



## 50+ Healthy Behaviors & Lifestyle Program

**Get Fit!**  
**Get Healthy!**  
**Get Motivated!**  
**HAVE FUN!**

**For Schedule,  
See PAGE 2**

For More Information  
and to Register, contact  
Ms. Pam Watts-Harris  
at [pwatts@abelink.org](mailto:pwatts@abelink.org)  
or (773) 451-3364.

Sponsored By:










Join AARP and the ALC for this  
**FREE** program.

From August 17 – December 31, 2009

At the Abraham Lincoln Centre

3858 S. Cottage Grove Avenue, Chicago, IL 60653

-  Cooking and tasting demonstrations.
-  Learn how to use computer and surf the web for health information.
-  Enjoy shopping tours to farmers market and supermarkets.
-  Learn how to cook healthy nutritious meals for you and your family.
-  Participate in Exercise Classes.
-  Learn how to read labels and shop for healthy food.
-  Attend classes and get tips on how to stay healthy.

*Enhance Your Healthy Lifestyle Today.*

View **Activity Schedule** on reverse side.

**Register** at [pwatts@abelink.org](mailto:pwatts@abelink.org) (773) 451-3364.



# AARP

## HEALTHY LIFESTYLES Program

**@ the Abraham Lincoln Centre 3858 South Cottage Grove**

### Schedule of Activities

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday
Computer Classes (AARP Online & Emails every 3 <sup>rd</sup> Thursday)		11 am – 12:30 pm	11 am – 12:30 pm	11 am – 12:30 pm	
YOGA		11am – 12 noon			11 am – 12 noon
Fitness	9 am – 10 am		9 am – 10 am		
Line Dancing	10 am – 11 am			10 am – 11 am	
Quilting		10 am – 12 noon			

**Cooking Classes w/ Learn Cook Eat:**

*All Classes 10 am -11 am*

8-26-09	Vegetarian Spring Rolls	9-09-09	Tilapia w/ Sweet Peppers
9-30-09	Baked Italian Chicken	10-07-09	Taco Bar
9-23-09	Chicken Quesadillas	10-28-09	Pad Thai w/Chicken
11-04-09	Turkey Meatloaf w/ Roasted Fingerling Potatoes		
11-16-09	Appetizers: Green Pea Crostini Mushroom and Cheese Toasts		
12-02-09	Pasta with Homemade sauces		

**Cooking Classes w/Ranjana:**

*All Classes 10 am -11 am*

9-14-09	Cooking w/ Fresh Vegetables
10-05-09	Cooking w/ Fresh Vegetables

**Healthy Education Workshops:**

*All Workshops 10 am -11 am*

8-27-09	9-10-09	9-21-09	10-19-09
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**Healthy Lifestyles Outings:**

*All Trips 10 am -1 pm (arrive 15 minutes early at the Centre)*

<b>9-24-09</b>	<b>Farmer Market – Daley Plaza</b>
<b>10-14-09</b>	<b>Whole Foods Tour – 1101 South Canal</b>

**Please sign up prior to the date of the outing**

**Contact: Pamela Harris or Charles Ann Stewart for more information @ 773-285-1390**