How to Stay Active in Isolation

The Urbandale Senior Recreation Center is closed, but we are still working to help you keep your brain and body active. We are providing new digital and at-home content to help you stay engaged in this time of unprecedented isolation.

The City of Urbandale Senior Recreation Center offers a variety of social, recreational, and educational programs for adults 55 years and older.

Although the building is not currently open, you can always reach us by phone at 515-278-3907 or email at seniorcenter@urbandale.org. Please reach out if you have a question!

Staff:
Carissa Williams, Supervisor
Katie Poirier, Coordinator
City of Urbandale Covid-19 Update

Senior Recreation Center Closure
The Senior Recreation Center building remains closed until further notice. As Polk County and State of Iowa guidance changes, the City will re-evaluate dates for closures and cancellations. We will continue to have digital and at-home programming opportunities available, until we can safely resume in-person programming. We are still here for you, please reach out if you need anything. If you would like to be added to our email list, email us at seniorcenter@urbandale.org.

At-Home Fitness

Live Fitness on Zoom
We know you have been missing the fun of working out together. From September 21-November 19, we are “bringing you back together” to get your workouts in! Members with an active fitness membership can log in to Zoom at the class times listed below to take live fitness classes with your favorite USRC instructors. Fitness Members will be emailed login instructions the week of September 14. If you do not receive the Zoom info, please email seniorcenter@urbandale.org or call us at 515-278-3907 for assistance. If you had an active fitness membership as of March 16, your membership is still valid. Your membership expiration date will be extended by the length of time our building is closed. If you do not have a fitness membership and would like to join the fun, give us a call to get signed up today. The cost is $50 for residents, and $75 for non-residents. A membership will give you access to all live fitness classes, and then a 12-month membership from the date that we re-open.

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At-Home Fitness

YouTube Fitness

If you would prefer to exercise on your own schedule, you can always check out our library of fitness classes on our YouTube channel. There are many of your favorite class formats, taught by familiar faces. Just head to YouTube.com and search for “Urbandale Senior Recreation Center.” Don’t forget to subscribe to our channel!
At-Home Fitness

Class Descriptions

Barre
Barre helps you to lengthen and strengthen muscles by combining ballet, Pilates, and yoga movement. Another great aspect of Barre is the focus it demands. Many of the exercises can be done seated or on a mat. Additional equipment may include a chair, ball, mat, small weights, and stretch bands. You’ll reclaim focus as you go through your workout, always leaving with confidence.

Cardio & Strength
High-energy fun focusing on functional fitness. Classes cover stretching, strengthening, toning, and aerobic exercise to keep the heart healthy, increase muscular strength, and improve range of motion. Weights, bands, and resistance tubes may be used.

FUNctional Fitness
Check out this opportunity to move safely! This class will focus on safe, functional movements, primarily in a seated position. We’ll cover many different styles of workouts, all geared towards a lower-impact, slightly lower-intensity experience.

Kickboxing
Are you ready for a great shadowboxing workout? This class will get you moving as you try something new! Kickboxing will help you build your stamina and improve your coordination.

Seated Exercise
Seated fitness classes are designed to help develop strength and improve the ability to function in daily life, including: stability and balance, mobility to go up and down stairs, or bend and return to a straightened position. This class is beneficial for anyone interested in relief from stiffness while improving mobility.

Stability & Balance
Improve your stability and balance through a variety of exercises focused on agility, coordination, strength, and elements of yoga, and Pilates. Class will include floor work on a mat.

Zumba Gold
An easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold is an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! This class provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

Fit Kits
Planning to work out at home and want access to some of your favorite equipment? Purchase a fit kit! Each kit includes 2 hand weights, one resistance tube, and an Urbandale Senior Recreation Center t-shirt. Kit cost is $35.
Outdoor Fitness

We want you to get out and take advantage of Urbandale’s trail system. Check out our YouTube channel where we’ll be sharing some of our favorite trails, along with some points of reference you can use as distance markers. We’ll also give tips for accessing different areas of the trail system.

Pickleball Courts
Urbandale's new pickleball courts at Walker Johnston are almost ready for action! Stay tuned to our Facebook page for updates.
Health & Wellness

SHIIP
Do you have questions about Medicare benefits or protecting yourself from medicare fraud? Call us to schedule a phone appointment with a SHIIP volunteer. This year-round program is offered for your convenience through the State of Iowa SHIIP (Senior Health Insurance Information Program). Counselors are trained by the state and do not sell or promote any insurance companies, policies, or agents. USRC is a local sponsor for SHIIP in Polk County.

