North Shore Senior Center

Engage Magazine & Lifelong Learning Catalog | May-Aug. 2022

Age Well with Us!

Registration Opens:
Apr. 4 for Members
Apr. 11 for Non-Members

north shore senior center

www.nssc.org | 847.784.6000

Welcome to Our Inaugural Issue

North Shore Senior Center has been the premier provider of services for older adults in the northern Chicago suburbs for 65 years. We continue to evolve to best meet the needs of our community, yet the core of quality social services, memory care, counseling and lifelong learning has remained constant. As we enter our 66th year in July, we are launching a number of new initiatives—including the publication you are reading. I am thrilled to introduce you to the inaugural issue of the *NSSC Engage Magazine & Lifelong Learning Catalog*.

This publication combines the former *Engage* magazine with the Lifelong Learning catalog to inform you about all of NSSC's offerings in one place. You will receive it every four months in time to review and register for the next term's classes and programs. In addition, you will find articles on trending topics, available services, upcoming events and, of course, human-interest stories highlighting some of the incredible people connected to us.

NSSC provides services to address the needs of older adults—whether that need is for in-home care, money management, Medicare/Medicaid guidance, learning opportunities, socialization through clubs and activities, volunteer opportunities or fitness and wellness (even Ping Pong!). NSSC aims to serve, educate and enrich through our comprehensive programming.

If you don't find what you're looking for between these pages, or have suggestions, please reach out to us.

Stay well and stay engaged,

Tish Rudnicki, MSW
Executive Director

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OUR MISSION
The mission of North Shore Senior Center is to foster the independence and well-being of older adults, enhance their dignity and self-respect, and promote their participation in and contribution toward all aspects of community life.

All Around NSSC

Celebrating 65 *Years of Service*

north shore senior center

65th Anniversary Celebration
Join us for a reception to celebrate the end of our 65th year of serving our community! In its 65 years, NSSC has become *the* place on the North Shore people turn to for learning, enrichment, support, and assistance. The reception will be held at the Northfield Center on Thursday, June 9, 4 - 6 p.m. and will include light refreshments. See page 16 for details.

Lifelong Learning LEARN and INQUIRE Programs
Lifelong Learning expanded programming this year with a new category of peer-led classes called INQUIRE. Classes are all developed and coordinated by your peers and all class participants take part in the discussions. These educational programs are a wonderful complement to our very popular LEARN category, in which classes are usually a presentation or discussion led by an instructor. Our instructors are highly qualified professionals in their field, such as college professors, scientists, and educators. Explore the variety of program offerings in LEARN and INQUIRE starting on pages 19 and 36 for class details.

The Passions Project Art Gallery & Reception with Heidi Wagner
Photographer Heidi Wagner uses her camera to look closely at extraordinary people of all ages. The Passions Project is a portrait series that captures the essence of older adults doing what they love to do—from painting and theater to community service and sports. Through her lens, Heidi makes visible what often is unseen: a new view of aging that includes vitality, independence and meaning. Her work will be on display July through August, with a reception on Thursday, July 14, from 4 to 6 p.m. See back cover for details.

Celebrate Summer at Our Friday Special Performance Events!
As we look forward to summer and the possibility of gathering with friends, Lifelong Learning offers you monthly special events to enjoy a musical performance, nibble on some delicious food, and be in the company of others. Travel to 1950s Paris as singer Claudia Hommel recreates a cozy French-themed lunch and cabaret experience. Head to New York with Beckie Menzie and Tom Michael as they treat us to "Broadway, Our Way." The acclaimed Reginald Robinson returns in July for a classic ragtime piano performance. In August, enjoy big band favorites with Ron Surace. See page 16 for details.

New Wellness Programs to Keep You Healthy, Safe, and Active
New wellness programs this summer provide opportunities to keep you healthy, safe, active, and engaged in life. Start the summer with tips on keeping your brain fit, then explore new pain management options provided by medical cannabis. Keith Jennings will teach you self-defense techniques to keep you safe at any skill level. And, experience the power of self-healing with the ancient movement art of Qi Gong. See page 48 for details.

REGISTRATION FORM ON PAGE 60

New Peer-Led Experience:

Inquire, Explore, Discuss, and Have Fun

By Alan Blitz

Ready to join your peers in an exciting new learning format at NSSC? Read this article and you should be ready for active participation (if you haven't already begun) in your first peer-led class.

The new peer-led classes, formerly operated as the Lifelong Learning Institute at National Louis University in Skokie, are now part of the NSSC Lifelong Learning department in a new category of programs called INQUIRE.

More than 20 new INQUIRE classes are offered each term, all developed and coordinated by participants. Classes feature current issues, literature, culture and society, and film and theater topics. For a program listing and to register, visit www.nssc.org or visit the INQUIRE class listings in this publication starting on page 36.

"Peer-led learning is a great complement to our other classes that are primarily led by instructors. And it is a very different learning experience."

—Mary Staackmann,
Director of Lifelong Learning

In peer-led classes, participants take turns leading a discussion of the material based on the "shared inquiry" method. Rather than students learning from an instructor or presenter, participants actively explore the material together. "No single person is significantly more knowledgeable than the other participants," explains Linda Spring, a peer-led class participant, coordinator and co-chair of NSSC's INQUIRE Program Committee.

What You Should Know: The Peer-Led Learning Experience

Both Linda and Rochelle Singer, who also sits on the INQUIRE Program Committee and is communication liaison for *The Review* (see sidebar on page 4), are enthusiastic about introducing this new experience to the NSSC community. They share their insights in peer-led learning to help prospective participants gain a greater sense of the enlightening and engaging nature of these sessions.

How has integrating peer-led classes benefited the NSSC community?

People looking for an opportunity to study a topic in depth and to share their thoughts and ideas on the topic with others will enjoy the peer-led class experience. Peer-led classes offer a wide variety of topics, including both fiction and non-fiction. In some of the courses, participants study one book for a term, while in others, participants share their original written work, study plays, or watch and discuss classic or current movies.

What makes peer-led learning different from instructor-led classes?

Peer-led learning allows people to participate fully in learning. They can ask questions, offer opinions, and exchange viewpoints and interpretations. What better way to expand one's horizon than to get a variety of perspectives and integrate more than one point of view into one's belief system?

(continued on page 4)

Left to right: Anna Marie Buchmann, Rochelle Singer, Irwin Dorfman, Tessa Fischer, Sharron Weiss, Richard Rosen, and Bob Holstein. On the cover: Rochelle Singer, Linda Spring, and Rich Koomjian

New Peer-Led Experience (continued)

Class discussion leaders are not experts in their respective topical areas, so the participants learn together using published materials and other resources. The person leading the discussion asks open-ended questions that allow the group to discuss the material for a deeper, shared understanding.

What are the benefits of the learner's participation?
All participants in the class are learners and have an opportunity to actively engage in the material under discussion. Participants find this process intellectually challenging and exciting. Delving deeply into a chosen topic for one term is fun, especially when examining an area in which one was previously unfamiliar.

What can I expect when I first attend a peer-led educational class?
All participants in a peer-led class are welcomed in a friendly, open manner. They can expect to be introduced to the other members, orientated to the class protocol, and treated with respect. New participants are not expected to facilitate a class discussion their first year of participation.

When they are ready to take on the role of a discussion leader or coordinate a class, other participants are happy to pair with them or help them prepare for their first time. Discussion leaders are not teachers; they formulate questions appropriate to the assigned reading for the day and lead the class by asking the questions.

You will learn from each other by considering the topic from many different angles and by adding to or challenging others' opinions. You will find an active, participatory learning experience. The group always "takes off" sharing their viewpoints, and the leader does not have to worry about participation!

How do I get started?
You can get the greatest value from the peer-led experience by choosing a topic that interests you and by coming to class prepared to discuss the assigned material with an open, inquiring mind. Listen thoughtfully to the questions presented for discussion and the viewpoints of other participants. It is especially important to freely voice your own ideas. Contact the class coordinator if you would like additional information.

Still have questions?
Please contact the Lifelong Learning department at 847.784.6030 or lifelonglearning@nssc.org to learn more about any of the educational programs available to the community.

A Shoutout to Writers, Poets, Artists and Photographers

By Alan Blitz

NSSC is proud to welcome the member-produced journal called *The Review*. The annual publication grew out of the peer-led classes and represents a unique opportunity for participants in the NSSC community to submit their creative works for possible publication in the journal.

The Review is an arts and literature journal composed of beautifully written prose, imaginative poetry, eye-catching photography, and innovative artwork created by your peers. Distributed in the fall of each year, the journal is juried and published by a volunteer editorial board.

To see the high caliber submissions featured in the 2020 edition of *The Review*, visit: www.nssc.org.

Share Your Creativity with the NSSC Community
"Lifelong Learning participants are highly encouraged to submit their ideas in the form of prose, poetry, art and photography. All works are considered for inclusion in *The Review* 2022 edition to be published in fall 2022. *The Review* editorial board looks forward to continuing this excellent literary and arts publication and encourages participation in our annual call for submissions," said Ivan Berk, managing editor of *The Review*.

This year submissions will be accepted between April 1 and May 27, 2022.

For additional information, contact Ivan Berk, managing editor at navycrab1@aol.com or Rochelle Singer, liaison for *The Review* at rks713@aol.com.

"Little Miracles"

Care Coordinator Anit Chacko meets with a client in NSSC's Niles office.

We're in the business of life-saving work

By Rachel Marsh

North Shore Senior Center's (NSSC) team of social workers and care coordinators work to ease the burdens of aging for older adults and their families. And while NSSC staff provides resources, offers assistance, and monitors overall well-being of participants, their support extends beyond traditional services.

They put an additional layer of empathy and personalization into every situation; additional care that, often, makes all the difference to participants and caregivers.

In fact—it can even save lives.

Anit's Story

Three years after beginning work as a care coordinator at NSSC, Anit Chacko was with a participant for a home visit.

His daughter told Anit that her father recently hadn't been feeling well; he'd been complaining of headaches and had been uncharacteristically sleepy. He lost his balance and had fallen during the past two weeks.

After hearing these symptoms, Anit urged the client's daughter to contact a medical professional. Later that day, out of precaution, she did call the doctor—who then insisted that her father go to the emergency room. Upon arrival, the ER staff discovered exactly what Anit had suspected: he had blood clots in his brain.

From there, the doctors performed emergency surgery that, because of early detection, ultimately saved his life.

While recounting this experience, Anit noted, "I never thought my experience with my mother would help me save someone else's life."

A Path She Once Walked

Long before entering the field of social work, Anit found herself in a position all-too familiar to many in the "sandwich generation." As her mother's health started to decline—as she could no longer care for herself, or live on her own—Anit made space at home for her mother and took on the role of caregiver.

She left her job and dedicated her energy and focus on caring full-time for her mother and family; a task and decision that, as many caregivers can attest, is not an easy one.

As her mother's decline continued, so did the challenges. Anit's mom became more and more unsteady on her feet; her balance was getting worse and she consistently suffered from falls. An MRI detected the problem: her symptoms were a result of a series of mini strokes caused by blood clots.

Eventually, after years in the care of Anit and other family members, her mother passed away in December 2016.

(continued on page 6)

Little Miracles
(continued)

Second Act: Social Work
Though an emotionally challenging experience, caring for her mother for all those years ultimately paved the road for Anit's second career.

She started working as a care coordinator at North Shore Senior Center in 2018, and—not surprisingly—discovered that many of her own participants shared similar situations to her own. The feelings, emotions, challenges and struggles all resonated, and she found that she had a skill to relate to her clients and their families in a unique and powerful way.

Recognizing her participant's head injury was just one of the many instances that illustrated Anit's unique ability to apply what she learned as a caregiver. "I understand what it is like to lift a person from the bed, how long it will take to feed someone who has difficulty swallowing, how painful it is to dress someone with a frozen shoulder, and how many people it takes to care for someone who needs help 24/7," she explained. Hands-on experience like this, "is not something we can learn from reading a book."

A Powerful Perspective
In addition to her heightened ability to connect with caregivers, Anit brings her knowledge of brain damage and stroke symptoms to her work. After the incident with her participant, Anit pushed for a neurologist-led department training to help all NSSC social workers and care coordinators learn to identify signs of head injury and minor strokes.

"Little miracles happen in this work," she said. "The fact that God chose me to be in my participant's house that day feels like a little miracle. Being able to help somebody motivates me, and seeing their lives humbles me a lot. It gives me gratitude for everything I have."

Relieve Family Stress with Money Management Services

By Amy Krause

Has monthly bill paying become overwhelming? Is it a challenge to stay on top of mail and paperwork? If so, consider enlisting the professional help of a personal financial assistant, also known as a daily money manager.

Jewell Gregory with Money Manager Anne Wieboldt

"I have always paid my bills and managed my finances on my own. But after falling ill last year, I realized I could use some help with all the paperwork," Northbrook resident Jewell Gregory said. "All my children have professional lives and limited time, and I don't want to impose on them. I didn't know where to go and it turned out help was right at my fingertips."

Jewell, who is a member of NSSC and secretary of the organization's Tuesday Club, noticed a Senior Options flyer at NSSC. It described the ways a money management professional can help people stay on top of their bills, monitor expenses, manage cash flow and organize tax documents, among many other services. She was connected to Money Manager Anne Wieboldt.

"Jewell has an orderly financial life and asked for help in staying on top of her personal financial tasks," explained Anne, who is also a certified financial planner. "She is very technically capable and is interested in learning new ways to do things safely online. We work together to automate and streamline her bill payments and monitor her finances." The pair meets twice a month to pay Jewell's bills and plan ahead for when she is traveling. Jewell also renovated her kitchen last year and wanted to ensure she stayed on top of the project costs.

"My goal in hiring Anne was to make sure I am taking care of my accounts in the best way possible so I can manage them independently and correctly," said Jewell. "I had always paid my bills the old-fashioned way but wanted to learn how to pay some bills online. Anne is helping me learn new skills. She is supportive and gentle, and we've developed a nice level of trust between us."

Older adults and their families can benefit from the services of a professional money manager when the tasks of handling bills, deposits, and payments become more challenging. Getting help from a trusted professional enables people to maintain

their independence and stay involved as the decision makers when it comes to their finances. Money managers oftentimes reduce family conflict about money because they facilitate clear communication and sensible money-saving choices.

"We are like personal trainers for financial health. We help people become incrementally smarter about their finances and that empowers them and brings peace of mind to them and their families."

—Anne Wieboldt, NSSC Money Manager

Senior Options certified Daily Money Manager Denise Ledford noted, "Older adults and their families can take comfort in knowing that another experienced set of eyes is reviewing documents and ensuring bills are paid accurately and on time. We watch over our clients' financial lives and keep household affairs running smoothly."

Denise has been working alongside Elizabeth Kramer for four years. Elizabeth is visually impaired, and when her husband's health began failing, the couple decided to find reliable help and was referred to Senior Options by a friend.

"It used to be that talking about your finances with other people was taboo, but I got over that quickly because we knew we needed help," said Elizabeth. "My husband passed away shortly after we hired Denise, and I'm so happy to have her as a sounding board when it comes to my finances."

"Mrs. Kramer has a very clear set of ideas as to how we can help her," Denise said. "I review incoming mail, pay bills, reconcile her checkbook, review statements, and watch for fraudulent activity. With her limited vision, it's important that her balances and due dates are clearly communicated. I also assist her with medical insurance enrollment and have helped to protect her credit through credit reporting agencies."

Senior Options money managers help older adults to coordinate with other professionals such as accountants, financial planners, estate and elder attorneys, trustees, and executors. Many people find that the combination of a trusted person as power of attorney for property, supported by a money manager, works well to ensure their finances are handled according to their wishes. Money managers are regularly background checked.

"It's important to note that we are not the decision makers; we sit alongside our clients as partners and help support their decisions," said Denise.

Jewell, who looks forward to her biweekly meetings with Anne, summed it up: "Independence is one of my key aspirations and Anne is helping me achieve that. She is compassionate and wants me to succeed. I'm learning so much and I know I can lean on her. That gives me and my family peace of mind."

GALA 2022

65 Celebrating Years of Service

north shore senior center

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PREMIER HOST TABLE—$5,000

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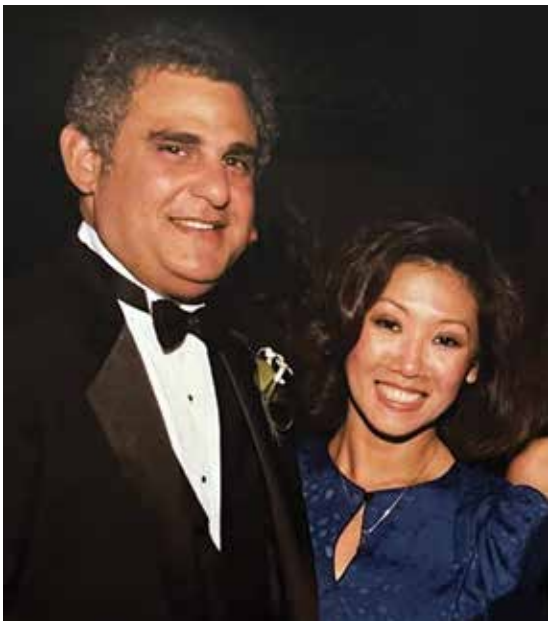
Premier table hosts and their guests will have exclusive access to a private Sculpture Walk on the beautiful grounds of Ravinia, paired with a detailed guidebook. Guests will also receive admission to the MusicBox Experience Center, featuring the interactive museum and Grammy Museum-produced film "Leonard Bernstein at 100" in the 65-seat immersive, wrap-around theater.



The late Jerry Richman and former WLS-TV news anchor Linda Yu.

REMEMBERING AND HONORING

Jerry Richman

By Amy Krause

North Shore Senior Center experienced a huge loss last fall when beloved board member Jerry Richman passed away.

> "Jerry's presence on our board was one of humility and quiet leadership. He offered so much to our organization, and he is deeply missed. It is because of his unparalleled guidance and generosity that we are honoring him posthumously at our Gala with the Outstanding Philanthropist Award."
>
> **—NSSC EXECUTIVE DIRECTOR TISH RUDNICKI**

Though a successful businessperson and generous benefactor, Jerry's life revolved around his family. As retirement neared, he and his wife, Marcia, moved to be closer to their grandchildren. They were fixtures at their grandkids' activities, with one granddaughter fondly recalling that Jerry had once flown across the country to watch her team's final tournament. He was such a hands-on grandfather that he tried to take one of his baseball-loving grandchildren to every ballpark in the country.

"That sums up who Jerry was," recalled close family friend and former WLS-TV News Anchor Linda Yu. "He had wisdom about how to be caring, about relationships and about being human . . . in his very gentle way."

Linda and Jerry met in 1983 when Linda was looking for an accountant. A friend recommended Jerry and a relationship of trust soon formed. Jerry became more than Linda's accountant, helping her navigate and negotiate her biggest career deals. "I needed someone I could trust, and Jerry put my needs first and guided me every step of the way. He became the protector of my life," she said through tears.

Through their 40-year relationship, Jerry was Linda's accountant, lawyer, investment counselor, agent and, above all, her treasured friend. "Up until his passing, if there was some question in my life—personal or professional—I would call Jerry. I trusted him with everything."

Jerry earned the same trust with the likes of Chicago Bears great Walter Payton and American sports commentator Jimmy the Greek, among others. "Jerry negotiated deals for your future—not just the present—whether you had thought about it or not. He did that for a lot of people," Linda said.

Stuart Smith, who recruited Jerry to the NSSC Board of Directors, agreed. "Jerry and I met through a group of friends who gathered for weekly breakfasts to talk about sports, current events, and politics. He was such an insightful person, so I asked him to join the board. He surprised me and said 'yes.' After our breakfasts he'd want to talk about NSSC and his ideas for making it better. He always had ideas that would benefit the longevity of the organization. Jerry's commitment to NSSC was for the present, the near future and our long-term future. He was a very forward-thinking man, and we were lucky to have him on our board for even the brief time he served."

Medicare Coverage

By Lynda Korsah, Senior Health Insurance Program

These days, travel has become even more of a chore with the increase in restrictions—both within the United States and all over the world. It is a serious global issue because of the recent public health emergency from the COVID-19 virus and its related health impact. With testing and immunization mandates, travel requires thought and preparation; and travelers on Medicare especially have a lot to consider while preparing for trips. When planning an adventure, health insurance coverage should not be forgotten.

The COVID-19 Pandemic and Medicare Coverage

In the wake of the COVID-19 pandemic, Medicare beneficiaries have a heightened awareness about safety and protection during travel within the United States, and an interest in healthcare coverage for international trips. The public health emergency has created an urgent situation where it is necessary to make decisions regarding relevant immunizations to stay safe while traveling.

Coronavirus Testing and Vaccine Coverage

The coronavirus is a condition that requires testing in most cases before travel. Testing also may be necessary during periods away from home if exposed to others with the virus, or as a requirement before travel by air. These tests are also done to help healthcare providers diagnose or rule out COVID-19.

Medicare beneficiaries pay nothing for the test when it is done at a laboratory, pharmacy, hospital, with a doctor, or even at "parking lot" sites. Medicare Advantage plans are not able to add additional charges for copayments, deductibles, or coinsurance for clinical lab tests specifically to detect or diagnose COVID-19. Tests for related respiratory conditions that aid in the diagnosis of the virus are also covered and may be done in conjunction with the COVID-19 test.

Approved COVID-19 vaccines/boosters are fully covered by all types of Medicare. Other vaccines required for travel to another country might be covered or subject to a copay. Travelers should check with their doctors for more information.

Travel Within the United States

Emergency services are covered within the U.S. and its territories, regardless of whether coverage is through Original Medicare or Medicare Advantage. For people with Original Medicare, non-emergency services and supplies are covered within the country as long as the provider accepts Medicare. People who have Medicare Advantage will need to check with their plan for in-network providers for non-emergency care out of state.

Travel Outside the United States

Medicare Supplement (Medigap) insurance may cover emergency care outside the U.S. if it's within the first 60 days of the trip. These plans typically cover 80% of billed charges for certain medically necessary emergency care and may include a deductible up to $250. Coverage is capped at $50,000 over a person's lifetime.

The Medigap plans that cover 80% of foreign travel emergency include: Plan C, D, F, G, M or N.

Outside of this supplemental coverage, Medicare will not pay for healthcare services or supplies purchased outside the U.S., including prescription drugs (in most cases). For those traveling overseas or outside the U.S. (including to Canada or Mexico), travel insurance is an option to explore for health coverage while away.

