

North Shore Senior Center

Engage Magazine & Lifelong Learning Catalog | Sept.-Dec. 2022



Age Well with Us!

**Registration Opens:
Aug. 8 for Members
Aug. 15 for Non-Members**

north shore senior center

www.nssc.org | 847.784.6000

Welcome

It's the heat of the summer, yet inside this edition you will find some of the best of what NSSC has to offer this fall through the holiday season. We work months in advance to plan the wide variety of classes, seasonal trips, special events, and other activities that you will find within these pages. You'll also discover resources that you may need and *engaging* articles about members of the NSSC community.

I am elated to highlight two brand new events we have planned for the fall: a Golf Outing & Fundraiser at Skokie Country Club on September 19, plus a Community Wellness Fair—together with New Trier Township—at the Center on October 22. These events will lead us into the season of giving. Your help enables NSSC to reach beyond its walls to bring resources and services to so many of our neighbors in need.

We are looking forward to the seasons ahead being filled with the work of serving the community and introducing our new strategic plan. I hope to see you around the Center this fall and beyond!

Warmly,



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



The Warm Up Coffee & Social Hour

Make Tuesday your favorite day of the week with our Tuesday Club. Start the day with The Warm Up Social and Coffee Hour at 9 a.m. to gather with others and enjoy coffee and light breakfast items. Join the Club meeting at 10 a.m. for an update on happenings around NSSC, then enjoy a presentation at 10:30 a.m. Each week brings a wide variety of topics.

Play a Round of Golf at Skokie Country Club & Support NSSC

Don't be left in the rough! Join us September 19 for NSSC's inaugural golf fundraiser at the elite Skokie Country Club, ranked by Golf Digest as one of the best courses in Illinois. Proceeds from the event will benefit social services for older adults in need. Golfers will enjoy lunch, use of the practice range, 18 holes, forecaddies, contests, use of the locker room facilities, cocktails, dinner, and a silent auction—a full day of fun any way you slice it! See page 15 for details.

Fitness-palooza: A Fitness Festival!

Try some of NSSC's fitness classes to keep you motivated this winter! Get a taste of all our most popular classes, plus a sneak peek at new ones to come. Fitness-palooza can help take the guess work out of choosing a new fitness class by allowing you to “try before you buy”! Choose from a selection of NSSC's in-person and virtual class options; come for one, or try them all! Fitness-palooza is a free event and is appropriate for all fitness levels. Registration is required to participate. See page 54 for details.

Fall into Wellness!

Join us on Saturday, October 22 from 10 a.m. to 1 p.m. for a FallFest Community Wellness Fair for all ages! Swing by NSSC for all sorts of screenings, activities, demos, and exhibits from the North Shore's finest. See back cover for more information.

Savor the Season at the Special Friday Luncheon Events

Enjoy monthly special events during the glorious fall and holiday season! Travel back in time to the 1920s as Cynthia and Matt Gruel perform their show “Flappers and Fedoras.” Sit back and learn about antiques when Gary Piattoni visits again to share his vast knowledge of antiques and how to value them. In November, the “HERstory” performance musically celebrates trailblazing women. The Lola Bard Singers will get the holiday season off to a joyous start with a selection of Christmas, Hannukah, and winter favorites. See page 18 for details.

Welcome These New Presenters for Fall 2022

First Ladies Forum is a collaboration of historical interpreters presenting living histories of American First Ladies. In addition to **Leslie Goddard (Jacqueline Kennedy)** who has been a presenter at NSSC for many years, we welcome **Judith Kalaora (Dolley Madison)**, **Laura Keyes (Mary Todd Lincoln)**, and **Laura Rocklyn (Louisa Adams)**.

Rino Liberatore is a Chicagoan and a sports enthusiast who will present “Cubs, Bears, Michael Jordan, and the Best Kept Sports Secret in Chicago.”

Dr. John Ulferts is the Superintendent of Shirland School District, adjunct professor and author, whose book, “Always Remember —World War II Through Veterans' Eyes” fulfills a promise he made to veterans to keep their stories of valor alive for generations to come.

Program Format Key



Most Lifelong Learning programs take place at the Center. Many are available as a “Hybrid,” in which the live program is simulcast on Zoom. You have your choice to attend in-person or on Zoom. Program format indicated as follows:

- **(Online):** Class is only available online via Zoom
- **(Hybrid):** Class takes place in-person at NSSC and is simulcast on Zoom
- **No notation after title:** Program is only available in-person



The Art of Self-Care

By Rachel Marsh

Caregiving for a loved one—whether for just a few hours a week or 24 hours a day—is a rigorous job. It demands endless patience, support, and sacrifice; but, among the necessary duties that come with it, one of the most overlooked requirements of healthy caregiving is also one of the most important: self-care.

When you take time to prioritize your own needs—mentally, physically, socially, or creatively, for example—you're better equipped to meet the needs of others.

NSSC member Alice Restrepo, a full-time caregiver for her husband Luis, knows well as anyone the indescribable value of self-care.

An artist's outlet...

Alice has been an artist for as long as she can remember—from constantly doodling as a kid, to studying art in school, to eventually turning it into a career.

After retirement, she continued to indulge in her passion and got involved in the community art scene. She joined the Glenview Art League nearly 15 years ago, and for many years displayed her art around town—she even joined various art fairs and sold pieces on the side.

So when an artist friend invited her to check out the art studio at NSSC in 2012, Alice was eager to park her canvas in a new setting. Since she and Luis live in Morton Grove, it was easy to come by on a regular basis to mix, mingle, and paint with fellow members and artists at the Center.

...And an Alzheimer's diagnosis

Alice and Luis met in their early 20s; their now 57-year marriage featured many highlights, including three children and a 13-year period living on a coffee farm in Colombia.

But eight years ago, not long after Alice joined NSSC, Luis was diagnosed with Alzheimer's disease.

For a long time, despite a steady decline in his memory, Alice maintained a daily routine since Luis could still function on his own to some capacity. But when the disease worsened and it was no longer safe for him to be left alone, she began researching adult day programs.

She looked at various programs on the North Shore, but many "didn't have this

kind of nice, homey atmosphere,” she explained. “They were more like being in a facility.” Which is how Alice ended up touring House of Welcome, the adult day program located conveniently across the parking lot from her frequented art studio.

The “house” away from home

NSSC’s House of Welcome (HOW) Adult Day Services offers care and programming tailored specifically toward individuals living with memory loss. It provides socialization and stimulation while also giving care partners a break.

Participants can enroll in morning, afternoon, or full-day sessions featuring structured, person-centered small-group activities such as music, discussion groups, art, pet therapy, and more. HOW is located on NSSC’s Northfield campus in a comfortable and sunny building, designed and decorated to feel like home.

Stimulation for one, respite for another

Luis enrolled at House of Welcome in July 2021. Through calm and productive afternoons at HOW, he now enjoys twice-a-week sessions filled with therapeutic activities and social interaction. Even if he can’t always remember the experience, Alice noted, attending the Day Program still helps keep him stimulated and content. Particularly considering the social aspect, “It’s been good for him to associate with new people and meet new friends,” she said.

In the meantime, Alice enjoys the pause from around-the-clock caregiving. She sometimes uses her “self-care time” to run errands, but often can be found painting the afternoon away in the NSSC art studio.

“For me, it’s such a relief to have the afternoon to myself,” she said, “and to know that my husband is taken care of.”

A community with a connection

In addition to its art space, Alice also finds comfort and camaraderie through different NSSC support groups and workshops.

She attends the HOW Dementia Family Support Group, a safe space to discuss the challenges and emotions that come with caring for a loved one with memory loss. Staff and fellow attendees also share tips and resources to help make caregiving more manageable.

In addition, she has joined various caregiver workshops at NSSC that offer stress management tips and self-care strategies.

But one of the most beneficial aspects, Alice explained, has been meeting others living in similar circumstances. “We can all relate to each other,” she said. “You have a source to go to if you need help or more advice. It makes you feel like you’re not alone.”

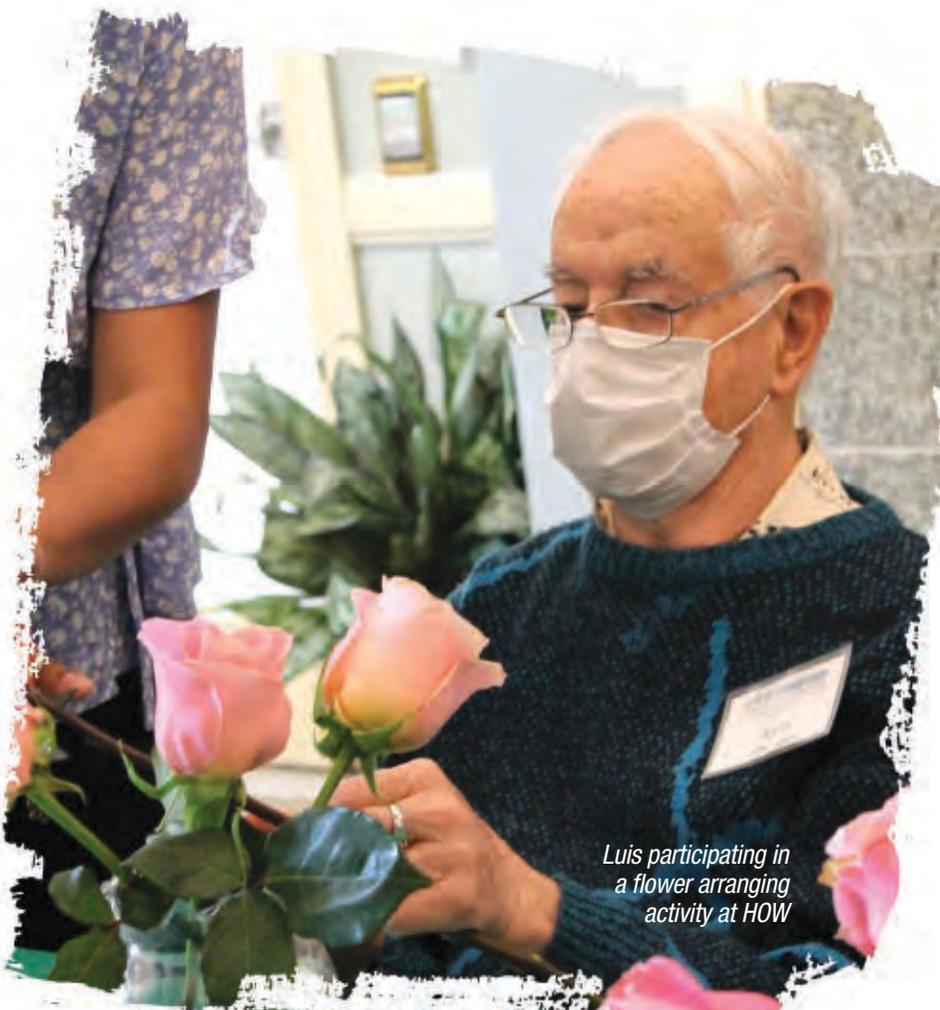
Something for everyone

Through her newfound support systems and therapeutic afternoons of art-centered self-care, Alice explained that she “feels more in control of our situation now.” While HOW gives Luis a stimulating break from his routine, it provides Alice with an escape—both literally and creatively—so that she can be her best self when caregiving for her husband.

“

There’s not another place like this, as good as this, around here. There’s nothing that compares. This is a marvelous place.”

—ALICE RESTREPO, NSSC MEMBER



Luis participating in a flower arranging activity at HOW

Options Counseling:

Big Life Changes, Made Easier

By Rachel Marsh

Change is inevitable—especially when it comes to aging. And because aging-related changes are often so unfamiliar, they can also be daunting. If you or your loved one are dealing with aging-related events, you know how overwhelming it feels to navigate the next steps.

Sound familiar? Don't lose hope—you have Options.

Options Counseling: a bridge to the resources you need

The Options Counseling team at North Shore Senior Center serves as a connector between clients facing or preparing for big changes and essential services in the area. Whether individuals are inquiring for themselves or a loved one, the provided resources are designed to help make aging-related life changes easier.

During the initial evaluation, an options counselor will obtain as much information as they can about the participant and the situation. Based on the determined needs, the counselor will put together a long-term care plan including as many viable options as possible for the individual.

This is not a one-size-fits-all service! “We try to get pretty specific about what it is,” said Linda Kruse, MSW, program supervisor. Each plan is catered to the participant, his or her situation, finances, health status, and any available resources. Once armed with information, clients are encouraged

to explore each route and decide the best one for everyone involved.

Options counselors follow up 30 days after the evaluation to check in and provide any additional assistance.

Planning for the present, planning for the future

The Options Counseling team works with a wide variety of cases and situations. The issue at hand may be a sudden change—such as the death of a spouse or a life-altering injury—and individuals are simply unsure of what to do next.

Counselors also work with clients as they plan for the future. For example: mobility

may be declining for your parent, particularly a concern if that parent lives in a home with stairs or other mobility obstacles.

Options counselors can help prepare for when the day comes that assistance is needed, offering resources like wheelchair ramp services or viable communities for relocation. Long-term care plans may take up to a week to complete, so this service is generally not ideal for emergencies.

“Usually the question is, ‘What's the next step?’” Annette Burke, intake specialist, explained. “We're there to offer ideas for chapter two.”

Who can benefit?

Options Counseling can provide assistance as long as anyone on the care team lives in the areas of Maine, Northfield, or New Trier Township. This service is available to individuals 60 years or older, adults with disabilities 18 years or older, and caregivers and family members seeking extra help.

And, although staff handles one issue at a time, they can provide care plans for additional challenges in the future, too!

Get in touch!

To learn more about Options Counseling, or to get started on a care plan for yourself or a loved one, call 847.784.6040 or visit www.nssc.org.



GIVE BACK TO THOSE IN NEED

NSSC Giving Tree

Each year, NSSC's Giving Tree allows the community an opportunity to provide holiday gifts for our low-income families. You can participate by plucking a gift tag off our Giving Tree at NSSC, or by visiting www.nssc.org/giving-tree and selecting a tag from our virtual tree. Each gift tag details the holiday wishes of a participant in need. Most items are \$25 or less.

Make a difference in someone's life during the holidays. It's easy!

1. Select a gift tag starting Monday, November 14.
2. Purchase the gift or gift card and wrap it.
3. Return it to NSSC, complete with the gift tag, by Friday, December 9.
4. Gifts will be delivered by Senior & Family Services staff.

**For more information,
call 847.784.6000.**

north shore senior center



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The Power of Companion Animals



Top: Volunteer Alison Claus with rescue cat, Luka
Middle: Employee Michael Onesko with rescue puppy, Wolfa
Bottom: Hollie Moore with foster kittens, Squeaky and Cash

By Alan Blitz

Kristen Tump found remarkable success in her emerging business career but felt something was missing. That “something” was discovered eight years ago when she adopted her cat, Maddie, from Orphans of the Storm Animal Shelter in Riverwoods.

As a child, Kristen always wanted to work with animals, originally going to school as a pre-veterinary student. She began volunteering at Orphans of the Storm (OOTS) and “felt joy knowing

I was part of a team that was there for the same purpose—to care for and better the lives of the animals. I knew I had found a home.”

