W 63rd St.
Phone Number 773-582-4444

24. SCOTT, MONIQUE L. 312-744-6839

Email ward24@cityofchicago.org
City Hall Room 300
Ward Office 1158 S. Keeler St.
Phone Number 773-533-2400

25. SIGCHO-LOPEZ, BYRON 312-744-0209

Email ward25@cityofchicago.org
City Hall Room 200
Ward Office 2100 W Cermak Rd.
Phone Number 773-523-4100

26. FUENTES, JESSICA (JESSIE) L. 312-744-6853

Email ward26@cityofchicago.org
City Hall Room 200
Ward Office 2511 W. Division St.
Phone Number 773-395-0143

27. BURNETT, WALTER R. 312-744-6124

Email ward27@cityofchicago.org
City Hall Room 300
Ward Office 4 N. Western Ave., Unit 1C
Phone Number 312-432-1995

28. ERVIN, JASON C. 312-744-3066

Email ward28@cityofchicago.org
City Hall Room 200
Ward Office 2622 W. Jackson Blvd., Suite 200A
Phone Number 773-533-0900

ALDERMANIC LISTINGS

29. TALIAFERRO, CHRISTOPHER 312-744-8805

Email ward29@cityofchicago.org
City Hall Room 300
Ward Office 6272 W. North Ave.
Phone Number 773-237-6460

30. CRUZ, RUTH 312-744-3304

Email ward30@cityofchicago.org
City Hall Room 200
Ward Office 5418 W. Belmont Ave.
Phone Number 773-628-7874

31. CARDONA JR., FELIX 312-744-6102

Email ward31@cityofchicago.org
City Hall Room 200
Ward Office 4606 W. Diversey Ave.
Phone Number 773-824-2000

32. WAGUESPACK, SCOTT 312-744-6567

Email ward32@cityofchicago.org
City Hall Room 300
Ward Office 2657 N. Clybourn Ave.
Phone Number 773-248-1330

33. RODRIGUEZ SÁNCHEZ, ROSSANA 312-744-3373

Email ward33@cityofchicago.org
City Hall Room 300
Ward Office 4747 N. Sawyer Ave.
Phone Number 773-840-7880

34. CONWAY, WILLIAM (BILL) 312-744-6820

Email ward34@cityofchicago.org
City Hall Room 300
Ward Office 121 N. LaSalle St.
Phone Number 312-744-6829

35. QUEZADA, ANTHONY J. 312-744-6835

Email ward35@cityofchicago.org
City Hall Room 300
Ward Office 2934 N. Milwaukee Ave., Unit C
Phone Number 773-887-3772

ALDERMANIC LISTINGS

36. VILLEGAS, GILBERT 312-744-4324

Email ward36@cityofchicago.org
City Hall Room 300
Ward Office 6560 N. Fullerton Ave., #C118 Suite A.
Phone Number 773-745-4636

37. MITTS, EMMA 312-744-8019

Email ward37@cityofchicago.org
City Hall Room 300
Ward Office 4924 W. Chicago Ave.
Phone Number 773-379-0960

38. SPOSATO, NICOLAS 312-744-6857

Email ward38@cityofchicago.org
City Hall Room 200
Ward Office 3821 N. Harlem Ave.
Phone Number 773-283-3838

39. NUGENT, SAMANTHA 312-744-7242

Email ward39@cityofchicago.org
City Hall Room 300
Ward Office 4200 W. Lawrence Ave.
Phone Number 773-736-5594

40. VASQUEZ JR., ANDRE 312-744-6858

Email ward40@cityofchicago.org
City Hall Room 200
Ward Office 5620 N. Western Ave.
Phone Number 773-654-1867

41. NAPOLITANO, ANTHONY V. 312-744-3942

Email ward41@cityofchicago.org
City Hall Room 300
Ward Office 7231 W. Touhy Ave.
Phone Number 773-631-2241

42. REILLY, BRENDAN 312-642-4242

Email ward42@cityofchicago.org
City Hall Room 200
Ward Office 121 N. LaSalle St.
Phone Number 312-642-4242

43. KNUDSEN, TIMMY R. 312-744-3071

Email ward43@cityofchicago.org
City Hall Room 200
Ward Office 2523 N. Halsted St.
Phone Number 773-348-9500

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ALDERMANIC LISTINGS

44. LAWSON, BENNETT R. 312-744-3073

Email ward44@cityofchicago.org
City Hall Room 300
Ward Office 3223 N. Sheffield Ave., Ste. A
Phone Number 773-525-6034

45. GARDINER, JAMES M. 312-744-6841

Email ward45@cityofchicago.org
City Hall Room 200
Ward Office 5460 N. Milwaukee Ave.
Phone Number 773-853-0799

46. CLAY, ANGELA 312-744-6831

Email ward46@cityofchicago.org
City Hall Room 200
Ward Office 4544 N. Broadway
Phone Number 312-744-5694

47. MARTIN, MATTHEW J. 312-744-4021

Email ward47@cityofchicago.org
City Hall Room 200
Ward Office 4243 N. Lincoln Ave.
Phone Number 773-868-4747