Travel Insurance

Because Medicare has limited travel coverage outside of the country, travel insurance medical policies can be purchased from an insurance or travel agent. Travel insurance does not necessarily include health insurance, so it is important to read the conditions or restrictions carefully. Travel insurance that includes doctor visits or emergency services may be limited to specific in-network providers and may include medical evaluation services. It is important to review the package and deductible carefully before purchase of coverage choices.

To Sum It Up…

COVID-19 testing and vaccines before travel are covered by Medicare. While traveling within the U.S., Original Medicare covers doctor, supplier, hospital, or other facility services that accept Medicare and or new Medicare patients. Medicare Advantage plans are limited to the plan service area and in-network providers, but will cover emergency care, urgent care, and out-of-area dialysis services.

COVID-19 exposure and related infections, vaccines/boosters, and testing for the virus and antibodies have recently become an integral part of travel. These days, travelers should be aware of how to access care and resources on the move and at destinations. A savvy vacationer will be ready for the health care needs that may arise. Bon voyage!

Source: www.medicare.gov

While Traveling

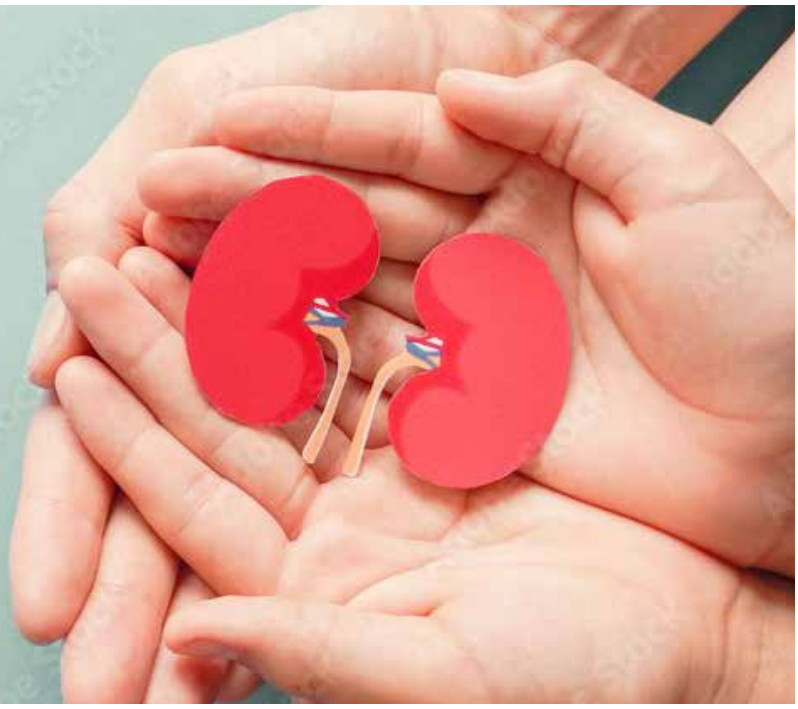
Medicare Terminology

Original Medicare:
Healthcare coverage is provided through Part A (hospital) and Part B (medical). People on Original Medicare usually have a separate Part D (drug) policy and a Medicare Supplement (Medigap) policy.

Medicare Advantage
Healthcare coverage is provided through one "bundled" plan that includes hospital care, medical care, and usually drug coverage. These plans also include additional benefits such as vision, hearing and dental.

Older Adults Play an Essential Role in Expanding Organ Donation

By Betsy Storm



The oldest organ donor on record in the U.S. was Cecil F. Lockhart, a 95-year-old West Virginia man. His liver was donated shortly after his death in May 2021 to a woman in her 60s. Clearly, kindness ran in his genes: 11 years prior, when Lockhart's son Stanley died in 2010, he'd also been an organ donor. Stanley's gift inspired his father to pay it forward, too. Upon his death, the senior Lockhart donated tissue that improved the lives of 75 individuals and helped restore eyesight to two people who received a cornea he donated.

While Lockhart's ability to pass on the gift of life when he was five years short of 100 years old is quite remarkable, it also exemplifies how much things are changing in the realm of organ donation.

"There's still a misconception held by many people that older adults can't donate their organs, and it's simply not true," said Satish N. Nadig, M.D., Ph.D., the Edward G. Elcock Professor of Surgical Research and chief of Organ Transplantation in the Department of Surgery at Northwestern University Feinberg School of Medicine, Chicago.

In fact, said Nadig, "It comes down to the overall health of the patients. For example, I have used the kidney from a 70-year-old for donation. People are living longer, healthier lives; that reality extends the likelihood of having a larger number of healthy older donors."

A spokesperson for Illinois Secretary of State Jesse White said, "There is no age limit to being on the Organ/Tissue Donor registry. Also, there are no limits to being on the registry due to health or medical history."

However, certain conditions or a severe infection would exclude organ donation. For example, cancer, HIV, diabetes, kidney disease, or heart disease can prevent you from donating as a living donor.

According to Dr. Nadig, organ donation is a very young field of medicine. The first transplant took place only 66 years ago. "As the field evolves, our risk tolerance is changing. We're learning about innovative ways to use a variety of donors, including older people."

To become an organ donor in Illinois, declare your intention to do so on your driver's license and sign up with the Illinois Secretary of State's registry, Life Goes On (www.lifegoeson.com.) Make sure loved ones know of your choice and will honor it.

How to Donate Your Body to Medical Science After Death

If you'd like to learn about how to donate your body to science upon your death, contact the Anatomical Gift Association of Illinois (www.agaillinois.org.) The association's work helps to train thousands of medical students and health professionals annually. It receives, prepares, preserves, and distributes human remains for the purpose of medical, biological, and anatomical education and research at licensed and accredited institutions of higher learning throughout Illinois and beyond. The association also makes its resources and facility available for anatomical, medical and mortuary science training.

One Son's Act of Love for His Father

By Joel Lerner, Chicago, Illinois

I donated a kidney to my father, Howard, 20 years ago when he was 62. Dad had quit smoking, and he'd gained some weight, which is a strain on your kidneys. Plus, he'd been born with only one kidney. Dad was on dialysis, an exhausting and all-consuming undertaking, for a couple of years prior to the transplant. After two years on the waiting list for an organ, he received a kidney that his body eventually rejected; it hadn't been a perfect match. He went back on the transplant list, but we knew the odds of him receiving another kidney weren't good. My sister and I were both good matches. I was 38, and she was a 34-year-old who played rugby on a regular basis. If she'd been the one to donate her kidney, she would have had to quit doing something she loved. (You can't play contact sports after donating a kidney, for obvious reasons.)

The transplant was done the old-fashioned way. The University of Chicago Hospital wasn't doing the procedure laparoscopically yet. The recovery was harder on the donor than the recipient because the doctors have to cut through a lot of muscle. My father recovered very quickly, but it took me a year to feel like my old self. My dad and I were always close, but we became even closer after the transplant. We took walks together often and went to Cubs games when I was recovering. All my life, my father had been there for me whenever I needed him. He lived another seven years after the transplant. I am very happy I was able to donate one of my kidneys to him.

Numbers Tell a Story

of Generosity, Hope and Persistent Need*

1. In 2019, one out of every three people who donated an organ was over age 50.
2. Every nine minutes, another person is added to the waiting list for an organ.
3. Seventeen people die each day waiting for a transplant.
4. Almost 107,000 people are on the waiting list for an organ.
5. Approximately 35,000 organ transplants were completed in 2021.
6. In the U.S. 95% of adults support organ donation, but only 54% are actually registered donors. (Plus, not everyone who registers as a donor is able to donate.)
7. Only three in 1,000 people die in a way that allows for deceased organ donation. (That's why more willing donors are needed.)
8. Each year, approximately 58,000 tissue donors provide lifesaving and healing tissue for transplant.
9. Every donor can save eight lives and enhance more than 75 additional ones.
10. One cornea donor can restore sight to two people.

**Sources include organdonor.gov, National Foundation for Transplants, Penn Medicine, and the United Network for Organ Sharing*

Lifelong Learning Catalog

May-August 2022

Enjoy

NSSC Tuesday Club Program

Israel-Palestine: A Two State Solution? (Hybrid)

Historian and photographer Larry Stern has extensively researched a possible "two-state solution" and is offering a real eye opener. He suggests facts of history should not be distorted to consequently shape policy.

Tue **5/3** **10:30 – 11:30 a.m.**
No Fee 10069

Rebuilding Our Democracy, Part 2 (Hybrid)

Colleen Connell, Executive Director of the American Civil Liberties Union (ACLU) for Illinois, will continue her discussion on rebuilding our democracy.

Tue **5/10** **10:30 – 11:30 a.m.**
No Fee 10070

Harmonious Cacophony: Mosaics Transform a Town (Hybrid)

Author and photographer Dick Davis will discuss how art can preserve history, rituals, beliefs, and the fabric of daily life as he shows how people of Zacatlán transformed their town with murals.

Tue **5/17** **10:30 – 11:30 a.m.**
No Fee 10071

Northwestern University Music Performance (Hybrid)

Northwestern students return to present another outstanding and entertaining program of classical music.

Tue **5/24** **10:30 – 11:30 a.m.**
No Fee 10072

The Ravinia Season (Hybrid)

Jeffrey Haydon, CEO and President of the Ravinia Festival Association, will present the lineup for the 2022 Ravinia season.

Tue **5/31** **10:30 – 11:30 a.m.**
No Fee 10073

Tuesday Club Annual Picnic

This annual event for members of NSSC Tuesday Club and their guests includes bean bag toss, good food, prizes, and more! There is no 10:30 a.m. Tuesday Club Presentation today.

Tue **6/7** **9 a.m. – 2 p.m.**
$5 Member; $10 Non-member 10074

Visiting Isle Royale National Park: The Biggest Island in the Biggest Lake in the World (Hybrid)

Seth Stein, William Deering Professor of Geological Sciences at Northwestern University, will take us on a fascinating journey to the biggest island on the biggest lake in the world.

Tue **6/14** **10:30 – 11:30 a.m.**
No Fee 10075

Long Term Care Insurance, Healthcare Contracts, and Medicaid Compliance Annuities (Hybrid)

Mark Levin will explain the options available to older adults and their families to help make the most of their life savings as they age.

Tue **6/21** **10:30 – 11:30 a.m.**
No Fee 10076

The Greylord Trials (Hybrid)

John Drummond, well-known reporter from CBS 2 News in Chicago, covered crime, politics, sports, breaking news, and colorful interviews for more than 50 years. Of those many stories, he will discuss the famous Greylord Trials, one of the most important cases in the annals of public corruption investigations in the United States.

Tue **6/28** **10:30 – 11:30 a.m.**
No Fee 10077

Talking Statues, Part 2 (Hybrid)

Listen to some of the city's finest statues and sculptures tell their own stories. Discover unique details about the city's history and hear from some of Chicago's most iconic figures.

Tue **7/5** **10:30 – 11:30 a.m.**
No Fee 10078

A Chicago Newsman's Journey: The Life and Times (and Future) of the City (Hybrid)

Rick Kogan has been a reporter since the 1960s for the *Daily News*, *Sun-Times*, and *Chicago Tribune*. He will present his take on the past, present, and the future of the city.

Tue **7/12** **10:30 – 11:30 a.m.**
No Fee 10079

Chicago's Musical Celebrity for a Century (Hybrid)

Susan Nelson talks about her mother Dorothy Olson who spent 100 years playing the piano and entertaining. Eighty four of those years were based in Chicago, where she received the coveted Lifetime Achievement Award from the Chicago Federation of Musicians.

Tue **7/19** **10:30 – 11:30 a.m.**
No Fee 10080

Brookfield Zoo (Hybrid)

Andre Copeland, interpretive programs manager for The Chicago Zoological Society and Brookfield Zoo, will discuss the background and history of the zoo, innovations, and future plans.

Tue **7/26** **10:30 – 11:30 a.m.**
No Fee 10081

Roe v. Wade (Hybrid)

Geoffrey Stone, the Edward H. Levi Distinguished Service Professor at the University of Chicago Law School, will present the history of Roe v. Wade, the various efforts to overturn it, and possible outcomes.

Tue **8/2** **10:30 – 11:30 a.m.**
No Fee 10082

The Ultimate Pizzas in the Ultimate Pizza City (Hybrid)

Television's "Food Guy" and "Hungry Hound" Steve Dolinsky will talk about one of Chicago's favorite foods and his latest book *The Ultimate Chicago Pizza Guide: A History of Squares and Slices in the Windy City*.

Tue **8/9** **10:30 – 11:30 a.m.**
No Fee 10083

A Passion for Antique Cars (Hybrid)

John Drengenberg, an electrical engineer with Underwriters Laboratories for over 50 years, will be talking about his hobby as the proud owner of a 1930 Model A Ford Coupe, which he has kept both mechanically and aesthetically true to the way it was built in 1930, with a few safety items added.

Tue **8/16** **10:30 – 11:30 a.m.**
No Fee 10084

Masada, Israel (Hybrid)

Dr. Michael Lewis, photographer and world traveler, will take us on a journey to the ancient site Masada in Israel, located in the Judea Desert overlooking the Dead Sea.

Tue **8/23** **10:30 – 11:30 a.m.**
No Fee 10085

The Current State of the Environment and How to Improve It (Hybrid)

Dr. George P. Nassos, formerly of International Minerals & Chemical Corp., will share his considerable knowledge of discuss environmental issues.

Tue **8/30** **10:30 – 11:30 a.m.**
No Fee 10086

REGISTRATION FORM ON PAGE 60

Performances & Special Events

65th Anniversary Celebration

NSSC is celebrating 65 years of service to the community! In that time, NSSC has become *the* place on the North Shore where people come for learning, enrichment, support, and assistance. Join us for a reception to celebrate that milestone. Registration is required.

Thu **6/9** **4 – 6 p.m.**
No Fee 10289

Souvenirs of Paris, 1950

A Luncheon and Performance Event

You are in a cozy cabaret in Paris, the year is 1950. At the luncheon tables, you hear scattered Bonjours and S'il vous plaîts. La chanteuse Marcelle, played by Paris-born Claudia Hommel, strolls among her guests with accordionist Patricia Spaeth by her side. You will be delighted by the "latest hits" from Edith Piaf, Eartha Kitt, Cole Porter, Duke Ellington, Jacques Prévert, and Charles Trenet. Be entertained and gain a new perspective on France, history, and human relations.

Fri **5/27**
11:30 a.m. – 2:30 p.m.
$29 Member;
$35 Non-member
10247

Broadway, Our Way with Beckie Menzie and Tom Michael

A Luncheon and Performance Event

Acclaimed performers and lifelong Broadway enthusiasts Beckie Menzie and Tom Michael will bring their "2 Singers – 1 Voice" vocal stylings and anecdotes to a collection of music that includes songs from classics like West Side Story and South Pacific and the more contemporary favorites, Hamilton and Wicked. Don't expect to hear the songs done as they were in the original shows. Beckie and Tom sing Broadway their way! Enjoy a delicious catered lunch and then sit back and relish a performance from two accomplished singers that the *Chicago Tribune* described as "one of the most compelling duos in cabaret today."

Fri **6/24** **11:30 a.m. – 2 p.m.**
$29 Member; $35 Non-member 10237

A Ragtime Tradition with Reginald Robinson

A Performance and Reception Event

Enjoy a jazzin' concert with Reginald Robinson, internationally recognized pianist, composer, and recipient of the 2004 MacArthur Foundation Genius Award! He will play classics of ragtime as well as a selection of his original compositions. In between songs, he will share information on the history of ragtime. Reginald has an engaging manner and will conduct a Q&A after the music has ended. A delightful appetizer reception will follow the performance.

Fri **7/22** **1 – 3 p.m.**
$29 Member; $35 Non-member 10238

In Full Swing with the Ron Surace Orchestra

A Performance and Reception Event

Swing and sway to the musical stylings of Ron Surace and his award winning 15-piece orchestra. For your enjoyment, they will provide an afternoon of hits from the libraries of Glen Miller, Benny Goodman, Tommy Dorsey, and Artie Shaw. Reminisce and remember the heyday of the big bands. A seasonal dessert reception will follow the performance.

Fri **8/26** **1 – 3 p.m.**
$19 Member; $25 Non-member 10239

Daytrips

Visit the Shedd Aquarium

Enjoy a visit to the Shedd Aquarium after lunch at South Loop's Yolk Restaurant. This world-renowned aquarium connects nature lovers and animal enthusiasts with the aquatic animal world. During the visit you will have plenty of time to explore the many wonderful exhibits at a leisurely pace, and enjoy a 4-D experience that dives beneath the surface to explore our planet's oceans and one of the most captivating creatures that dwells there: the octopus. NSSC member Allan Kaufman will lead a tour of the aquarium from his perspective as a long-time Shedd volunteer diver for over 15 years. Lunch, transportation, and entrance fees included. Venues require proof of vaccination.

Fri **5/6** **10:30 a.m. – 5:30 p.m.**
$119 Member; $145 Non-member 10257

Wicker Park Tour with Tim Wittman

Wicker Park is one of the most famous of the "Cities within the City of Chicago," which supported a dynamic community largely defined by its heritage. Tim Wittman of the School of the Art Institute guides you on a tour of Wicker Park, the historic "Polish Gold Coast" of Chicago, as you explore an area where the architecture tells a story of urban settlement so different from recent times. The largest population of Polish descent outside of Poland lives in Chicago and the surrounding area, and the physical remains of their migration are abundant in this neighborhood. Among the many sites you will see is the one-time Polish consulate in Chicago, where pianist and Polish Prime Minister Jan Paderewski performed on the porch for an appreciative crowd. You will understand a dramatic change in urban design, exploring the public park that bears the name of its developer, Charles Wicker. Includes tour, lunch, and transportation. Venues require proof of vaccination.

Wed **5/18** **8:30 a.m. – 4:30 p.m.**
$99 Member; $119 Non-member 10256

KEY TO SHOES SYMBOLS FOR TRAVEL

Minimal walking – to/from bus, theater or dining

Moderate walking – outdoor tours with tram, small museum or attraction

Extensive walking – large museum or attraction with tour

Cézanne at the Art Institute of Chicago

View the special exhibition Cézanne at the Art Institute of Chicago, the groundbreaking exhibit that is the first major retrospective of the artist's work in the United States in more than 25 years. Planned in coordination with Tate Modern, the ambitious project explores Cézanne's work across media and genres with 90 oil paintings, 40 watercolors and drawings, and two complete sketchbooks. Explore the Cézanne exhibit, as well as other exhibitions at the museum, at your own pace. Lunch will be at Greek Islands Restaurant. Includes Art Institute and Cézanne exhibit admission, lunch, and transportation. Venues require proof of vaccination.

Fri **6/3** **10:45 a.m. – 5:30 p.m.**
$119 Member; $145 Non-member 10252

Chicago Architecture River Cruise

The Chicago Architecture Center's river cruise aboard Chicago's First Lady is among the city's most popular tours. During this docent-led 90-minute tour, explore historic and modern architecture while enjoying a relaxing cruise along all three branches of the Chicago River. Learn about Chicago's most famous historic and modern landmarks, including Willis Tower, Navy Pier, the Wrigley Building, Tribune Tower, Merchandise Mart, Lyric Opera, 333 West Wacker, Marina City, and many more sites. More than 50 buildings are discussed. Lunch follows at the Land and Lake Kitchen restaurant located in the London House Hotel. Includes tickets, lunch, and transportation. Venues require proof of vaccination.

Wed **6/22** **9 a.m. – 3 p.m.**
$119 Member; $145 Non-member 10251

REGISTRATION FORM ON PAGE 60

Daytrips (continued)

Garfield Park Conservatory

Enjoy a docent-led tour of this Oasis in the City, where plants are accessible, understandable, and fun. Stroll through prehistoric ferns, step across trickling waterfalls, and experience a botanic haven. Enjoy the special exhibit The Artist's Garden. Lunch will be at Orso's in Old Town. Includes tour fee, lunch, and transportation. Venues require proof of vaccination.

Wed **7/6** **10:30 a.m. – 4:30 p.m.**
$99 Member; $119 Non-member 10271

What Happens in Vegas at the Fireside Theatre

For over 70 years the city of Las Vegas has been the entertainment capital of the world. Just about every great entertainer has appeared in Las Vegas in the last seven decades. The world's best singers, dancers, musicians, and comedians have flocked to this city where dreams become reality. The Fireside Theatre pays tribute to many of these legendary performers in an all-new, live band show featuring the early days with Frank Sinatra and the Rat Pack to the contemporary artists of today. Lunch at the theatre before the show. Includes lunch, performance, and transportation. Venues require proof of vaccination.

Wed **7/20** **8:15 a.m. – 6:15 p.m.**
$135 Member; $159 Non-member 10254

Chicago Ethnic Experience Tour with Cathy Holleb

So many ethnic groups enhance Chicago with their unique culture, cuisine, architecture, and traditions. Experience the National Museum of Mexican Art, which functions as a museum and a neighborhood community center in Pilsen. Enjoy the colorful art and traditional pieces in the museum's gift shop. On the drive through Pilsen, view some of the mural art that is a highlight of the Mexican culture. Then on to Chinatown, an area that remains fascinating and unusual. Enjoy favorite Chinese dishes for lunch and walk through the neighborhood to shop in boutiques and bakeries. Tour St. Patrick's Church, one of the oldest Catholic churches in the city. This beautifully restored church was built by the Irish community, and it miraculously survived the Chicago Fire of 1871. Includes lunch, fees, and transportation. Venues require proof of vaccination.

Wed **8/3** **9 a.m. – 4 p.m.**
$119 Member; $145 Non-member 10249

A Taste of Milwaukee

The Milwaukee experience begins at the downtown Grohmann Museum with a docent-led tour of the permanent and special exhibitions exploring the evolution of human work. Visit the spectacular rooftop sculpture garden and enjoy a sneak peek of the magnificent stained-glass dome, as well as the atrium ceiling mural depicting great thinkers Marie Curie, Thomas Edison, Albert Einstein, Johannes Gutenberg, and Leonardo da Vinci. The Milwaukee-themed catered lunch buffet will be served in the museum's auditorium room. Then onto the Lakefront Brewery for a tour and sampling of beer, wine, or home-made root beer. Then one more stop at the famous Milwaukee Public Market to do some light shopping on your own. Includes transportation, fees, and lunch. Venues require proof of vaccination.