Kristen, who serves as OOTS volunteer and the events coordinator, supports the pet adoption services and the new pet fostering program, “which presents a wonderful opportunity for older adults, in particular, to connect with pets on a temporary basis,” she pointed out.

Social isolation and loneliness: the power of companion animals

Social isolation and loneliness are a growing public health epidemic. More than one-third of Americans older than 65 and half of those over 85 live alone.

A nationally representative survey of pet owners and non-pet owners commissioned

by HABRI (Human Animal Bond Research Institute) and Mars Petcare found that:



85% of respondents agree interaction with pets can help reduce loneliness



76% agree human-pet interactions can help address social isolation



72% believe human-animal interaction is good for their community

During a recent discussion session, Kristen shared her insights about the new “Foster a Pet in Need” program and pointers for older adults considering the idea.

Explore fostering a pet: a path to help alleviate social isolation

If anyone is interested in fostering a pet, the best place to start is by checking out websites of adoption places like OOTS, PAWS, Wagging Hearts, Wright-Way Rescue, and C.A.R.E. On most websites, you can see which animals are available for foster, along with their unique needs.

According to Kristen, most medical fosters are usually older or animals going through procedures like heartworm treatment or surgeries. OOTS “training” fosters are those animals that may need a little extra attention, guidance, or even just a place to decompress as they may be experiencing stress in the shelter environment.

Foster pets need a "little extra love and support"

At OOTS, the pool of animals available for foster tends to be smaller, as the foster program prioritizes those animals that may need a little more care and patience. "While our foster program is new, we continue to build our group of foster families which will allow us to help even more animals while they await their forever homes," Kristen said.

These animals might be seniors that need a soft place to rest before finding their permanent family. Others may better recover from medical ailments in the comfort of a caring home. Some simply may be long-term residents struggling to thrive at the shelter.

What else is there to know about fostering a pet?

- Before fostering, decide if you have a timeline of how long you would like to do it. Some animals may need a specific length of stay (i.e., medical recovery).
- Ensure you are able and willing to assist with meet and greets with potential adopters.
- While all animals are individuals, it is important to do your research as certain behaviors are more prevalent in specific breeds (i.e., certain breeds have different energy levels).
- Have a support system; it can make a world of difference when you are getting to know an animal.
- You can get started by transporting dogs to appointments to increase your comfort level.
- Don't be afraid to ask questions!



Foster a Dog or Cat: It Makes Pets More Adoptable

By Alan Blitz

Heidi Sparacino, a Deerfield resident, has fostered several dogs from Orphans of the Storm (OOTS) with her husband, Dennis. "Seeing a dog go from being stressed out or shut down to happy, loved, and well-socialized just makes you feel good," said Heidi.

Heidi started volunteering at OOTS shortly after her dog passed away. The shelter had just initiated its new foster program. "There was a dog that needed to decompress in a home about the same time my family was ready to take in a dog that needed some time away from shelter life," Heidi said.

The most challenging aspect about fostering a dog is allowing the animal to decompress in your home for as long as they need. "I've fostered dogs that have been adopted within a week of their arrival and one that stayed with us for eight months. Dogs have a way of telling you when they want or need your affection and attention. It can take time," Heidi explained.

She strongly believes, "Fostering a dog in need of loving care and some training is a truly rewarding experience. It helps make that dog more adoptable and eases their transition into their forever home."

Holli Moore, an Evanston resident, has fostered kittens from Wagging Hearts. She found that they were "endless hours of entertainment. It was fun to see the different personalities. Some were scared, some were playful, some liked to snuggle, and they have cute, quirky habits."

Exploring the idea of fostering a cat? Holli recommends that you "figure out a contained area where you can keep them. We used our finished basement, but as they got older and more settled, we let them into the rest of the house. Usually, we have two kittens. You need to have time to give them attention and play with them.

"If you enjoy pets but can't have them or don't want a long-term commitment, fostering is wonderful. It was sad to adopt out the cats, but I was excited that they went to good homes—and then it was fun to get a new batch."



Medicare Open Enrollment

by Lynda Korsah, NSSC Older Adult Benefits Specialist

Most Medicare-eligible beneficiaries are overwhelmed with the information surrounding Medicare due to all the parts and details needed to navigate signing up for it—as well as the Open Enrollment period. Understanding the basics of Medicare will help you make the right decisions to save money and provide the best combination of benefits.

What are the various parts of Medicare?

Original Medicare consists of two parts: Medicare Part A, mostly free for qualifying beneficiaries and Medicare Part B, which has a premium of \$170.10.

Part A helps provide healthcare coverage for inpatient care in hospitals, skilled nursing facilities, hospice care, and home healthcare to eligible beneficiaries.

Part B helps with medical costs including physician visits, outpatient care, durable medical equipment, preventive services, and vaccinations.

Medicare Advantage (MA), or Part C, offers an alternative to Original Medicare for health and prescription drug plans bundled into one Medicare-approved plan with a private company. MA plans differ from Original Medicare because they often include prior authorizations or referrals for care at a hospital; require use of only doctors or providers in the network for non-emergency care; and include extra benefits such as vision, dental, and hearing services not covered by Original Medicare.

Medicare Part D (prescription drug coverage) helps cover the cost of prescription drugs. The plans that offer coverage are by private insurance companies that follow rules set by Medicare.

Medicare Supplement Insurance or Medigap is additional health insurance that can help pay your share of costs not covered under Original Medicare.

What is Open Enrollment?

The annual Open Enrollment period is a time frame set aside for Medicare Part C and D where you can enroll or change your plan. It is an opportunity to make sure you have the healthcare coverage that is right for you, and you learn how to compare and switch plans for optimal savings.

Open Enrollment remains a daunting period for beneficiaries and is fraught with questions amid aggressive marketing campaigns intended to draw a beneficiary's attention to a plan or plans, premiums, and cost-sharing information.

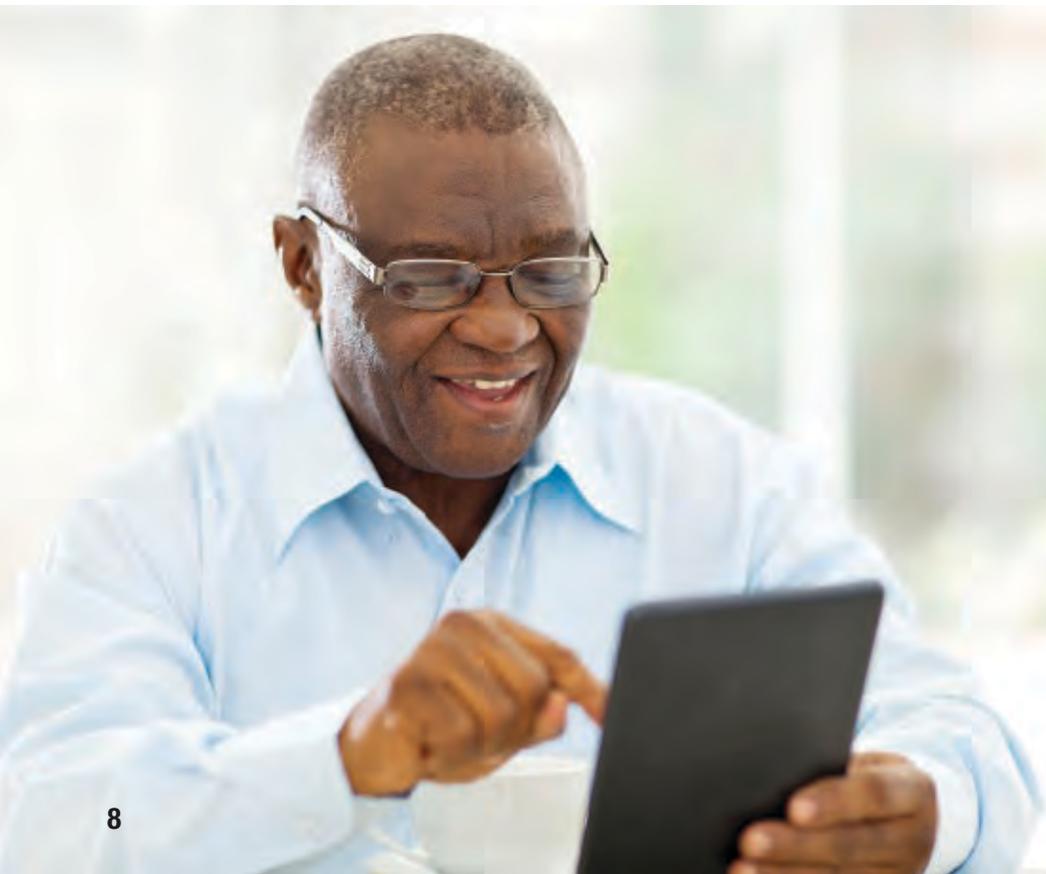
When is the Medicare Open Enrollment period?

Every year, Medicare's Open Enrollment period is October 15 - December 7.

MA plans and Part D coverage changes you make are effective on January 1 of the following year. You can review what you have, even if you are happy with your current health and drug coverage.

How do people know if they need to change plans?

To begin the process, be sure you know what changes Original Medicare and your current plans will be making in the coming year. In addition to plan notices, Medicare beneficiaries receive a new *Medicare & You* handbook, with information on Medicare costs and plans prior to the start of Open Enrollment. Note any changes in your needs such as healthcare, prescriptions, providers, or preferred pharmacies.



Make an educated decision. Start to get familiar with Medicare at least two years before eligibility.

Where can people find Medicare plan information, compare plans, and switch?

Visit www.medicare.gov to create an account with your Medicare card, and include your list of medications, including exact names and doses. This is where you can preview 2023 Medicare plans and use the Plan Finder online tool to compare plan costs, benefits, and services. The Plan Finder also provides star ratings so you can compare the quality and performance of plans in your area. If your plan receives three or fewer star ratings in a row, you may receive a “consistent poor performance” notice that encourages you to consider new plans during Open Enrollment.

Once you have looked at plan coverage, costs, and ratings, you can make an informed decision about your coverage for the next year. If you decide to change plans, you can do so by calling Medicare or the insurance carriers, or by using the “Enroll Now” feature on www.medicare.gov.

Have questions regarding Medicare or need assistance comparing plans?

North Shore Senior Center
847.784.6040

Make an appointment with one of our Senior Health Insurance Program (SHIP) counselors, who can help with plan comparisons and advise you on Medicare coverage.

SHIP Illinois Department on Aging
800.252.8966

www.illinois.gov/aging/ship

800.MEDICARE
www.medicare.gov

Source: Medicare.gov, Centers for Medicare and Medicaid Services, Senior Health Insurance Program-Illinois Department on Aging, and Medicare & You Handbook 2022

2022 ORIGINAL MEDICARE

You pay for services as you get them. When you get a covered service, Medicare pays part of the cost and you pay your share.

You can see any doctor or hospital that takes Medicare, anywhere in the U.S.

Includes:

-  **Part A** Monthly (for those who qualify) \$0
- Part B** Monthly premium \$170.10

You can add:

-  **Drug coverage (Part D)** costs vary by plan & drugs taken

You can also add:

-  **Supplemental coverage** (to help pay your share of costs): Medicare Supplemental Insurance (Medigap) or coverage from a former employer or union, or Medicaid

Medigap will have additional monthly costs.

MEDICARE ADVANTAGE (PART C)

You join a Medicare-approved plan from a private company that offers an alternative to Original Medicare for your health and drug coverage.

In many cases, you'll need to use doctors who are in the plan's network.

Includes: Under 1 Health Plan

-  **Part A** Monthly (for those who qualify) \$0
- Part B** Monthly premium \$170.10

Most plans include:

-  **Drug coverage (Part D)** costs vary by plan & drugs taken

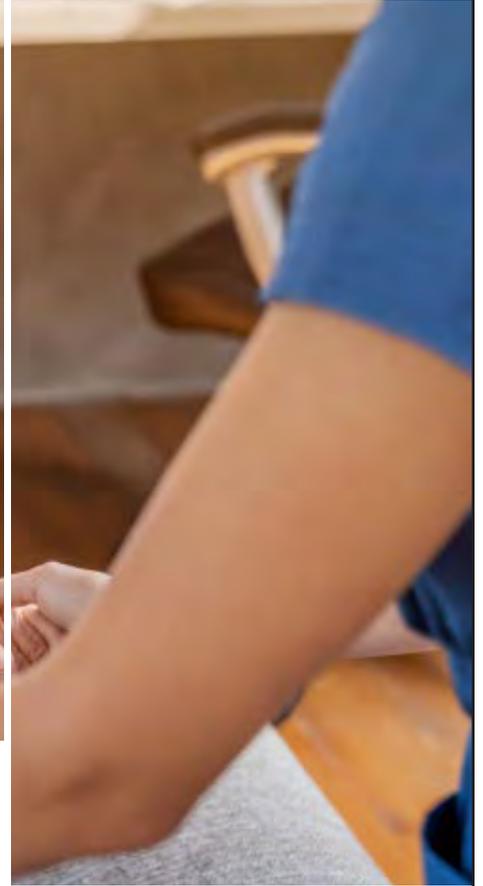
Can also include:

-  **Some extra benefits** (that original Medicare doesn't cover like vision, hearing and dental services)
-  **Note:** You must have both Part A and Part B to join a Medicare Advantage Plan
- 

Medicare Resource Handout, Senior Health Insurance Program, 2022

Comparing Medicare Plans

Medicare Plan	Coverage: What You Can Do	Changes Permitted During Open Enrollment
Part A: Original Medicare Part B: Original Medicare	Know your costs and benefits and Medicare-covered services.	Can switch from Original Medicare to a Part C Medicare Advantage Plan or switch from a Part C Medicare Advantage Plan to Original Medicare.
Part C: Medicare Advantage (MA)	Review notices on coverage before Open Enrollment. Check for changes in costs, covered providers, or any restrictions or procedures needed to access benefits such as prior authorizations or referrals from primary care physicians.	Join or switch to a different Medicare Part C Advantage Plan. New plan takes effect January 1.
Part D: Medicare Prescription Drug Benefit	Review current plans and notices before Open Enrollment. Check for changes in costs and prescription drug formularies, networks, or pharmacies.	Join or switch to a different Medicare Part D prescription drug plan. New plan takes effect January 1.



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At Covenant Living, our integrated approach to health care and well-being lets you live the way you wish today, tomorrow, and at every stage of life as your care needs change. This gives you peace of mind knowing that we are here for you today and into the future with our continuum of healthcare services. Call today to schedule a tour at your preferred community.

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Respite • Skilled Nursing

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CovLivingNorthbrook.org

EVANSTON

Three Crowns Park

Assisted Living • Memory Care
Respite • Skilled Nursing

(877) 323-0903

ThreeCrownsPark.org

CHICAGO

Covenant Home of Chicago

Supportive Living

(877) 282-6169

CovHomeChicago.org



covenant  living

Transforming a Community: One Mosaic at a Time

By Amy Krause

Most people spend their retirement years traveling, taking up old hobbies or exploring new ones, and relaxing. Dick Davis spends his time helping Mexican communities improve their neighborhoods through art—Mexican mosaic art, specifically.