48. MANAA-HOPPENWORTH, LENI 312-744-6860

Email ward48@cityofchicago.org
City Hall Room 300
Ward Office 1129 W. Bryn Mawr Ave.
Phone Number 773-784-5277

49. HADDEN, MARIA E. 312-744-3067

Email ward49@cityofchicago.org
City Hall Room 300
Ward Office 1447 W. Morse Ave.
Phone Number 773-338-5796

50. SILVERSTEIN, DEBRA L. 312-744-6855

Email ward50@cityofchicago.org
City Hall Room 300
Ward Office 2949 W. Devon Ave.
Phone Number 773-262-1050

CHICAGO ALDERPERSONS

Ward 1

Alderman Daniel La Spata

Ward 2

Alderman Brian Hopkins

Ward 3

Alderman Pat Dowell

Ward 4

Alderman Lamont J. Robinson

Ward 5

Alderman Desmon C. Yancy

Ward 6

Alderman William E. Hall

Ward 7

Alderman Gregory Mitchell

Ward 8

Alderman Michelle Harris

Ward 9

Alderman Anthony Beale

Ward 10

Alderman Peter Chico

Ward 11

Alderman Nicole T. Lee

Ward 12

Alderman Julia M. Ramirez

Ward 13

Alderman Marty Quinn

Ward 14

Alderman Jeylu B. Gutierrez

Ward 15

Alderman Raymond Lopez

Ward 16

Alderman Stephanie D. Coleman

Ward 17

Alderman David H. Moore

Ward 18

Alderman Derrick G. Curtis

Ward 19

Alderman Matthew J. O'Shea

Ward 20

Alderman Jeanette B. Taylor

Ward 21

Alderman Ronnie L. Mosley

Ward 22

Alderman Michael D. Rodriguez

Ward 23

Alderman Silvana Tabares

Ward 24

Alderman Monique L. Scott

Ward 25

Alderman Byron Sigcho-Lopez

Ward 26

Alderman Jessica (jessie) L. Fuentes

Ward 27

Alderman Walter R. Burnett

Ward 28

Alderman Jason C. Ervin

Ward 29

Alderman Chris Taliaferro

Ward 30

Alderman Ruth Cruz

Ward 31

Alderman Felix Cardona, Jr.

Ward 32

Alderman Scott Waguespack

Ward 33

Alderman Rossana Rodriguez Sánchez

Ward 34

Alderman William (Bill) Conway

Ward 35

Alderman Anthony J. Quezada

Ward 36

Alderman Gilbert Villegas

Ward 37

Alderman Emma Mitts

Ward 38

Alderman Nicholas Sposato

Ward 39

Alderman Samantha Nugent

Ward 40

Alderman Andre Vasquez, Jr.