Wed **8/24** **8:30 a.m. – 5:30 p.m.**
$89 Member; $109 Non-member 10250

Extended Travel Presentation with Legacy Tour and Travel (Online)

June Anderson, Tour Planner, Legacy Tour and Travel

June Anderson of Legacy Tour and Travel will discuss exciting upcoming travel opportunities, including some favorite and some new trips. Whether you travel the world or the USA, you will take part in a once in a lifetime travel experience aboard luxury motor coaches offering the best in service. With a commitment to education, Legacy Tour and Travel hopes you will take away an enriching and entertaining experience. Come and hear about upcoming trips in Fall and Winter 2022 and trips for the first part of 2023!

Thu **7/14** **1 – 2 p.m.**
No Fee 10272

Learn

A wide variety of educational presentations and discussions led by an instructor. Our instructors are highly qualified professionals in their field, such as college professors, scientists, and educators.

Art & Architecture

Brush with Death: Art During the Black Plague (Hybrid)

Ruth Nelson, Art Historian, Glass Researcher

In 1347, the Black Death arrived in Europe and quickly spread across the continent. Over the course of the next 300 years, the plague killed about a third of the entire population as it kept coming back. It became a regular part of life and death. Art historian Ruth Nelson will explore the powerful impact the Black Death had on art as the Renaissance was just getting started.

Wed **5/18** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10109

How Mathematics Unites the Music of Bach and the Art of M.C. Escher (Hybrid)

Richard Wilders, Professor Emeritus, North Central College

Johann Sebastian Bach's work was the culmination of the Baroque era. His canons and fugues are among the best ever written. M.C. Escher created a collection of graphic works which surprise and delight us with their clever use of design and color. Richard Wilders explores the relationships among mathematics, music, and art, and shows how the principle of symmetry connects Escher and Bach and provides a framework for understanding their works.

Fri **6/3** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10172

The Art of Paul Cézanne (Online)

Jeff Mishur, Art Historian, Art Excursions

Together with his colleague Camille Pissarro and his dealer Ambroise Vollard, Paul Cézanne sought to challenge the conservative art world of late 19th century Paris. Eventually, he moved beyond Impressionism and inspired a new generation of modernists. Art historian Jeff Mishur discusses Cézanne's innovative approach to traditional subjects, including still life, landscape, and the nude.

Wed **7/13** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10281

On the Body: The Art of Adornment (Online)

Ann Leslie, Producer, Director, Author, and Artist

There are places in the world where men dress like birds to catch a good wife, and world class artists use human bodies as canvases creating something else entirely. In other areas of the world, people dress like their ancestors wearing their wealth, status, and beliefs. These practices date back over a thousand years. Ann Leslie introduces these beautiful, unique people who are about to disappear into the blah of homogenized, mediocre fashion, and convention.

Thu **8/4** **10 – 11 a.m.**
$12 Member; $17 Non-member 10246

To Touch the Soul: The Art of Sculpture (Online)

Ann Leslie, Producer, Director, Author, and Artist

Sculpture is a unique art form because some you can touch, walk around, look through, over or into, and sometimes even become a part. The physical presence of sculpture changes our ideas, touches our hearts, and creates impressions in profound ways that paintings cannot. Ann Leslie introduces unusual sculpture galleries under the oceans, seas, and rivers.

Thu **8/11** **10 – 11 a.m.**
$12 Member; $17 Non-member 10248

Art & Architecture

(continued)

Benjamin West: An American Artist in the Court of King George III (Hybrid)

Ruth Nelson, Art Historian, Glass Researcher

Through his industriousness and exceptional talent, American-born Benjamin West navigated the British art world to become the court painter for King George III during the Revolutionary War, no less. Ruth Nelson will explain how he fell into this prestigious position, and then out of favor during this turbulent time, producing some of America's most beloved images.

Wed **8/17** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10110

An Architectural Dynamic Duo: Walter and Marion Griffin (Hybrid)

Timothy Wittman, Associate Professor, School of the Art Institute

Walter Burley Griffin (1876-1937) was an architect and landscape architect who acquired a reputation of singular importance in the American Midwest. As designer of several environments, including the campus of Northern Illinois University, he later achieved international notoriety as the designer of Canberra, the Australian capital city. After attaining an architecture degree, Walter accepted a position in the office of Frank Lloyd Wright, where he eventually became second behind the master. Much of his success was achieved with the assistance of his wife and largely silent partner, Marion Mahoney Griffin (1871-1961). Marion Griffin was the first woman licensed as an architect in Illinois, and joined Wright's firm. What began as a professional relationship in Wright's office developed into a romantic and life-long collaboration for this creative, dynamic couple.

Fri **7/22 – 7/29 (2X)** **10 – 11:30 a.m.**
$24 Member; $34 Non-member 10262

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Current Events

Policing in the 21st Century: Police Misconduct and the Use of Deadly Force (Hybrid)

Mark Iris, Executive Director (retired), Chicago Police Board, Northwestern University Faculty

Fatal police shootings have declined drastically in recent decades, yet public controversy over this issue is at its highest level. How and why do police use force? How do public perceptions clash with actual police use of force? What is the empirical evidence on this subject? And when an officer is accused of use of excessive force, especially deadly force, what options exist for holding the police accountable for their actions? Mark Iris will examine these questions behind the controversy and reveal the ways they are being addressed, including civil lawsuits, criminal prosecution, and disciplinary action.

Wed **6/15** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10115

Gerrymandering and Redistricting in the Wake of the 2020 Census (Hybrid)

Julie Strauss, Ph.D., Political Scientist

Why are almost all the seats in the U.S. House of Representatives considered "safe seats"? How much of the lack of competition is due to gerrymandering? Julie Strauss will discuss how gerrymandering has affected the competitiveness of legislative elections, and also provide alternatives to gerrymandering. You will discover the structural forces influencing our government and how they might be remedied.

Mon **5/23** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10057

Recent Supreme Court Decisions of the 2021-2022 Term (Hybrid)

Julie Strauss, Ph.D., Political Scientist

All signs point to this Supreme Court term being extremely consequential. Cases addressing affirmative action, abortion, guns, and public funding of parochial schools are on the docket. Delve into the decisions handed down by the court on these cases, along with some others that don't garner the big headlines but still have long-term consequences. Julie Strauss will sort it all out with you.

Mon **7/18** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10058

Israel Behind the Headlines in Real Time (Hybrid)

Moshe Pomerantz, Educator

Moshe Pomerantz explores the hottest news of the day. With the use of Israeli newspapers and local television, he will cover both English language and Hebrew translated sources bringing the most current issues of politics, the peace process (or lack of), security, and the international pressures of their neighbors to your attention.

Fri **8/5** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10068

The Good, The Bad, and The Ugly: Early Contours of Biden's Foreign Policy (Hybrid)

George Lungu, Professor, Political Science and International Relations, Oakton Community College

"America is Back" declared the newly elected President Joe Biden in 2021. But the question is: Back to what? Back to the post-Cold War American foreign policy conducted by Presidents Clinton, Bush, Obama, and even Trump, but with small differences and nuances? Or back to an earlier foreign policy that had served America well throughout much of its history up until the end of the Cold War? George Lungu presents an in-depth exploration of President Biden's foreign policy choices.

Fri **7/8 – 7/15 (2X)** **1 – 2:30 p.m.**
$24 Member; $34 Non-member 10176

The Midterm Drama: 2022 (Online)

Jim Kenney, Co-founder Common Ground, Author

It's that time again. Midterm elections are just months away. And they matter greatly to anyone concerned about the future of democracy and the republic. Will the conventional wisdom that the president's party always takes a beating in the midterms hold, or is this year different? Jim surveys contests shaping up for 435 House seats, 34 in the Senate, and 36 governorships. Given the deep concern about election security, he also looks at races for Secretaries of State across the country. There are many questions to examine, such as can Joe Biden recover? Will Democrats pass any legislation of substance? How threatening is the widespread campaign to restrict voting rights? And will the Supreme Court gut Roe v. Wade?

Tue **7/12 – 7/26 (3X)** **1 – 2:30 p.m.**
$39 Member; $49 Non-member 10181

REGISTRATION FORM ON PAGE 60

Current Events (continued)

Who Killed the Newspapers? (Online)

Jim Kenney, Co-founder Common Ground, Author

The *Chicago Tribune* no longer occupies its legendary home in the Tribune Tower. You will find its shell-shocked reporters in a small cinderblock building in an industrial area west of the Chicago River. And, it is happening to newspapers across the country. The reasons for the decline in the nation's print press have been well-rehearsed for some time, but the story of the humiliation of the Tribune and so many other great American papers is different. Alden Global Capital, a secretive hedge fund that has quickly become one of the largest newspaper operations in the United States, bought the Trib, gutted it, and moved on. Alden has now hollowed out over 200 papers. It is a disturbing story, and one that is all too typical in our post-meltdown American economy.

Thu 6/30 – 7/7 (2X) **10 – 11:30 a.m.**
$29 Member; $39 Non-member 10184

Joe Biden: 500 Days (Online)

Jim Kenney, Co-founder Common Ground, Author

It started well. Then came the chaotic exit from Afghanistan, the resurgence of COVID-19 and the Omicron variant, and the seemingly unsolvable problem of Senators Joe Manchin and Kyrsten Sinema. There have been highs, of course, including a $1.9 trillion COVID-19 relief package that helped families, cities and states, a relatively smooth vaccine rollout that offered protection to more than 200 million people, and a $1 trillion infrastructure law that won bipartisan support. But as this catalogue goes to press in February 2022, the lows have it. By June, we will know much more about the Build Back Better economic plan, the course of COVID-19, and Biden's mid-year approval rating. Will things look different? Democrats certainly hope so.

Thu 6/2 – 6/16 (3X) **10 – 11:30 a.m.**
$39 Member; $49 Non-member 10183

The Media, Modern Politics, and US (Hybrid)

Arthur Cyr, Ph.D., Director of the Clausen Center, Carthage College

"The medium is the message." Communications expert Marshall McLuhan of Canada coined that famous phrase in the 1960s in reference to the growing power of the mass media. The Internet is now present nearly everywhere on earth. Information and misinformation from that source is unavoidable. This is part of the much longer development of electronic media, starting with radio early in the twentieth century, proceeding through television in mid-century, on to the present environment. Media today generate tremendous controversy while enjoying tremendous influence. Complaints include the pursuit of profits above all, blatant partisan political bias, and confusing opinion with fact. Dr. Arthur Cyr will help sort out these conflicting beliefs.

Fri 6/10 – 6/17 (2X) **10 – 11:30 a.m.**
$24 Member; $34 Non-member 10210

Chile's Democratic Breakthrough (Hybrid)

Peter Hudis, Professor, Humanities and Philosophy, Oakton Community College

The stunning election of 35-year-old Gabriel Boric as President of Chile is promising to set off sweeping social reforms in conjunction with a massive citizens' rights movement. His government's new Constitution to replace the one installed 40 years by August Pinochet's repressive military regime is one of the most important developments to occur in Latin America in decades. Peter Hudis will explain what is behind this development and its ramifications for the continent as a whole.

Mon 6/13 **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10165

Foreign Policy Roundtable (Online)

Gary Midkiff, Historian, College Professor

Gary Midkiff leads this monthly discussion group exploring foreign policy issues of the day. Prior to each session, he will email an agenda and reading list to participants to prepare for that meeting. During the class, Gary will discuss the issues on the agenda and allow participants the opportunity to compare and contrast their views and opinions about foreign policy issues. Class meets the first Friday of each month.

Fri **5/6 – 8/5 (4X)** **9:30 – 11:30 a.m.**
$48 Member; $60 Non-member 10209

American Politics and Current Events (Online)

Ron Mantegna, Facilitator

Take part in a lively discussion on topical issues of the day on politics, the economy, international happenings, science, our diverse society, local issues, and more. In short, explore what's making the news each week. Come to actively contribute to the moderator-led discussion as you cover a wide variety of topics, or come just to listen and learn from the opinions of others.

Mon **5/2 – 6/27 (8X – no class 5/30)** **9:30 – 11:30 a.m.**
$19 Member; $25 Non-member 10211
Mon **7/11 – 8/22 (7X)** **9:30 – 11:30 a.m.**
$19 Member; $25 Non-member 10212

Dramatic Portrayals

Eleanor Roosevelt: Brother Can You Spare a Dime? (Hybrid)

Jessica Michna, Dramatist

Upon Franklin Roosevelt's election in 1932, he remarked to a friend that the country's problems must be solved immediately or he would be the last president. The song "Brother Can You Spare a Dime" became the most often used music to describe the history of the American people and their shattered dreams. In reality, it was the First Lady who undertook a significant part of the solution, taking on the role of advocate for those Americans most seriously affected by the Great Depression. Jessica Michna portrays Eleanor Roosevelt to share this story.

Thu **8/11** **1 – 2 p.m.**
$12 Member; $17 Non-member 10066

Julia Child (Hybrid)

Leslie Goddard, Ph.D. Historian, Actress

Before the Food Network, most Americans only knew one famous television chef: Julia Child. Every week, thousands tuned in to watch her demonstrate the art of French cooking on live television. Actress and scholar Leslie Goddard brings the enthusiastic French Chef to life in this portrayal, where Child discusses everything from her relationship with her husband Paul Child to the mishaps of cooking on live television. Bon appétit!

Mon **8/15** **1 – 2 p.m.**
$15 Member; $20 Non-member 10055

Reluctant Princess: Diana of Wales (Hybrid)

Megan Wells, Award-winning Storyteller

Historical Storyteller Megan Wells presents the world's most famous princess. Appearing in full Diana impersonation, she tells Diana's story from a unique perspective, weaving the world of Monarchy with the inner world of a complex woman mauled by celebrity. This story and the revealing conversation will answer all your questions about the "real Diana."

Fri **5/13** **1 – 2 p.m.**
$15 Member; $20 Non-member 10230

Chicago True Stories: Sizzle, Sequins, Murder, and Mayhem! (Hybrid)

Martina Mathisen, Dramatist, Edu-tainment Living History

The 1920s was a delirious decade, saturated with surprise, sequins, and murder. It was a remarkable age of dramatic social and political change. A flapper named Flora will explain how fashion, crime, and prohibition shaped the decade. Was the film Chicago really inspired from a true story? Flora, portrayed by Martina Mathisen, will tell the whole engaging, educational, and entertaining story.

Fri **7/1** **1 – 2 p.m.**
$12 Member; $17 Non-member 10244

REGISTRATION FORM ON PAGE 60

Film, Theater & TV

Sondheim on the Edge (Hybrid)

Charles Troy, Musical Theatre Historian

The first half of this program is an overview of Stephen Sondheim's life and career, punctuated by four witty songs by him and four witty songs about him. The second half focuses on one particular Sondheim show: *Anyone Can Whistle.* It came after three big hits in a row at the start of his career, *West Side Story, Gypsy,* and *A Funny Thing Happened on the Way to the Forum.* Sondheim then chose to musicalize an outrageous Arthur Laurents original script, and *Anyone Can Whistle* opened and closed in one week in 1964. But in return, the theatergoing public got an amazing score, one that prefigured Sondheim's five brilliant Broadway musicals of the next decade.

Wed **5/25** **10 – 11:30 a.m.**
$15 Member; $20 Non-member 10059

The Holocaust in Film

Jay Sorkin, Researcher and Educator in Holocaust Studies

Rome, Open City (Hybrid)

Considered a masterpiece by the great Roberto Rossellini, this film was made right after the end of WWII. Set in Rome in 1944, the film follows a diverse group of characters coping under the Nazi occupation, and centers on a Resistance fighter trying to escape the city with the help of a Catholic priest. Winner of the Cannes Film Festival, and Oscar-nominated for its screenplay.

Wed **6/22** **1 – 4 p.m.**
$12 Member; $17 Non-member 10142

The Fifth Seal (Hybrid)

What would you have done if you had to survive the brutality of the ruling regime? What compromises would you make? These are the questions asked as four friends meet in a bar late at night, and wrestle with their circumstances as well as their consciences. It all comes to a head when they are arrested and the theoretical becomes reality.

Wed **8/10** **1 – 4 p.m.**
$12 Member; $17 Non-member 10143

The Films of Stanley Kubrick (Hybrid)

Raymond Benson, Film Historian, Author

Film historian Raymond Benson takes a retrospective look at the film career of iconoclast filmmaker Stanley Kubrick, often considered one of the most important directors in cinema history. Benson will take you through Kubrick's works on such films as *Spartacus, Dr. Strangelove, 2001: A Space Odyssey, A Clockwork Orange,* and *The Shining* with film clips and anecdotes.

Fri **6/17** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10113

The Boys of Comedy: Neil Simon, Carl Reiner, and Mel Brooks (Hybrid)

David Chack, Professor, Theatre and Jewish Culture, DePaul University

A singular group of comedy writers and performers in the 1950s brought a new comedic perspective that changed American humor. Neil Simon, Carl Reiner, and Mel Brooks became that "holy trinity" and American humor was forever stamped with their wit and comic perspectives. David Chack will not only look at each one's enormous body of work, but also explore how their backgrounds and the context of their work impacted the times in which they lived.

Wed **5/18 – 5/25 (2X)** **1 – 2:30 p.m.**
$24 Member; $34 Non-member 10170

Sidney Poitier and His Incredible Journey (Hybrid)

Barry Bradford, Historian

After Hattie McDaniel became the first African American to win the Oscar, she hoped Hollywood would offer her and other African American actors better roles, but she never got the chance to play anything except a maid. Sidney Poitier was able to break down the barriers of the resistant, segregationist Hollywood movie studios by becoming the first African American lead actor. But he is more than a symbolic character. He was a fantastic, influential actor who showed up in great film after great film. Barry Bradford will examine his amazing life, phenomenal career, and lasting legacy in this multimedia presentation.

Thu **7/14** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10277

Analyzing the Oscars (Hybrid)

Barry Bradford, Historian

You may not have heard of many of the films and performances that just won this year's Oscars. With the help of film critics, Barry Bradford will introduce you to the award-winners and give his recommendations on which ones to watch and which ones to skip!

Thu **5/5** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10263

Cue the Music: Great Filmmaker/Composer Collaborations (Hybrid)

Raymond Benson, Film Historian, Author

Raymond Benson takes a retrospective look at famous filmmakers and renowned music score composers who enjoyed a partnership to produce some memorable works. He will discuss the collaboration of Alfred Hitchcock and Bernard Herrmann, Steven Spielberg and John Williams, Sergio Leone and Ennio Morricone, Blake Edwards and Henry Mancini, and others whose work may not be as well known. Benson selects and presents film clips from a number of these collaborations for viewing and listening.

Fri **8/19** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10114

Movie Music, Memories II: My Fair Lady to The Queen's Gambit (Hybrid)

John LeGear, Film Producer and Historian

Take a lyrical stroll down memory lane with this collection of historic film clips from more than 50 years of song and dance performed by the greatest performers on the silver screen from 1964 to present day. Film historian John LeGear will guide you through the decades featuring carefully crafted clips from films that are sure to reawaken some of the happiest times of your life. The stars will be out in this swift-moving songfest, among them Audrey Hepburn, Rex Harrison, Julie Andrews, John Travolta, Emma Stone, Nicole Kidman, Anya Taylor-Joy, and The Beatles.

Wed **7/6** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10177

We Need a Good Laugh: Barry's Favorites

Barry Bradford, Historian

Milton Berle (Hybrid)

He was the first great superstar of national television. "Uncle Miltie" was so popular that restaurants closed early on Tuesday nights because everyone wanted to go home and watch his show! In a career that spanned more than 60 years, Milton Berle left a hilarious and unforgettable mark on American popular culture.

Thu **5/12** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10264

Lucille Ball (Hybrid)

I Love Lucy was one of the most popular television shows of all times. Barry Bradford brings fresh revelations, restored images, and a lot of insights as he relates the history of one of the best comedies ever made, and the amazing woman who entertained us for so many years.

Thu **5/19** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10265

Gracie Allen (Hybrid)

Gracie was one of the most underrated comediennes of all time, and her comic timing and delivery were among the best! Did you know that Gracie danced well enough to do duets with Eleanor Powell and Fred Astaire? Or that she played a detective in a comic murder mystery written just for her? Or that when she ran for president she received over 40,000 votes? The life and career of the hilarious George and Gracie gloriously spring to life in this warm and affectionate biography.

Thu **5/26** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10266

Betty White (Hybrid)

Betty White has been called a national treasure, and rightly so! One of America's most beloved entertainers, she was a pioneer in television when she became the first woman to produce her own show. This warm, charming, and funny presentation is loaded with hilarious video clips and great stories about the one and only Betty White.

Thu **6/2** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10267

REGISTRATION FORM ON PAGE 60

Film, Theater & TV
(continued)

The Godfather: The Story Behind the Story (Online)
Steve Frenzel, Film Researcher, Instructor

Celebrate the 50th anniversary of one of the greatest movie classics ever made. Learn about the battles going on behind the scenes between director Francis Ford Coppola and the studio. What did many on the film crew think of the movie they were making (hint: they did NOT think it was a masterpiece)? Steven Frenzel will share funny and interesting stories about Marlon Brando, Al Pacino, James Caan, Robert Duvall, and reveal so much that you never knew!

Wed **7/20** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10174

Broadway 2022
Barry Bradford, Historian

The pandemic years have played havoc with Broadway! Nonetheless, there are great shows playing on Broadway and preparing to open this year. Cultural historian and self-described "Broadway nerd" Barry Bradford will present two great programs that will delight anyone who enjoys theater.

Broadway Comes to Chicago in 2022 (Hybrid)
Barry will tell you about what's playing at the Marriott Lincolnshire, Drury Lane, Broadway In Chicago, and many others. He will give you his recommendations on what to see and what you may want to skip as you return to the theatre. From famous classic Broadway productions to some little known gems, Barry introduces you to his very favorites and what makes them so special.

Thu **7/21 – 7/28 (2X)** **1 – 2:30 p.m.**
$29 Member; $39 Non-member 10275

What is Playing on Broadway? (Hybrid)
The situation on Broadway has been very fluid with some long-running shows closing, new shows opening, and popular shows going on hiatus during COVID-19. However, Broadway audiences are being treated to some of the best plays and musicals in the world. Barry will look at some of the top shows that are currently open and those that are preparing to do so.

Thu **8/4** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10276

Frank Sinatra: The Legacy of Ol' Blue Eyes (Hybrid)
Annette Bochenek, Film Historian, Turner Classic Movies Columnist

Of all the many crooners of the Great American Songbook, Frank Sinatra remains legendary. From his humble beginnings to becoming a world-renowned entertainer, there is much to celebrate regarding Sinatra's legacy. Film Historian Annette Bochenek presents a tribute to Frank Sinatra, including a discussion about his New Jersey roots, his ties to Chicago, an overview of his career, and his legacy today. You will enjoy her multimedia presentation consisting of photos, video clips, and captivating stories.