“Public art transforms communities, encourages cross-cultural relationships, and is good for people, businesses, capital, and labor,” explained Dick during a recent presentation at NSSC. “Art preserves the past and stimulates the present. It also simply brings joy.”

To date, most of his focus has been in the town of Zacatlán, Mexico, located in central Mexico and known for its production of apples. He met Zacatlán’s tourist director, Mary Carmen Olvera Trejo, during a visit to the area many years ago. Over time and many visits, Mary Carmen connected Dick with several local artists. These relationships and a shared passion for art and community began a series of events that would lead to the entire town being transformed by mosaic tiles—to date, six football fields long in total! The brilliantly colored motifs pay homage to the indigenous people with apples, corn, native animal figures, and landscapes on one end, and Aztec symbols on the other. Biblical scenes honor the region’s Catholic faith.

“The cultural preservation of this town led by Dick and Mary Carmen is tremendously moving and worthy,” said Julie Ressler,

president of the Wilmette Arts Guild (WAG). The Guild got involved 11 years ago when Dick began funding cultural excursions to Mexico for some of WAG’s artists. Today, WAG artists and Mexican artists exchange visits, share resources, and inspire each other.

Barbara Roseman, vice president of the Wilmette Arts Guild, said, “The first time we visited, there was an instant connection. I can’t explain it better than to say we had a ‘feeling’ for the town and people who live there. Every time we visit, we see the progress they are making. It’s so exciting!”

Zacatlán now has scores of trained artists and volunteers who devote their time to beautifying and honoring their community.

Since the project began, the town has five new hotels, 12 restaurants, many shops,

and five new parking lots. “What used to be a dilapidated community is now a thriving destination spot where the residents are invested in their community. The transformation has been incredible,” said Dick.

The metamorphosis of Zacatlán was inspired by muralist Isaiah Zagar who used handmade tiles, bottles, bicycle wheels, and other materials to cover up graffiti in south Philadelphia. Today, Zagar’s “Magic Gardens” feature more than 3,000 square feet of enhanced space. Visitors can participate in tours, hands-on art activities, workshops, and exhibitions.

When asked about bringing mosaic work to Chicago, Dick said, “Zagar is here in the United States; all it takes is an interest and someone to train volunteers.”



Dick Davis (second from right) with members of the Wilmette Arts Guild, from left: Tedd Ressler, Lowell and Barbara Roseman, and Julie Ressler



The Eyes Have It

By Betsy Storm

The health of the eyes is usually an accurate reflection of your overall well-being, according to Chicago O.D. (Doctor of Optometry) Alan Karikomi. The good news: “The most important thing people can do to preserve their vision is to remain fit and healthy. If you’re healthy overall, your eyes are likely to be in good shape, too.”

Regular eye exams matter—a lot. People 55 and older should have one annually. But unfortunately, a “huge number” of people don’t see an optometrist for regular visits, according to Dr. Karikomi. “That’s a problem,” he warned, “because an early diagnosis usually leads to a shorter, less complex treatment path.”

Engage asked Dr. Karikomi to field a wide array of questions.

Q: Have you noted changes in the eye health of older adults in recent years?

A: We've seen a major increase in cases of dry eye, a condition that occurs when a person's tears are unable to provide adequate lubrication. This ailment causes a scratchy feeling, stinging or burning sensations, and blurry vision, among other possible symptoms. The more time that passes without treatment, the more difficult it is to restore the eyes to good health. The incidence of dry eyes is mounting, in part because of extreme cooling and heating conditions in buildings, along with excessive time spent on screens—a particular problem because of the blue light they emit.

Q: What is blue light? Why is it a problem, and how can it be remedied?

A: Electronic devices, like laptops and cellphones, produce a blue light that confuses your circadian rhythm—your sleep cycle—by signaling the brain to wake up when it should be slowing down.

There are a few tools that help decrease the negative impact of blue light: first, non-prescription glasses that decrease the release of blue light into the eyes (usually with a yellow-colored filter); second, special glare-resistant coatings on eyeglasses; and third, transparent films that are placed directly on a phone or a tablet. Also, modify settings on your computer and other devices. Go to “settings,” then “screen and display,” and change the setting to look more yellow than blue.

Q: What is low vision?

A: Low vision is a condition in which a patient's vision can't be corrected—so they can function totally independently—without special aids like magnifiers and/or eye glass-mounted “telescopes” attached to glasses. It is commonly a result of advanced age-related macular

degeneration (AMD), genetic diseases, diabetic retinopathy, or glaucoma. However, aging alone doesn't cause low vision.

Q: What role do nutrition and vitamins play in maintaining good vision?

A: While a high-quality diet usually provides enough nutrients to maintain good vision, vitamins and supplements are essential if you want to improve function. For example, if you have dry eyes, take fish oil to make your eyes less dry. Fish oil is the building block of cell membranes. Every cell in your body is filled with millions of cells, and fish oil will make them healthier. (Take 1,200 milligrams daily for everyday well-being, and at least 2,000 milligrams daily for dry eyes.) Research has shown that two amalgams,

Lutein and Zeaxanthin, can improve night vision. These compounds cannot be manufactured by the body; rather, they must be ingested as supplements.

Q: How do you know when your eyes are ready for cataract surgery?

A: If you're in your 60s, you're moving toward cataracts. When your vision interferes with the activities of daily life, you should be thinking about cataract surgery. However, the eyes need to be at a certain level of deterioration; otherwise, you may miss out on some of the benefits of the surgery. In three years, the procedure may be better, or the intraocular implants may be more effective. The technology is always improving.

Conditions that May Limit the Vision of Older Adults

Age-related macular degeneration (AMD)

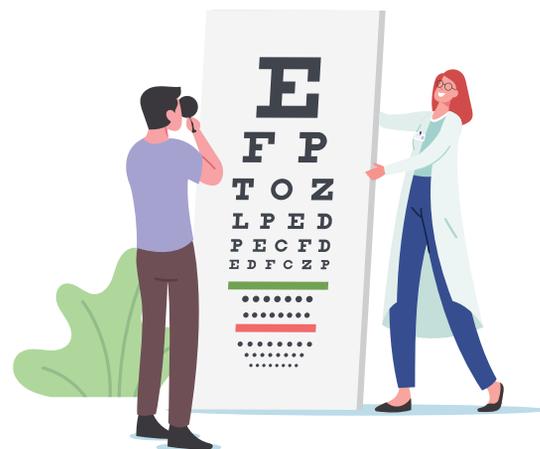
(AMD): A common condition, AMD blurs one's central vision when aging causes damage to the macula—the part of the eye that controls sharp, straight-ahead vision.

While AMD doesn't usually cause total blindness, the loss of central vision makes it more difficult to see faces, read, drive, or do close-up work like cooking.

Cataracts: A cataract is a clouding of the lens of the eye, which normally should be clear. Individuals who have cataracts feel as if they're seeing through a cloud. Outpatient surgery to correct cataracts is common and usually trouble-free. Minimal recovery time is the norm.

Diabetes and diabetic retinopathy: Diabetes is an epidemic in the U.S., so we see more cases of diabetic retinopathy—a diabetes-related complication that affects eyes and is caused by damage to the blood vessels of the light-sensitive tissue at the back of the eye. Also, undiagnosed diabetes can cause vision to change uncharacteristically. If people don't seek help, irreversible harm—even blindness—can result.

Glaucoma: A disease of the optic nerve that often shows no symptoms, glaucoma is nicknamed “the sneak thief of vision.” It can only be detected by an eye exam, reinforcing the need for a yearly check-up.





Ask an Attorney

By Attorneys at Peck Ritchey, LLC

The team at Peck Ritchey, LLC, answers legal questions regarding trusts and financial exploitation.

Q: Are trusts only for the ultra-wealthy?

A: The short answer is no. While there are a variety of trusts that can become an integral part of an estate plan, the most commonly used is a revocable living trust. A revocable living trust has several unique aspects:

- It is drafted during the individual's lifetime and survives their death.
- It can be amended by the individual who created it during their lifetime, as long as he or she remains competent.
- The document becomes effective upon creation.
- It allows you to manage or direct how you would like your assets handled during your lifetime. For example, a revocable living trust can detail how

your money should be managed if you should become disabled during your lifetime. The unique aspects of a revocable living trust differ from a will, which remains in effect until the individual passes away.

- A revocable living trust does not replace a will, but works in tandem with it when an individual passes away.

Q: What happens if we believe a family member is being financially exploited?

A: As a large section of our population is reaching their 70s and 80s, we have seen an increase in the number of cases of financial exploitation of older adults. Most commonly, the exploitation is initiated by a family member, caregiver, or close friend.

A few common examples of financial exploitation include:

- Your family member suddenly begins to give away money to individuals with whom they had not previously had a close relationship.
- Your family member is making purchases of items for others.
- Your family member has changed his or her estate plan to benefit someone with whom they do not have a close relationship.

If you believe someone is being exploited, the first step is to see what you can do to intervene and stop any further exploitation. We recommend contacting the police. Often, if a report is made to the police, they will involve an Adult Protective Services (APS) agency, such as North Shore Senior Center, to speak with the family member and conduct an investigation. You do not need to be your family member's power of attorney or guardian to contact the police or APS.

If you are the power of attorney for the individual, you should be able to contact his or her bank and other financial institutions and ask them to put a hold on their assets. Most financial institutions are receptive once a red flag has been raised regarding the exploitation of one of their customers and will take swift action to protect them.

If you find yourself in the position of not having a power of attorney, you may need to consider filing for guardianship to obtain control over your family member's assets. This allows you to step into your family member's shoes in a court proceeding, and to stop the distribution of money. It also provides you with a venue in which to seek recovery of any money that might have been misappropriated.

If you suspect financial exploitation, call NSSC's Adult Protective Services at 847.784.6000 or the State of Illinois APS hotline at 866.800.1409.

north shore senior center



Inaugural
GOLF OUTING

MONDAY, SEPTEMBER 19, 2022

SKOKIE COUNTRY CLUB

500 Washington Avenue, Glencoe

10:30 a.m. Registration • 11:30 a.m. Lunch
12:30 p.m. Shotgun Start • 5:30 p.m. Cocktails & Dinner
Contests, Raffles, and Silent Auction

\$500 per Player • \$2,000 per Foursome • \$150 Cocktails & Dinner Only

Includes lunch, 18 holes, cart, forecaddie, valet parking, bag drop services,
locker room facilities, use of practice range, cocktails, dinner, and prizes.

**To register, visit www.nssc.org or contact Debra Mell at
dmell@nssc.org or 847.784.6037.**

— Proceeds benefit social services for older adults in need —

September-December 2022

Lifelong Learning Catalog

Enjoy

NSSC Tuesday Club Program



How to Care for Yourself in Difficult Times (Hybrid)

Therapist C. Duke Novak focuses on ways to maintain your own well-being and the well-being of those you care about during a period when self-nurture is vitally necessary. You must maintain your own emotional strength to help yourself and those you love in tough times. Mindfulness practice is an accessible path to deeper

wellness and emotional stability, and Duke will outline some practical pointers for putting it to work to your advantage.

Tue 9/6

10:30 – 11:30 a.m.

No Fee

10487

You Can't Drive Me to Distraction (Hybrid)

Allan Kaufman returns with a program that will define how distracted driving has many forms and how distraction will affect your ability to make safe decisions while driving. He will discuss how this problem is growing and some possible solutions.

Tue 9/13

10:30 – 11:30 a.m.

No Fee

10483

104 Countries and 50 States (Hybrid)

Susan Nelson will describe her experiences traveling through 104 countries and bicycling through half of the 50 U.S. States.

Tue 9/20

10:30 – 11:30 a.m.

No Fee

10489

The Michael Lerich Jazz Ensemble (Hybrid)

Clarinetist Michael Lerich and his ensemble perform a program of music in tribute to the legendary Benny Goodman and his small groups. Song selections include "Memories of You," "If I Had You," "Oh Lady Be Good," "Sweet Georgia Brown," and many more. In addition, Michael will share anecdotal stories about Benny, his rise to fame, and the sheer brilliance of his musicianship. This promises to be a swinging hour of swing!

Tue 9/27

10:30 – 11:30 a.m.

No Fee

10482

The 2000 Mile Mississippi River Canoe Trip (Hybrid)

Recorded live at NSSC on July 2, 2019, Paul Meincke, retired reporter from Channel 7 ABC TV, relates the story of how he along with three buddies took this canoe trip, the stops, the folks they met and talked to, and their discoveries.

Tue 10/4

10:30 – 11:30 a.m.

No Fee

10493

Big Thoughts from the Editor of the Picayune Sentinel (Hybrid)

Eric Zorn is a journalist, writer, blogger, husband, parent, old time fiddler, jolly good fellow, and former columnist of the *Chicago Tribune*. A graduate of the University of Michigan, he began his career at the Tribune in 1980. He rose to the level of op-ed columnist, specializing in local news and politics.

Tue 10/11 10:30 – 11:30 a.m.
No Fee 10490

Uplifting Celebrity Stories with Joe Mantegna (Hybrid)

Joe Mantegna, brother of NSSC member Ron, returns with his take on celebs like Madonna, Ringo, Johnny Mathis, Peter Falk, Don Ameche, Michael Jordan, Gary Sinise, and more. Joe will appear live on Zoom from LA with funny, interesting, and memorable stories.

Tue 10/18 10:30 – 11:30 a.m.
No Fee 10484



How I Learned to Love Baseball and American History, In That Order (Hybrid)

Best-selling author Jonathan Eig describes how baseball can help us better understand American history. Eig will describe how his groundbreaking biography of Lou Gehrig changed our understanding of an American hero. Hear how he earned the trust of Jackie Robinson's wife in writing an intimate portrait of Robinson's first season in major-league baseball, and how baseball helps us better understand almost every facet of American life, including race, immigration, business, and popular culture.

Tue 10/25 10:30 – 11:30 a.m.
No Fee 10480

Zsa Zsa and Me: Meeting and Working with Celebrities (Hybrid)

Bob Dauber returns with interesting, amusing, perhaps even amazing personal anecdotes collected as a result of having produced and directed TV and radio commercials throughout a career spanning 50+ years working with a variety of celebrities from many walks of life.

Tue 11/1 10:30 – 11:30 a.m.
No Fee 10481

The Great Lakes Navy Band Concert (Hybrid)

The Great Lakes Navy Band Quintet, known as "America's Band," will perform patriotic military and John Phillips Sousa marching musical arrangements to celebrate our Veterans Day.

Tue 11/8 10:30 – 11:30 a.m.
No Fee 10486

Analysis of the 2022 Mid-Term Political Elections (Hybrid)

Mary Ann Ahern is the political and religious reporter for NBC Channel 5 in Chicago. She returns to Tuesday Club to analyze the results of the 2022 mid-term elections.