Ward 41

Alderman Anthony Napolitano

Ward 42

Alderman Brendan Reilly

Ward 43

Alderman Timmy R. Knudsen

Ward 44

Alderman Bennett R. Lawson

Ward 45

Alderman James M. Gardiner

Ward 46

Alderman Angela Clay

Ward 47

Alderman Matthew J. Martin

Ward 48

Alderman Leni Manaahoppenworth

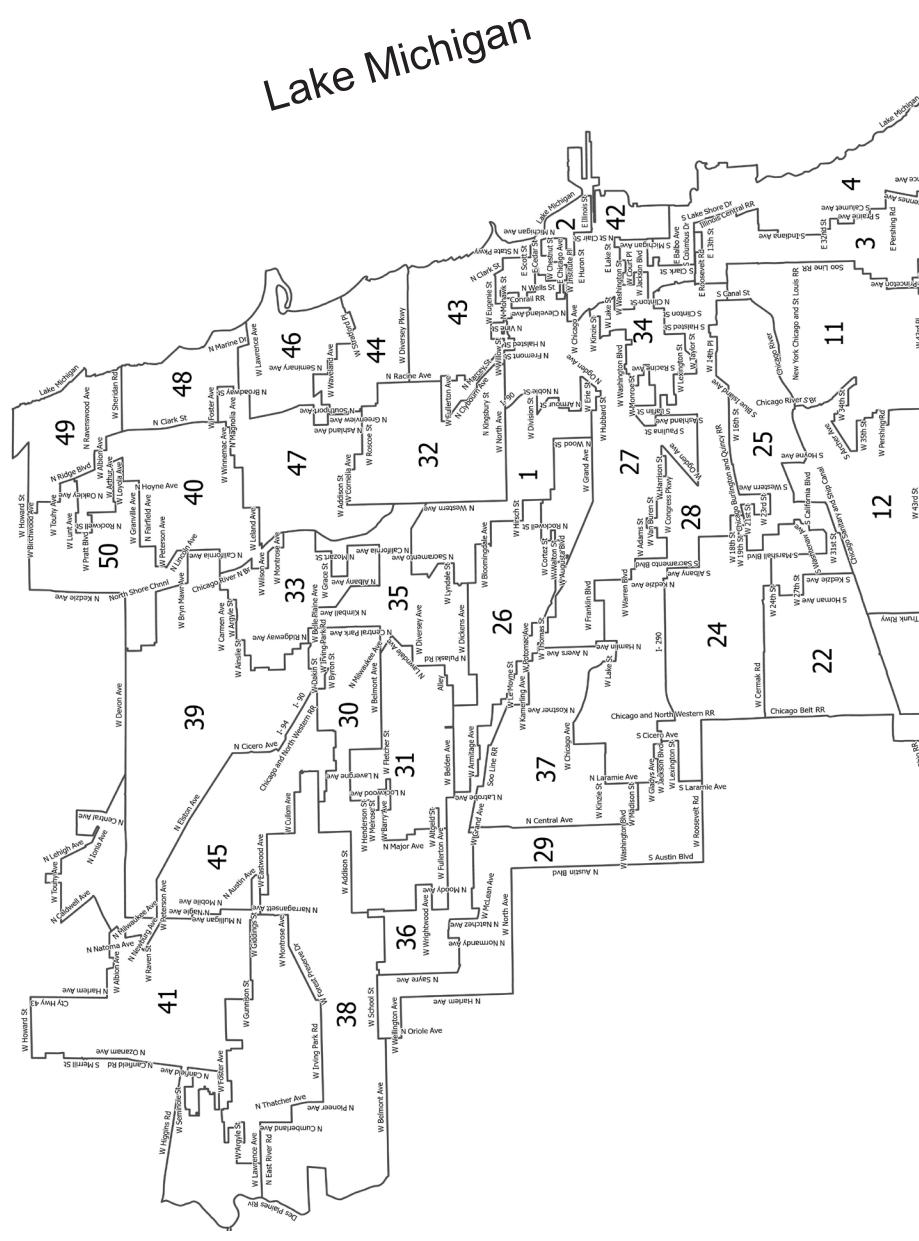
Ward 49

Alderman Maria E. Hadden

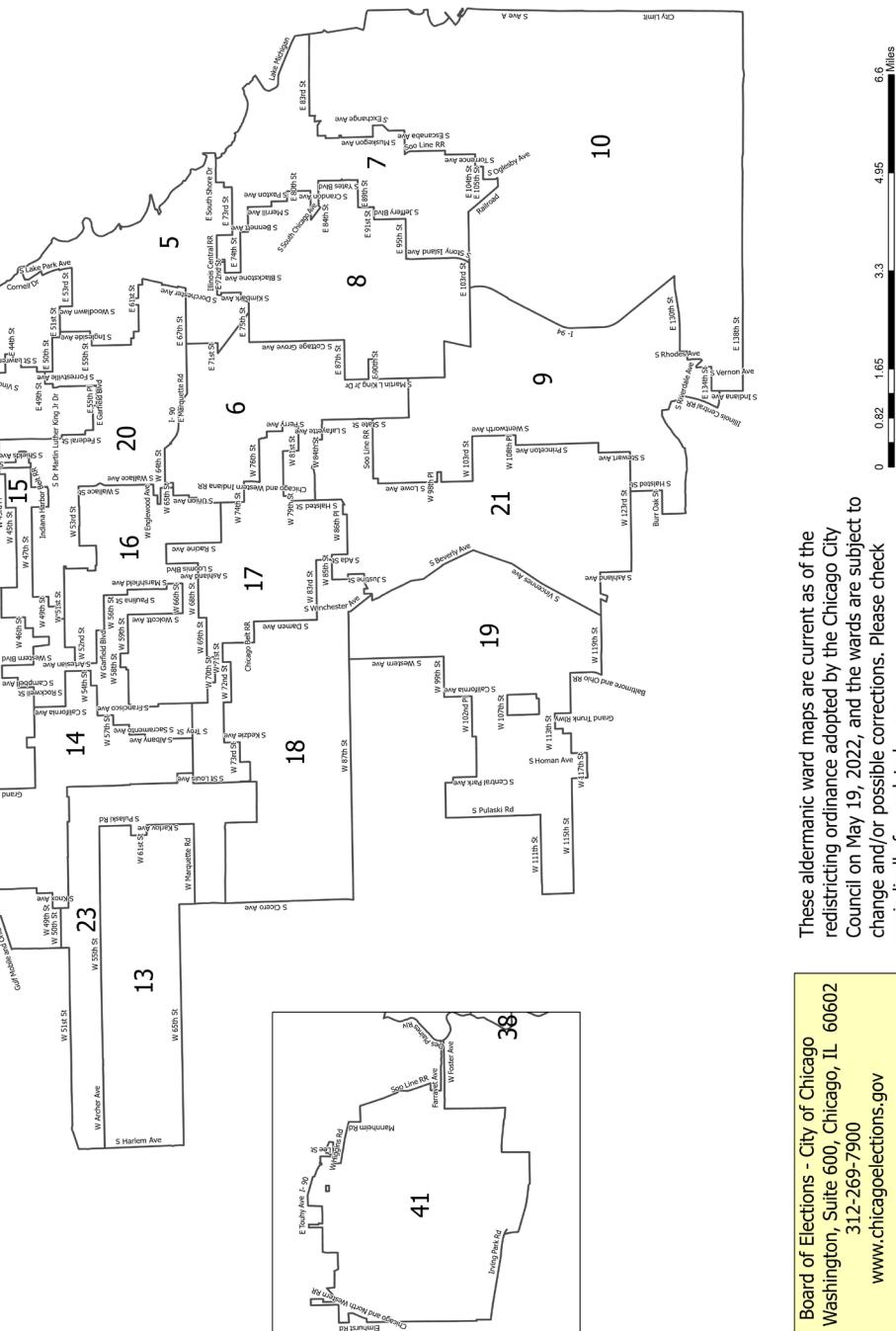
Ward 50

Alderman Debra L. Silverstein

WARD MAP OF THE CITY OF CHICAGO



CHICAGO WARD MAP



These aldermanic ward maps are current as of the redistricting ordinance adopted by the Chicago City Council on May 19, 2022, and the wards are subject to change and/or possible corrections. Please check periodically for updated maps.

Board of Elections - City of Chicago
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 312-269-7900
www.chicagolections.gov



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CHICAGO PUBLIC LIBRARY LOCATIONS

REGIONAL

HAROLD WASHINGTON LIBRARY CENTER

400 S. State St.

312-747-4300

SULZER REGIONAL

4455 N. Lincoln Ave.

312-744-7616

WOODSON REGIONAL

9525 S. Halsted St.

312-747-6900

LEGLER REGIONAL

115 S. Pulaski Rd.