Mon **6/20** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10187

From Black-and-White to Color and Back (Hybrid)
Zbigniew Banas, Film Historian, Adjunct Faculty, Loyola University

Historically speaking, cinema has followed a trajectory of transition from black-and-white storytelling to the vivid use of color. While much of this change may be attributed to technological advances and shifts in audience preferences, there have been other factors in play as well. Film historian Zbigniew Banas will examine the aesthetic and commercial reasons in the color versus black-and-white decision-making process. He will also explore the role of television and look at the recent increase in the number of black-and-white films produced in Hollywood.

Wed **6/8** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10253

Stars on the Sidewalk: Hollywood's Walk of Fame (Hybrid)
Susan Gibberman, Author, Librarian, Researcher

Envisioned in 1958 as a lasting tribute to those who helped make Hollywood the most famous community in the world, the Hollywood Walk of Fame perpetuates the aura that makes the name "Hollywood" synonymous with glamour. Susan Gibberman relates the history and interesting facts that make this one of filmdom's must-see tourist attractions, including over 2,600 stars spanning over 18 blocks. Where else would people lay down on a dirty sidewalk just to take a selfie with their favorite star?

Mon **6/6** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10116

History

Surprising Stories from Chicago History (Hybrid)

Greg Borzo, Chicago Geographic Society

Founded beside a great lake and a sluggish river in 1833, Chicago grew quickly. Skyscrapers sprang up, stockyards fed the world, and railroads turned the city into the nation's transportation hub. Music flourished and libraries thrived. Department stores created modern retailing. Through it all, the lakefront was preserved as a magnificent "front yard." Greg Borzo shares his years of experience researching and writing about this great city. His colorful presentation digs deep, exploring Chicago's historical arc and fascinating unknown nooks and crannies.

Wed **7/20** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10108

Chicago by Gaslight (Hybrid)

Richard Lindberg, Author, Historian

Based on his book, *Chicago by Gaslight*, author Rich Lindberg guides you on a colorful and intriguing journey back into time for a close-up look at the Windy City during the waning years of the Gilded Age and the dawn of the Progressive Era, 1870-1905. Richard presents famous events and images of Chicago from the Chicago Fire to the glittering mansions of Prairie Avenue and society mavens like the Potter Palmers. He probes the back alleys of squalid Chicago slums and a cadre of female reformers such as Jane Addams, Lucy Flower, Ida Wells, Frances Willard, and others. All this amid a time awash in criminal activity, gamblers, and political bosses culminating in the Haymarket Riot and the 1894 Pullman Strike. Chicago, a city of contradictions, stood at the cusp of a new century optimistically looking to the future hoping that the 20th Century would become an age of miracles.

Mon **6/27** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10168

Camp Douglas and the Civil War in Chicago (Hybrid)

Joyce Haworth, Historian, College of Lake County

Chicago was once the site of one of the largest prison camps for Confederate soldiers. Located in what is now the Bronzeville neighborhood but was prairie in 1861, Camp Douglas served first as a training site for Union soldiers, then, strangely, as a prison camp for Union soldiers captured by the Confederacy, and finally, a prison for Rebel soldiers. Though long vanished now, its memory was kept alive for decades in surprising ways.

Mon **5/9** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10166

When the Monsters of the Midway Ruled the NFL (Hybrid)

Joe Ziemba, Football Historian, Author

With the recent struggles of the Chicago Bears and no Super Bowl championships since the 1985 season, fans may not remember that the Bears were once the dominant team in the National Football League. From 1921 through 1946, the Bears won seven NFL titles. Author Joe Ziemba will discuss those glory years of the Bears, including the newly released team records from the Pro Football Hall of Fame. He will focus on the club's efforts to remain competitive while dealing with meager attendance, the Depression, owner squabbles, and World War II. From on-field riots, to surprisingly low player salaries, to a bitter rivalry with the Chicago Cardinals, the Bears still managed to survive those challenges and become one of the most valuable franchises in today's National Football League. Rare photos, early travel plans, and private correspondence from co-owners George Halas and Dutch Sternaman will be highlighted.

Wed **8/24** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10274

George Kennan (Hybrid)

Gary Midkiff, Historian, College Professor

Any examination of American foreign policy since the election of William McKinley (1896) must focus on George Kennan. His brilliance is blinding, his insights amazing, his predictions accurate, his concerns valid premonitions, and his words are as applicable today as when he wrote them. He was never Secretary of State because his temperament was unsuited, but his legacy survives beyond all who filled that position since 1944. As Gary Midkiff delves into the man, his greatness will be revealed.

Wed **6/15 - 6/22 (2X)** **10:00 AM - 11:30 AM**
$24 Member; $34 Non-member 10198

REGISTRATION FORM ON PAGE 60

History (continued)

Debating Independence: The American Revolution in 1776 (Hybrid)

Joyce Haworth, Historian, College of Lake County

In spite of turmoil and bloodshed, most colonial Americans in 1775 agreed that independence from Great Britain was a terrible option. They wanted the restoration of full British rights, not an attempt at American liberty. But by July of 1776 most of them had come to believe that independence was necessary to maintain their political rights. Joyce Haworth charts this profound change in popular opinion that made American nationhood possible.

Mon **6/27** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10167

The First Generation of Americans (Online)

Jim Kenney, Co-founder Common Ground, Author

Americans who lived between 1776 and 1830 inherited a truly new world, and with it, the task of working out the terms of Independence. Anyone who started a business, ran for office, marketed a new invention, formed an association, or wrote for publication was helping to fashion the world's first liberal society. In her marvelous book, Inheriting the Revolution, historian Joyce Appleby weaves a compelling picture of the "first generation," the Americans who turned the new abstractions of democracy, the nation, and free enterprise into contested realities.

Tue **5/24 – 6/14 (4X)** **1 – 2:30 p.m.**
$49 Member; $65 Non-member 10179

The Lakota: From Sitting Bull to Black Elk (Online)

Jim Kenney, Co-founder Common Ground, Author

The Lakota Sioux are one of three major subcultures of the Native American Siouan people. Jim Kenney explores some of the lifeways of a magnificent nation by taking a closer look at two extraordinary figures. Sitting Bull, born around 1831 in South Dakota, was one of their greatest cultural and spiritual leaders and celebrated warriors who played a role in their search for identity in the face of white encroachment. His death in 1890, at the hands of Lakota military police led indirectly to the Massacre at Wounded Knee. Born in 1863, Black Elk fought as a boy at the Little Bighorn with his cousin Crazy Horse. He became known, however, as a holy man of the Lakota. Today he is regarded by historians and by many Lakota people as the preserver of a spirituality that might have been lost forever.

Thu **7/14 – 7/28 (3X)** **10 – 11:30 a.m.**
$39 Member; $49 Non-member 10185

War Without End: Failed Attempts to End World War I (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

While much analysis has been devoted to the causes of World War I, far less thought has been devoted to the question why, after the war became a stalemate, European leaders could not find a way to end it. Through earlier conflicts over religion and revolution, European leaders managed to arrange enough truces to avoid a collapse of the continent's political order. Joe Harrington will discuss the circumstances of 1914-1918 that prevented compromise and ended Europe's age of global supremacy.

Mon **7/25** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10175

Hidden Memory: An American World War II Story (Hybrid)

Anne Shimojima, Storyteller, School Librarian

World War II was a very different experience for Japanese Americans. Storyteller Anne Shimojima will share the inspiring story of her family's journey from Japan and through the internment camps where 120,000 innocent people were locked up behind barbed wire. Illustrated with family photos and those from the National Archives, Anne relates how their only crime was looking like the enemy.

Mon **7/11** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10144

The Airborne on D-Day (Hybrid)

Robert Mueller, Military History Enthusiast

Focusing on the men of the United States 82nd and 101st Airborne Divisions who, on June 6, 1944 performed the most hazardous of military operations, military historian Bob Mueller explains the reasons for selecting Normandy as the invasion site and the critical role played by American Airborne forces in its successful outcome. Particular attention is given to individual paratroopers who, off target, frequently lost, and lacking heavy weapons, denied the German occupying force the ability to counterattack the American amphibious landings.

Mon **6/6** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10186

The Daughters of Yalta: The Churchills, Roosevelts, and Harrimans: A Story of Love and War (Hybrid)

Judy Levin, Book Reviewer

Judy Levin reveals the untold story of the three intelligent and glamorous young women who accompanied their famous fathers to the Yalta Conference in February 1945, and of the conference's fateful reverberations in the waning days of World War II. Kathleen Harriman was a champion skier, war correspondent, and daughter of U.S. Ambassador to the Soviet Union Averell Harriman. Sarah Churchill, an actress-turned-RAF officer, was devoted to her brilliant father, who depended on her astute political mind. Roosevelt's only daughter, Anna, chosen instead of her mother Eleanor to accompany the president to Yalta, arrived there as keeper of her father's most damaging secrets. Judy shares the remarkable story of fathers and daughters whose relationships were tested and strengthened by the history they witnessed.

Wed **6/1** **10 – 11:30 a.m.**
$15 Member; $20 Non-member 10169

Eleanora: How a Spanish Lady Helped Save Florence and the Medici (Hybrid)

Laura Johnson, Professor Art History, Educator, Travel Guide

Art historian Laura C. Johnson looks at Eleanora of Toledo's life in 16th century Florence. Known as the "First, First Lady,'" her marriage to Cosimo I revived the House of Medici and they had profound cultural influence. Construction of the Uffizi began under Eleanora and Cosimo, and their portraits help us understand their physical afflictions such as osteoporosis and protruding eyes. Eleanora's wardrobe had a profound impact on Florentine textiles and international commerce. Learn about the repair of Michelangelo's David, the political symbolism of moving the Medici to Palazzo Pitti, and the civic value of the Boboli Gardens.

Thu **8/18** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10188

Time Capsules: History in Perspective

Barry Bradford, Historian

Historian Barry Bradford returns with year's highly anticipated "Time Capsule" programs. In each presentation, Barry will explore life in America in a specific year. He looks at the top news stories, important births and deaths, what consumer items cost, and what music, radio, film, and TV people were enjoying.

1922: 100 Years Ago (Hybrid)

100 years ago America was dealing with the end result of a pandemic, a Republican president was caught in a major scandal, baseball was at a crossroads, and massive changes were happening in the movie industry. It is the year that Alexander Graham Bell died, Betty White was born, and the Lincoln Memorial opened, but with no mention of slavery in the dedication!

Thu **6/16** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10268

1947: 75 Years Ago (Hybrid)

In 1947, network television was just beginning and America was asking itself what "the new normal" would look like after World War II. Jackie Robinson integrated baseball, opening the door for Martin Luther King, Jr. An unpopular Democratic former vice president saw Congress and the country shift starkly to the Republican side. Al Capone died and Hillary Clinton was born. The establishment of Israel changed the modern world in ways we are still understanding.

Thu **6/23** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10269

1972: 50 Years Ago (Hybrid)

The overwhelming reelection of President Nixon was held in the shadow of the just emerging story of Watergate. The 1970s were destined to be very different from the point of view of the 1960s in music, fashion, film, television, and consumer prices. This fascinating look at 1972 America in transition will captivate you.

Thu **6/30** **1 – 2:30 p.m.**
$15 Member; $20 Non-member 10270

History (continued)

Introducing Fritz Bauer: The German Jew Who Found Eichmann and Initiated the Auschwitz Trials (Online)

Anette Isaacs, German Historian

Fifty-five years after the beginning of Adolf Eichmann's trial in Jerusalem, it has become common knowledge that he was captured by Mossad agents in Argentina and brought to justice in Israel. But few know that it was a German Jew, the Hessian attorney general Fritz Bauer, who provided pivotal information about Eichmann's whereabouts in South America to the Israeli authorities. Historian Anette Isaacs pays homage to Bauer, this true hero and indomitable spirit who confronted post-war German society with its guilt, and denial thereof, and who almost single-handedly initiated the Auschwitz Trials of the mid-1960s.

Fri **7/29** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10189

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1920: The Year of Six Presidents (Online)

Jim Kenney, Co-founder Common Ground, Author

It was a time when America was urbanizing, prohibition was taking hold, Sacco and Vanzetti were being held for murder, and the Ku Klux Klan was railing against blacks, Catholics, and Jews. American voters were asked to choose between Wilsonian internationalism and the isolationism of Harding and others. David Pietrusza's remarkable book, *1920: The Year of the Six Presidents*, tells the almost unbelievable story of the election year when six past and future presidents vied for the White House. Teddy Roosevelt, Woodrow Wilson, Warren G. Harding, Calvin Coolidge, Herbert Hoover, and Franklin Delano Roosevelt come together in the unforgettable story of an election that would shape the course of America's future like few others.

Thu **5/5 – 5/26 (4X)** **10 – 11:30 a.m.**
$49 Member; $65 Non-member 10182

The Presidency of Woodrow Wilson (Hybrid)

Gary Midkiff, Historian, College Professor

In the last 20 years the C-Span ranking of President Wilson has dropped from 6th to 13th and will probably drop further. What had changed our viewpoint? How have his supposed strengths come to be understood as weaknesses and failures? He became President because of an election fluke and left office as a paralyzed invalid. Gary Midkiff will examine what took place in between.

Wed **5/4 – 5/11 (2X)** **10 – 11:30 a.m.**
$24 Member; $34 Non-member 10197

The Presidency of Richard Nixon (Hybrid)

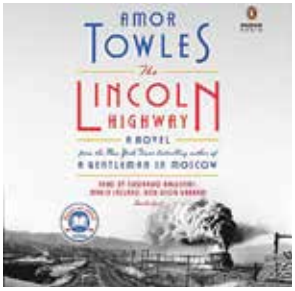
Gary Midkiff, Historian, College Professor

Nixon was paranoid, unethical, vulgar, petty, manipulative, vindictive, and deserved to be impeached. Nixon was also politically brilliant, understood foreign policy better than his two predecessors or his two successors, and knew how to connect with the desires of American voters. His story is much more than the tragedy of Watergate.

Wed **8/3 – 8/10 (2X)** **10 – 11:30 a.m.**
$24 Member; $34 Non-member 10199

Literature

The Lincoln Highway by Amor Towles



Ann Walters, Educator

The author of A Gentleman in Moscow and Rules of Civility is back with a page-turner set in 1950s America. Covering just ten days, this road trip adventure starts in the middle of the country and ends in New York. It is imaginative, painstakingly constructed, and unputdownable. Filled with a cast of characters who are both quirky and believable, this is a book that appeals to all kinds of readers: male and female, teenagers, and older adults.

Wed **5/4** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10282

This Is All I Got: A New Mother's Search for Home by Lauren Sandler

Ann Walters, Educator

Lauren Sandler, an award-winning journalist, chronicles the year in the life of Camila, a young, single mother struggling to find a home and stability for herself and her child. This nonfiction account is as suspenseful and well-written as any novel, but it is the real story of a real person. Readers, like the author, will find themselves rooting for Camila, who's smart, hardworking, and resourceful, but faces roadblocks at every turn.

Wed **7/6** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10283

Reading for a Cozy Afternoon (Hybrid)

Erin Collins, Reference Librarian, Winnetka-Northfield Public Library

Enjoy a lively conversation and book discussion of new and classical works of fiction, led by Erin Collins of the Winnetka-Northfield Public Library. Read and discuss the following books:

May 11 *The Children's Blizzard* by Melanie Benjamin
June 8 *The People We Keep* by Allison Larkin

Group meets the second Wednesday of the month. Center membership required to participate.

Wed **5/11 – 6/8 (2X)** **1 – 2 p.m.**
No Fee 10156

Mystery Book Club (Hybrid)

Erin Collins, Reference Librarian, Winnetka-Northfield Public Library

Are you a fan of mysteries and thrillers? Do you enjoy twists and turns on every page? Take part in a lively discussion of thriller, suspense, true crime, noir, detective, and mystery novels. This summer you will read and discuss the following books:

May 23 *The Grim Reader* by Kate Carlisle
June 27 *Voice of the Violin* by Andrea Camilleri

Group meets the fourth Monday of the month. Center membership required to participate.

Mon **5/23 – 6/27 (2X)** **1 – 2 p.m.**
No Fee 10157

Music Appreciation

The History of Stevie Wonder (Hybrid)

Gary Wenstrup, Instructor, Triton College and College of DuPage

It is a history of hits, one right after another! In the 1960s, "Fingertips," "Uptight (Everything's Alright)," "I Was Made To Love Her," "My Cherie Amour." In the 1970s, "Signed, Sealed, Delivered," "Superstition," "You Are The Sunshine of My Life, "Sir Duke." In the 1980s, "Master Blaster(Jammin')," "Ebony and Ivory," "I Just Called To Say I Love You." Using performance and interview clips, Gary Wenstrup will trace the arc of Stevie's amazing career to gain a deeper understanding of one of our national treasures.

Mon **6/13** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10060

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Music Appreciation
(continued)

Motown: Music That Moved the World (Hybrid)
Gary Wenstrup, Instructor, Triton College and College of DuPage

In Detroit in the 1960s, Motown Records produced hits as efficiently as the Ford Motor Company produced automobiles…110 Top Ten Hits to be exact! It was the "sound of young America" sung by performers like The Supremes, The Temptations, Marvin Gaye, and Stevie Wonder. Gary Wenstrup will trace the amazing musical journey from power soul to psychedelic soul to pop soul. Timeless music that moved us then and still moves us now!

Mon **8/8** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10061

The Beatles, Chicago, and the 1960s (Hybrid)
John Lyons, Author, History Professor, Joliet Junior College

John Lyons examines the impact of the Beatles on the Chicago Metropolitan area. Through the use of music, video, and many unseen photographs from the 1960s, John Lyons reveals untold stories of the Beatles during visits to the city, and highlights the unique connections between the Fab 4 and Chicago. You will meet a diverse cast of local characters who were engulfed by Beatlemania.

Wed **6/1** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10206

Elton John: Prolific Performer (Hybrid)
Susan Benjamin, Musical Biographer

A composer, singer, and pianist who has sold more than 300 million records and claims 56 Top 40 hits, Elton John is one of the most successful musical artists of all time. From his earliest musical inspirations to his Broadway and film acclaim, Elton John's work has shaped modern music for over 50 years. How did Reginald Dwight, a lonely, British boy who felt rejected by his father, become Sir Elton John? Susan Benjamin will feature stories and examples from both his personal and professional life to illustrate the struggles and triumphs of this musical icon.

Wed **7/27 – 8/3 (2X)** **1 – 2 p.m.**
$24 Member; $34 Non-member 10242

The German Virtuosa: Inside the Life and Times of Clara Schumann (Online)
Anette Isaacs, German Historian

She was not only a divine pianist, talented composer, and successful teacher, but she was also a mother of eight and the main breadwinner for her family. In the very male-dominated 19th century, German superwoman Clara Schumann did it all while juggling a concert career over 61 years that made her internationally famous. German Historian Anette Isaacs provides an intimate look at the life of the very exceptional Clara Virtuosa.

Fri **6/3** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10190

Verdi's Women (Hybrid)
Michael Vaughn, Ph.D., Professor, National Louis University

During Giuseppe Verdi's lifetime, women were confined to a narrow path, prohibiting their freedom to choose a partner, their access to knowledge and education, their rights to work, their acknowledgement of their own sexuality, their protection from domestic violence, and their equality under the law. Surprisingly then, Verdi's selection of narratives for his operas reveals a preference for those in which women often demonstrated a greater independence, spirit, and thirst for resistance than was normally encouraged. Amongst Verdi's characters are some of opera's most interesting roles for female singers…virgins and courtesans, princesses and slaves, witches and gypsies, mothers and daughters. Michael Vaughn explores the fascinating world of Verdi's women.

Fri **5/20 – 5/27 (2X)** **10 – 11:30 a.m.**
$24 Member; $34 Non-member 10196

Horowitz: The Last Concerto (Hybrid)
Jim Kendros, Composer, Music Researcher, Educator

Experience the final concerto Horowitz played! Jim Kendros will show you this remarkable session of Mozart's Piano Concerto #23, the final concerto recording by this legendary pianist. See and hear Horowitz in the studio, watch breathlessly as the camera brings closeup glimpses, and be charmed by the humor and wit of this immortal artist. Jim brings the passionate working world of Horowitz with a background of Mozart as a pianist and the structure of the piano concerto in Mozart's time.

Mon **6/20** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10202

The Magic of Schubert (Hybrid)

Jim Kendros, Composer, Music Researcher, Educator

Jim Kendros presents the remarkably lyrical and magical music of Franz Schubert. Experience the radiant raptures of symphonic creations, the lyrical sweetness of Schubert's famous Serenade and the intensely personalized expressions of his art songs and piano works. A special highlight will be Schubert's remarkable Arpeggione Sonata, a work composed for a rare instrument but is now mainly performed on cello. You will experience both versions as Jim Kendros celebrates this musical genius.

Fri **8/12** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10235

People, Places & Culture

Journeying Through the American Indian Way of Life (Hybrid)

Kim Sigafus McIver, Native American Author, Presenter

Award-winning Ojibwa author and speaker Kim Sigafus McIver introduces the Native people who once called Illinois their home. She will present the oral traditions and daily life, and discuss planting the Three Sisters of corn, beans, and squash. When discussing the importance of music in the culture, she will drum and sing a traditional lullaby. You will also get the opportunity to learn some Native language. Kim will answer all your questions as she shares her fascinating culture and its traditions.

Mon **5/16** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10111

Keeping the Holy City Safe (Hybrid)

Moshe Pomerantz, Educator

Jerusalem is the world's most complex and complicated city. The tensions between Jew and Arab, fanatic orthodoxy of many religions vs. secular everyday people are just the beginning. Besides protecting millions of tourists, there are serious issues of petty crime, drugs, smuggling, and hard core criminals. The Jerusalem District of the Israeli National Police deals with this on a 24-hour basis, and they do a pretty good job of it. Moshe Pomerantz will reveal the people and the techniques that keep the Holy City safe and screen one episode from the hit Israeli television docudrama on just that topic.

Fri **6/10** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10067

Pyramids Around the World (Hybrid)

Lisa Kent, Ph.D., Art Historian, Researcher

While ancient Egypt is justly famous for its pyramids, those are not the only ones in the world. Pyramids appeared in other areas and in many different time periods. Not all are the same. Lisa Kent will explain the reasons that this shape was used so often, and look at the similarities and the differences in both the designs and their purposes. Pyramids can be tombs or temples, smooth or stepped. Some are sealed forever, while others are stairs to the gods. Whether in Egypt, Nubia, Mexico, or Guatemala, pyramids are always fascinating.