Tue 11/15 10:30 – 11:30 a.m.
No Fee 10491

Anti-Defamation League Audit of Antisemitic Incidents in 2021 (Hybrid)

Trent Spoolstra, Associate Regional Director of the Anti-Defamation League (ADL) Midwest returns to cite statistics concerning antisemitic incidents in 50 U.S. states covering the year ending in 2021. Trent will discuss cases that individuals can learn from to help prevent future incidents.

Tue 11/22 10:30 – 11:30 a.m.
No Fee 10485

The National Park Project (Hybrid)

Beth Sair discusses the National Park Project, which examines how mankind has affected America's pristine landscapes. Each work traces the origins of the parks, their early usage, and settlement by Native American peoples, how European settlers took the land, how the parks were born, and how climate change, industry, and tourism are posing threats to these special places. Beth Sair will also discuss socially engaged murals and address how art can be used to produce social change.

Tue 11/29 10:30 – 11:30 a.m.
No Fee 10479

Failure Isn't Fatal (It Just Feels Like It) (Hybrid)

Author Stacey Klemstein writes novels under the names S. A. Barnes and Stacey Kade. Stacey will speak about her latest novel, *Dead Silence*, and discuss how she became a writer, what led her to make changes in her career direction, and how she became more comfortable with the concept of failure.

Tue 12/6 10:30 – 11:30 a.m.
No Fee 10478

Touch Bass with Alan (Hybrid)

Alan Steiner, professional musician, will present a unique and entertaining combination of classical music, education, storytelling, and standup comedy.

Tue 12/13 10:30 – 11:30 a.m.
No Fee 10488

Performances & Special Events

Flappers and Fedoras

A Luncheon and Performance Event

Head back to the roaring 1920s and enjoy a superb show in the Cohn Auditorium with husband and wife duo Matt and Cynthia Gruel who delight audiences with their tight harmonies, theatrical performances, and musicianship. This afternoon will be the Bees Knees as “The Flapper Age” comes alive musically through tunes like “It Had to Be You,” “Ain’t Misbehavin’,” “Chicago,” “That Toddlin’ Town,” and many more! Hear fascinating stories about Prohibition, Al Capone, Fats Waller, F. Scott Fitzgerald, Louis Armstrong, Zelda Fitzgerald, and Chicago in the 1920s. The joint will be jumpin’! A delicious hot lunch will be served before the performance.



Fri 9/23 12 – 2:30 p.m.
 \$29 Member; \$35 Non-member 10515

What’s it Worth? An Antiques and Appraisal Event with Gary Piattoni

A Luncheon and Performance Event

Are you curious about the value or provenance of something that has been in your family, or perhaps wonder how appraisers determine the value of objects you may see on TV programs. Perhaps it’s valuable (or maybe just old). Enjoy lunch and a presentation with Gary Piattoni, a certified appraiser who regularly appears on public television doing appraisals. In his presentation Gary will share his experiences on the program, talk about the appraisal process, and give you tips on how to go about getting your objects appraised. Gary will provide a verbal appraisal to 25 randomly selected treasures brought in by audience members. Please note: Firearms, jewelry, coins, and stamps will not be appraised.

Fri 10/28 12 – 2:30 p.m.
 \$29 Member; \$35 Non-member 10520

HERstory: A Musical Salute to Trailblazing Female Firsts

A Luncheon and Performance Event

Introducing a brand-new show saluting the gutsy gals who boldly defied society’s conventions, going where no woman had gone before, and achieving groundbreaking female “Firsts.” With songs by Harold Arlen, Stephen Schwartz, Dolly Parton, Tom Lehrer, Kander and Ebb, and Sara Bareilles, among others, talented singers Catherine Thomson and Anita Kallen, accompanied by Beckie Menzie on the piano, share inspiring stories of amazing women, all woven together in a beautiful tapestry of tantalizing tales of courage, grace, and an unwavering determination to make lemonade from life’s lemons! The performance follows a leisurely lunch to catch up with friends, old and new.

Fri 11/18 12 – 2:30 p.m.
 \$29 Member; \$35 Non-member 10518

The Lola Bard Holiday Carolers

A Performance and Reception Event

Get in the holiday mood with a festive lunch and the fantastic Lola Bard Carolers, a critically-acclaimed troupe of vocalists in L.A. and Chicago, who sing an array of traditional carols, Hannukah songs, and other winter favorites. The Carolers have been featured in *The New York Times*, *The Hollywood Reporter*, *LA Jazz Scene*, *Chicago Tribune*, *ZAGAT*, and *TimeOut*, and have been lauded year after year.

Fri 12/16 12 – 2:30 p.m.
 \$29 Member; \$35 Non-member 10523



Daytrips

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

Chicago's Newest Murals

On this feel-good tour you will discover how artists have improved Chicago's neighborhoods one mural at a time. View historic murals, some featuring whimsical characters, and others with celebrities. Learn unique details about Chicago's history, uplifting elements about the artists, and our wonderful city. Highlights include Chicago's largest mural, which features Oprah Winfrey, and another with the most important women from Chicago's suffragette movement. You will also travel to the Chicago Cultural Center to see "Rushmore," which pays homage to women who shaped arts and culture in the city. In Ping Tom Memorial Park in Chinatown you will be awed by the majestic floral murals. Lunch will be at Chicago's famous Manny's Deli. Includes lunch, transportation, and fees.

Wed 9/14 8:45 a.m. – 4:15 p.m.
\$99 Member; \$119 Non-member 10514

Agatha Christie's Murder on the Orient Express at the Drury Lane Theatre

Just after midnight, a snowdrift stops the Orient Express in its tracks. The next morning, an American tycoon lies dead in his compartment, stabbed a dozen times, his door locked from the inside. Isolated and with a killer in their midst, the passengers rely on famed detective Hercule Poirot to identify the murderer before they strike again. The play adaptation of Agatha Christie's famous murder mystery first premiered in 2017, and the 1974 film adaptation received six Academy Award nominations, including one win. Lunch will be served first in Drury Lane's exquisite dining room and the matinee follows. Includes lunch, transportation, and matinee tickets.

Thu 9/29 11 a.m. – 5 p.m.
\$125 Member; \$155 Non-member 10519

Extended Travel Presentation with Legacy Tour and Travel (Hybrid)

June Anderson, Tour Planner, Legacy Tour and Travel

June Anderson of Legacy Tour and Travel will discuss exciting upcoming travel opportunities, including some old favorites and 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 Spring and Summer 2023.

Mon 10/3 1 – 2 p.m.
No Fee 10452



German Fall Fest Tour

Celebrate the fall season and experience the German presence in Chicago through churches, culture, and delicious food with professional tour guide, Cathy Holleb. Tour the beautiful gothic architecture of St. Alphonsus Church and visit the historic Dank Haus where the mission is to preserve German culture, heritage, and language for generations to come. Explore Lincoln Square, Chicago's most "European" neighborhood, and enjoy lunch of traditional German specialties. Visit a delicatessen famous for its mouth-watering sausages, hams, and cheeses, and enjoy tasting their specialties. Visit Lutz German Bakery and try a small sample of and shop for their delicious baked goods including baumkuchen, tarts, cookies, tortes, and fabulous cakes. Includes professional tour guide, all admissions, lunch, and transportation.

Thu 10/13 9 a.m. – 4 p.m.
\$125 Member; \$155 Non-member 10516

Enjoy

Daytrips (continued)

Chicago Ghost Hauntings

Tour with Ursula Bielski

Seasoned ghost-hunter and writer Ursula Bielski will guide you on a 3-hour haunted Chicago bus tour with stops that take you to some of the most actively supernatural locations in the city. You may experience first hand the chills, touches, and visual enigmas that have made these sites a point of pilgrimage for ghost hunters from all over the world. Bring your cameras and recorders. Evidence has been captured by many! Lunch will be at the popular and delicious Grand Lux Cafe. Includes lunch, transportation, and tour fee.

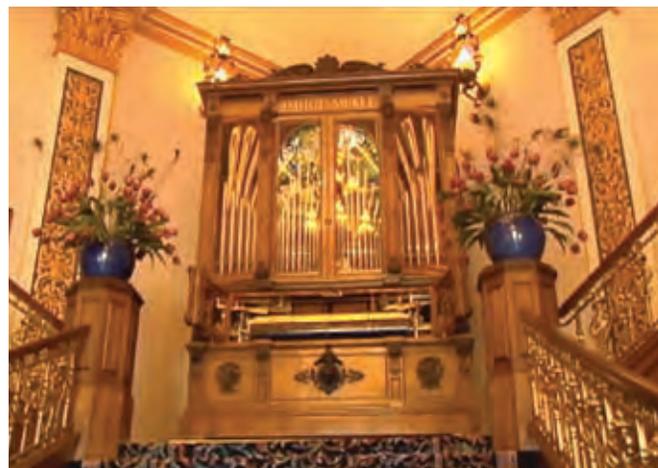
Thu 10/27 10:15 a.m. – 5 p.m.
 \$119 Member; \$145 Non-member 10512



Measure for Measure at the Chicago Shakespeare Theater

“Some rise by sin, and some by virtue fall” in Shakespeare’s searing examination of political corruption and social injustice. Celebrated director Henry Godinez sets the play in the turbulence of 1959 Cuba, during the pivotal moments before Fidel Castro seizes power. When the city sinks into moral disrepair, the Duke stages his departure and yields power to Lord Angelo. The Duke’s deputy wastes no time reviving an ancient statute of chastity and zealously enforcing his rule upon threat of execution. When the nun Isabella comes to plead for mercy for the life of her condemned brother, the depths of raw power’s depravity are shockingly revealed. Lunch will be before the performance at Navy Pier’s Lirica Restaurant for a delicious Latin-American food experience. Includes lunch, tickets, and transportation.

Wed 11/2 10 a.m. – 5 p.m.
 \$145 Member; \$165 Non-member 10524



Tour the Sanfilippo Estate

Hidden away in the rolling hills of Barrington Hills is this most unexpected and unique treasure. The Sanfilippo Victorian Palace is a 52,000 square foot residence that houses a world renowned collection of magnificent, beautifully-restored antique music machines, phonographs, arcade and gambling machines, chandeliers, art glass, and much more. You will hear the world’s largest restored theater pipe organ, and see the most spectacular European carousel in existence, plus steam engines and other functional mechanical antiques displayed within a breathtaking French Second Empire setting. The intention of this collection is to preserve and share inventions of the Western World. Before the tour, lunch will be at the delightful Francesca’s Famiglia restaurant in downtown Barrington. Includes tour, lunch, and transportation.

Wed 11/16 11:30 a.m. – 4:30 p.m.
 \$99 Member; \$119 Non-member 10525

Holiday Tea at the Drake

Enjoy an elegant afternoon tea in the Palm Court of the beautiful Drake Hotel on Michigan Avenue. The grand dame of afternoon teas, this Gold Coast gem has been serving traditional high tea since the 1920s. Imagine what life was like during Chicago’s gilded age while you enjoy your cucumber and watercress sandwich among other goodies, sip your tea, and listen to melodic music played on the harp. Over the years, this regal hotel has received royal visits from Queen Elizabeth, Princess Diana, and the Empress of Japan, as well as Hollywood royalty, including the entire cast of the *Sound of Music*. A lovely way to begin your holiday festivities. Includes afternoon tea and transportation. **Please note:** At the time of publication the Drake Hotel was unable to commit to the date for this event. Further details and pricing will be available in August on our website and the Lifelong Learning office.

Adventure

Bocce Ball at Pinstripes

Break up the long winter days with a fun-filled game of bocce ball. Meet at Pinstripes in Northbrook and enjoy some good company, plenty of laughs, and a few games of bocce, also known as Italian lawn bowling.

Wed 11/30 1 – 2 p.m.
\$10 Member; \$15 Non-member 10453

Canoeing for Beginners at Emily Oaks Nature Preserve

Lee Hansen, Facility Manager

If you are an absolute beginner, or perhaps have not canoed for a while and need a refresher, this canoe class is for you. The first 40 minutes will cover canoe safety and skills before venturing out in canoes on the Emily Oaks beautiful two-acre pond. PFDs (lifejackets) will be provided and must be worn while on the water. Meet at Emily Oaks Nature Center.

Mon 9/12 1 – 3 p.m.
\$20 Member; \$25 Non-member 10527



Mini Golf at Skokie Sports Park

Come on a mini-golf adventure with laughs, fresh air, and gentle exercise! At the 18-hole Traveler's Quest mini golf course at Skokie Sports Park, visit some of the world's most iconic places, from the Eiffel Tower to Antarctica to the Willis Tower, while playing through several water features and a waterfall. This class meets at Skokie Sports Park. Stairs, handrails, ramps are part of the mini golf course.

Mon 10/10 1 – 2:30 p.m.
\$10 Member; \$15 Non-member 10526

Enjoy



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Art & Architecture

Art Crimes: A Growth Industry (Hybrid)

Ruth Nelson, Art Historian, Glass Researcher

For centuries, theft in the art world has been basically two types: stealing or looting, and theft by deception. Art historian Ruth Nelson surveys the ever-expanding world of art theft. Beginning with the looting of the *Elgin Marbles*, museum theft in Chicago and Boston, to fraud in New York's most prestigious art gallery, and plenty in between, she exposes the "red flags" that can fool even the savviest art professionals.

Fri 9/16 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10313



The Golden Age of Book Illustration (Hybrid)

Lisa Kent, PhD, Art Historian, Researcher

The 1860s through the 1920s are considered the Golden Age of Book Illustration. New printing techniques revolutionized books and attracted well-known artists to reach new audiences for their work. Among this wave of talent were Sir John Tenniel's iconic work for *Alice's Adventures in Wonderland*, the sinuous designs of Aubrey Beardsley for the stories of Edgar Allan Poe, and the gorgeous, lush fairy tale illustrations of Edmund Dulac and Arthur Rackham. Their designs are admired to this day and still influence our ideas of what the characters from many stories look like.

Mon 10/10 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10311

Faith Ringgold: The Story of Quilts and Paintings (Online)

Jeff Mishur, Art Historian, Art Excursions

Exploring the work and life of artist and award-winning author Faith Ringgold, art historian Jeff Mishur discusses a selection of works pertaining to important themes, including the challenges faced by women artists, the relationship between fine art and craft, and African American history. Jeff will focus especially on Ringgold's paintings from the 1960s to 70s and her painted story quilts from the 1980s through the 2000s.

Wed 11/16 10 – 11:30 a.m.
\$15 Member; \$20 Non-member 10467

Instructor Spotlight

RUTH NELSON

Art Historian

Ruth Nelson received her MA in Art History at the University of Illinois at Chicago. For her thesis research on the Marquette Building in Chicago, she received the Corning Museum of Glass Rakow Research Grant. In 2018, Ruth was selected as a State of Illinois Humanities Council Road Scholar for her book *Searching for Marquette*. Ruth teaches art history in the Continuing Education department of the College of DuPage and continues her research. Her study on the shipment of Michelangelo's *Pieta* for the 1964-1965 New York World's Fair will be published by Cornell University Press – Three Hills Division in 2023. She enjoys teaching Lifelong Learning because the "students" are already very knowledgeable and bring their own unique experience and point of view which keeps her on her toes!