312-746-7730

NORTH DISTRICT

ALBANY PARK

3401 W. Foster Ave.

773-539-5450

AUSTIN-IRVING

6100 W. Irving Park Rd.

312-744-6222

BEAZIAN

1226 W. Ainslie St.

312-744-0019

BUDLONG WOODS

5630 N. Lincoln Ave.

312-742-9590

BUCKTOWN-WICKER PARK

1701 N. Milwaukee Ave.

312-744-6022

RICHARD M. DALEY-

W HUMBOLDT

733 N. Kedzie Ave.

312-743-0555

DUNNING

7455 W. Cornelia Ave.

312-743-0480

EDGE BROOK

5331 W. Devon Ave.

312-744-8313

EDGEWATER

600 N. Broadway

312-742-1945

GALEWOOD-MONT CLARE

6871 W. Belden Ave.

312-746-0165

HUMBOLDT PARK

1605 N. Troy St.

312-744-2244

INDEPENDENCE

4024 N. Elston Ave.

312-744-0900

JEFFERSON PARK

5363 W. Lawrence Ave.

312-744-1998

LINCOLN BELMONT

1659 W. Melrose St.

312-744-0166

LINCOLN PARK

1150 W. Fullerton Ave.

312-744-1926

LOGAN SQUARE

3030 W. Fullerton Ave.

312-744-5295

MAYFAIR

4400 W. Lawrence Ave.

312-744-1254

MERLO

644 W. Belmont Ave.

312-744-1139

NORTH AUSTIN

5724 W. North Ave

312-746-4233

NORTH PULASKI

4300 W. North Ave.

312-744-9573

NORTHTOWN

6800 N. Western Ave.

312-744-2292

Please visit chipublib.bibliocommons.com/locations for the most up to date information.