Part D Open Enrollment
If you would like assistance reviewing your Part D Coverage during the open enrollment period, give us a call to book a phone appointment with a counselor. These appointments fill quickly each year, so don’t delay.

Welcome to Medicare
Welcome to Medicare presentations are not currently being offered in-person, but you can view an online presentation on the State’s SHIIP website at: https://stateofiowa.seamlessdocs.com/f/wtmregistration

Visiting Nurse/Flu Shot Clinic
As of the time of printing, our building remains closed to the public and health services such as foot clinic, blood pressure checks, and flu shot clinic are not being scheduled. Please reach out to your health care provider for alternative options. When changes are made to our operations, we intend to post them on our website, Facebook page, and send an email update. If you would like to confirm that you are on our email list, please check with staff in the office.

Stress Management
While America’s seniors say they’ve been through tougher times than 2020, we can’t forget that managing stress is integral to a healthy lifestyle. Our Wellness Coach David joins us on Zoom with a senior’s perspective to share tips and tricks to manage your stress as we head into the winter weather season, and into the end of 2020. Join us as we continue learning about senior health and wellness. Zoom link will be sent 1-2 days prior to the class.

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Take & Make Crafts
After registering online or over the phone, you will be contacted to schedule a time to pick up your kit.

**Urbandale Rocks**
This kit includes several rocks, paints, brushes, and sealant to brighten up the outdoor spaces of your home. This is a great project to do along with friends or the grandkids over Facetime or Zoom!

*Fee*
$10 for 1 kit, $7 each additional

**Button Bookmark**
This kit includes supplies to make 3 adjustable bookmarks. It’s a simple craft, with just a few steps. These make great, inexpensive gifts for readers in your life.

*Fee*
$5

**Dress A Girl**
If you enjoy sewing and need something to help you pass the time, sign up to pick up a kit to sew dresses for our Dress A Girl program. The kit comes with everything you need to keep busy for a few quiet evenings. Once your dresses are completed, you can return them to the USRC. Call or email to schedule a time to pick up your kits.

*Fee*
Free

**Garden Windchime**
Looking for the perfect accent for your garden or patio? Sign up to pick up this kit with everything you need and then follow along to our step-by-step video and you'll have your own custom, handmade wind chime in no time!

*Fee*
$12

**Rustic Wooden Bead Pumpkin**
Decorating for Fall gets harder and harder every year. There are just too many themes and styles to choose from! Why not take home a kit to make your own piece of Fall décor that will fit any space? This easy-to-do Pumpkin is made from jute wire, and wooden beads. A little paint can turn these wooden beads from autumn tones to any color you want. Sign up for this quick and easy craft today!

*Fee*
$8
Facility Updates

Upper Left: The west end of the parking lot has been replaced. It’s a nice, smooth ride now!

Upper Right: The USRC is now the new home of this amazing piece of art, "Atlas" by James Bearden.

Center Left: A new drinking fountain with a water-bottle filling component was received through a grant from Delta Dental.

Center Right: Artist Cate Newberg has brightened up the fitness room with a beautiful mural. Special thanks to the Public Art Committee and Planning Committee for supporting this project. See the progression from start to completion on our YouTube channel.

Bottom: The craft closet has received a face-lift. Everything is organized and easily accessible. We can’t wait for you to be able to explore it!
Iowa History Series

Join us on Zoom to experience Iowa history firsthand from the comfort of your home. Our Iowa History Series will connect you to fascinating places and people from Iowa’s past. This new series will keep you out of winter weather, but on the edge of your seat with new destinations coming soon! Zoom link will be sent 1-2 days prior to the class.

Surf Ballroom

The Surf Ballroom in Clear Lake, Iowa is considered the heart of Iowa’s Rock ‘n Roll scene since 1933. Join us on Zoom to learn about the history of the Surf Ballroom, the role it played in rock ‘n roll history, and the infamous Winter Dance Party tour.

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Drive-Through Events

Pick-Up Picnic
There are so many ways to enjoy the beautiful scenery of fall, but picnics are one of the best. We'll provide the picnic, you just pick it up at the USRC on your way to your favorite picnic spot.
Food Options:
- Tomato, Basil, Mozzarella Salad with Chicken
- Turkey Italian Cut Combo Sub (turkey ham, salami and pepperoni)

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<td>11 AM - 1 PM</td>
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Trick or Treat Street
We know you love dressing up in your most entertaining costume, and we don't want a year to go by without the opportunity to see your creativity. Put together your best costume, decorate your car if you want to go all out, and drive through for photo opps, treats and fun! This will be a drive-through and contact-free event. No registration needed.