The Looting Machine: Hitler and the Nazi Art Agenda (Hybrid)

Ruth Nelson, Art Historian, Glass Researcher

The growth of the Nazi empire before and during the Second World War saw the looting of art treasures on a scale unprecedented in European history. The driving force was Hitler's desire to transform Linz, his hometown, into the artistic Mecca of the New Europe. Napoleon had already set the precedent for looting and controlling art as part of his empire-building strategy, now Hitler made it his own.

Fri 11/4 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10509

The Great Chicago Fire and Its Impact on Architecture (Hybrid)

Timothy Wittman, Associate Professor, School of the Art Institute

The Great Chicago Fire of October 1871 had a devastating and profound impact on the City of Chicago, the entire region of Northern Illinois, and the United States. Architectural historian Tim Wittman will examine the causes of the fire, the extent of the damage it left behind, and the psychological impact it made on the residents of the city. The Fire was arguably the pivotal event in Chicago's history. The overgrown New England village was erased and a new, reorganized, modern Chicago grew in its place. The ramifications of the Fire for architecture will be examined, and the national and international impact Chicago's greatest disaster had for design and construction.

Fri 12/9 – 12/16 (2X) 10 – 11:30 a.m.
\$24 Member; \$34 Non-member 10406



Current Events

Catch Up: What's Been Going on in Israel? (Hybrid)

Moshe Pomerantz, Educator

A half year after Israel's parliament went to 60 members supporting the government and 60 in opposition, have things become stable? Are we headed to elections (yet again)? The relations with some Arab states have improved but the situation with Russia is problematic. Moshe Pomerantz will bring you up to date on these major stories and those that did not make the headlines, but should have, about what is happening in Israel.

Mon 10/3 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10373

Social Media: How is it Transforming Our Democracy? (Hybrid)

Julie Strauss, Ph.D., Political Scientist

The rise of social media is having a powerful impact on our political process, on campaigns, and on the voters. Julie Strauss will unpack those effects, as she explores how this phenomenon has become such a strong force. You will see how candidates and other actors are harnessing this power to bolster their agendas as well as how social media outlets are influencing voting behavior. Her discussion will enhance your understanding of the latest medium to affect our polity.

Mon 11/28 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10317

Taking Inventory of Germany's Traffic Light Coalition (Online)

Anette Isaacs, German Historian

The Post-Merkel coalition government under Chancellor Olaf Scholz has only been in power for a few months but there is no time to waste. From pertinent foreign policy crises to the modernization of its infrastructure, Europe's most populous nation needs to meet its many challenges swiftly and effectively. Germany expert Anette Isaacs provides an informative discussion explaining the trials and tribulations of the so called "traffic light coalition."

Wed 10/26 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10320

Current Events (continued)

Update: Russia's Attack on Ukraine (Hybrid)

Arthur Cyr, PhD, Director of the Clausen Center, Carthage College

Russia's invasion in Ukraine, following years of tension and conflict, has not overturned history or transformed the world, but the general stability of Europe is clearly threatened. In 2008, Russian President Vladimir Putin initiated an invasion of the nation of Georgia. This was followed in 2014 by the annexation of Crimea and incursions into eastern Ukraine. Professor Arthur Cyr will discuss and analyze the current state of affairs including Putin's ambitions and goals, the characteristics of the militaries of Russia and Ukraine, the nature of modern nationalism, and significance for the United States.

Thu 10/13 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10365

The Ukraine War in Context (Hybrid)

Arthur Cyr, PhD, Director of the Clausen Center, Carthage College

The wider dimensions and implications of Russia's 2022 invasion of Ukraine are significant, but also complex. They include President Vladimir Putin's desire to reestablish national borders more like those of the Soviet Union, the instability and uncertainty of borders in Eastern Europe in contrast to Western Europe, and aggressive United States policies in that part of the world during the Clinton to Obama administrations. Emphasis will be on the wider sweep of history and significance of this for the United States.

Thu 11/17 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10366

The Jews in Germany Today (Online)

Anette Isaacs, German Historian

Seventy-seven years after the end of World War II, today's Jewish community in Germany is the third largest in all of Europe. Jewish life is flourishing, but not without its challenges. German Historian Anette Isaacs explores various facets of life for the Jews in her native country, including the growing anti-semitism and the problems it presents.

Wed 11/30 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10368



Fake News: Where Does It Come From? (Hybrid)

Lee Scheier, Journalist, Researcher, Educator

Lee Scheier will present the historical origins of fake news in the United States focusing on Edward Bernays. As the founder of the field of Public Relations he imbued it with deceit and fakery. His important book, *Propaganda*, written in 1928, explains his philosophy of manipulating and controlling the minds of the public. Unfortunately his ideas caught on. As a consequence most information we receive today is “spin” and the truth is lost in the process.

Mon 10/10 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10399

Geopolitical Crossroads: The World America Made (Hybrid)

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

On December 26, 2021, an anniversary passed without drawing much attention: thirty years since the Soviet Union disintegrated. In early 1992 the world celebrated the end of the Cold War and looked forward to an international system that promised not only an end to great power conflict but the beginning of an era of cooperation among them. Thirty years later, and largely as the result of stubborn American pursuit of liberal hegemony, the world is on the throes of a new Cold War, the emergent consensus among great powers all but shattered. George Lungu leads a discussion of the geopolitical forces that are shaping the world today. He will provide historical background and cover the contemporary situation as we know it.

Fri 9/9 – 9/16 (2X) 1 – 2:30 p.m.
\$24 Member; \$34 Non-member 10405

Major Gubernatorial Races of 2022 (Hybrid)

Julie Strauss, PhD, Political Scientist

Julie Strauss will do a deep dive into the country's major governor's races. There are 36 states with gubernatorial elections this cycle. She will focus on the dynamics of the campaigns in the most contested states including Arizona, Florida, Georgia, Kansas, Michigan, Nevada, Pennsylvania, Texas, and Wisconsin. Of course, the race in Illinois will also be discussed. This is an exploration of the elections that are often less covered in the national media.

Fri 10/14 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10316

Where Do We Stand: The Midterm Elections (Hybrid)

Barry Bradford, Historian

Every two years, our political prognosticator Barry Bradford takes an incisive and insightful look at the elections about to take place. At stake is control of the Congress, the Senate, the Supreme Court, abortion, and so much more. Barry will break down the major elections state by state and fearlessly predict the outcomes!

Thu 11/3 1 – 2:30 p.m.
\$15 Member; \$20 Non-member 10423

Analyzing the Election of 2022 (Hybrid)

Barry Bradford, Historian

With the midterm elections over, political scientist Barry Bradford will discuss the results on a state-by-state basis and share with you the larger trends as he anticipates what will happen in our country's government for the next two years.

Thu 11/10 1 – 2:30 p.m.
\$15 Member; \$20 Non-member 10424

Looking Back, Looking Ahead (Hybrid)

Barry Bradford, Historian

2022 has been a tumultuous year. The culture wars have deepened in America, Chicago's sports teams have tanked, the midterm elections shook up the government, and we have seen a dramatic change in the way our country has dealt with Covid. This is one of our most popular and highly anticipated presentations of the year. Historian Barry Bradford will tell us the top news stories, movies, television, theater, new words and important deaths of 2022. As always, Barry will show us what he predicted for 2022 and offer specific predictions for the year to come!

Thu 12/15 1 – 2:30 p.m.
\$15 Member; \$20 Non-member 10426

The Notorious RBG (Hybrid)

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

Mark Iris will present some of the highlights of the career of United States Supreme Court Justice Ruth Bader Ginsburg, looking at notable cases from her Supreme Court career, and also examining her role as an advocate, litigating cases before that Court. Her career featured some interesting and not widely known twists, including arguing for a pregnant woman's right to choose by representing a woman who did not want an abortion, and advancing equal rights for women by representing men who were the victims of sex discrimination.

Fri 11/11 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10533

Election 2022 (Online)

Jim Kenney, Co-founder Common Ground, Author

Jim will review the last weeks of the 2022 Midterm Election campaigns. While Jim won't be making too many explicit predictions, he will be taking a very close look at the patterns already in place in races for Congress and Senate and state-level races for governors and legislatures. Will the Dems hold on or is a GOP wave all but certain? Through it all, he will also attempt to get some sense of how the winds are blowing with respect to the 2024 presidential election.

Tue 9/27 – 10/18 (4X) 1 – 2:30 p.m.
\$49 Member; \$65 Non-member 10296

Instructor Spotlight

MARK IRIS

Chicago Police Board,
Northwestern University
Faculty



Mark Iris, Ph.D., is a Lecturer Emeritus of Mathematical Methods in the Social Sciences Program at Northwestern University. He served for 21 years as Executive Director of the Chicago Police Board, the agency that holds disciplinary hearings in cases of Chicago officers accused of misconduct. He has authored various publications on police misconduct and supervised numerous police research projects. He teaches police managers through Northwestern's Center for Public Safety, and has served as an expert witness in police-related litigation. Mark enjoys his NSSC classes because the audiences are engaged, they always ask probing questions, and most importantly, they choose to participate in this learning experience.

Current Events (continued)

The Cryptosphere: Bitcoin, Blockchain, and Bored Apes (Online)

Jim Kenney, Co-founder Common Ground, Author

Take a non-technical excursion into the mysterious world of “Crypto” (virtual currencies, NFTs, Web 3.0) and its denizens of libertarians, hucksters, visionaries, artists, crooks, and dreamers. Is it a fad or is it the future? In 2009 Bitcoin currency and software first emerged. Today there are 18,465 cryptocurrencies in existence. But there’s much more happening, including scams, hucksters, fakes, and frauds galore with new modes of protection against them. There’s a whole new world for artists and aficionados, and a new way of sharing, trading, and securing assets, private documents, health records, personal data, and so on. This is the beginnings of Web 3.0, a user-friendly, more secure, more private, and better-connected Internet, and maybe, an end run around Facebook, Google, and the gang.

Tue 9/6 – 9/20 (3X) 1 –2:30 p.m.
\$39 Member; \$49 Non-member 10295

What Just Happened at the Polls? (Online)

Jim Kenney, Co-founder Common Ground, Author

Americans have kept a close eye on electoral dynamics over the past months. Now it is time for a look at what has emerged. Jim Kenney surveys the results of races for the U.S. House and Senate, reviews the highly contested slate of gubernatorial contests, and takes a quick look at some state level elections for state legislative seats and for the offices of Secretary of State and Attorney General. For the Democratic Party, November 8 is shaping up to be a trying day.

Tue 11/8 – 11/15 (2X) 1 –2:30 p.m.
\$29 Member; \$39 Non-member 10298



Aftermath: The Russian Invasion of Ukraine (Online)

Jim Kenney, Co-founder Common Ground, Author

On February 24, 2022, Russian armed forces invaded the sovereign nation of Ukraine. Condemned internationally as an act of unjustified aggression, the Russian attack often faltered, as most European nations, with the strong support of the United States and many other countries, worked to supply determined Ukrainian forces with the means of war. This provoked a storm of economic, military, and even nuclear threats from Vladimir Putin. As we go to press, it’s too soon to know how it will all unfold. Jim Kenney will summarize the events of the last six and a half months, offer some analysis, and, if possible, suggest some future scenarios. One question still looms. How can we understand the support that Putin has received from right-wing politicians in the U.S. and Europe?

Thu 9/8 – 9/15 (2X) 10 –11:30 a.m.
\$29 Member; \$39 Non-member 10300

Hijacked: The Supreme Court in the 21st Century (Online)

Jim Kenney, Co-founder Common Ground, Author

It is often suggested that America’s court is no longer working for everyone. The Supreme Court is dominated by a 6-3 Republican supermajority that consistently rules in favor of corporate and partisan interests. The refusal in 2016 of the then GOP-dominated Senate to hold hearings for Barack Obama’s nominee Merrick Garland on the grounds that it was an election year didn’t halt the rushed confirmation of Amy Coney Barrett in 2020. Mitch McConnell’s recent promise that no additional Biden Court pick would be considered should give us all pause. If Democrats ever again secure an actual working Congressional majority, should they consider expanding the Court? Why are so many legal scholars voicing their deep concern? Do we have a runaway court?

Thu 9/22 – 10/13 (4X) 10 –11:30 a.m.
\$49 Member; \$65 Non-member 10301

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 9/2 – 12/2 (4X) 9:30 –11:30 a.m.
\$48 Member; \$60 Non-member 10517

American Politics and Current Events (Online)

Ron Mantegna, Facilitator

Take part in a lively discussion on topical issues of the day: 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 we cover a wide variety of topics, or come just to listen and learn from the opinions of others.

Mon	9/12 – 10/24 (7X)	9:30 – 11:00 a.m.
	\$19 Member; \$25 Non-member	10494
Mon	10/31 – 12/12 (7X)	9:30 – 11:00 a.m.
	\$19 Member; \$25 Non-member	10495

Dramatic Portrayals

Meet Marie Antoinette (Hybrid)

Martina Mathisen, Dramatist,
Edu-tainment Living History

The Queen of France visits North Shore Senior Center to talk about her life, loves, and intrigues. History comes to life in the character of Marie

Antoinette, who engages the audience with a costumed first-person narrative for an interactive presentation. Dramatist Martina Mathisen will reveal the truth behind this very much misunderstood queen, from a teen bride enveloped in pure opulence to the most hated woman in France. What actually happened? Shall she live, or shall she die? This time you will decide her fate.

Fri	10/7	1 – 2 p.m.
	\$12 Member; \$17 Non-member	10310

Katharine Wright: Those Flyboys from Dayton (Hybrid)

Jessica Michna, Dramatist

Behind the genius of the Wright brothers, Wilbur and Orville, was their beloved and devoted sister, Katharine. She may be often overlooked by history but make no mistake, she was the integral variable in the equation that solved the mystery of controlled flight. Jessica Michna introduces this fascinating woman and explains her influence on her brothers' aviation careers.

Fri	9/30	1 – 2 p.m.
	\$12 Member; \$17 Non-member	10312



Georgia O'Keeffe (Hybrid)

Leslie Goddard, PhD Historian, Actress

In this living-history performance, historian Leslie Goddard portrays Georgia O'Keeffe, the legendary artist and modernist. As O'Keeffe reflects on her life, she discusses her intense closeness to flowers, nature, and the landscape around her homes in New Mexico. What emerges is a complex person whose mythmaking encompassed both her art and her life.

Wed	11/30	10 – 11 a.m.
	\$15 Member; \$20 Non-member	10386

The Canterville Ghost (Hybrid)

Megan Wells, Award-winning Storyteller

Is there a more iconic celebration of England's ghosts than Oscar Wilde's famous novella? With vaudeville humor, this charming story sets an American family into an old haunted mansion. Who will best who? Ghost or the new tenants? Of course, the end is full of heart as the best of Oscar Wilde's works. International performer Megan Wells brings to theatrical storytelling life, the famous *Ghost of Canterville Chase*.