ORIOLE PARK

7454 W. Balmoral Ave.
312-744-1965

PORTAGE-CRAGIN

5108 W. Belmont Ave.
312-744-0152

RODEN

6083 N. Northwest Hwy.
312-744-1478

ROGERS PARK

6907 N. Clark St.
312-744-0156

UPTOWN

929 W. Buena Ave.
312-744-8400

WEST BELMONT

3104 N. Narragansett Ave.
312-746-5142

CENTRAL DISTRICT**ARCHER HEIGHTS**

5055 S. Archer Ave.
312-747-9241

AUSTIN

5615 W. Race Ave.
312-746-5038

BACK OF THE YARDS

2111 W. 47th St.
312-747-9595

BLACKSTONE

4904 S. Lake Park Ave.
312-747-0511

BRIGHTON PARK

4314 S. Archer Ave.
312-747-0666

CANARYVILLE

642 W. 43rd St.
312-747-0644

CHICAGO BEE

3647 S. State St.
312-747-6872

CHINATOWN

2100 S. Wentworth Ave.
312-747-8013

RICHARD J. DALEY

3400 S. Halsted St.
312-747-8990

DOUGLASS

3353 W. 13th St.
312-747-3725

GAGE PARK

2807 W. 55th St.
312-747-0032

GARFIELD RIDGE

6348 S. Archer Ave.
312-747-6094

HALL

4801 S. Michigan Ave.

312-747-2541

KING

3436 S. King Dr.
312-747-7543

LEGLER

15 S. Pulaski Rd.
312-746-7730

LITTLE VILLAGE

2311 S. Kedzie Ave.
312-745-1862

LOZANO

1805 S. Loomis St.
312-746-4329

MANNING

6 S. Hoyne Ave.
312-746-6800

MCKINLEY PARK

1915 W. 35th St.
312-747-6082

NEAR NORTH

310 W. Division St.
312-744-0991

SHERMAN PARK

5440 S. Racine Ave.
312-747-0477

TOMAN

2708 S. Pulaski Rd.

312-745-1660

WEST CHICAGO

4856 W. Chicago Ave.
312-743-0260

WEST TOWN

1625 W. Chicago Ave.