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Veterans Appreciation
As a thank you for your service and your family's sacrifices, Veterans and their spouses can sign up to drive through and pick up a thank you doughnut and coffee from the USRC and City of Urbandale Staff. You must register in advance for this program.

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<td>Tues. Nov. 10</td>
<td>9 - 10 AM</td>
<td>Free</td>
<td>Oct. 30</td>
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Giving Tree
Help us make the holidays a little brighter for a local family. We will again participate in Urbandale Community Action Network's Adopt-a-Family Program and donate gifts to a local family in need. If you'd like to participate, let us know and we'll put you on a list to receive more info on our family's needs once the program begins in November. You can bring your donations to our drive through drop-off event. This event will be contact-free.

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Deck the Drive-Thru Holiday Meal
We are so excited to offer our most popular annual event, the holiday meal, with a 2020 twist! Drive through to pick up a catered holiday lunch to enjoy at home. The lunches will come pre-packaged, and refrigerated, and just need to be heated at home. This drive-through event will feature holiday displays, special treats, and a commemorative 2020 holiday ornament. You must register in advance for this program.

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<td>Thurs. Dec. 17</td>
<td>9:30 - 11:30 AM</td>
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<td>Dec. 10</td>
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Puzzle Checkout
Puzzles are great for your brain and a fun way to keep busy. Our puzzle collection is available to our members via contact free pick-up. We have puzzles of all sizes, shapes, and difficulty! Just call or email to schedule a time to come peruse our puzzles outdoors and pick a few out to bring home.
515.278.3907 or seniorcenter@urbandale.org
Food Truck Fun
Flame at Walker Johnston Park

If you’re looking for a fun way to enjoy a meal, Flame the Food Truck will be at Walker Johnston Park on October 8th and 15th from 5-8pm. Tables will be spaced for social distancing, or feel free to take your meal home or somewhere else to eat. Follow our Facebook page for dates and times. A menu is available at https://flamethefoodtruck.square.site/
Virtual Recreation

Lunch & Learn
Grab your lunch and join us on Zoom for interesting educational topics. These sessions are free, but registration in advance is required to receive the Zoom link. Link will be sent 1-2 prior to the class date.

**October:** Iowa Senior Games—Learn the history, how to participate, and how COVID-19 impacted the Iowa Senior Games.

**November:** TBD—Please watch our Facebook page for updates.

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<td>Thurs. Oct. 1</td>
<td>12 PM</td>
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Zoom Bingo
Join us on Zoom for a few rounds of fun and laughter. Sign up and we’ll get you cards and the Zoom link to play along with us. No charge, no prizes, just a good time.

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<td>Fri. Sept. 25</td>
<td>11 AM - 12 PM</td>
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<td>Sept. 22</td>
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Learn to Play Poker
Intrigued by the action at the tables, but don’t know how to play? Professional poker dealer, Jim Napier, will teach you all the basics of Texas Hold ‘Em. He’ll cover basic play, betting and card play etiquette. Come, join the action on Zoom. Link will be sent 1-2 days prior to the program.

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Travelogues
Join us as we take a stroll down memory lane and share our travel experiences on Zoom. Show up ready to tell us your favorite travel story, share a few photos, and show us any souvenirs you collected. This is an opportunity to hear about some amazing trips and adventures. Come to share, listen, or both! Register online or via phone to receive the Zoom link.

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Docent Discoveries
Faces!
Take a virtual walk through the Pappajohn Sculpture Park and notice faces! Deb Hansen, a docent at the Des Moines Art Center, will point out sculptures that have unique faces. Join this Zoom session to learn more about these world-renowned works of art at the Sculpture Park in downtown Des Moines. Zoom link will be sent 1-2 days prior to class.

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<td>2 - 3 PM</td>
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What’s New?
The Pappajohn Sculpture Park collection keeps growing! Recently, three new sculptures have been donated to the park by John and Mary Pappajohn. Join Docent Deb Hansen on Zoom to learn about works by three world-famous artists—Yayoi Kusama, Ai Weiwei, and Robert Indiana. Zoom link will be sent 1-2 days prior to the class.

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Wellness

Fitness Tech
If you’re curious about how to incorporate technology into your workouts, join Cari in this Zoom class where she’ll talk about some of her favorite fitness technology to make working out more fun. Zoom link will be sent 1-2 days prior to the class.