Wed	10/19	1 – 2 p.m.
	\$15 Member; \$20 Non-member	10492

Dramatic Portrayals

First Ladies Forum

First Ladies Forum is a collaboration of four actors and scholars with expertise in historical portrayals, featuring in-depth and interactive interpretations of four United States First Ladies. Their mission is to educate and inspire, with a glimpse into the living, breathing women behind the names and dates.

Jacqueline Kennedy (Hybrid)

Leslie Goddard, PhD Historian, Actress

It is 1964, and former first lady Jackie Kennedy is struggling to determine her next step in life. The challenge of this decision causes her to review her life. She reflects on her feelings about becoming a politician's wife, her struggle for privacy amidst intense media scrutiny, her work to showcase history and the arts in the White House and, finally, how her husband's assassination changed her life forever.

Wed 9/28 1 – 2 p.m.
\$15 Member; \$20 Non-member 10421



Mrs. Lincoln in Love (Online)

Laura Keyes, Historical portrayal artist

Mary Todd Lincoln lived a life filled with triumphs and tragedies but few people know her story. Laura Keyes portrays Mary's story on January 31, 1862 when Mrs. Lincoln and her family are settled comfortably in the Executive Mansion. Visiting with ladies during afternoon tea, Mrs. Lincoln reflects on the loves of her life—her children, her husband, and her country. She even shares some of Mr. Lincoln's love letters to her. Learn how Mary's knowledge of both politics and social customs made it possible for a backwoods frontier attorney to achieve the highest office in the land.

Wed 10/26 1 – 2 p.m.
\$15 Member; \$20 Non-member 10459

The Adventures of Louisa Catherine Adams (Online)

Laura Rocklyn, Historical portrayal artist

The day is March 4, 1825, and Louisa Catherine Adams has not accompanied her husband, John Quincy Adams, to his inauguration as the sixth President of the United States. In a rare moment of solitude, Louisa reflects on the events of her tumultuous life in the public eye. From her childhood in England and France, to her adventures as the wife of an American diplomat in Europe where she charmed heads of state from Berlin to St. Petersburg, Louisa's memories provide a glimpse into international politics during the Age of Revolutions. Upon their return to America, the flair for entertaining and political savvy eventually assisted her husband in becoming President of the United States. In this moment, now that John Quincy has won the coveted office for which they both worked so hard, why is she not standing by his side?

Wed 11/9 1 – 2 p.m.
\$15 Member; \$20 Non-member 10461

Chit Chat with Dolley Madison (Online)

Judith Kalaora, historical portrayal artist

Converse with one of the most esteemed First Ladies in United States history. Dolley Madison, wife to fourth American President James Madison or "The Presidentess" as she was known, shall regale you with tales of escaping the White House during the British attack on Washington City. Learn how she protected the portrait of His Excellency George Washington! If you are fortunate, you may even be invited to one of Dolley's famous squeezes, the first bi-partisan social gatherings where legislators could mix business and pleasure. Dolley attracted the most popular crowds for her weekly social functions and was always dedicated to advancing her husband's position. Enjoy Dolley's homespun hospitality!

Wed 12/14 1 – 2 p.m.
\$15 Member; \$20 Non-member 10462



Film, Theater & TV

A Jack Benny Extravaganza (Online)

Steve Frenzel, *Film Researcher, Instructor*

Jack Benny was a comedy pioneer, inventing situation comedy. How did he become so great? He was fired multiple times when he first started on the radio. When did his brilliant supporting team of Rochester, Mary, Phil, and Dennis join him, and what did they each contribute? Steve Frenzel will show you so many great Benny moments during this visit with the brilliant giant of comedy.

Fri 11/4 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10360

The Best Movies of All Time: Is There a Consensus? (Hybrid)

Zbigniew Banas, *Film Historian, Adjunct Faculty, Loyola University*

Zbigniew Banas will address the seemingly impossible task of selecting the best movies of all time. Over the years, many polls from film organizations, critics' groups, and fans have tackled this issue. Is there really a fair way to decide? Are there any set criteria that can be applied objectively? As times have changed, the idea of what constitutes quality has evolved, as has the power of more diverse voices. All these contributing factors will be sorted out, but in the end, the "best" is each one's personal choice.

Mon 10/17 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10304

Start the Show: The Great Movie Opening Sequences (Hybrid)

Raymond Benson, *Film Historian, Author*

Film historian and author Raymond Benson presents a clip-filled overview of memorable movie opening sequences. Who can forget the exciting first few minutes of *Raiders of the Lost Ark*? What film is known for its extended opening that was completed in only one shot? The opening sequence of a movie needs to capture an audience and never let go. Included in this presentation will be trivia, historical context, and a countdown "Top Ten" down to the #1 clip selected to represent the best.

Wed 9/21 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10305



An Offer You Can't Refuse: The Great Gangster Movies (Hybrid)

Raymond Benson, *Film Historian, Author*

Raymond Benson, film historian and author provides an overview of memorable gangster movies through the decades. From the 1930s' titles, which made stars of James Cagney, Edward G. Robinson, and Humphrey Bogart, to the 70s and beyond, with the more modern and realistic classics such as *The Godfather* and *GoodFellas*, the gangster flick has always been a popular genre of the crime picture. His presentation consists of film clips, with trivia and historical context selected to represent the best of the bunch.

Wed 11/16 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10306

The Immigrant Experience on Film (Online)

Steve Frenzel, *Film Researcher, Instructor*

The brave ancestors who came to this country with little more than their hopes and dreams are rarely honored as they should be. Steve Frenzel will present scenes that vividly recreate both classic and modern immigration stories, featuring *The Godfather Part II*, *Hester Street*, *Rounders*, *In America*, *Golden Door*, and many more. And the rousing number "America," a musical argument about immigration from *West Side Story*, is included.

Fri 9/9 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10361

Hollywood and World War II (Hybrid)

Susan Gibberman, *Librarian, Author, Researcher*

The entertainment industry changed the war effort, not only through individuals serving in the military, but also through fundraising efforts. Entertainment and informational programs were created for civilians and soldiers overseas and, in general, boosted their morale. Author Susan Gibberman will explain how stars impacted entertainment both on the homefront and in their service overseas.

Mon 11/7 – 11/14 (2X) 10 – 11:30 a.m.
\$24 Member; \$34 Non-member 10376

Film, Theater & TV

(continued)

Sammy Davis, Jr.: Entertainer Extraordinaire (Hybrid)

Susan Benjamin, Musical Biographer

Sammy Davis, Jr. grew up on the road, watching his father perform. As a young child, he became part of the dance act. Although not schooled in any traditional sense, he learned the craft of entertaining superbly and, in his multi-faceted approach, he did it better than anyone else: dancer, singer, actor, comedian, impressionist and musician. Susan Benjamin focuses on his extraordinary talent, along with personal tragedy and triumph.

Fri 10/7 10 – 11 a.m.
 \$12 Member; \$17 Non-member 10387

Musicals of the Depression (Hybrid)

Susan Gibberman, Librarian, Author, Researcher

Despite the Depression, the movie industry boomed and the Hollywood musical played a key role in distracting Americans from the horrors of the economic downfall. Author Susan Gibberman will discuss some of the most popular films of the era with examples of scenes from these films.

Mon 12/12 1 – 2:30 p.m.
 \$12 Member; \$17 Non-member 10377



The Holocaust in Film

Jay Sorkin, Researcher and Educator in Holocaust Studies



Shadows in Paradise (Hybrid)

This documentary portrays the vibrant atmosphere of the Los Angeles German-speaking exile community during the 1930s and 1940s, revealing their struggles, frustrations and achievements. By 1939, 30,000 intellectuals and radicals were exiled from Europe; eighty percent of them were Jewish. The many émigrés who settled in southern California, briefly transformed the area into one of the capitals of world culture, and profoundly altered the horizons of American music, literature, and the arts.

Wed 10/12 1 – 4 p.m.
 \$12 Member; \$17 Non-member 10318

Border Street (Hybrid)

Jay Sorkin, Holocaust educator, presents a drama depicting the Nazis' purge of Warsaw Jews by following the fates of five families. They represent the various social, political, and ethnic strata in Warsaw, through the war, and culminating in the Warsaw Ghetto Uprising. Director Aleksander Ford did not provide viewers a happy ending because he wanted "the viewer who watches it to realize that the issue of fascism and racial oppression is not over." It won the Grand Prix at the 1948 Venice Film Festival.

Wed 12/7 1 – 4 p.m.
 \$12 Member; \$17 Non-member 10319

The Television Shows of Aaron Sorkin

Barry Bradford, Historian



The West Wing (Hybrid)

When *The West Wing* left the air in 2006, it held the all-time record for winning the most Emmy awards. It is still considered to be one of the greatest dramas ever to appear on American television. Barry Bradford will look at the history of the show, its impact on our culture, and how it shaped political conversation in America.

Thu 12/1 1 – 2:30 p.m.
 \$15 Member; \$20 Non-member 10422

The Newsroom, Studio 60, and Sports Night (Hybrid)

Although *The West Wing* is the greatest achievement of Aaron Sorkin as a TV writer, his other three series have all been critically acclaimed and influential. Barry Bradford will look at life behind the scenes at a cable news network, an all sports network, and a fictionalized version of *Saturday Night Live!* Sorkin has made a name for himself as a versatile television genius.

Thu 12/8 1 – 2:30 p.m.
 \$15 Member; \$20 Non-member 10429

Hello, Jerry!

Charles Troy, *Musical Theatre Historian*

Composer-lyricist Jerry Herman wrote the scores for three of the most popular shows in Broadway history: *Hello, Dolly!*, *Mame*, and *La Cage aux Folles*. He was famous for his catchy showtunes, so as Charles Troy travels through Herman's life and career, and you listen to his musical treasures, be prepared to join in for some joyful audience singalongs along the way!

Fri 12/9 1 – 2:30 p.m.
\$15 Member; \$20 Non-member 10420



The Windy City in the Golden Age of Radio (Hybrid)

Steve Darnall, *Host of Those Were the Days & Publisher of Nostalgia Digest*

During the early years of radio, Chicago was not only a major broadcasting center but also the source of numerous innovations, including the birthplace of soap operas, juvenile adventure serials and the first radio show dedicated to the music known as “country.” Radio historian Steve Darnall explores Chicago's many contributions, and presents sound samples from some legendary series and personalities that called Chicago home.

Wed 11/2 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10398

History

The Jews of Ukraine (Hybrid)

Rabbi Adam Chalom, *Rabbi, Kol Hadash Congregation, University of Michigan, PhD*

Jewish roots in Ukraine go back many centuries, and range from the birthplace of many Hasidic sects to the secular Jewish cosmopolitan life of Odessa. How did Jews come to Ukraine, and how did they thrive despite years of persecution and pogrom? And what does the future hold after Russia's devastating invasion? Rabbi Chalom discusses the impact of the current situation on the Jews remaining.

Wed 10/19 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10307

Founding Mothers: Colonial-Era Women with Clout (Hybrid)

Joyce Haworth, *Historian, College of Lake County*

American women in past centuries usually kept to house and home. But that was not always true, especially in early colonial times, when society was especially fluid and open. Joyce Haworth explores the lives of several lesser-known women who exercised influence outside of the family bounds, including the diplomat (and scoundrel) Mary Musgrove, the political leader Margaret Brent, and the martyr Mary Dyer.

Mon 10/24 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10308

Puritans, Indians, and the First Thanksgiving (Hybrid)

Joyce Haworth, *Historian, College of Lake County*

This year marks the beginning of the fifth century since Pilgrims and Indians feasted together at the so-called “First Thanksgiving.” Joyce Haworth will correct many misperceptions, beginning with, it was not the first



thanksgiving, or even a true 17th-century-style Thanksgiving Day. Particular attention will be given to the Native Americans: what their lives were like, their troubled history with Europeans before 1621, and the choices before them when the Pilgrim band settled on their territory.

Mon 11/21 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10309

Inventors Who Made a Difference

Barry Bradford, Historian



Rapid changes in technology have altered every aspect of life. This intriguing series will focus on the personal lives and unique careers of three of America's greatest. Barry Bradford will relate the stories behind their inventions, including their successes and failures.

Alexander Graham Bell: Communicating with the Future (Hybrid)

Of course every American knows that Alexander Graham Bell invented the telephone. But did you know that he also invented the metal detector, contributed to the development of motor-powered heavier-than-air airplanes and subsequent aircraft design, and had a greater impact on the education of the deaf than almost any person in history? Barry Bradford tells you how these great inventions impacted our lives for generations.

Thu 9/15 1 – 2:30 p.m.
\$15 Member; \$20 Non-member 10472

Benjamin Franklin: An Inventor Who Made a Difference (Hybrid)

Benjamin Franklin has been called, “The First American.” He was, by far, the most important and influential American of his day, one of the wealthiest, and the single most respected American in the view of the people of Europe. He was an inventor, most notably of the lightning rod which is still saving lives today, bifocals, the Franklin stove, and he created the first free public library in the country. In addition, he was a pioneering businessman, a philanthropist, a political activist, a humorist, and a philosopher. Barry Bradford brings to life the amazing, uplifting, and constantly surprising story of Benjamin Franklin.

Thu 9/22 1 – 2:30 p.m.
\$15 Member; \$20 Non-member 10471

Steve Jobs: Revolutionizing the Future (Hybrid)

Although Jobs was more of a marketer than a pure inventor, his company revolutionized the way the world communicates, learns, entertains itself, works, studies, and thinks. No modern inventor has had a more powerful, ongoing impact on the entire world.

Thu 9/29 1 – 2:30 p.m.
\$15 Member; \$20 Non-member 10473

History (continued)

The Spirit of Native America (Online)

Jim Kenney, Co-founder Common Ground, Author

The spiritual landscape of Native America is rich and variegated. Today, we know only a very little about native practices that developed, evolved, and disappeared over the millennia of human occupation of the Americas. Jim Kenney will sketch what scholars do know, only surmise, and still wonder about the spiritual legacy of the first inhabitants of our hemisphere. Along the way, he will touch briefly on topics ranging from the great vanished cultures of the Mississippian and the ancestral Pueblo (Anasazi) peoples to the teachings of Black Elk, to the current understanding of the religious and spiritual practices of the Maya and the Aztec.

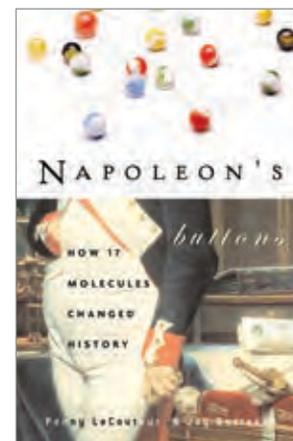
Tue 10/25 – 11/1 (2X) 1 – 2:30 p.m.
\$29 Member; \$39 Non-member 10297

Napoleon's Buttons: 17 Molecules that Changed the World (Online)

Jim Kenney, Co-founder Common Ground, Author

Was the defeat of Napoleon's Russian invasion force in 1812 due to “tin disease,” the powdering of tin exposed to cold temperatures or did the tin buttons on the French army's uniforms simply disintegrate in the bitter northern winter? It is controversial, but it is a story chemists love to tell, and it introduces *Napoleon's Buttons: How 17 Molecules Changed History* by Penny Le Couteur and Jay Burreson. The authors identify seventeen groups of molecules that have greatly influenced the course of history and provided an impetus for early exploration, voyages of discovery, and great feats of engineering. The results include advances in medicine and law, ultimately helping to determine what we now eat, drink, wear, and use.