Tue **8/16** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10065

Hidden Gems of America's National Park System (Hybrid)

David Kroese, Park Explorer, Author, Researcher

David Kroese will discuss our national park system's stunning hidden gems, places largely unfamiliar to the public and all but serious park enthusiasts and rangers. On a quest to visit the 423 National Park Service units, he visited sites from across the continent and into the Pacific and Caribbean, exploring lesser known but spectacular natural and historical parks that remain some of our best kept secrets. He has made it his mission to say "thank you" to park personnel around the country.

Mon **5/2 – 5/9 (2X)** **1 – 2:30 p.m.**
$24 Member; $34 Non-member 10117

People, Places & Culture (continued)

Japan: An Old and Modern, Urban and Rural, Crowded and Beautiful Place (Hybrid)

Norman Moline, Professor Emeritus of Geography, Augustana College

While Japan is well-known for Tokyo, economic power, beautiful gardens, temples and shrines, Mt. Fuji, and cuisine, its culture and landscapes have many other characteristics. With 125 million people in an area only 2.5 times the size of Illinois, it has developed many ways to cope with crowding and use its environment. In addition to references to some well-known cities and historic sites, Norm Moline will introduce you to small villages, farms, the northern Sea of Japan coast, the Japanese Alps, the northern island of Hokkaido, and southern island of Kyushu. Your visit will be memorable.

Fri **7/8** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10241

The Origin and Fascinating Story of Tea

Marco Chou, Adjunct professor, DePaul University

Find out more about the rich history of tea. Learn about its origin and its importance in East Asian social interactions as well as the many health benefits of this popular refreshment. Then enjoy a tea ceremony with a tasting of different teas.

Thu **5/19** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10213

Religion & Spirituality

Mark: The First Gospel (Hybrid)

Jerrol Leitner, English and Theology Educator

About 70 CE, a writer identified as "Mark" composed the first gospel, which presented a truncated life of Jesus that recalled his message and actions, stressed his suffering and death, but curiously did not mention resurrection appearances. Using selections from the gospel, Jerrol Leitner's discussion will investigate the way Mark collected and ordered materials to craft his theological image of Jesus the Christ, and his immense influence on the later gospels of Matthew and Luke. Of the 661 verses in Marks' gospel, Matthew's gospel borrows 607 and the gospel of Luke uses 360.

Wed **5/4 – 5/11 (2X)** **1 – 2:30 p.m.**
$24 Member; $34 Non-member 10056

Science & Nature

Forgotten Treasures: The Year in Archaeology (Online)

Jim Kenney, Co-founder Common Ground, Author

Each year, Jim takes a good look at the most important, most surprising, or quirkiest archaeological discoveries of the past 18 months. The array of places and finds is always fascinating, and this year's excursion is no exception, with captivating slides and informative lectures. Jim will present the discovery of the "Golden City" at Luxor in Egypt, the world's first artists in Tibet, the earliest leatherworkers in Morocco, the first Americans up to 23,000 years ago in New Mexico, a magnificent Bronze Age map in France, and many others fascinating finds.

Tue **5/3 – 5/17 (3X)** **1 – 2:30 p.m.**
$39 Member; $49 Non-member 10178

How Copernicus, Kepler, and Galileo Turned the Earth into the Third Rock from the Sun (Hybrid)

Richard Wilders, Professor Emeritus, North Central College

In 1543, Copernicus published *On the Revolutions of the Heavenly Spheres*, which proposed the revolutionary and heretical notion that the Sun, not the Earth, is the center of the universe. Kepler modified Copernicus' model to create a description of the Solar System that is still nearly correct today. Meanwhile Galileo wrote *Dialogue Concerning the Two Chief World Systems* in which he argued forcefully for Copernicus's Sun-centered universe. Richard Wilders will look at these three titans of science as people and as profound thinkers.

Fri **5/13** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10171

DNA Photofitting: A Genetic Eyewitness (Hybrid)

Hal Tinberg, Ph.D., Abbott Laboratories (retired)

Eyewitness accounts are historically unreliable and account for the vast majority of the convictions now being reversed by DNA Testing. A new "eyewitness" is emerging in law enforcement, one based on a new type of technology – DNA Photofitting. Hal Tinberg will discuss the actual case histories of the Baton Rouge Serial Killer and the Napa, California Halloween Murders to describe how genetic testing can reveal the physical features of a criminal. You will learn how this new technology is impacting our ability to correctly identify criminals.

Tue **6/21** **1 – 2:30 p.m.**
$12 Member; $17 Non-member 10231

Ten Ways of Looking at Artificial Intelligence (Online)

Jim Kenney, Co-founder Common Ground, Author

In Possible Minds, his latest collection of short, insightful pieces by renowned scientists, psychologists, and philosophers, John Brockman turns his attention to the complex questions that surround Artificial Intelligence (AI). It is hard to frame the topic more cogently than Brockman does. "Artificial Intelligence is today's story. It is the Second Coming and the Apocalypse at the same time: good AI versus evil AI." Jim Kenney has chosen to highlight 10 of the 25 essays in the book, resulting in a round-table examination of mind, thought, intelligence, and what it means to be human. If you have not thought much about the place of machines and machine learning in society, this particular discussion is sure to captivate you.

Tue **6/28 – 7/5 (2X)** **1 – 2:30 p.m.**
$29 Member; $39 Non-member 10180

Creating the Perfect Spa for Birds (Hybrid)

Alyse Burman, Educator, Owner of The Wildbird Shack

Supporting our local bird populations and promoting healthy living for them with food, water, shelter, and proper hygiene is so important. Alyse Burman will explain how to keep wild birds safe from the elements, and the proper birdscaping techniques to attract more birds just by following a few easy steps. So much can be done to protect our birds and enhance our outdoor surroundings.

Wed **7/6** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10200

The Bat Experience (Hybrid)

Alyse Burman, Educator, Owner of The Wildbird Shack

Bats are extraordinary mammals. Alyse Burman will address many misconceptions and fascinating facts about bats. Why do they hang upside down? Did you know that bats are responsible for pollinating over 300 species of fruits and other vegetation. Did you know that bats have a very strong family unit? Bats unfortunately get a bad rap! You may walk away with a whole new perspective on the "menacing bat."

Fri **8/19** **10 – 11:30 a.m.**
$12 Member; $17 Non-member 10201

Inquire

Our new category of peer-led classes are developed and coordinated by your peers. All class participants take part in the discussions and may take turns facilitating a session.

Culture & Society

Philosophy: The Meaning of Life (Hybrid)

Lynne Donoghue and Linda Spring, Coordinators

Ah! This quaint notion of "the meaning of life"! Instead of a thoughtful effort, many of us cope with feelings of meaninglessness via football, sex, Kabbala, fundamentalism, or ice cream. Take a serious yet fun exploration of this topic with Marx, Schopenhauer, Shakespeare, Sartre, Beckett, Socrates, Plato, Nietzsche, and more. Two books guide us: *The Meaning of Life: A Very Short Introduction* and *Simply Philosophical Quotes: 915 Inspiring, Thought-Provoking Quotes from 10 Influential Philosophers to Open Your Third Eye*. Participants take turns leading classes. Related topics/expertise and personal anecdotes related to topic allowed.

Wed **5/4 – 8/10 (14X – no class 6/29)** **1 – 3 p.m.**
$79 Member; $95 Non-member 10234

The Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race (Hybrid)

Lois Glick and Joel Michael, Coordinators

Walter Isaacson, the bestselling author of Leonardo da Vinci and Steve Jobs returns with a gripping account of Nobel Prize winner Jennifer Doudna and her colleagues and the revolution that will allow us to cure diseases, fend off viruses, and have healthier babies. These scientists turned a curiosity of nature into an easy-to-use tool that can edit DNA. Known as CRISPR, it opened a brave new world of medical miracles and moral questions. Participants take turns leading classes. Related topics/expertise allowed.

Mon **5/2 – 8/15 (14X – no class 5/30, 7/4)** **1 – 3 p.m.**
$79 Member; $95 Non-member 10236

Native America from 1890 to the Present (Hybrid)

Ivan Berk and Rochelle Singer, Coordinators

A commonly held idea is that American Indian history essentially ended with the 1890 massacre at Wounded Knee. David Treuer, an Ojibwe Indian from the Leech Lake Reservation in Minnesota, has developed a different narrative. In The Heartbeat of Wounded Knee, Treuer melds history with reportage and memoir to present an intimate story of a resilient people in a transformative era that chronicles the lives of Indigenous people since the 1890 massacre at Wounded Knee Creek in South Dakota. They did not disappear, and their intense struggles actually helped to preserve their language, their traditions, their families, and their very existence. Participants take turns leading classes. Related topics/expertise allowed.

Tue **5/3 – 7/12 (11X)** **1 – 3 p.m.**
$69 Member; $83 Non-member 10240

Current Issues

Point of View (Online)
Reva Schneider, Coordinator

Take part in current events discussions in which topics are generated during class by the participants and the facilitator. Utilizing the vast shared knowledge base and expertise of our learning community, varying perspectives are encouraged for our "conversations that matter." There is "no leading" and "no reading" in this dynamic current events discussion. Coordinator facilitated. Related topics/expertise and personal anecdotes allowed.

Mon **5/2 – 8/29 (16X – no class 5/30, 7/4)** **1 – 3 p.m.**
$89 Member; $109 Non-member 10218

TED Talks (Hybrid)
Maureen McGrath and Neal Rubin, Coordinators

View and discuss TED Talks with your peers to expand your knowledge and dive deep into many issues of the day. Participants may volunteer to lead a discussion each week on a talk they select. We watch the talk as a group in class. TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks that are 18 minutes or less. Participants take turns leading class. Personal anecdotes related to topic allowed.

Tue **5/3 – 7/19 (12X)** **11 a.m. – 12 p.m.**
$69 Member; $83 Non-member 10222

The New York Times (Hybrid)
Bob Holstein and Michael Kramer, Coordinators

Discuss articles from the previous week's *New York Times*. Class members will select articles of interest and lead a one hour discussion in which all participate. There will be two one-hour discussions per class. The atmosphere is cordial and polite at all times. Participants take turns leading class. Personal anecdotes related to topic allowed.

Thu **5/5 – 8/4 (14X)** **9:30 – 11:30 a.m.**
$79 Member; $95 Non-member 10217

A Different Democracy (Hybrid)
Ron Futterman and Mick Jackson, Coordinators

A Different Democracy by Taylor, Shugart and others, was published in 2014 and compares American democracy with 30 other democracies. Using the book as a basis of class discussions, examine constitutions, federalism and non-federalism, elections and electoral systems, parties, legislative, executive, and judicial powers of these countries. Participants take turns leading classes. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Wed **5/4 – 8/17 (15X – no class 6/29)** **9:30 – 11:30 a.m.**
$89 Member; $109 Non-member 10232

Russia Post Gorbachev: The Rise and Reign of Vladimir Putin (Hybrid)
Bob Holstein and Michael Kramer, Coordinators

After the fall of the Soviet Union, there seemed to be a chance for democracy in Russia. However, Vladimir Putin came on the scene and crushed that fledgling democracy. With the book *The New Czar: The Rise and Reign of Vladimir Putin*, explore and discuss how that happened and what this means for Russia and the rest of the world. Participants take turns leading classes. Related topics/expertise allowed.

Mon **5/2 – 8/29 (16X – no class 5/30, 7/4)** **9:30 – 11:30 a.m.**
$89 Member; $109 Non-member 10261

Film, Theater & TV

Documentary Films (Hybrid)

Rhonda Milkowski, Coordinator

Take part in lively discussions after in-class viewing of contemporary, informative documentaries, frequently controversial, and sometimes fun filled entertainment. Expand your appreciation of film by examining the technique and point of view in the Oscar, Netflix, and class recommended films. Rather than a lecture, class discussions will focus on interactive questions aided by the Evaluation and Resource Guide provided. Participants take turns leading class. Discussion of class material only. Personal anecdotes on related topics allowed.

Thu **5/12 – 7/28 (12X)** **1 – 3:30 p.m.**
$69 Member; $83 Non-member 10215

Favorite Films (Hybrid)

Bob Holstein and Richard Rosen, Coordinators

Enjoy weekly film discussions of our favorite films. These films have been selected by the coordinators because of their quality and because they lend themselves to a class discussion. A schedule of the films to be discussed will be sent in advance and participants will watch the films at home prior to the discussion. These discussions are loose and are great fun. Coordinator facilitated. Related topics/expertise and personal anecdotes allowed.

Wed **5/4 – 8/10 (14X – no class 6/29)** **1 – 2:30 p.m.**
$79 Member; $95 Non-member 10216

Literature & Writing

Writing Workshop (Hybrid)

Ivan Berk and Wade Bartlett, Coordinators

You love to write. Now you can participate in a group of writers, to learn and explore new methods and writing styles. It may be fiction, non-fiction, poetry or plays. Your classmates will provide thoughtful suggestions and evaluations intended to encourage you to put forth your best efforts. Many members have had their writings published in our member produced arts and literary journal *The Review*. Don't be afraid, jump in, the water is calm and warm. Participants take turns leading classes. Discussion of class material only. Personal anecdotes related to topic allowed.

Mon **5/2 – 6/27 (8X – no class 5/30)** **1 – 3 p.m.**
$49 Member; $59 Non-member 10224

Contemporary Short Stories: Best American Short Stories, Continued (Hybrid)

Meredith Hellestrae and Susan Siebers, Coordinators

This brief class continues reading the stories from the Winter term in the anthology 1*00 Years of the Best American Short Stories*, which includes the best of the prize-winning short stories of the past 100 years. Participants take turn leading class. Discussion of class material only. No personal anecdotes

Thu **5/5 – 5/26 (4X)** **9:30 – 11:30 a.m.**
$35 Member; $45 Non-member 10284

Contemporary Short Stories: 2021 O. Henry Prize Winners (Hybrid)

Meredith Hellestrae and Susan Siebers, Coordinators

A successful short story must capture a reader's attention in its first paragraph. Its brevity imposes the limits in which the writer employs their magic. No short story works that magic in the same way. Stories in our book were selected for the 2021 O. Henry Prize published in the prior year. You will explore one story in depth each session, covering half the book. Participants take turn leading class. Discussion of class material only. No personal anecdotes.

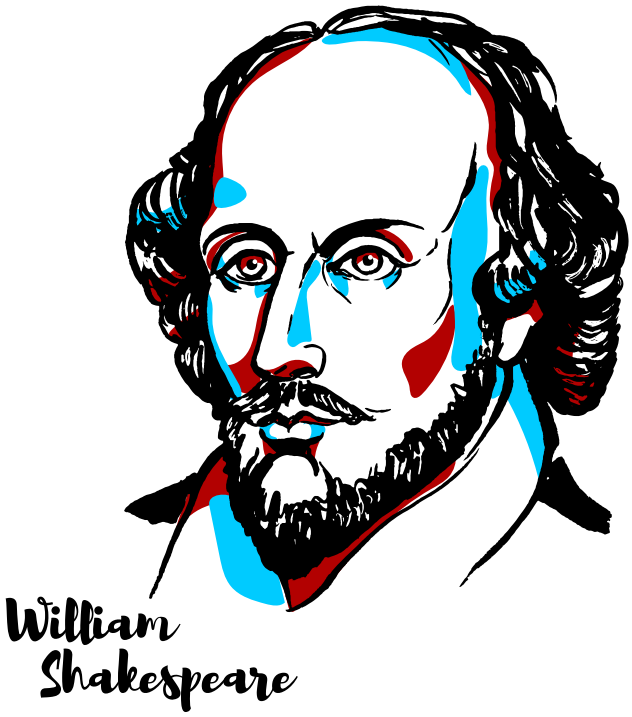
Thu **6/9 – 8/11 (10X)** **9:30 – 11:30 a.m.**
$59 Member; $71 Non-member 10221

Women's Room (Hybrid)

Nancy Bellew, Mary Bloom, and Martha Fox Coordinators

Explore literature written by women, authors who were often overlooked through history. Class discussions examine the text and approach the selected readings as fine literature. In addition, view a women-related film and explore a collection of poetry written by a woman poet. Honor women authors by taking this time to celebrate and study their work. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

Fri **5/13 – 8/19 (15X)** **10 a.m. – 12 p.m.**
$89 Member; $109 Non-member 10214



Shakespeare: Nutshell (Hybrid)

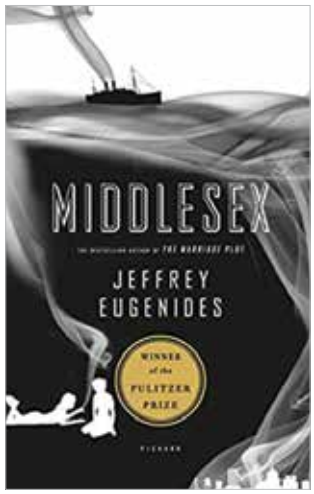
Wade Bartlett and Paul Phillips, Coordinators

Instead of a play, a novel evocative of Hamlet! The narrator is an articulate and entertaining fetus in his ninth month. As his gestation has progressed, he has become aware that he is threatened by a Hamlet-like betrayal by his mother with his father's brother. Whether or not he will be born successfully and survive depends on actions he must take while still in the womb! Enjoy reading and discussing this highly amusing book. Participants take turns leading class. Related topics/expertise and personal anecdotes related to topic allowed. Sessions when videos are shown will be Online only.

Thu **5/5 – 6/16 (7X)** **1 – 3 p.m.**
$49 Member; $59 Non-member 10219

Prize Winning World Literature: *Middlesex* (Hybrid)

Carole Einhorn, Coordinator



Take part in a stimulating discussion of Jeffery Eugenides' *Middlesex*. This Pulitzer Prize winning novel tells the story of Calliope Stephanides, and three generations of the Greek-American Stephanides family, who travel from a tiny village overlooking Mount Olympus in Asia Minor to Prohibition-era Detroit. To understand why Calliope is not like other girls, she has to uncover a guilty family secret. Lyrical and thrilling, *Middlesex* is an exhilarating reinvention of the American epic. Participants take turns leading class. Personal anecdotes related to topic allowed.

Wed **5/4 – 8/17 (15X – no class 6/29)** **9:30 – 11:30 a.m.**
$89 Member; $109 Non-member 10223

Science Fiction: *The Windup Girl* (Online)

Joel Michael and Linda Spring, Coordinators

Emiko is the "Windup Girl," one of the New People, slaves, soldiers, and toys of the rich in this chilling near future by Paolo Bacigalupi. Calorie companies rule the world, the oil age has passed, and the side effects of bio-engineered plagues run rampant across the globe. What happens when calories become currency? What happens when bio-terrorism becomes a tool for corporate profits and forces mankind to the cusp of post-human evolution? Participants take turns leading class. Personal anecdotes related to topic allowed.

Tue **5/3 – 8/2 (14X)** **9:30 – 11:30 a.m.**
$79 Member; $95 Non-member 10260

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Enrich

Adventure

Reed-Turner Woodland Walk and Tour

Stephanie Young, Long Grove Park District

Experience the beautiful, serene preserves at Reed-Turner Woodland, a hidden gem in Long Grove. An experienced guide will give you the history of this protected forest as you walk under oaks and hickory trees. On this guided nature walk you will learn more about Illinois' native wildflowers, bird migration, and the many other signs that herald the arrival of spring. The trails are well-defined and most are covered with wood chips for easy walking. This is a "moderate" hike and is not ADA accessible.

Tue **5/10** **1:30 – 2:30 p.m.**
$12 Member; $17 Non-member 10063

Skokie Lagoon Canoe and Kayak Excursion

Liam Durnan, Chicago River Paddle

Enjoy a tour of the Skokie Lagoons with an expert guide from Chicago River Canoe and Kayak. Paddle through the peaceful forest preserves and take in the natural surroundings, possibly getting a glimpse of water birds and turtles in their habitats. This outing is good for beginners as well as more experienced boaters, and you will receive instructions, safety tips, and pointers before the excursion. Choice of kayak or canoe when you arrive onsite.

Fri **8/12** **1 – 2:30 p.m.**
$25 Member; $30 Non-member 10062

Arts & Crafts

Playing with Paint: A Learn to Paint Workshop

Adrienne Aaronson, Artist and Art Educator

A great opportunity to experience the fun and creativity of painting! Instructor Adrienne Aaronson takes you from the beginning as you explore light and dark, black and white, and color painting. Learn about composition and texture while experimenting with color paints. Each class session builds upon the previous class, and in the final session, all the elements come together as you create your own work of art. All supplies are provided in class. Bring an apron or smock to cover your clothes.

Mon **5/2 – 5/23 (4X)** **10 a.m. – 12 p.m.**
$125 Member; $145 Non-member 10225

Playing with Paint: Part 2

Adrienne Aaronson, Artist and Art Educator

Experience the fun and creativity of painting! Instructor Adrienne Aaronson will offer individual attention with a strong introduction to painting. You will learn about color mixing, painting techniques and composition. This class is a great follow-up to Playing with Paint, which explored some painting basics. Students must provide their own supplies. Bring an apron or smock to cover your clothes.

Mon **6/7 – 6/27 (4X)** **10 a.m. – 12 p.m.**
$125 Member; $145 Non-member 10273

Pour Painting

Samantha Younis, Blue Rose Studio

Create a unique abstract painting inspired by Jackson Pollock. A fun and messy painting technique, great for first time painters or experienced artists. All supplies provided in class. Bring an apron or smock to protect your clothes.

Wed **5/11** **10 – 11:30 a.m.**
$19 Member; $25 Non-member 10227

Mon **8/15** **10 – 11:30 a.m.**
$19 Member; $25 Non-member 10280

Intuitive Art: An Abstract Painting Class

Samantha Younis, Blue Rose Studio

Create an abstract painting while connecting with your intuitive self. There will be short meditations and then you will do mark making. Class is for all levels, especially absolute beginners. All supplies included, all levels will enjoy it!

Wed **6/8** **10 – 11:30 a.m.**
$19 Member; $25 Non-member 10228

Kinetic Art

Peggy Goldman, Artist and retired Art Teacher

Create an optical illusion in paper in the style of Yaacov Agam. Agam is an Israeli artist best known for his pioneering of Kinetic Art. His art can be viewed in museums all over the world as well as in several buildings in downtown Chicago. You will create two pictures that will be cut into even strips and placed on accordion pleated paper. When the viewer moves from one viewing area to the other side of the pleated paper, they will see an entirely different image. You will be amazed at your creation.