312-743-0450

WATER WORKS

163 E. Pearson St.
312-742-8811

SOUTH DISTRICT**ALTGELD**

955 E. 131st St.
312-747-3270

AVALON

8148 S. Stony Island Ave.
312-747-5234

BEVERLY

1962 W. 95th St.
312-747-9673

BRAINERD

1350 W. 89th St.
312-747-6291

CHICAGO LAWN

6120 S. Kedzie Ave.
312-747-0639

CLEARING

6423 W. 63rd Pl.
312-747-5657

COLEMAN

731 E. 63rd St.
312-747-7760

GREATER GRAND CROSSING

1000 E. 73rd St.
312-745-1608

HEGEWISCH

3048 E. 130th St.
312-747-0046

JEFFERY MANOR

2401 E. 100th St.
312-747-6479

KELLY

6151 S. Normal Blvd.
312-747-8418

THURGOOD MARSHALL

7506 S. Racine Ave.
312-747-5927

MOUNT GREENWOOD

11010 S. Kedzie Ave.
312-747-2805

PULLMAN

11001 S. Indiana Ave.
312-747-2033

SCOTTSDALE

4101 W. 79th St.
312-747-0193

SOUTH CHICAGO

9055 S. Houston Ave.
312-747-8065

SOUTH SHORE

2505 E. 73rd St.
312-747-5281

VODAK/EAST SIDE

3710 E. 106th St.
312-747-5500

WALKER

11071 S. Hoyne Ave.
312-747-1920

WEST ENGLEWOOD

1745 W. 63rd St.
312-747-3481

WEST LAWN

4020 W. 63rd St.
312-747-7381

WEST PULLMAN

830 W. 119th St.
312-747-1425

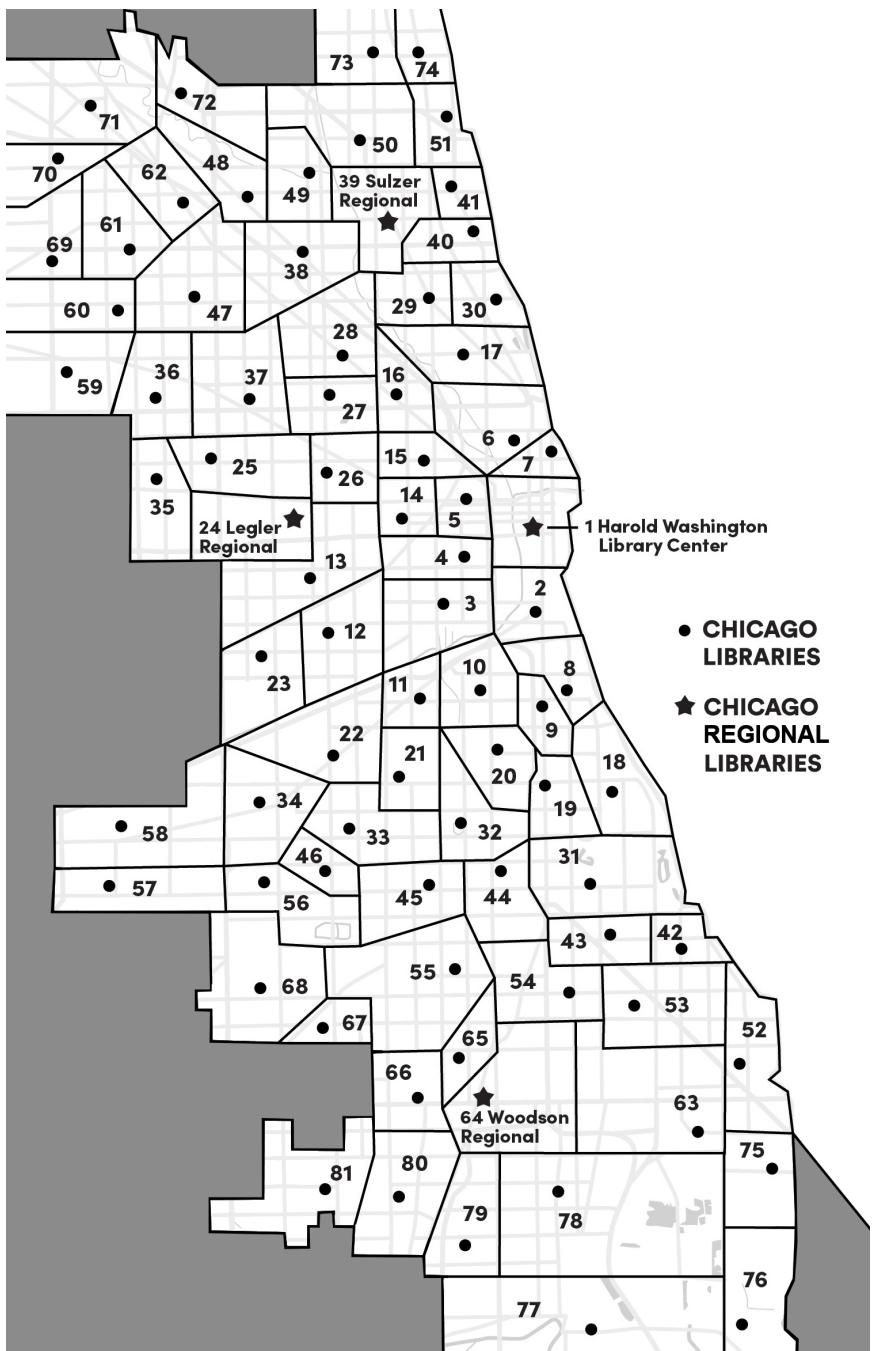
WRIGHTWOOD-ASHBURN

8530 S. Kedzie Ave.
312-747-2696

WHITNEY M. YOUNG, JR.

415 E. 79th St.
312-747-0039

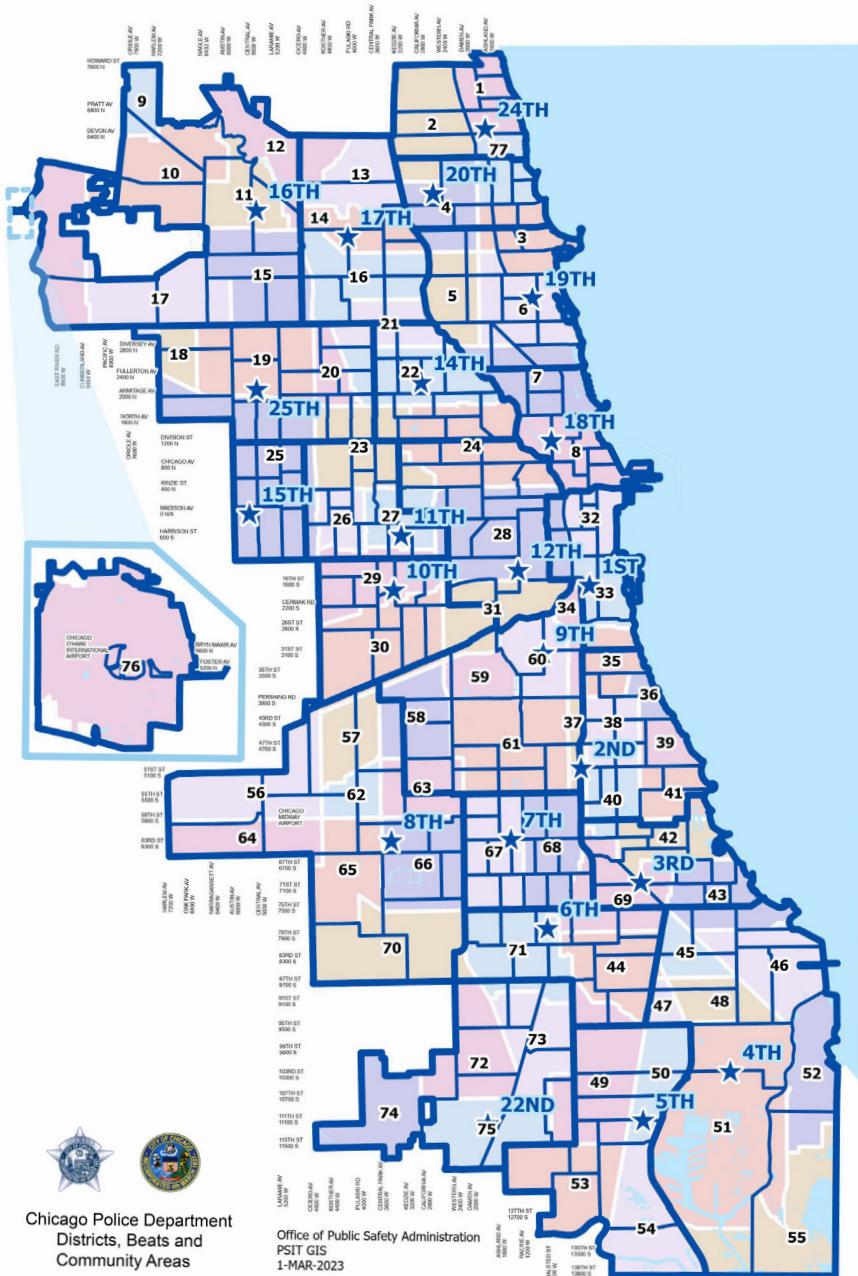
MAP OF CHICAGO PUBLIC LIBRARIES



Please visit www.chipublib.org for the most up to date information.