Tue 11/22 – 12/13 (4X) 1 – 2:30 p.m.
\$49 Member; \$65 Non-member 10299



The Human Occupation of the Americas (Online)

Jim Kenney, *Co-founder Common Ground, Author*

Over the past few years, archaeological interpretation of the human occupation of the Americas has shifted rapidly. Not so long ago, it seemed certain that the earliest settlers crossed the Bering Land Bridge no more than 12,000 years ago. Now many scholars suggest that the first human inhabitants of the Western Hemisphere came thousands or even tens of thousands of years earlier than that. Some even argue that the first to arrive came from Europe rather than Asia. It is a complex and fascinating study, which Jim Kenney has pursued for many years. He brings us up to date on the very latest in a dramatically shifting field of study.

Thu 11/10 – 12/1 (3X) (No class on 11/24) 10 – 11:30 a.m.
\$39 Member; \$49 Non-member 10302

First Friends: The Powerful, Unsung (And Unelected) People Who Shaped Our Presidents by Gary Ginsberg (Hybrid)

Judy Levin, *Book Reviewer*

Ginsberg writes from what he describes as the juncture of media, politics and the law, all fields in which he is trained and has worked. He observed that the lives of our Presidents had been seen through the lens of their office, family, personal chef, butler, even decorator, but never through that of their best friends. Here he takes on the mission of sharing presidential best friendships and showing the importance of those relationships and how influential those friendships were in decision making and lasting influence of that president. Judy Levin's discussion of this work reveals these many insights.

Mon 12/5 1 – 2:30 p.m.
\$15 Member; \$20 Non-member 10477

The Life of Kurt Gödel: How a Refugee From Hitler's Germany Changed Mathematics Forever (Hybrid)

Richard Wilders, *Professor Emeritus, North Central College*

Born in 1906 in the Czech Republic, Kurt Gödel showed an early aptitude for mathematics. While participating in the Vienna Circle discussing the work of Ludwig Wittgenstein, Bertrand Russell, and others, Gödel began to question the limits of the new mathematics they proposed. In 1931 he first proved a remarkable result: Any formal mathematical system that includes the counting of numbers contains at least one true statement that cannot be proved within that system. Richard Wilders will look at Gödel's result and trace his life from Vienna to The Institute for Advanced Study in Princeton where he spent the last years of his life with Albert Einstein.

Mon 10/31 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10321



Naval Battles of the Pacific (Hybrid)

Robert Mueller, *Military History Enthusiast*

Author Robert Mueller describes the country's participation in naval battles in which the United States fought to eliminate the supremacy of the Imperial Japanese Navy and the air protection provided by its naval aviators. He will examine America's defensive naval engagements of 1942 starting shortly after the Japanese attack upon Pearl Harbor through the Battles of the Coral Sea and Midway to engagements near Guadalcanal as thinly spread American warships stem the enemy's advance. America strikes back with events in 1944, the climactic engagements in the Philippine Sea and Leyte Gulf that sealed Japan's fate.

Mon 9/19 1 – 3 p.m.
\$12 Member; \$17 Non-member 10342

Two Massacres: 1972 and 2001 (Hybrid)

Gary Midkiff, *Historian, College Professor*

The Munich Olympics and 9/11 are both familiar tragedies. We all know what happened when Israeli athletes were murdered by Palestinian terrorists, and thousands of innocent Americans were killed by radical Muslim terrorists. What was the response to these actions? And more importantly, what was learned? Gary Midkiff will remind us of how the events are remembered.

Wed 9/7 – 9/14 (2X) 10 – 11:30 a.m.
\$24 Member; \$34 Non-member 10355

History (continued)

The People of Pearl Harbor (Hybrid)

Gary Midkiff, *Historian, College Professor*

Gary Midkiff recounts the events of that terrible day in 1941. He will look at the people involved, the United States and Japanese commanders as well as the American citizens who woke up one morning to find they were in the middle of a surprise aerial assault.

Wed 12/7 10 – 11:30 a.m.
 \$12 Member; \$17 Non-member 10359

World War II Stories

Barry Bradford, *Historian*

Using his trademark combination of insight, historical knowledge and wit, Barry Bradford offers a fascinating look at some of the most intriguing and controversial World War II stories and their heroes.



George C. Marshall (Hybrid)

George C. Marshall was one of America's greatest leaders—and one of our most underappreciated heroes. Barry Bradford relates the fascinating story of the man who helped to defeat the Nazis and the Japanese in World War II.

Thu 10/06 1 – 2:30 p.m.
 \$15 Member; \$20 Non-member 10475

George S. Patton (Hybrid)

George S. Patton was absolutely one of the most brilliant and successful generals ever to wear the uniform of the United States Army. But he was a complex, contradictory, charismatic, and confusing man whose life story is both intriguing and improbable. Barry Bradford will explain both sides of the Patton legacy.

Thu 10/20 1 – 2:30 p.m.
 \$15 Member; \$20 Non-member 10476

The Doolittle Raid (Hybrid)

After the stunning defeat at Pearl Harbor, FDR ordered the military to find a way to strike back at Japan, which at that time seemed invulnerable. The Doolittle Raid, which led to the famous movie *Thirty Seconds Over Tokyo*, is a humbling, heroic, and heart-stopping story of courage against all odds and the tale of the men who carried it out.

Thu 10/27 1 – 2:30 p.m.
 \$15 Member; \$20 Non-member 10474

Presidential Campaigns in History (Hybrid)

William Adler, *Assistant Professor, Political Science, Northeastern Illinois University*

William Adler examines the history of presidential campaigns from issues of independence in the 1700s up to foreign policy, civil rights, and terrorism in recent years. Persuading voters has always been the central factor in presidential campaigns. Over the years changing norms of presidential behavior have affected how operations are managed, from party-run campaigns of the past to the highly personalized, media-focused campaigns of today. The road to the White House is so long, exhausting, and expensive that it is amazing anyone chooses to run for president.

Fri 9/23 10 – 11:30 a.m.
 \$12 Member; \$17 Non-member 10364

Greatest American Speeches (Hybrid)

Gary Midkiff, *Historian, College Professor*

You are familiar with the “a date which will live in infamy” speech and the “I have a dream” speech. Gary Midkiff will cover those speeches, but will also study fourteen other famous American speeches, the people who gave them, and the context in which they were delivered. Discussing the impact they had when given, he will remind you the reasons they should be remembered.

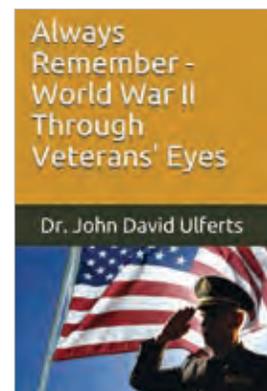
Wed 11/2 – 11/9 (2X) 10 – 11:30 a.m.
 \$24 Member; \$34 Non-member 10369

Always Remember - World War II Through Veterans' Eyes (Hybrid)

John Ulferts, *School Administrator, Author*

Eighty years have passed since World War II began. The memories of that terrible war have faded as the Greatest Generation has quietly slipped away. But their sacrifices must not be forgotten, for the freedom we treasure today would not exist had it not been for their valiant efforts on far away shores not so long ago. During the 1990s, 140 veterans, including 20 Medal of Honor recipients, shared their stories of valor and sacrifice with John Ulferts who promised to keep them alive through classes he taught and the book, *Always Remember - World War II Through Veterans' Eyes*, which he wrote.

Fri 11/11 1 – 2:30 p.m.
 \$12 Member; \$17 Non-member 10367





The 1906 World Series (Hybrid)

Gary Midkiff, Historian, College Professor

The Chicago Cubs and Chicago White Sox have only faced each other in one World Series—1906. Gary Midkiff will look at the rosters of both teams, the ballparks they played in, the equipment the players used, the rules then in effect and the results of each game of the series. This was a memorable series for Chicago sports fans!

Wed 10/12 10 – 11:30 a.m.
 \$12 Member; \$17 Non-member 10358

American History and Today (Hybrid)

John LeGear, Film Producer and Historian

Take a journey with John LeGear through the past 108 years of American history from the start of World War I in 1914 through the present day. His picture-packed live presentation of news, movies, music, and pop culture highlights the ebb and flow of the United States on the move. Enjoy historical photographs punctuated with news and film clips that recall some of the most memorable moments of the past century.

Wed 9/7 – 9/14 (2X) 1 – 2:30 p.m.
 \$24 Member; \$34 Non-member 10370

Latin America and the World Wars (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

Latin America played an often overlooked role in the world wars of the 20th century, while the region itself was deeply affected by those cataclysms and the ideological conflicts that accompanied them. Joseph Harrington will explore how Latin American countries responded to the disruption of their trade with Europe, the covert warfare waged within their borders, the social and economic strains caused by the wars, and their opportunities for a role in world affairs after 1945.

Fri 9/30 10 – 11:30 a.m.
 \$12 Member; \$17 Non-member 10374

French and Natives in Colonial Illinois (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

For nearly 100 years, French and Native American inhabitants sustained an extensive trading network. It extended through the “Illinois Country,” stretching roughly from western Indiana to eastern Missouri, and encompassing the region’s major rivers and tributaries. Joseph Harrington will examine the rapid emergence of a fledgling métis (mixed race) society in Illinois before it was subsumed by Anglo-American conquerors.

Mon 12/12 10 – 11:30 a.m.
 \$12 Member; \$17 Non-member 10375

Chicago Calamities (Hybrid)

Greg Borzo, Chicago Geographic Society

Chicago has endured more than its share of manmade disasters. You will be introduced to some of the worst, particularly ones that have a memorial or marker at the disaster’s site. Such markers help locate and understand the calamity, and the lessons learned from it. There have been all too many fires, but also plane, train, and boat wrecks. And even a flood, or was it a leak? Author Greg Borzo will be your tour guide for a look at Chicago calamities, both those that are famous and some long forgotten.

Wed 9/28 10 – 11:30 a.m.
 \$12 Member; \$17 Non-member 10379



Literature & Writing

Finding Your Voice: Writing for Non-Writers

Madeleine Solomon and Lynn Weitz, Coordinators

Is there a story within you? Something you want to write about but have never done so? With the help of prompts and simple exercises you will start to find your voice. It will be fun and exciting to create personal stories for your loved ones. Who knows, once you get your creative juices flowing you may find hidden talent!

Thu 9/8 – 10/13 (6X) 10 – 11:30 a.m.
\$59 Member; \$69 Non-member 10513

Literature Comes Alive

Ann Walters, Educator

Ann Walters leads you in stimulating book discussions. Ann is a seasoned group facilitator who co-founded *Between the Covers Book Discussions*, and writes a popular book review blog, *Books on the Table*. Please read the entire selection before the class.

The Storied Life of A.J. Fikry by Gabrielle Zevin

Widowed bookseller A.J. Fikry has lost his zest for life, along with his prized collection of Poe poems. And not only is Island Books failing, A.J. is utterly alone, on an island of his own making. But things begin to change when a mysterious package arrives on his doorstep. A.J. finds that it's never too late to find love and remake his life. This wonderful novel is a love letter to the book business, and to reading.

Wed 11/02 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10403

The Library Book by Susan Orlean

At the heart of this fascinating, multi-layered work of nonfiction is the mysterious fire at the Los Angeles Public Library in 1986 that destroyed nearly a million books. But it covers a lot of territory including the strange story of the accused arsonist, the history of libraries, the value of the printed page, and the dedication of librarians to their work. Susan Orlean brilliantly weaves all these strands together to create a fascinating narrative that celebrates public libraries. In an interview with *Publishers Weekly*, she said, "There's plenty to feel joyful about: that we still write books and read books and preserve books in places like libraries where they are available for everyone to share."

Wed 9/7 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10402

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:

September 14 *Miss Benson's Beetle* by Rachel Joyce
October 12 *What the Fireflies Knew* by Kai Harris
November 9 *The Reading List* by Sara Nisha Adams

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

Wed 9/14 – 11/9 (3X) 1 – 2:00 p.m.
No Fee 10395

The Shadow of the Wind by Carlos Ruiz Zafón

In 1945, a young boy called Daniel searches the secrets and shadows of postwar Barcelona for a mysterious author whose book has proved as dangerous to own as it is impossible to forget. According to one reviewer, this absorbing historical mystery is a "moving homage to the mystical power of books" and "a triumph of the storyteller's art." A modern classic, *The Shadow of the Wind* is the first in Zafón's *Cemetery of Forgotten Books* series.

Wed 12/7 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10404

ANN WALTERS

Between the Covers Book Discussions



Ann Walters is a seasoned book group facilitator who worked for 20 years as a bookseller and event coordinator at Lake Forest Book Store. A co-founder of *Between the Covers Book Discussions*, Ann also runs a literary subscription series, *Talking Books with Alice & Ann*, with Alice Moody, and writes a popular book review blog, *Books on the Table*. Ann starts her day with a poem, ends her day with a novel, and never leaves the house without a book. Her favorite quote by Madeleine L'Engle, "Stories make us more alive, more human, more courageous, more loving." The mother of three grown children, Ann is enjoying introducing her grandchildren to the magic of books.

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. Read and discuss the following books:

- September 26** *The Last Policeman* by Ben H. Winters
October 24 *Sworn to Silence* by Linda Castillo
November 28 *The Violin Conspiracy* by Brendan Slocumb

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

Mon 9/26 – 11/28 (3X) 1 – 2 p.m.
No Fee 10396



Music Appreciation

The History of Rod Stewart (Hybrid)

Gary Wenstrup, Instructor, Triton College and College of DuPage

No one takes being a rock star more seriously than Rod Stewart. Fancy sports car, big hair, flamboyant clothing, and of course models for wives. He is unabashedly all in and could be a rock and roll cartoon character except for that one little thing, he is a great singer! Using performance and interview clips, Gary Wenstrup will trace the arc of Rod's career from "Maggie May," "Tonight's The Night" and the eternally embarrassing "Do Ya Think I'm Sexy" to his astoundingly successful interpretations of the Great American Songbook.

Mon 11/7 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10315

Exploring Tchaikovsky's Nutcracker Suite (Hybrid)

Jim Kendros, Composer, Music Researcher, Educator

The holidays are here! No matter what holiday you celebrate, the wondrous melodies of Tchaikovsky's Nutcracker always enchant listeners of all ages during this special time of year. Explore this beloved musical treasure with Jim Kendros and discover the difference between *The Nutcracker Ballet* and *The Nutcracker Suite*. Learn about the instrument Tchaikovsky purchased secretly in Paris so that he would be the first Russian composer to use it. Jim also includes information on the background of the story, the forms used in each movement, and the background of *The Nutcracker* itself, and the 19th century suite genre.