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Plant-Based Cooking with Ildiko
Our always-popular Plant-Based Cooking with Ildiko is back! This time, we’ll be on Zoom. Sign up to participate, and then we’ll provide you with a pre-portioned ingredient pack. Then join Ildiko and the rest of the class on Zoom where you’ll all cook “together.” The recipe is Rotini Pasta with Crispy Artichoke Hearts and Charred Pepper Ragout. Ingredient pickup will be on Tuesday, September 22 from 12-2 p.m. Zoom link will be sent 1-2 days prior to the class.

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<td>10:30AM-12 PM</td>
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A Delicious Plant-Based Recipe to Try at Home!

Summer Vegetable Soup (from Forks over Knives)

**Ingredients**
- 1 large yellow onion, peeled and chopped
- 4 cloves garlic, peeled and minced
- 6 medium tomatoes, chopped
- 2 medium zucchinis, diced
- 1 yellow squash, diced
- 3 ears corn, kernels removed (about 2 cups)
- 6 cups vegetable stock, or low-sodium vegetable broth
- ½ cup finely chopped basil
- Zest and juice of 1 lemon
- Salt and freshly ground black pepper to taste

**Directions**
- Sauté the onion over medium heat for 7-8 minutes in a medium saucepan. Add water 1-2 tablespoons at a time to keep the onion from sticking to the pan. Add the garlic and sauté for another minute.
- Add the tomatoes and cook for 10 minutes, or until the tomatoes start to break down slightly.
- Add the zucchini, yellow squash, corn, and vegetable stock. Bring the pot to a boil over high heat, reduce the heat to medium, and cook until the vegetables are tender, about 15 minutes.
- Add the basil and lemon zest and juice. Season with salt and pepper.
Community Resources

Polk County Meal Sites
Polk County Senior Services continues to provide meals, now in a drive-through set-up. Please visit the Polk County Senior Services website www.polkcountyiowa.gov for more information on locations and times.

Urbandale Food Pantry
The Urbandale Food Pantry is open on for those needing assistance. Please visit www.urbandalefoodpantry.org for current updates.

Urbandale Public Library
The Urbandale Public Library building is currently closed to the public, but you can still check out books and receive copies through contact-free curbside pickup. For more information, visit www.urbandalelibrary.org

Iowa Secretary of State
The general election is coming up on Tuesday, November 3. To qualify to register to vote, a person must be:

• a U.S. citizen
• an Iowa resident
• at least 17 years old. A person may vote if they will be 18 years old on or before election day. In the case of primary elections, a person may vote if they will be 18 years old on or before the corresponding regular election.

Visit the Secretary of State's website at www.sos.iowa.gov/elections/voterinformation to:

• check to see if you are registered to vote
• register to vote
• request an absentee ballot
• find your precinct/polling place
• learn more about voting with disabilities

Urbandale Community Action Network (UCAN)
UCAN has staff available to assist Urbandale seniors with grocery order & delivery, prescription pickup, and making payments over the phone for things like internet, rent, and utilities. UCAN can also provide you a drop-off of pre-made sandwiches from Kum & Go three times a week, as well as a daily phone check in with one of our community volunteers. You must be an Urbandale resident and register for this service. Please call Laura at 515-278-3936 or sign up at www.UrbandaleNetwork.org.

211
If you need assistance finding food, paying household bills, or other essential services, visit 211.org or dial 211 to be connected to resources in your area. The United Way is working with the Iowa Department of Public Health to operate the statewide hotline for general information about the coronavirus and its impact on our state. Individuals are encouraged to call 211 if they have questions.

Iowa Department of Public Health
Everyone needs help sometimes. YourLifelowa.org is a great place to find resources on COVID-19, Alcohol, Gambling, Drugs, Mental Health, and other concerns. Live chat, text, and call options are available as support for Iowans.
Sudoku

In sudoku, each row, column and 3x3 square should hold each of the numbers 1 through 9. The numbers 1-9 should not be repeated in any row, column, or 3x3 square. It’s fun game, and a great way to challenge your brain.

If you enjoy playing--there are many more free games available on www.sudoku.com.

Easy

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Medium

Playing brain games like Sudoku, crosswords, and word searches are a great way to keep your brain active at home.
Project Provide: Masks for Seniors

We are coordinating an effort to get homemade masks into the hands of all of our members who need them. It is free to receive a mask. So far, we have delivered nearly 400 masks and we intend to continue this program as long as there is a need. A big thank you to those of you who have donated time, talents, and funds to make this program so successful.

To find out how to volunteer to sew, make a financial contribution, or request your mask, call us at 515-278-3907 or go to:

www.urbandale.org/masks