- 1. HAROLD WASHINGTON LIBRARY CENTER**
2. Chinatown
3. Lozano
4. Little Italy
5. West Loop
6. Near North
7. Water Works
8. King
9. Chicago Bee
10. Richard Daley
11. McKinley Park
12. Little Village
13. Douglass
14. Manning
15. West Town
16. Bucktown-Wicker Park
17. Lincoln Park
18. Blackstone
19. Hall
20. Canaryville
21. Back of the Yards
22. Brighton Park
23. Toman
- 24. LEGLER REGIONAL**
25. West Chicago Avenue
26. Richard M. Daley
27. Humboldt Park
28. Logan Square
29. Lincoln Belmont
30. Merlo
31. Coleman
32. Sherman Park
33. Gage Park
34. Archer Heights
35. Austin
36. North Austin
37. North Pulaski
38. Independence
- 39. SULZER REGIONAL**
40. Uptown
41. Beazian
42. South Shore
43. Greater Grand Crossing
44. Kelly
45. West Englewood
46. Chicago Lawn
47. Portage-Cragin
48. Mayfair
49. Albany Park
50. Budlong Woods
51. Edgewater
52. South Chicago
53. Avalon
54. Whitney M. Young Jr.
55. Thurgood Marshall
56. West Lawn
57. Clearing
58. Garfield Ridge
59. Galewood-Mont Clare
60. West Belmont
61. Austin-Irving
62. Jefferson Park
63. Jeffery Manor
- 64. WOODSON REGIONAL**
65. Brainerd
66. Beverly
67. Wrightwood-Ashburn
68. Scottsdale
69. Dunning
70. Oriole Park
71. Roden
72. Edgebrook
73. North Town
74. Rogers Park
75. Vodak-East Side
76. Hegewisch
77. Altgeld
78. Pullman
79. West Pullman
80. Walker
81. Mount Greenwood

MAP OF CHICAGO POLICE DEPARTMENT DISTRICTS, BEATS AND COMMUNITY AREAS



Chicago Police Department Districts, Beats and Community Areas

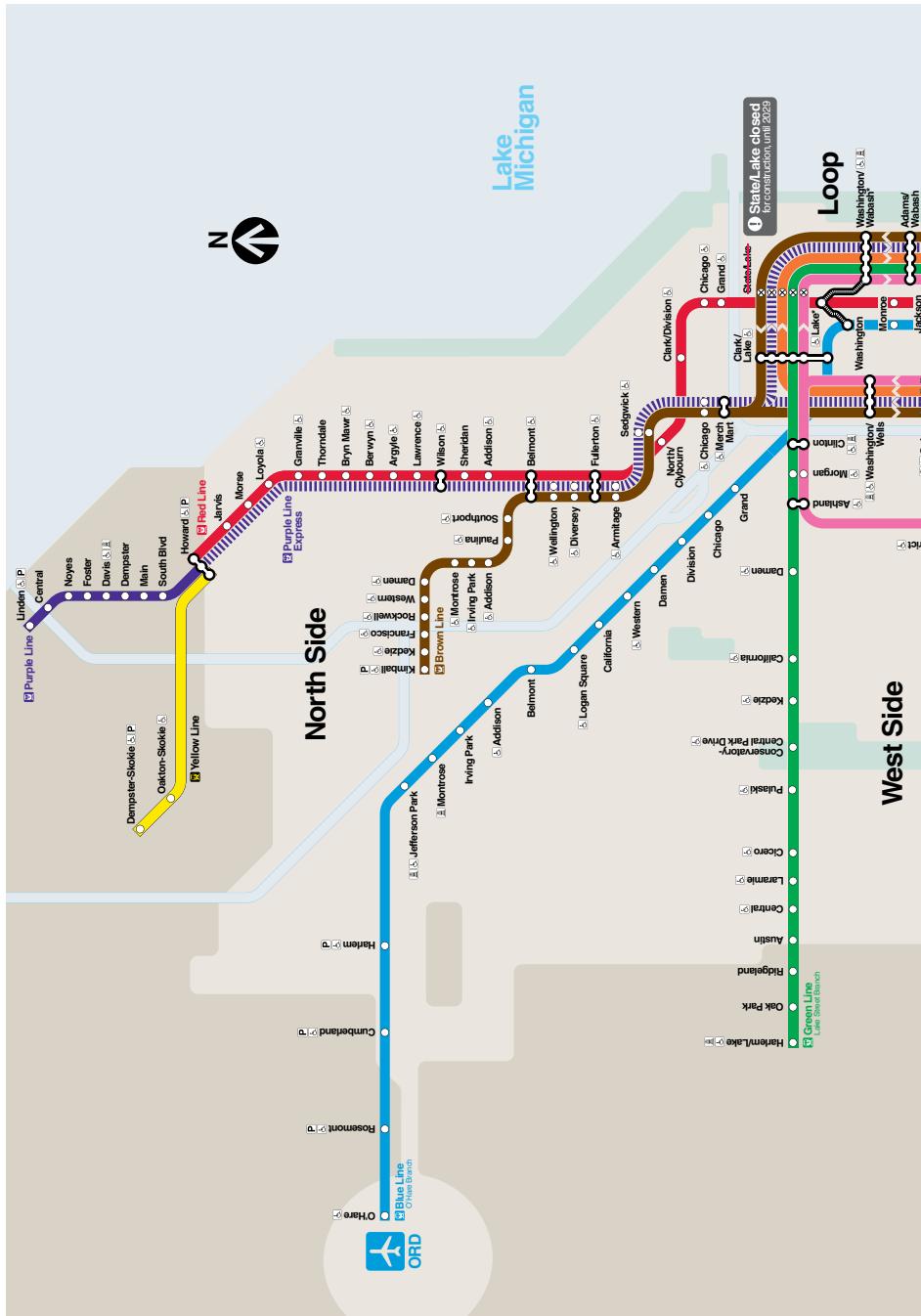
Office of Public Safety Administration
PSIT GIS
1-MAR-2023

Please visit www.chicagopolice.org for the most up to date information.