Wed **7/27 – 8/3 (2X)** **9:30 – 11 a.m.**
$25 Member; $32 Non-member 10229

Art Workshop

Carl Kock, Artist & Arts Educator

Easily connect to your creativity and imaginationwith this very welcoming and congenial group. Share ideas with fellow students, beginning through advanced, as you develop your natural talent. Everyone chooses and brings the media they prefer, be it paint, pencil, pastel, cray-pas, mixed media, and so on. Each participant is offered guidance by Carl Kock based on their skill level. Or, if you prefer, you are free to work independently. Come discover your untapped inner visions!

Tue **5/3 – 8/2 (14X)** **10 a.m. – 12 p.m.**
$245 Member; $290 Non-member 10164

New Perspectives Fine Art Studio

Looking for a studio? Make this your artistic home away from home. Start a new project, or work on those you have begun in a class. Find camaraderie with fellow artists and exhibition opportunities in our beautiful Atrium Gallery. Enjoy a wonderful facility with skylights, sinks, individual storage, kiln, easels, light box - perfect for working in many artistic mediums. For more information, contact Lifelong Learning at 847.784.6030 or Rose Carroll at 847.784.6035. Center membership required to participate.

Mon/Tue **5/2 – 8/30 (No class 5/30, 7/4)** **12 – 4 p.m.**
Thu **9 a.m. – 4 p.m.**
$59 NSSC Members only 10163

Sculpture Studio

Studio time is available for experienced sculptors to practice their craft and interact with other artists. Participation must be arranged through Rose Carroll at 847.784.6035. Although the studio use is free, there is a fee for the clay. Center membership required to participate.

Fri **5/6 – 8/26 (17X)** **9 a.m. – 12 p.m.**
No Fee 10160

Bead Stringing and Knotting

Carole Grove, Instructor

Learn how to restring or knot your beads in a small group setting with personalized instruction with Carole Grove. Beading needles, thread, and findings will be provided but you need to bring your own beads. Carole will have some beads available for purchase in class if needed.

Mon **8/1 – 8/8 (2X)** **1:30 – 3:30 p.m.**
$29 Member; $35 Non-member 10226

NSSC Art Gallery

North Shore Senior Center Photography Club and Wilmette Arts Guild

May 6 – June 24, 2022

This photography exhibition features photos from artists who range from amateurs and hobbyists to professional photographers. They feature a myriad of subjects from people to buildings to landscapes. Some are straight up photographs and others have some computer manipulation. But all are feasts for the eye.

The Passions Project: A Different Perspective on Aging

A Photography Exhibition by Heidi Wagner
July 1 – August 26, 2022

Heidi Wagner uses her camera to look closely at extraordinary people of all ages. In 2013 she founded The Passions Project, a portrait series that captures the essence of older adults doing what they love to do—from painting and theatre to community service and sports. Through her lens, Heidi makes visible what often is unseen: a new view of aging that includes vitality, independence and meaning. Heidi's work aims to reframe the negative stereotypes associated with older adults and portray a new perspective on aging.

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Arts & Crafts (continued)

Knitting Studio

Mary Staackmann, Facilitator

Enjoy our weekly Knitting Studio where you can work on your projects, brush up on your skills, learn new techniques, or just spend an afternoon knitting with others. Mary Staackmann will be available to provide personalized instruction as needed, answer any questions you may have about knitting, and share knitting tips. Bring your supplies or project in progress. Center membership required to participate.

Wed **5/4 – 8/31 (16X – no class 6/29, 8/31)** **1 – 3 p.m.**
No Fee 10285

Sewing Bees

A congenial group of quilters, sewers, and knitters prepare craft items for sale in The Shop at the Center. These generous volunteers not only help the Center, they also become fast friends by working together year round. Bring a brown bag lunch. Center membership required to participate.

Fri **5/6 – 8/26 (17X)** **10 a.m. – 2 p.m.**
No Fee 10161

Weaving Studio

Looms are available to experienced weavers for work on personal projects. You must have basic weaving skills, as there is no instructor. Participation is limited by the number of looms available in studio. Contact Rose Carroll at 847.784.6035 in Lifelong Learning for information on availability. Center membership required to participate.

Tue **5/3 – 8/30 (18X)** **9 a.m. – 12 p.m.**
No Fee 10159

Quilting

Rose Carroll, NSSC Staff member

Take part in quilting with others who enjoy the craft. Teacher assistance is provided for those who need help with a personal project. Provide your own supplies. All levels of experience are welcome. Center membership required to participate.

Mon **5/2 – 8/29 (16X – no class on 5/30, 7/4)** **9 a.m. - 12 p.m.**
No Fee 10158

Share the Warmth Club

Share the Warmth Club makes comforting fleece and crocheted blankets for adults going through chemotherapy. Crochet experience is not needed as instruction is provided. Members can also cut fleece, wind yarn, coordinate it with fabric, crochet borders, sew labels, or deliver to hospitals. Bring a brown bag lunch and socialize with this warm, welcoming, and committed group. Center membership required to participate.

Wed/Fri **5/4 – 8/31 (33X – no class 6/29, 8/31)** **9 a.m. – 12 p.m.**
No Fee 10162

Computers & Technology

Introduction to Windows 11

Michael Gershbein, MLS, Very Smart People, LLC

Are you thinking about buying a new Windows 11 computer or looking to upgrade your current machine to Microsoft's newest operating system? Learn what you should consider before you make the change as well as tips and tricks relating to using Windows 11 more efficiently. Laptops provided for use in class or you may bring your Windows 11 laptop to class if desired.

Thu **5/26** **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10243

Hot Tech Trends for Seniors

Lee Huber, Computer and Technology Instructor

Lee Huber will teach about aging-in-place for you and your loved ones. Discover the hottest and most helpful tech trends for your home, including Alexa, wireless locks, smart devices, Ring, and more. Find out about each and see if it makes sense for you now or in the future.

Mon **7/18** **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10147

Apple iPhone and iPad Basics

Michael Gershbein, MLS, Very Smart People, LLC

Looking to get comfortable using your iPhone and iPad? Learn the basics of navigation, customization, and app usage with an aim towards increasing overall familiarity and comfort with your device. Bring your fully charged devices to class.

Thu 5/5 **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10149

Thu 6/16 **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10150

iPhone and iPad Advanced Tips and Tricks

Michael Gershbein, MLS, Very Smart People, LLC
Are you comfortable using your iPhone or iPad, but would like to learn more to get the most out of it? Learn a variety of advanced tips, tricks, and settings that will allow you to maximize your use and become a power user. Bring your fully charged devices to class.

Thu 7/7 **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10151

Top Apps for iPhone and iPad

Lee Huber, Computer and Technology Instructor

Discover the top apps in a variety of categories, including organization, lifestyle, medical, fitness, and much more. Also, learn cool ways to organize the apps so you can find them easily. Bring fully charged device to class.

Mon 8/22 **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10148

Photo Storage for Your Smartphone or Tablet

Lee Huber, Computer and Technology Instructor

Do you have a lot of pictures on your phone or tablet, and are you getting messages that you are low on storage? You can finally eliminate the warnings! Learn the best photo storage and back up sites, as well as photo sharing sites. For Apple and Android devices. Bring your fully charged device to class.

Mon 6/6 **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10146

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Computers & Technology (continued)

Does Your Email Stress You Out?

Lee Huber, Computer and Technology Instructor

Lee Huber presents comprehensive tips and tricks for managing email more efficiently and with more confidence. He will teach you ways to combat email overload and how to manage folders, spam, and contacts. Presentation will focus on AOL, AT&T, Gmail, and Comcast email services. You may use the laptops provided in class, or bring your own. You need to be able to log into your email account during this class.

Mon **5/9** **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10145

Siri, Alexa, Cortana... Oh My! Discovering Virtual Personal Assistants

Michael Gershbein, MLS, Very Smart People, LLC

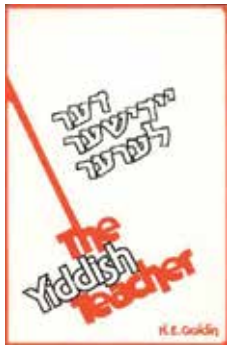
Siri, Alexa, and Cortana are the biggest names in tech right now. These "virtual personal assistant" devices are entering their way into our phones and homes in order to make our lives easier. Learn how you can make use of devices in your everyday life to help you map out driving routes, answer questions, stream music, schedule appointments, and much more.

Thu **8/4** **1 – 2:30 p.m.**
$19 Member; $25 Non-member 10152

Language

Basic Yiddish

Miriam Stein, Facilitator



Learn basic Yiddish comprehension, conversation, songs, reading, and writing. Purchase of text book is necessary. No prior knowledge of Yiddish is required. Required text *The Yiddish Teacher* by H. E. Goldin. Bring the textbook to class each week.

Tue **5/3 – 8/30 (8X)** **1 – 2:30 p.m.**
$15 Member; $19 Non-member 10245

Yiddish Club on Monday (Hybrid)

Ralph Bernstein, Facilitator

For everyone who loves to hear the Yiddish language and can speak a bisl. Enjoy humor, stories, music, and conversation. Center membership required to participate.

Mon **5/2 – 8/29 (16X – no class 5/30, 7/4)** **12:30 – 2 p.m.**
No Fee 10092

Intermediate French (Hybrid)

Adrienne Lawrence, Instructor

Review and refine vocabulary and grammatical concepts with an emphasis on developing competence in speaking and listening, and explore French culture, current events, and traditions. This class is designed for people who have already acquired basic skills in French.

Wed **5/25 – 6/22 (5X)** **10 – 11:30 a.m.**
$55 Member; $65 Non-member 10089

Spanish Club (Online)

Join an eclectic group of non-native hablantes de espanol that gathers for informal conversation, lots of laughs, interesting discussions, and some written homework. Ven a practicar con nosotros. For those who have already acquired basic conversational skills in Spanish. Center membership required to participate.

Mon **5/2 – 8/29 (16X – no class 5/30, 7/4)** **10:45 – 11:45 a.m.**
No Fee 10091

Lifestyle

Profits and Pitfalls Investment Club (Online)

Put your focus on stock investments! For a $500 initial investment in the Profits and Pitfalls portfolio and a $50 monthly investment, you may join this lively group as they analyze different companies and make decisions on what to buy and what to sell. New members are required to attend two business meetings before making a decision to join. Group meets on the third Wednesday of each month. For more information contact John Breen at 847.624.9835. Center membership required to participate.

Wed **5/18 – 8/17 (4X)** **9 – 11 a.m.**
No Fee 10088

Electronics Recycling and Document Shredding Day

Reduce your clutter and protect the environment by ensuring that your used belongings are disposed of in an environmentally-responsible manner. Bring your old computers, electronics, batteries, household items, and old documents to the Center to be recycled or shredded. Northfield Township and OSDD, LLC will be here to accept your recyclables and shred documents. Further recycling details about what items can be accepted will be available in summer from Lifelong Learning. Items can only be accepted during this time. Do not drop off items to be recycled or shredded at the Center before the event.

Wed **7/27** **9 a.m. – 1 p.m.**
No Fee 10207

Are you aging alone?

Have you lost your spouse and need help planning ahead for the future?

Peck Ritchey, the preferred law firm of the North Shore Senior Center, can help!

Call us at (312) 201-0900 for your no-cost initial consultation in Northbrook, by phone, or video!

Trust & Estate Litigation
Guardianship
Estate Planning
Alzheimer's Disease Planning

PECK RITCHEY, LLC
ATTORNEYS AT LAW
Over 100 years combined experience
CHICAGO I NORTHBROOK I OAK BROOK
www.PeckRitchey.com I (312) 201-0900
Winning solutions in and out of the courtroom.

AARP Smart Driver Course

Saul Leibowitz, Deputy State Coordinator, AARP Driver Safety Program

The AARP Smart Driver class is a driving refresher for motorists age 45 and older. Review information on safe driving habits, how to avoid driving hazards, changes in roadway conditions, safety equipment on your automobile, as well as discuss when to consider driver retirement. Saul Leibowitz will cover much of the information needed to pass the Illinois State license exam. Completion of the two-day class may entitle the participant to a discount on his or her auto insurance. Check with your insurance carrier for further details. Bring cash or check made out to AARP for $20 for AARP members with valid membership card, or $25 for non-AARP members, due at the first class meeting.

Fri **7/8 – 7/15 (2X)** **9 a.m. – 1 p.m.**
No Fee 10208

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Live

Health & Wellness Education

Self Defense to Keep You Safe

Keith Jennings, 4th degree Black Belt, Owner of KDJ Training Systems

It is important to know some basic skills to protect yourself from unexpected threats to help keep you safe. Keith Jennings introduces you to self-defense techniques to defend yourself in a variety of situations. Learn to recognize pre-threat cues, how to deescalate potentially violent situations, and physical self-defense skills. Keith will also show you how to use a cane or umbrella for defensive purposes.

Thu **5/12** **1 – 3 p.m.**
$15 Member; $19 Non-member 10204

Brain Fitness

Marco Chou, Adjunct professor, DePaul University

You know that fitness is an important activity for our bodies, but it is also an important aspect of keeping our brains healthy and active. Crossword and Sudoku puzzles are a "go to" activity for brain health, but in today's ever changing world of technology more and more apps and games are popping up to help improve out brain health. Whether you use your phone, iPad, or laptop Marco Chou will help you find the brain fitness activity that's right for you! Not great with technology? No problem, a pen and paper will work for most of the featured activities.

Thu **7/14 – 7/21 (2X)** **1 – 2 p.m.**
No Fee 10195

Medical Cannabis: A Natural Alternative for Pain Management (Hybrid)

Richard Niksic, Curaleaf education coordinator

Living with chronic pain is challenging, and finding a way to relieve that pain can be even more daunting. Commonly used medications are often hard on the body and, in some cases, can become habit forming. Rick Niksic from the Curaleaf dispensary will talk you through the ins and outs of managing chronic pain in a more natural way with medical cannabis. Explore the history of medical cannabis, how to best use it for pain management, and get tips on how to secure your medical cannabis card.

Thu **6/9** **1 – 2 p.m.**
No Fee 10203

Experience the Ancient Movement Art of Qi Gong

Venus Sabay, Qi Gong instructor

Experience the power of self-healing through intention, breath, and slow gentle movements. A different approach to health, Qi Gong (pronounced Chee Gong), cultivates your Qi, which is your life force energy. Venus Sabay will guide you through movements that will create a relaxation response to stress, sharpen the mind, and enhance the immune system. Just one class will leave you feeling empowered, centered, and calm.

Thu **8/11** **1 – 2 p.m.**
$15 Member; $19 Non-member 10205

Fitness Center

Our Mission is to improve the health and wellness of the adult community by providing the highest quality facilities, professional team members and programs in a uniquely supportive environment.

Fitness Center Membership Includes:

- NSSC Exercise Specialists
- Fitness Assessment
- Orientation and personalized exercise program
- Cardiovascular training equipment
- Discounts on Personal Training fees
- Locker rooms, towel service, and shower amenities
- Keycard access to Fitness Center after hours and on weekends

Fitness Center Information

Monday through Friday. . . . . 7 a.m. – 4 p.m.
Saturday. . . . . 8 a.m. – 1 p.m.

Arthur C. Nielsen, Jr. Campus
161 Northfield Road
Northfield, IL 60093
Phone: 847.784.6003

Fitness Center Membership Fees

Membership Type	Basic	Member
Annual Individual Membership	$520	$350
Annual Couple Membership	$990	$650
6 Month Individual Membership	$300	$220
6 Month Couple Membership	$580	$400
3 Month Individual Membership	$165	$140

**There is a one-time $50 enrollment fee for new members*

Personal Training Rates

60 Minute Session	Basic	Member
1 session	$100	$85
5 sessions	$430	$380
10 sessions	$825	$740

30 Minute Session	Basic	Member
1 session	$70	$55
5 sessions	$300	$250
10 sessions	$580	$485

**Fitness Center members receive a 10% discount off applicable Personal Training fee.*

Exercise & Dance

Better Balance

Katie Morgan, NSSC Fitness and Wellness Manager

Balance and stability training can directly improve all aspects of daily living. This class is designed to enhance core strength, balance, coordination, stability, and flexibility. Moderate intensity class. Standing exercises done throughout duration of class.

Mon/Wed 5/2 – 7/1 (16X – no class 5/30, 6/29) 10 – 10:45 a.m.
$69 Member; $79 Non-member 10112

Wed/Mon 7/6 – 8/29 (16X – no class 8/31) 10 – 10:45 a.m.
$69 Member; $79 Non-member 10119

NSSC recommends that you consult with your physician before beginning an exercise program.

Sit and Get Fit (Hybrid)

Katie Morgan, NSSC Fitness and Wellness Manager

Move your feet and get fit while in your seat! This multi-level class is suitable for those with limitations who are seeking to improve muscle tone, strength, and stamina.

Mon/Wed 5/2 – 6/29 (16X – no class 5/30, 6/29) 11 – 11:45 a.m.
$69 Member; $79 Non-member 10120

Wed/Mon 7/6 – 8/31 (16X – no class 8/31) 11 – 11:45 a.m.
$69 Member; $79 Non-member 10121

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Exercise & Dance: Pop-Up Classes

Core Concepts (Hybrid)

Katie Morgan, NSSC Fitness and Wellness Manager

Do you feel like you are struggling to complete your daily activities without low back pain? Are you becoming unsteady on your feet? If you answered yes to either question, Core Concepts is the class for you! Our core muscles provide stability and strength not just for our spine, they are the anchor of our entire body. Having a strong core promotes optimal spinal stability and balance, as well as reducing low back pain. Some exercise will be done on the floor.

Fri **5/6 – 5/27 (4X)** **9:30 – 10 a.m.**
$49 Member; $59 Non-member 10192

Chair Yoga

Pamela Tokowitz, Instructor

Have you always wanted to try yoga but are unsure if your fitness level will match the class? Try Chair Yoga, it is the perfect place to get started! Pam Tokowitz will lead you through a comprehensive routine designed to strengthen and lengthen your muscles. This class is safe for all fitness level and abilities.

Thu **6/2 – 6/23 (4X)** **9 – 10 a.m.**
$49 Member; $59 Non-member 10191

Fit and Active

Elise Foss, Group fitness instructor

Experience total fitness and enhance your strength, flexibility, and balance, with an emphasis on posture, in this upbeat class. Elise Foss leads you through calisthenics, hand weights, and isometric exercises set to music that will surely keep you motivated. A low impact cardio component is also incorporated to promote coordination, dynamic balance, and fun!

Tue/Thu **7/5 – 7/28 (8X)** **1 – 2 p.m.**
$49 Member; $59 Non-member 10193

Men's Fitness

Michael Ferren, NSSC Fitness Center staff

Having a strong body is an important tool for staying active and independent. Mike Ferren will lead you through exercises to promote strength, flexibility, and balance. Not only will this class provide you with a great workout, but you will have the opportunity to connect with a like-minded community. All fitness levels are welcome.

Thu **8/4 – 8/25 (4X)** **11:30 a.m. – 12 p.m.**
$49 Member; $59 Non-member 10194

Stay Fit at Home: Balance, Strength, and Stretch (Online)

Katie Morgan, NSSC Fitness and Wellness Manager

Stay fit and active in the comfort of your own home! Katie Morgan will lead you through this full body fitness class designed to improve strength, balance, and flexibility. All fitness levels and abilities are welcome.

Tue/Thu **5/3 – 6/30 (18X)** **10:30 – 11:15 a.m.**
$59 Member; $69 Non-member 10122

Tue/Thu **7/5 – 8/30 (17X)** **10:30 – 11:15 a.m.**
$59 Member; $69 Non-member 10123

Rise and Shine Exercise (Online)

Katie Morgan, NSSC Fitness and Wellness Manager

Start your day in an invigorating way in this exercise class focusing on balance, flexibility, core strength, and stamina. Rise and Shine with Katie Morgan leads you through a series of strength and flexibility moves designed to get you ready to greet the day!

Mon/Wed/Fri **5/2 – 7/1 (24X – no class 5/30, 6/29)** **8:30 – 9 a.m.**
$75 Member; $89 Non-member 10128

Wed/Fri/Mon **7/6 – 8/31 (24X – no class 8/31)** **8:30 – 9 a.m.**
$75 Member; $89 Non-member 10129

Ballet (Hybrid)

Hallie Rehwaldt, Director and Teacher, Lincoln Street Ballet School

Enjoy the beauty of classical ballet and graceful movement. This low-impact practice will not include jumps, turns or anything that puts stress on joints. Wear ballet shoes as well as leotard, tights and ballet skirt, yoga clothes, or slim slacks to class. Previous ballet experience required.

Tue **5/3 – 6/28 (9X)** **3 – 4 p.m.**
$79 Member; $99 Non-member 10126

Tue **7/5 – 8/30 (9X)** **3 – 4 p.m.**
$79 Member; $99 Non-member 10127

Tai Chi (Online)

Nancy Tobias, Instructor

Tai Chi is the practice of controlled, relaxed body movements. This ancient healing art will increase your understanding of the mind-body connection, breathing techniques, and flexibility. The style of practice is Yang style. Wear loose clothing you can move in.

Thu **5/5 – 6/30 (9X)** **9 – 10 a.m.**
$75 Member; $95 Non-member 10130

Thu **7/7 – 8/25 (8X)** **9 – 10 a.m.**
$75 Member; $95 Non-member 10131

The Shop
AT THE CENTER

Find Unique Gifts & Décor

Looking for one-of-a-kind gifts and vintage, classic and contemporary treasures? Revel in the assortment of jewelry, glassware, home décor, china, figurines, puzzles, hand-crafted items, and collectibles.

All sale proceeds directly benefit North Shore Senior Center, a 501(c)(3) organization. Donations are tax-deductible to the extent provided by law.

Monday - Friday
9 a.m. - 3:30 p.m.
847.784.6030
www.nssc.org

Yoga for the Rest of Us (Hybrid)

Ellen Fogarty, RYT

Anyone can enjoy the many benefits of yoga, including increased strength, balance, flexibility, and mobility. This class is uniquely designed for individuals of all fitness levels to relax and unwind. Our certified yoga instructor accommodates individual needs through the use of chairs, blocks, bolsters, and other props to help you develop a more mindful awareness of your body and a sense of overall well-being.