COMMUNITY AREAS

1. Rogers Park
2. West Ridge
3. Uptown
4. Lincoln Square
5. North Center
6. Lake View
7. Lincoln Park
8. Near North Side
9. Edison Park
10. Norwood Park
11. Jefferson Park
12. Forest Glen
13. North Park
14. Albany Park
15. Portage Park
16. Irving Park
17. Dunning
18. Montclare
19. Belmont Cragin
20. Hermosa
21. Avondale
22. Logan Square
23. Humboldt Park
24. Westtown
25. Austin
26. West Garfield Park
27. East Garfield Park
28. Near West Side
29. North Lawndale
30. South Lawndale
31. Lower West Side
32. Loop
33. Near South Side
34. Armour Square
35. Douglas
36. Oakland
37. Fuller Park
38. Grand Boulevard
39. Kenwood
40. Washington Park
41. Hyde Park
42. Woodlawn
43. South Shore
44. Chatham
45. Avalon Park
46. South Chicago
47. Burnside
48. Calumet Heights
49. Roseland
50. Pullman
51. South Deering
52. East Side
53. West Pullman
54. Riverdale
55. Hegewisch
56. Garfield Ridge
57. Archer Heights
58. Brighton Park
59. McKinley Park
60. Bridgeport
61. New City
62. West Elsdon
63. Gage Park
64. Clearing
65. West Lawn
66. Chicago Lawn
67. West Englewood
68. Englewood
69. Greater Grand Crossing
70. Ashburn
71. Auburn Gresham
72. Beverly
73. Washington Heights
74. Mount Greenwood
75. Morgan Park
76. O'Hare
77. Edgewater

MAP OF 'L' (RAIL) SYSTEM DIAGRAM

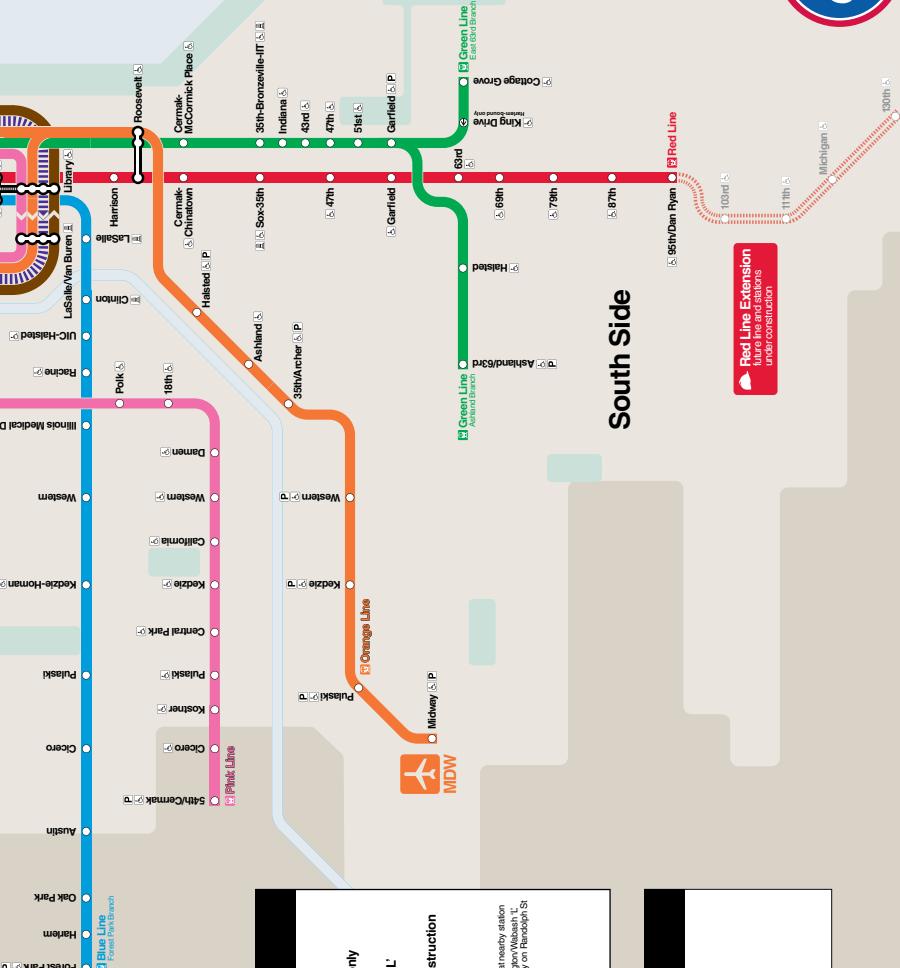


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