Tue	**5/3 – 6/28 (9X)**	**9 – 10 a.m.**
$75 Member; $95 Non-member		10124
Tue	**7/5 – 8/30 (9X)**	**9 – 10 a.m.**
$75 Member; $95 Non-member		10125

Walking Club

Take invigorating walks on the North Branch Trail of the Cook County Forest Preserves as you enjoy the beautiful outdoors on our local nature trails with other members. Center membership is required to participate.

Fri	**5/6 – 8/26 (17X)**	**9:30 – 10:30 a.m.**
No Fee		10094

The Shop at the Center is Accepting Merchandise Donations

Downsizing or clearing out some clutter? Please consider of donating items to The Shop at the Center! Donations are accepted year-round to stock The Shop. Items we accept include jewelry, glassware, crystal, china, pottery, figurines, and collectibles. Clothing not accepted. Items may be dropped off in Lifelong Learning on weekdays.Donors are provided with atax donation slip that can be used for tax purposes.

For more information, contact Rose Carroll in the Lifelong Learning office at 847.784.6035.

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Support Groups

Caregiver Support Groups (Online)

North Shore Senior Center offers support groups for those providing care to loved ones, facilitated by Janelle Knippen, M.A. The Family Caregiver Support Group meets the first Wednesday of the month from 3 to 4:30 p.m. The Caregiver Support Group for Spouses and Partners meets the fourth Wednesday of the month from 3 – 4:30 p.m. Both groups currently meet online but hope to meet in-person soon. For more information about the groups and updates on meeting location, contact Janelle at jknippen@nssc.org or 847.424.5660.

Parkinson's Support Group

Meet with other people with PD to share information, support and camaraderie. Meets at the same time as caregiver support group. The last half hour both groups come together for cookies and conversation. Group meets the second and fourth Wednesday of the month from 2 – 3:30 p.m. For more information, contact Diane Behnke at dbehnke@nssc.org or 847.784.6078.

Parkinson's Caregiver Support Group

Meet with other PD caregivers to share information, support and camaraderie. Meets at the same time as Parkinson's support group, second and fourth Wednesdays from 2 – 3:30 p.m. The last half hour both groups come together for cookies and conversation. For more information, contact Heather Resnick at hresnick@nssc.org or 847.784.6041.

Dementia Family Support Group

House of Welcome Adult Day Services hosts a support group for family members of people living with dementia. Our group provides a positive environment for people to share their feelings and thoughts, problem solve, and share resources and information. There is no fee to attend but a one-time registration is required. The group meets on the first and third Thursdays of each month from 2:30 p.m. to 4:00 p.m. If you're interested in joining us, email HOW@nssc.org or call 847.242.6250.

Day Program for People Living with Dementia

House of Welcome Adult Day Services' Day Program offers structured, therapeutic, small-group activities and socialization for people living with dementia and respite for their care partners. The Day Program is offered Monday through Friday. Families can choose from morning, afternoon and full-day options. For information, email HOW@nssc.org or call 847.242.6250.

Early Memory Loss Program

Mind Matters, a group program for persons with early memory loss emphasizing socialization, stimulation and support, meets Tuesdays and Thursdays from 10 a.m. to 3 p.m. Registration is required. For information, email HOW@nssc.org or call 847.242.6250.

Memory Café

Memory Café is a gathering for people living with dementia and their care partners to have fun and connect with others in a safe, friendly, and supportive environment. Each session will include an activity such as music, art, creative storytelling, relaxation, or travel discussion. There is no cost to attend but a one-time registration is required. Memory Café is offered the second Monday of the month from 1:00 p.m. to 2:30 p.m. To learn more, email caregiversupport@nssc.org or call 847.784.6041.

Hearing Loss Support Groups

Share solutions and successes with others who are dealing with hearing loss. Express the frustrations of hearing loss. Learn ideas about how to accommodate changes in your lives, and for activities that work for hearing-impaired people. Discuss coping and stress-reducing strategies, assertiveness and self-advocacy, and about new assistive technologies. Group meets on Mondays. For more information, contact Ana Pinshower at apinshower@nssc.org or 847.784.6079.

Play

Clubs & Social Groups

Eating Out Group

Join others for delicious dining and a pleasant evening with other NSSC Members. Payment is made at the restaurant. Transportation to the restaurant is on your own. Center membership and registration required to participate.

Italian Kitchen Restaurant, Deerfield

Wed **5/25** **5 – 7 p.m.**
No Fee, pay at restaurant 10153

Pinstripes, Northbrook

Mon **7/25** **5 – 7 p.m.**
No Fee, pay at restaurant 10154

Allgauers Restaurant, Northbrook

Mon **8/22** **5 – 7 p.m.**
No Fee, pay at restaurant 10155

Sports Talk

Enjoy a lively, weekly discussion of sports, facilitated by retired sports writer Ed Stone. Center membership required to participate.

Wed **5/4 – 8/31** **9:30 – 10:30 a.m.**
(16X – no class 6/29, 8/31)
No Fee 10093

Photography Club (Online)

For those at all skill levels who have a mutual love of photography. The group shares constructive feedback on each other's work, ideas, and tips on how to capture the best possible image so that less time will be required for editing. Other activities include club and small group photo field trips and periodic group exhibitions. Meets the second and fourth Friday of each month. Schedule may vary, so call Lifelong Learning at 847.784.6030 for information. Center membership required to participate.

Fri **5/13 – 8/26 (8X)** **1:30 – 3 p.m.**
No Fee 10096

NSSC Tuesday Club (Hybrid)

All North Shore Senior Center members may join the NSSC Tuesday Club and attend a business meeting before the 10:30 a.m. Tuesday presentation on a wide variety of topics. Club members may also take part in other club activities such as golf and the Annual Picnic. Guests are welcome to attend the presentation. Center membership required to participate.

Tue **5/3 – 8/30 (18X)** **10 – 10:30 a.m.**
No Fee 10087

Jazz Forum

Listen to CDs of jazz greats, watch videos of jazz performances, and occasionally enjoy a guest performer for a lecture or demonstration. Participants take turns planning the weekly programs. Center membership required to participate.

Tue **5/3 – 8/30 (18X)** **1 – 2 p.m.**
No Fee 10095

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Games

Beginning Bridge I

Phyllis Bartlett, American Contract Bridge League (ACBL) Certified Teacher

Learn the challenging game of bridge from the beginning. It is social by nature and stimulating mentally. By the end of the first class, you will be able to play a hand. Class will focus on basic modern bidding, declarer play, and defense. Prepared hands are played to practice the skills you are developing. Notes on the lessons provided at each class.

Mon **5/2 – 6/27 (8X – no class 5/30)** **9:30 – 11:30 a.m.**
$89 Member; $109 Non-member 10258

Beginning Bridge II

Phyllis Bartlett, American Contract Bridge League (ACBL) Certified Teacher

Continue learning bridge with an emphasis on defense and declarer play. Commonly used bidding conventions will be introduced. A solid foundation of bidding, playing, and defending is the goal. Prepared hands and notes reinforce the topic of the class. Beginning Bridge I class or prior experience is a requirement for this class.

Mon **7/11 – 8/29 (8X)** **9:30 – 11:30 a.m.**
$89 Member; $109 Non-member 10259

Best Bridge Ever!

Patricia Braun, Instructor

Learn to play the best bridge of your life with Gold Life Master Patricia Braun as she will informally review bidding, play of hand, and defense techniques for those who already know the basics of Standard American Bridge. The format goes up to an eight hand, pre-dealt game. Each hand is discussed to examine the potential to play the best hand possible. Take-home records are available each class. This supervised play allows you to catch mistakes and learn from them immediately.

Thu **5/12 – 6/30 (8X)** **9 – 11 a.m.**
$75 Member; $95 Non-member 10104

Thu **7/7 – 8/25 (8X)** **9 – 11 a.m.**
$75 Member; $95 Non-member 10105

Duplicate Bridge

Bob Alps, Bridge Facilitator

Play a friendly game of duplicate bridge. Basic knowledge of the game is required. Players without a partner will be paired with other single players, when possible. No master points are given. A $7.00 fee is required each time you play. There is a $5.00 per person prize for finishing in first place. Center membership and registration required to participate.

Thu **5/5 – 8/25 (17X)** **12:30 – 3:30 p.m.**
No Fee 10064

Beginning Canasta

Terri Argentar, Instructor

If you like card games, you will love Canasta. Learn the game from the beginning and play with others who also enjoy the game. Terri will teach you the concepts of the game, rules, and strategies all while you have fun.

Wed **6/8 – 7/20 (6X – no class 6/29)** **9:30 – 11:30 a.m.**
$59 Member; $69 Non-member 10106

Intermediate Canasta

Terri Argentar, Instructor

Build on your beginning Canasta skills and learn more of the concepts of the game, rules, and strategies. Terri guides you as you practice and learn to strengthen your game.

Wed **7/27 – 8/17 (4X)** **9:30 – 11:30 a.m.**
$49 Member; $59 Non-member 10107

Beginning Mah Jongg

Barbara Grossman, Instructor

Mah Jongg is a great game of strategy played with tiles. Whether you are a novice or want to refresh your skills after the long pandemic break, you will have fun learning and playing this interesting rummy-like game. Mah Jongg card will be provided in class.

Wed **5/11 – 6/8 (5X)** **1 – 3 p.m.**
$59 Member; $69 Non-member 10102

Building Your Mah Jongg Skills

Barbara Grossman, Instructor

If you know the game and how to play, but want to upgrade your defense, this is the class for you. You will learn more about reading the card to its full advantage, and also learning how to change hands when you go "dead." Learn advanced techniques to bring more enjoyment to your game.

Wed **7/6 – 8/3 (5X)** **1 – 3 p.m.**
$49 Member; $59 Non-member 10103

Poker Club

Enjoy a friendly game of poker! Games are dealer's choice, so join us to learn a new game or to teach one! Center membership required to participate.

Tue **5/3 – 8/30 (18X)** **12 – 3 p.m.**
No Fee 10097

Scrabble

One of the best ways to exercise your mind is to play board games. Scrabble will have you spelling and creating words by juggling the alphabet to suit the board. It can be challenging because it requires thought, skill, and persistence. Center membership required to participate.

Thu **5/5 – 8/25 (17X)** **1 – 3 p.m.**
No Fee 10098

Game Time

Come for an afternoon of fun and play cards, Mah Jongg or any other game that you wish to play with your friends. Schedule may change. Bring your own game supplies. Center membership required to participate.

Tue **5/3 – 8/30** **8:30 a.m. – 4 p.m.**
Thu **12:30 – 4 p.m.**
Fri **8:30 a.m. – 12 p.m.**
No Fee 10099

Ping Pong Club

Ping Pong is a great way to have fun and even get a good workout while you do it, whether you're a Ping Pong enthusiast or looking to try something new. Paddles and balls available. Center membership and registration required to play.

Wed/Fri **5/4 – 8/31** **1 – 3 p.m.**
(33X – no class 6/29, 8/31)
No Fee 10100

Sports

Tennis Club

All NSSC men and women are invited to play tennis indoors at Glenbrook Racquet Club in Northbrook, or, weather permitting, an outside court. Moderate court fees may apply. Level of play varies from intermediate to good. Games are played for fun, exercise, and a good time. For more information, call Ken Griesemer at 847.559.7691 or Lifelong Learning at 847.784.6030. Center membership and registration required to participate.

Mon/Fri **5/2 – 8/29** **1 – 2:30 p.m.**
(33X – no class 5/30, 7/4)
No Fee 10101

May at a glance

	Monday	Tuesday	Wednesday	Thursday	Friday
Every Week	**8:30** Rise & Shine Exercise **9:00** NSSC Golf League **9:00** Quilting **10:00** Better Balance **10:45** Spanish Club **11:00** Sit and Get Fit **12:30** Yiddish Club **1:00** Fine Art Studio **2:00** Tennis Club	**8:30** Game Time **9:00** Yoga for the Rest of Us **9:00** Weaving Studio **10:00** Tuesday Club meeting **10:30** Stay Fit at Home **12:00** Poker **1:00** Fine Art Studio **1:00** Jazz Forum **3:00** Ballet	**8:30** Rise & Shine Exercise **9:00** Share the Warmth **9:30** Sports Talk **10:00** Better Balance **11:00** Sit and Get Fit **1:00** Ping Pong Club **1:00** Knitting Studio	**9:00** NSSC Golf League **9:00** Fine Art Studio **9:00** Tai Chi **10:30** Stay Fit at Home **12:30** Game Time **12:30** Duplicate Bridge **1:00** Scrabble	**8:30** Rise & Shine Exercise **8:30** Game Time **9:00** Sculpture Studio **9:00** Share the Warmth Club **9:30** Walking Club **10:00** Sewing Bees **1:00** Ping Pong Club **2:00** Tennis Club
	2 **9:30** American Politics **9:30** Beginning Bridge I **9:30** Russia Post Gorbachev **10:00** Playing with Paint **1:00** America's National Parks **1:00** Point of View **1:00** The Code Breaker **1:00** Writing Workshop	**3** **9:30** Science Fiction **10:00** Art Workshop **10:30** Israel-Palestine: A Two State Solution? **11:00** TED Talks **1:00** Basic Yiddish **1:00** Forgotten Treasures **1:00** Native America from 1890 to the Present	**4** **9:30** A Different Democracy **9:30** Prize Winning World Literature **10:00** Presidency of W. Wilson **1:00** Favorite Films **1:00** Mark: The First Gospel **1:00** The Meaning of Life **1:00** *The Lincoln Highway* by Amor Towles	**5** **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** 1920: Year of 6 Presidents **1:00** Analyzing the Oscars **1:00** Apple iPhone and iPad Basics **1:00** Shakespeare: Nutshell	**6** **9:30** Core Concepts **9:30** Foreign Policy Roundtable **10:30** Visit the Shedd Aquarium
	9 **9:30** American Politics **9:30** Beginning Bridge I **9:30** Russia Post Gorbachev **10:00** Camp Douglas in Chicago **10:00** Playing with Paint **1:00** Email Stress **1:00** America's National Parks **1:00** Point of View **1:00** The Code Breaker **1:00** Writing Workshop	**10** **9:30** Science Fiction **10:00** Art Workshop **10:30** Rebuilding Our Democracy, Part 2 **11:00** TED Talks **1:00** Basic Yiddish **1:00** Forgotten Treasures **1:00** Native America from 1890 to the Present **1:30** Reed-Turner Woodland Walk and Tour	**11** **9:30** A Different Democracy **9:30** Prize Winning World Literature **10:00** Pour Painting **10:00** Presidency of W. Wilson **1:00** Beginning Mah Jongg **1:00** Favorite Films **1:00** Mark: The First Gospel **1:00** The Meaning of Life **1:00** Reading/Cozy Afternoon	**12** **9:00** Best Bridge Ever! **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** 1920: Year of 6 Presidents **1:00** Documentary Films **1:00** Milton Berle **1:00** Self Defense **1:00** Shakespeare: Nutshell	**13** **9:30** Core Concepts **10:00** Copernicus, Kepler, and Galileo **10:00** Women's Room **1:00** Reluctant Princess: Diana of Wales **1:30** Photography Club
	16 **9:30** American Politics **9:30** Beginning Bridge I **9:30** Russia Post Gorbachev **10:00** Playing with Paint **1:00** American Indian Way of Life **1:00** Point of View **1:00** The Code Breaker **1:00** Writing Workshop	**17** **9:30** Science Fiction **10:00** Art Workshop **10:30** Harmonious Cacophony **11:00** TED Talks **1:00** Basic Yiddish **1:00** Forgotten Treasures **1:00** Native America from 1890 to the Present	**18** **8:30** Wicker Park Tour **9:00** P & P Investment Club **9:30** A Different Democracy **9:30** Prize Winning World Lit. **10:00** Brush with Death **1:00** Beginning Mah Jongg **1:00** Favorite Films **1:00** The Meaning of Life **1:00** The Boys of Comedy	**19** **9:00** Best Bridge Ever! **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** 1920: Year of 6 Presidents **1:00** Documentary Films **1:00** Lucille Ball **1:00** Shakespeare: Nutshell **1:00** The Origin and Fascinating Story of Tea	**20** **9:30** Core Concepts **10:00** Verdi's Women **10:00** Women's Room
	23 **9:30** American Politics **9:30** Beginning Bridge I **9:30** Russia Post Gorbachev **10:00** Playing with Paint **1:00** Gerrymandering **1:00** Mystery Book Club **1:00** Point of View **1:00** The Code Breaker **1:00** Writing Workshop	**24** **9:30** Science Fiction **10:00** Art Workshop **10:30** Northwestern University Music Performance **11:00** TED Talks **1:00** Basic Yiddish **1:00** Native America from 1890 to the Present **1:00** The First Generation of Americans	**25** **9:30** A Different Democracy **9:30** Prize Winning World Literature **10:00** Intermediate French **10:00** Sondheim on the Edge **1:00** Beginning Mah Jongg **1:00** Favorite Films **1:00** The Meaning of Life **1:00** The Boys of Comedy **5:00** Eating Out Group: Italian Kitchen Restaurant	**26** **9:00** Best Bridge Ever! **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** 1920: Year of 6 Presidents **1:00** Documentary Films **1:00** Gracie Allen **1:00** Intro. to Windows 11 **1:00** Shakespeare: Nutshell	**27** **9:30** Core Concepts **10:00** Verdi's Women **10:00** Women's Room **11:30** Souvenirs of Paris, 1950 **1:30** Photography Club
	30 **Center Closed**	**31** **9:30** Science Fiction **10:00** Art Workshop **10:30** The Ravinia Season **11:00** TED Talks **1:00** Basic Yiddish **1:00** Native America from 1890 to the Present **1:00** The First Generation of Americans			

June at a glance

Fitness Center Open
Monday through Friday 7 a.m. - 4 p.m.
Saturday 8 a.m. - 1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Rise & Shine Exercise **9:00** NSSC Golf League **9:00** Quilting **10:00** Better Balance **10:45** Spanish Club **11:00** Sit and Get Fit **12:30** Yiddish Club **1:00** Fine Art Studio **2:00** Tennis Club	**8:30** Game Time **9:00** Yoga for the Rest of Us **9:00** Weaving Studio **10:00** Tuesday Club meeting **10:30** Stay Fit at Home **12:00** Poker **1:00** Fine Art Studio **1:00** Jazz Forum **3:00** Ballet	**8:30** Rise & Shine Exercise **9:00** Share the Warmth **9:30** Sports Talk **10:00** Better Balance **11:00** Sit and Get Fit **1:00** Ping Pong Club **1:00** Knitting Studio	**9:00** NSSC Golf League **9:00** Fine Art Studio **9:00** Tai Chi **10:30** Stay Fit at Home **12:30** Game Time **12:30** Duplicate Bridge **1:00** Scrabble	**8:30** Rise & Shine Exercise **8:30** Game Time **9:00** Sculpture Studio **9:00** Share the Warmth Club **9:30** Walking Club **10:00** Sewing Bees **1:00** Ping Pong Club **2:00** Tennis Club
		1 **9:30** A Different Democracy **9:30** Prize Winning World Lit. **10:00** Intermediate French **10:00** The Daughters of Yalta **1:00** Beginning Mah Jongg **1:00** Favorite Films **1:00** The Meaning of Life **1:00** The Beatles, Chicago, and the 1960s	**2** **9:00** Best Bridge Ever! **9:00** Chair Yoga **9:30** *The New York Times* **10:00** Joe Biden: 500 Days **1:00** Betty White **1:00** Documentary Films **1:00** Shakespeare: Nutshell	**3** **9:30** Foreign Policy Roundtable **10:00** How Mathematics Unites the Music **10:00** Women's Room **10:45** Cezanne at the Art Institute of Chicago **1:00** The German Virtuosa
6 **9:30** American Politics **9:30** Beginning Bridge I **9:30** Russia Post Gorbachev **10:00** Playing with Paint **10:00** The Airborne on D-Day **1:00** Photo Storage **1:00** Point of View **1:00** Stars on the Sidewalk **1:00** The Code Breaker **1:00** Writing Workshop	**7** **9:00** Tuesday Club Picnic **9:30** Science Fiction **10:00** Art Workshop **11:00** TED Talks **1:00** Basic Yiddish **1:00** Native America from 1890 to the Present **1:00** The First Generation of Americans	**8** **9:30** A Different Democracy **9:30** Beginning Canasta **9:30** Prize Winning World Lit. **10:00** Intermediate French **10:00** Intuitive Art: Abstract Painting **1:00** Beg. Mah Jongg • Favorite Films • Meaning of Life **1:00** From Black-and-White to Color and Back **1:00** Reading / Cozy Afternoon	**9** **9:00** Best Bridge Ever! **9:00** Chair Yoga **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** Joe Biden: 500 Days **1:00** Documentary Films **1:00** Medical Cannabis **1:00** Shakespeare: Nutshell	**10** **10:00** The Media, Modern Politics, and US **10:00** Women's Room **1:00** Keeping the Holy City Safe **1:30** Photography Club
13 **9:30** American Politics **9:30** Beginning Bridge I **9:30** Russia Post Gorbachev **10:00** Chile's Democratic Breakthrough **10:00** Playing with Paint **1:00** Point of View **1:00** The Code Breaker **1:00** History of Stevie Wonder **1:00** Writing Workshop	**14** **9:30** Science Fiction **10:00** Art Workshop **10:30** Visiting Isle Royale National Park **11:00** TED Talks **1:00** Basic Yiddish **1:00** Native America from 1890 to the Present **1:00** The First Generation of Americans	**15** **9:00** P & P Investment Club **9:30** Different Democracy **9:30** Beginning Canasta **9:30** Prize Winning World Lit. **10:00** George Kennan **10:00** Intermediate French **1:00** Favorite Films **1:00** The Meaning of Life **1:00** Policing in the 21st Century	**16** **9:00** Best Bridge Ever! **9:00** Chair Yoga **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** Joe Biden: 500 Days **1:00** 1922: 100 Years Ago **1:00** Apple iPhone / iPad Basics **1:00** Documentary Films **1:00** Shakespeare: Nutshell	**17** **10:00** The Media, Modern Politics, and US **10:00** Women's Room **1:00** The Films of Stanley Kubrick
20 **9:30** American Politics **9:30** Beginning Bridge I **9:30** Russia Post Gorbachev **10:00** Horowitz: Last Concerto **10:00** Playing with Paint **1:00** Frank Sinatra: The Legacy of Ol' Blue Eyes **1:00** Point of View **1:00** The Code Breaker **1:00** Writing Workshop	**21** **9:30** Science Fiction **10:00** Art Workshop **10:30** Long Term Care Insurance **11:00** TED Talks **1:00** Basic Yiddish **1:00** DNA Photofitting: A Genetic Eyewitness **1:00** Native America from 1890 to the Present	**22** **9:00** Chicago Architecture River Cruise **9:30** A Different Democracy **9:30** Beginning Canasta **9:30** Prize Winning World Lit. **10:00** George Kennan **10:00** Intermediate French **1:00** Favorite Films **1:00** The Meaning of Life **1:00** The Holocaust in Film: *Rome, Open City*	**23** **9:00** Best Bridge Ever! **9:00** Chair Yoga **9:30** Contemporary Short Stories **9:30** *The New York Times* **1:00** 1947: 75 Years Ago **1:00** Documentary Films	**24** **10:00** Women's Room **11:30** Broadway, Our Way: A Luncheon and Performance Event **1:30** Photography Club
27 **9:30** American Politics **9:30** Beginning Bridge I **9:30** Russia Post Gorbachev **10:00** Debating Independence **10:00** Playing with Paint **1:00** Chicago by Gaslight **1:00** Mystery Book Club **1:00** Point of View **1:00** The Code Breaker **1:00** Writing Workshop	**28** **9:30** Science Fiction **10:00** Art Workshop **10:30** The Greylord Trials **11:00** TED Talks **1:00** Basic Yiddish **1:00** Native America from 1890 to the Present **1:00** Ten Ways of Looking at Artificial Intelligence	**29** **Center Closed**	**30** **9:00** Best Bridge Ever! **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** Who Killed the Newspapers? **1:00** 1972: 50 Years Ago **1:00** Documentary Films	

Every Week

REGISTRATION FORM ON PAGE 60

July at a glance

Every Week	Monday	Tuesday	Wednesday	Thursday	Friday
	8:30 Rise & Shine Exercise **9:00** NSSC Golf League **9:00** Quilting **10:00** Better Balance **10:45** Spanish Club **11:00** Sit and Get Fit **12:30** Yiddish Club **1:00** Fine Art Studio **2:00** Tennis Club	**8:30** Game Time **9:00** Yoga for the Rest of Us **9:00** Weaving Studio **10:00** Tuesday Club meeting **10:30** Stay Fit at Home **12:00** Poker **1:00** Fine Art Studio **1:00** Jazz Forum **3:00** Ballet	**8:30** Rise & Shine Exercise **9:00** Share the Warmth **9:30** Sports Talk **10:00** Better Balance **11:00** Sit and Get Fit **1:00** Ping Pong Club **1:00** Knitting Studio	**9:00** NSSC Golf League **9:00** Fine Art Studio **9:00** Tai Chi **10:30** Stay Fit at Home **12:30** Game Time **12:30** Duplicate Bridge **1:00** Scrabble	**8:30** Rise & Shine Exercise **8:30** Game Time **9:00** Sculpture Studio **9:00** Share the Warmth Club **9:30** Walking Club **10:00** Sewing Bees **1:00** Ping Pong Club **2:00** Tennis Club
					1 **9:30** Foreign Policy Roundtable **10:00** Women's Room **1:00** Chicago True Stories
	4 **Center Closed**	**5** **9:30** Science Fiction **10:00** Art Workshop **10:30** Talking Statues, Part 2 **11:00** TED Talks **1:00** Basic Yiddish **1:00** Fit and Active **1:00** Native America from 1890 to the Present **1:00** Ten Ways of Looking at Artificial Intelligence	**6** **9:30** A Different Democracy **9:30** Beginning Canasta **9:30** Prize Winning World Lit. **10:00** Creating Spa for Birds **10:30** Garfield Park Conservatory **1:00** Building Mah Jongg Skills **1:00** Favorite Films **1:00** Movie Music, Memories II **1:00** The Meaning of Life **1:00** This Is All I Got	**7** **9:00** Best Bridge Ever! **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** Who Killed Newspapers? **1:00** Documentary Films **1:00** Fit and Active **1:00** iPhone and iPad Advanced Tips	**8** **9:00** AARP Smart Driver Course **10:00** Japan: An Old and Modern **10:00** Women's Room **1:00** The Good, The Bad, and The Ugly **1:30** Photography Club
	11 **9:30** American Politics **9:30** Beginning Bridge II **9:30** Russia Post Gorbachev **1:00** Hidden Memory: An American World War II Story **1:00** Point of View **1:00** The Code Breaker	**12** **9:30** Science Fiction **10:00** Art Workshop **10:30** A Chicago Newsman's Journey **11:00** TED Talks **1:00** Basic Yiddish **1:00** Fit and Active **1:00** Native America from 1890 to the Present **1:00** Midterm Drama: 2022	**13** **9:30** A Different Democracy **9:30** Beginning Canasta **9:30** Prize Winning World Literature **1:00** Building Your Mah Jongg Skills **1:00** Favorite Films **1:00** The Meaning of Life **1:00** The Art of Paul Cezanne	**14** **9:00** Best Bridge Ever! **9:30** *The New York Times* **9:30** Contemporary Short Stories **10:00** The Lakota: From Sitting Bull to Black Elk **1:00** Brain Fitness **1:00** Documentary Films **1:00** Extended Travel Presentation **1:00** Fit and Active **1:00** Sidney Poitier	**15** **9:00** AARP Smart Driver Course **10:00** Women's Room **1:00** The Good, The Bad, and The Ugly
	18 **9:30** American Politics **9:30** Beginning Bridge II **9:30** Russia Post Gorbachev **1:00** Hot Tech Trends for Seniors **1:00** Point of View **1:00** Recent Supreme Court Decisions **1:00** The Code Breaker	**19** **9:30** Science Fiction **10:00** Art Workshop **10:30** Chicago's Musical Celebrity for a Century **11:00** TED Talks **1:00** Basic Yiddish **1:00** Fit and Active **1:00** Midterm Drama: 2022 **8:15** *What Happens in Vegas* Daytrip	**20** **9:00** P & P Invest. Club **9:30** Beginning Canasta **9:30** A Different Democracy **9:30** Prize Winning World Lit. **10:00** *The Godfather*: The Story Behind the Story **1:00** Building Mah Jongg Skills **1:00** Favorite Films **1:00** The Meaning of Life **1:00** Stories from Chicago History	**21** **9:00** Best Bridge Ever! **9:30** *The New York Times* **9:30** Contemporary Short Stories **10:00** The Lakota: From Sitting Bull to Black Elk **1:00** Brain Fitness **1:00** Broadway Comes to Chicago in 2022 **1:00** Documentary Films **1:00** Fit and Active	**22** **10:00** An Architectural Dynamic Duo: Walter and Marion Griffin **10:00** Women's Room **1:00** A Ragtime Tradition with Reginald Robinson **1:30** Photography Club
	25 **9:30** American Politics **9:30** Beginning Bridge II **9:30** Russia Post Gorbachev **10:00** War Without End **1:00** Point of View **1:00** The Code Breaker **5:00** Eating Out Group: Pinstripes	**26** **9:30** Science Fiction **10:00** Art Workshop **10:30** Brookfield Zoo **1:00** Basic Yiddish **1:00** Fit and Active **1:00** The Midterm Drama: 2022	**27** **9:00** Recycling/Shredding **9:30** Different Democracy **9:30** Intermediate Canasta **9:30** Kinetic Art **9:30** Prize Winning World Lit. **1:00** Building Mah Jongg Skills **1:00** Elton John: Prolific Performer **1:00** Favorite Films **1:00** The Meaning of Life	**28** **9:00** Best Bridge Ever! **9:30** *The New York Times* **9:30** Contemporary Short Stories **10:00** The Lakota: From Sitting Bull to Black Elk **1:00** Broadway Comes to Chicago in 2022 **1:00** Documentary Films **1:00** Fit and Active	**29** **10:00** An Architectural Dynamic Duo: Walter and Marion Griffin **10:00** Women's Room **1:00** Introducing Fritz Bauer

August at a glance

Fitness Center Open
Monday through Friday 7 a.m. - 4 p.m.
Saturday 8 a.m. - 1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
Every Week **8:30** Rise & Shine Exercise **9:00** NSSC Golf League **9:00** Quilting **10:00** Better Balance **10:45** Spanish Club **11:00** Sit and Get Fit **12:30** Yiddish Club **1:00** Fine Art Studio **2:00** Tennis Club	**Every Week** **8:30** Game Time **9:00** Yoga for the Rest of Us **9:00** Weaving Studio **10:00** Tuesday Club meeting **10:30** Stay Fit at Home **12:00** Poker **1:00** Fine Art Studio **1:00** Jazz Forum **3:00** Ballet	**Every Week** **8:30** Rise & Shine Exercise **9:00** Share the Warmth **9:30** Sports Talk **10:00** Better Balance **11:00** Sit and Get Fit **1:00** Ping Pong Club **1:00** Knitting Studio	**Every Week** **9:00** NSSC Golf League **9:00** Fine Art Studio **9:00** Tai Chi **10:30** Stay Fit at Home **12:30** Game Time **12:30** Duplicate Bridge **1:00** Scrabble	**Every Week** **8:30** Rise & Shine Exercise **8:30** Game Time **9:00** Sculpture Studio **9:00** Share the Warmth Club **9:30** Walking Club **10:00** Sewing Bees **1:00** Ping Pong Club **2:00** Tennis Club
1 **9:30** American Politics **9:30** Beginning Bridge II **9:30** Russia Post Gorbachev **1:00** Point of View **1:00** The Code Breaker **1:30** Bead Stringing and Knotting	**2** **9:30** Science Fiction **10:00** Art Workshop **10:30** Roe v. Wade **1:00** Basic Yiddish	**3** **9:00** Chicago Ethnic Experience Tour **9:30** A Different Democracy **9:30** Intermediate Canasta **9:30** Kinetic Art **9:30** Prize Winning World Lit. **10:00** Presidency of Richard Nixon **1:00** Building Mah Jongg Skills **1:00** Elton John: Prolific Performer **1:00** Favorite Films **1:00** The Meaning of Life	**4** **9:00** Best Bridge Ever! **9:30** Contemporary Short Stories **9:30** *The New York Times* **10:00** On the Body: The Art of Adornment **11:30** Men's Fitness **1:00** Siri, Alexa, Cortana **1:00** What is Playing on Broadway?	**5** **9:30** Foreign Policy Roundtable **10:00** Women's Room **1:00** Israel Behind the Headlines in Real Time
8 **9:30** American Politics **9:30** Beginning Bridge II **9:30** Russia Post Gorbachev **1:00** Motown: Music That Moved the World **1:00** Point of View **1:00** The Code Breaker **1:30** Bead Stringing and Knotting	**9** **10:30** The Ultimate Pizzas in the Ultimate Pizza City **1:00** Basic Yiddish	**10** **9:30** A Different Democracy **9:30** Intermediate Canasta **9:30** Prize Winning World Lit. **10:00** The Presidency of Richard Nixon **1:00** Favorite Films **1:00** The Meaning of Life **1:00** The Holocaust in Film: *The Fifth Seal*	**11** **9:00** Best Bridge Ever! **9:30** Contemporary Short Stories **10:00** To Touch the Soul: The Art of Sculpture **11:30** Men's Fitness **1:00** Eleanor Roosevelt: Brother Can You Spare a Dime? **1:00** Ancient Movement Art of Qi Gong	**12** **10:00** Women's Room **1:00** Skokie Lagoon Canoeing **1:00** The Magic of Schubert **1:30** Photography Club
15 **9:30** American Politics **9:30** Beginning Bridge II **9:30** Russia Post Gorbachev **10:00** Pour Painting **1:00** Julia Child **1:00** Point of View **1:00** The Code Breaker	**16** **10:30** A Passion for Antique Cars **1:00** Basic Yiddish **1:00** Pyramids Around the World	**17** **9:00** P & P Investment Club **9:30** A Different Democracy **9:30** Intermediate Canasta **9:30** Prize Winning World Literature **10:00** Benjamin West	**18** **9:00** Best Bridge Ever! **10:00** Eleanora: How a Spanish Lady Helped Save Florence **11:30** Men's Fitness	**19** **10:00** The Bat Experience **10:00** Women's Room **1:00** Cue the Music: Great Filmmaker–Composer Collaborations
22 **9:30** American Politics **9:30** Beginning Bridge II **9:30** Russia Post Gorbachev **1:00** Point of View **1:00** Top Apps for iPhone and iPad **5:00** Eating Out Group: Allgauer's Restaurant	**23** **10:30** Masada, Israel **1:00** Basic Yiddish	**24** **8:30** A Taste of Milwaukee **1:00** Monsters of the Midway	**25** **9:00** Best Bridge Ever! **11:30** Men's Fitness	**26** **1:00** In Full Swing with the Ron Surace Orchestra **1:30** Photography Club
29 **9:30** Beginning Bridge II **9:30** Russia Post Gorbachev **1:00** Point of View	**30** **10:30** Current State of the Environment **1:00** Basic Yiddish	**31** **Center Closed**		

REGISTRATION FORM ON PAGE 60

NSSC Membership Form

☐ New Membership ☐ Renewal Today's Date ____ /____ /_____

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Phone _____

Birth Date ____ /____ /_____ Gender: ☐ Male ☐ Female

One-Year Membership Options (choose one):

☐ Individual: $80 ☐ Couple: $150

If purchasing a Couple Membership, please complete the following information for the second member:

Last Name _____

First Name _____

E-mail _____

Phone _____

Birth Date ____ /____ /_____ Gender: ☐ Male ☐ Female

Membership Benefits

- Discounts on all our classes, activities, daytrips, and events at any location
- Participation in members-only groups and activities
- Discounted Fitness Center membership fees
- Use of the Lending Library, Technology Learning Center, and Art Studios
- Early registration privileges
- Invitations to special events and presentations

Payment Information

If you would like to make a donation in addition to your membership purchase, please note it below. Memberships are non-refundable and non-transferable.

☐ Cash Paid $_____

☐ Check # _____ (Payable to North Shore Senior Center) ☐ Credit Card: (Circle One) Visa Mastercard

Cardholder Name _____ Security Code _____ Exp. Date _____ / _____

Card # _____ Signature _____

You may purchase your membership online at www.nssc.org or send this completed Membership Form and payment to:

Lifelong Learning
North Shore Senior Center
161 Northfield Road
Northfield, IL 60093

Membership	$ _____
Donation	$ _____
TOTAL	**$** _____

For Office Use Only: Rec'd._____ Processed_____ Date Processed _____

Membership Information

North Shore Senior Center is the area's premier organization dedicated to enhancing the lives of older adults through engaging programs, exciting activities, wellness opportunities, current information, and access to resources. Join this group of active adults from across the northern suburbs who want to take part in opportunities to live longer, happier, healthier lives.

Benefits of Membership

- $80 individual; $150 household of two
- Discounts on all our classes, activities, daytrips, and events at all of our locations
- Participation in members-only groups and activities at all our locations
- Discounted Fitness Center membership fees
- Use of the Library, Computer Center, and Art Studios
- Early registration privileges

How to Join North Shore Senior Center

To become a member, simply complete the Membership Enrollment Form in this catalog, and return it with your payment for the annual dues to:

Lifelong Learning
North Shore Senior Center
161 Northfield Road
Northfield, IL 60093

You will receive a Membership Card and information about the Center.

Memberships are non-refundable and non-transferable.

No one is excluded because of inability to pay. Scholarships are available for qualified individuals. Please contact Lifelong Learning at 847.784.6030 for more information about our scholarship program.

Celebrating north shore senior center **65** *Years of Service*

Make a Difference Today!

It's still not too late to join the hundreds of other members of the 65th Anniversary Club!
Donate now so we can continue to build resiliency and provide support
to the more than 24,000 older adults we serve.

**To make a donation, visit our secure website at www.nssc.org,
mail a check to NSSC, 161 Northfield Rd., Northfield, IL 60093, or contact Director of Development
Jon Labaschin at 847.784.6020 or jlabaschin@nssc.org.**

REGISTRATION FORM ON PAGE 60

Lifelong Learning Registration Form

One form per person. Please print.

Date ____ /____ /_____ ☐ New Member Membership Expiration ____ /____ /_____

Name (First, Last) _____

Address _____ City _____ State ____ Zip _____

E-mail _____ Phone _____

CLASS ID#	PROGRAM TITLE	DATE(S)	FEE
		TOTAL:	

Member Registration Begins April 4

Please note: This form is not a confirmation of registration. You will receive a confirmation once your registration has been processed by the Lifelong Learning staff.

Waiver of Liability: I hereby release North Shore Senior Center, its officers, directors, board members, employees and volunteers from any and all liability with respect to NSSC program activity and the arrangements for classes, trips, and other enrichment opportunities.

Cancellation & Refund Policy: NSSC gives a full refund when the Center cancels a program. An electronic voucher in the full amount will be issued. No refunds are given to a request made on or after program start date.

Payment Information

☐ Cash Paid $_____ ☐ Check # _____ (Payable to North Shore Senior Center) ☐ Credit Card: (Circle One) Visa Mastercard

Cardholder Name _____ Security Code _____ Exp. Date _____ / _____

Card # _____ Signature _____
(PAYMENT, WAIVER AND ACCEPTANCE OF REFUND POLICY)

For Office Use Only: Rec'd._____ Processed_____ Date Processed _____

Lifelong Learning Registration Form

One form per person. Please print.

Date ____ /____ /_____ ☐ New Member Membership Expiration ____ /____ /_____

Name (First, Last) _____

Address _____ City _____ State ____ Zip _____

E-mail _____ Phone _____

CLASS ID#	PROGRAM TITLE	DATE(S)	FEE
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Payment Information

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Cardholder Name _____ Security Code _____ Exp. Date _____ / _____

Card # _____ Signature _____
(PAYMENT, WAIVER AND ACCEPTANCE OF REFUND POLICY)

For Office Use Only: Rec'd._____ Processed_____ Date Processed _____

Registration Information

Registration Policy

Participation in North Shore Senior Center's programs is open to all adults. Registration is required for participation in all programs. Payment is due at the time of registration. Registrations are non-transferable. Participants are encouraged to register early, as programs with insufficient registration will be cancelled. Programs subject to change. For current class information, please visit www.nssc.org.

How to Register

Mail a completed registration form with payment to North Shore Senior Center. One form for each individual registering.

Online at www.nssc.org

Telephone Lifelong Learning at 847.784.6030 between 9 a.m. to 4 p.m. Monday through Friday.

Come in to register in Lifelong Learning between 9 a.m. to 4 p.m. Monday through Friday.

Skills-Based Classes

Participation in skills-based classes may be dependent upon a participant's skills level, as determined at the discretion of the instructor or any noted prerequisites.

Wait Lists

When a class reaches its maximum limit, a Wait List is started. If there is a cancellation and a vacancy becomes available, calls will be placed to those on the Wait List in the order in which they were received. On the day of the program, walk-ins will not be admitted to the program if there is a Wait List.

Confirmations

Confirmation receipts are sent via email once the registration form is processed. If we do not have your email on file, your confirmation will be sent via USPS.

Cancellation Policy

Courses cancelled by North Shore Senior Center due to low enrollment, inclement weather, or other conditions will be refunded automatically and in full.

Class Refund Policy

You may cancel your enrollment in a class, activity, or event prior to the program's start date and request a refund. Registrations are non-transferable. An electronic voucher will be issued for the full registration amount to be used toward program fees, valid for 12 months after issued. If you prefer to receive your money back, the registration fee minus a $5 processing fee will be issued in the form you originally paid. Registration fees are non-refundable on or after a program start date. North Shore Senior Center cannot refund fees for sessions missed due to personal illness or other personal situations.

Day Trips Cancellation & Refund Policy

Request for refund when cancelling a daytrip registration must be done 3 weeks prior to the day of the trip. A full refund in the form of an electronic voucher will be issued to be used toward program fees, valid for 12 months after issued. If you prefer to receive your money back, a refund minus a $10 processing fee will be issued. North Shore Senior Center cannot issue refunds for requests made after 3 weeks prior, unless your spot is filled by another registration.

Standards of Behavior

In order to provide a safe, supportive, and enjoyable environment for our members, volunteers, guests, and staff, North Shore Senior Center has adopted Standards of Behavior. The Standards of Behavior are available in Lifelong Learning.

COVID-19 Guidelines

North Shore Senior Center's top priority is the safety of its participants, volunteers, members, and staff. NSSC follows guidelines set forth by the Centers for Disease Control and the Illinois Department of Public Health. By visiting North Shore Senior Center, you voluntarily assume all risks related to exposure to COVID-19.

Photo Release Statement

Photos are periodically taken of participants attending our programs and events. Please be advised that these photos are for North Shore Senior Center's use only, and may be used in our brochures, flyers, website, social media and other public relations materials.

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Locations & Contact Information

Main Location & Programs

Arthur C. Nielsen, Jr. Campus
161 Northfield Rd.
Northfield, IL 60093
847.784.6000
www.nssc.org

Lifelong Learning
847.784.6030
LifelongLearning@nssc.org

Other Locations

House of Welcome Adult Day Services
1779 Winnetka Rd.
Northfield, IL 60093
847.242.6250

Niles Senior & Family Services Office
7900 Milwaukee Ave., Suite 2-20B
Niles, IL 60714
847.864.3721

Evanston Social Services Office
Evanston Civic Center
2100 Ridge Ave., G205
Evanston, IL 60201
847.866.5938

Glenview Village Hall
2500 E. Lake Ave.
Glenview, IL 60026
847.904.4366

Senior & Family Services
North Shore Senior Options
Adult Day Services-Dementia
Care Specialty

Accredited by
National Institute of
Senior Centers

North Shore Senior Center does not discriminate against any person served or person employed or seeking employment based on age, sex, race, color, disability, ethnicity, national origin, genetic information, religious tradition or spiritual practice. If you feel that you have been discriminated against, call the Senior Help Line at 800.252.8966 or 888.206.1327 (TTY).

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Connect with us!

www.nssc.org

Meet the Photographer Heidi Wagner:

The Passions Project Art Gallery & Reception

Thursday, July 14, 2022
4 - 6 p.m.

The Atrium
NSSC Northfield

Photographer Heidi Wagner uses her camera to look closely at extraordinary people of all ages. The Passions Project is a portrait series that captures the essence of older adults doing what they love to do—from painting and theater to community service and sports. Through her lens, Heidi makes visible what often is unseen: a new view of aging that includes vitality, independence and meaning.

To RSVP, visit www.nssc.org or call 847.784.6030.

This is a free event. Space is limited.