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



10401

Music and the Occult (Hybrid)

Michael Vaughn, PhD, Professor, National Louis University

Defined as "involving or relating to supernatural, mystical, or magical powers or phenomena," the occult has long influenced or been felt in music and its constituent art forms. Mozart's fantastical *Magic Flute* is filled with hidden Masonic imagery. Berlioz's *Symphonie Fantastique* descends into the dark world of satanic rituals. *The Planets* by Holst explores the English composer and mystic's fascination with astrology, and Strauss delved into the mysterious Zoroastrian cult in his masterpiece *Thus Spake Zarathustra*. Michael Vaughn explores various musical representations of the occult.

Fri 10/14 – 10/21 (2X) 10 – 11:30 a.m.
\$24 Member; \$34 Non-member 10466

Aaron Copland: 'Tis a Simple Gift (Online)

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

Aaron Copland was a maverick in American music by bringing together the music from within this country while never forgetting his own Jewish identity and culture. David Chack will look at his works and explore the trajectory of his life that deepened music to this day and that revealed a sense of awe and wonder.

Fri 12/2 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10505

Learn

Music Appreciation

(continued)

Clara Schumann's Amazing Piano Concerto (Hybrid)

Jim Kendros, Composer, Music Researcher, Educator

Clara Schumann was so much more than the remarkable wife of Robert Schumann. She was one of the greatest pianists who ever lived, a gifted composer in her own right, and an artist and teacher whose efforts for equality can still be felt today. Jim Kendros explores the fascinating life of this amazing musician of the Romantic era, focusing on her piano concerto composed between the ages of 13 to 15. Revel in the impassioned strains of this amazing work and be moved by the intense love story that surrounds its creation.

Mon 10/17 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10400

People, Places & Culture

Cubs, Bears, Michael Jordan, and the Best Kept Secret in Chicago Sports History (Hybrid)

Rino Liberatore, Film Producer, Director, Sports Marketing

Discover the inside stories behind some of the greatest sports marketing in Chicago history. Lifelong Chicagoan Rino Liberatore grew up a diehard Chicago fan. Find out how his career connected him to some of the greatest icons in the city's history. Michael Jordan, the Super Bowl Bears, Ernie Banks, Harry Caray, and many others crossed his path through television commercials and film. And then he produced and directed a documentary about the greatest sports story in Chicago's history titled *Iron Five*. This presentation includes a special screening and answers to all your questions.

Fri 10/21 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10372



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Tricks and Treats: The Cultural History of Halloween (Hybrid)

William Pack, Storyteller, Magician

Despite what some tried to say, Halloween, as we know it, is a surprisingly modern holiday. You will hear about the true origins of the spookiest night of the year, some of the wildest ways people have celebrated the night, and the legends that surround it. William Pack will tell you tales that will amaze!

Mon 10/31 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10388

China's Border Regions: Beauty, Unique Cultures, National Challenges (Hybrid)

Norman Moline, Professor Emeritus of Geography, Augustana College

Near China's 13,000 miles of borders are beautiful fascinating places. They are the homes of minority cultures such as the Uyghurs, Tibetans, Mongols, Kazakhs and Koreans, with traits and preferences different from the dominant Han Chinese. As China builds economic and cultural links with the rest of the world, it wants to involve these areas and be sure they are secure. The groups want to share in the nation's growth but also retain their unique identities. Drawing upon visits to these areas, Norm Moline will show their landscapes and discuss their challenges.

Mon 11/21 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10418

Religion & Spirituality

Buddha, Jesus, and Muhammad: A Comparative Study (Hybrid)

Jerrol Leitner, English and Theology Educator

Buddha, Jesus, and Muhammad are among the most influential persons in history. They are honored for the examples of their lives, their insights into the human condition, their teachings on ultimate reality, and the religious movements they inspired. Jerrol Leitner examines their message and mission, their struggles and achievements, and their lasting impact on the world.

Wed 9/21 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10419



What the Buddha Knew (Online)

Jim Kenney, Co-founder Common Ground, Author

Jim Kenney did his doctoral work in the History and Literature of Religions, specializing in part in Buddhism. He will draw on his extensive knowledge of the various Buddhist traditions in this brief exploration of the message of one of the world's great spiritual teachers. The words of the Buddha seem to have particular relevance for our times. Jim will look at key Buddhist ideas and practices, and then focus on two very different expressions of this remarkable religion and spiritual path: Japanese Zen and the esoteric Buddhism of Tibet.

Thu 12/8 – 12/15 (2X) 10 – 11:30 a.m.
\$29 Member; \$39 Non-member 10303

Beauty and Jewish Mysticism (Online)

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

Beauty and how it is perceived is an inherent part of Judaism. A whole holiday is dedicated to it. Through the Jewish path to beauty and using texts from mysticism, David Chack will explore the ways beauty is an important part of all our lives, how it promotes harmony, and how it opens us to joy and freedom. Music, paintings, practices from mysticism, and stories will be used to reveal this important aspect for enhancing our lives.

Fri 10/28 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10504

Science & Nature

The Last Unknowns: Great Unanswered Questions (Online)

Jim Kenney, Co-founder Common Ground, Author

John Brockman, the founder and publisher of the online science salon Edge.org, is the editor of the national bestsellers *This Idea Must Die*, *This Explains Everything*, *This Idea is Brilliant!*, and many more (19 printed volumes in all). A long-time literary agent, he has been able to gather very large roundtables of some of the greatest thinkers of our time, again and again posing a compelling question and giving each one the opportunity for a brief answer. Now, John says, "I've run out of questions. So, for the finale to a noteworthy Edge project, can you ask 'The Last Question?'" This time, there are only great questions, no answers. Jim Kenney will reflect on some of the most intriguing ones.

Thu 10/20 – 11/3 (3X) 10 – 11:30 a.m.
\$39 Member; \$49 Non-member 10378

Forensic DNA Testing: Landmark Cases (Hybrid)

Hal Tinberg, PhD, Abbott Laboratories (retired)

In 2022, forensic DNA testing will observe its 37th anniversary. Since its discovery in the United Kingdom, the use of DNA is unsurpassed as a weapon against crime. The current U.S. CODIS DNA database has over 16 million offender profiles. Hal Tinberg will discuss how DNA fingerprinting was discovered by accident, and how the new technology was immediately put to use to tackle difficult forensic cases. Learn about recent findings regarding historically important cold cases that put the U. K. once again at the forefront of forensic DNA testing, and how ultrasensitive and familial DNA testing are now being used successfully around the world.

Mon 9/12 1– 2:30 p.m.
\$12 Member; \$17 Non-member 10496

Give a Little Help to a Feathered Friend (Hybrid)

Alyse Burman, Educator, Owner of The Wildbird Shack

In the 21st century, the prediction rate of extinction for bird species is a threatening 12%, a staggering 1,200 species of birds over a 100 year span. There is no one else to blame but humans! Why not fix this trend and give these creatures a helping hand. Our bird expert, Alyse Burman is going to take a deep dive into the many reasons why birds are so vulnerable and how those who are concerned can help.

Mon 10/3 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10407

How Galileo and Newton Unified Our Understanding of Motion (Hybrid)

Richard Wilders, Professor Emeritus, North Central College

In 1632 Galileo's *Dialogues Concerning Two New Sciences* presented a quantitative description of motion near the Earth. In 1687 Newton's *Principia* combined Galileo's work with that of Johannes Kepler to create a single mathematical description of the motion of the planets and of objects near the Earth. Richard Wilders will trace the history of the transition from Aristotle's ancient theory of motion to Newton's, a theory which is still considered largely valid today.

Mon 9/12 10 – 11:30 a.m.
\$12 Member; \$17 Non-member 10322

The James Webb Space Telescope (Online)

Michelle Nichols, Educator & Astronomer, Adler Planetarium

NASA's next great telescope will fundamentally alter our understanding of black holes, the early universe, the lifecycle of stars, planets, and more. Michelle Nichols introduces this groundbreaking mission as we begin the next giant leap forward in astronomy and space exploration.

Mon 11/14 1 – 2:30 p.m.
\$12 Member; \$17 Non-member 10314

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Culture & Society

Philosophy: *Free Will Explained and The Pig that Wants to be Eaten* (Hybrid)

Lynne Donoghue, Ellen Grabow, and Mick Jackson, Coordinators

Do we have free will? If we don't, why do we feel as if we do? In a godless universe governed by impersonal laws of cause and effect, are you responsible for your actions? Let's turn this inquiry sideways: there is no single answer! Both sides are right. Free will? A useful illusion: not a scientific, but a social truth. As an enhancement, you will examine philosophical puzzles: moral, social, and personal dilemmas, with examples from Plato to Steven Spielberg. Participants take turns leading classes. Related topics/expertise and personal anecdotes related to topic allowed. Books: *The Pig That Wants To Be Eaten*, Julian Baggini and *Free Will Explained: How Science and Philosophy Converge to Create a Beautiful Illusion*.

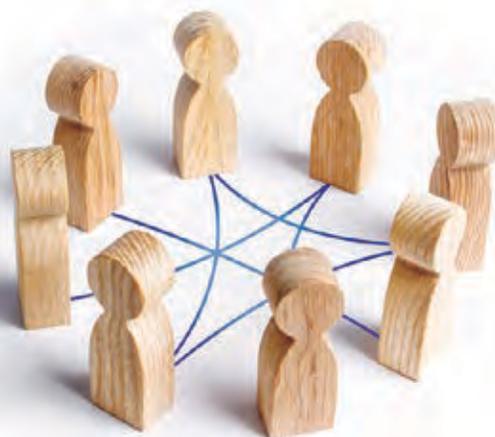
Wed 9/7 – 12/14 (13X – no class 10/5, 11/23) 1 – 3 p.m.
\$69 Member; \$95 Non-member 10497

***The New Yorker Magazine* (Hybrid)**

David Solomon and Madeleine Solomon, Coordinators

Discuss the weekly features of the current week's *New Yorker Magazine*, including the cover, Talk of the Town, art, music, movies, advertising, fiction, poetry, and, of course, cartoons. The second hour's discussion focuses on a single article that is timely and of special interest. The excellent quality of the *New Yorker* contributors assures lively and engaging discussion each week. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Mon 9/12 – 12/12 (13X – no class 9/26) 10 a.m. – 12 p.m.
\$79 Member; \$95 Non-member 10433



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. Related topics/expertise allowed.

Mon 9/12 – 12/12 (13X – no class 9/26) 1 – 3 p.m.
\$79 Member; \$95 Non-member 10439

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. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Tue 9/13 – 11/29 (12X) 11:30 – 12:30 p.m.
\$49 Member; \$83 Non-member 10427

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 9/8 – 12/15 (14X – no class 11/24) 9:30 – 11:30 a.m.
\$79 Member; \$95 Non-member 10431



Hear It Now (Hybrid)

Trudy Gardner and Mark Lieberman, Coordinators

So much about the current state of American life and politics is unlike anything we've seen before. Drawing from two different podcast series, one from NPR and another from the *Washington Post*, various experts will help us explore this extraordinary moment in history. Listen to the podcasts in class and read articles for additional depth. The result should be stimulating, fact-based discussion, one you will recall after the class ends. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

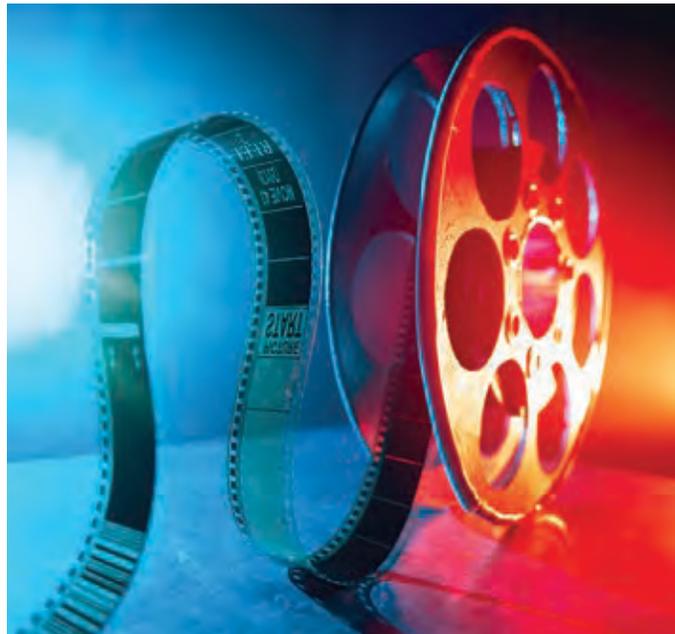
Mon 9/12 – 12/5 (12X – no class 9/26) 1 – 3 p.m.
\$69 Member; \$83 Non-member 10502

The American Experiment: Ideas and Issues that Shaped America (Hybrid)

Bob Holstein and Robert Radunsky, Coordinator

David Rubenstein's book *The American Experiment: Dialogues on a Dream*, is a fascinating compilation of 27 interviews of celebrated individuals, telling the inspiring story of America as a grand experiment in democracy, culture, innovation, and ideas. Read the opinions of the likes of Madeleine Albright, Ken Burns, David McCullough, Rita Moreno, Sonia Sotomayor, and Jill Lepore. Their personal insights express their own experiences, sometimes contradicting the myths of The Great Experiment. Participants take turns leading class. Personal anecdotes related to topic allowed.

Mon 9/12 – 12/5 (12X – no class 9/26) 9:30 – 11:30 a.m.
\$69 Member; \$83 Non-member 10503



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 from the Oscar, Netflix, and recommended film list. 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 9/8 – 12/1 (12X – no class 11/24) 1 – 3:30 p.m.
\$69 Member; \$83 Non-member 10437

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. You will receive the schedule of films before class begins so you can watch the film at home prior to discussion.

Wed 9/14 – 12/14 (13X – no class 10/5) 1 – 2:30 p.m.
\$79 Member; \$95 Non-member 10434

History

***The Way We Never Were (Hybrid)* by Stepanie Coontz**

Judy Holstein and Neal Rubin, Coordinators

Did you ever wonder about the historical accuracy of those “traditional family values” of decades past? What were and are your beliefs about family life, gender, economic equality in the 1950’s? Have you ever been influenced by the nostalgia trap? In *The Way We Never Were* acclaimed historian Stepanie Coontz examines two centuries of the American family, sweeping away misconceptions about the past that cloud current debates about domestic life. Examine how distorted the myths can be. Participants take turns leading discussion. Personal reminiscence and observations will be welcome.

Book: *The Way We Never Were*.

Tue 9/13 – 12/6 (12X – no class 10/4) 1:30 – 3:30 p.m.
\$69 Member; \$83 Non-member 10506

Literature & Writing

Writing Workshop (Hybrid)

Wade Bartlett and Ivan Berk, 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 on related topics allowed.

Mon 9/12 – 12/12 (13X – no class 9/26) 1 – 3 p.m.
\$79 Member; \$95 Non-member 10432

Women’s Room (Online)

Cheryl Port and Rochelle Singer, 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 9/9 – 12/16 (14X – no class 11/25) 10 a.m. – 12 p.m.
\$79 Member; \$95 Non-member 10428

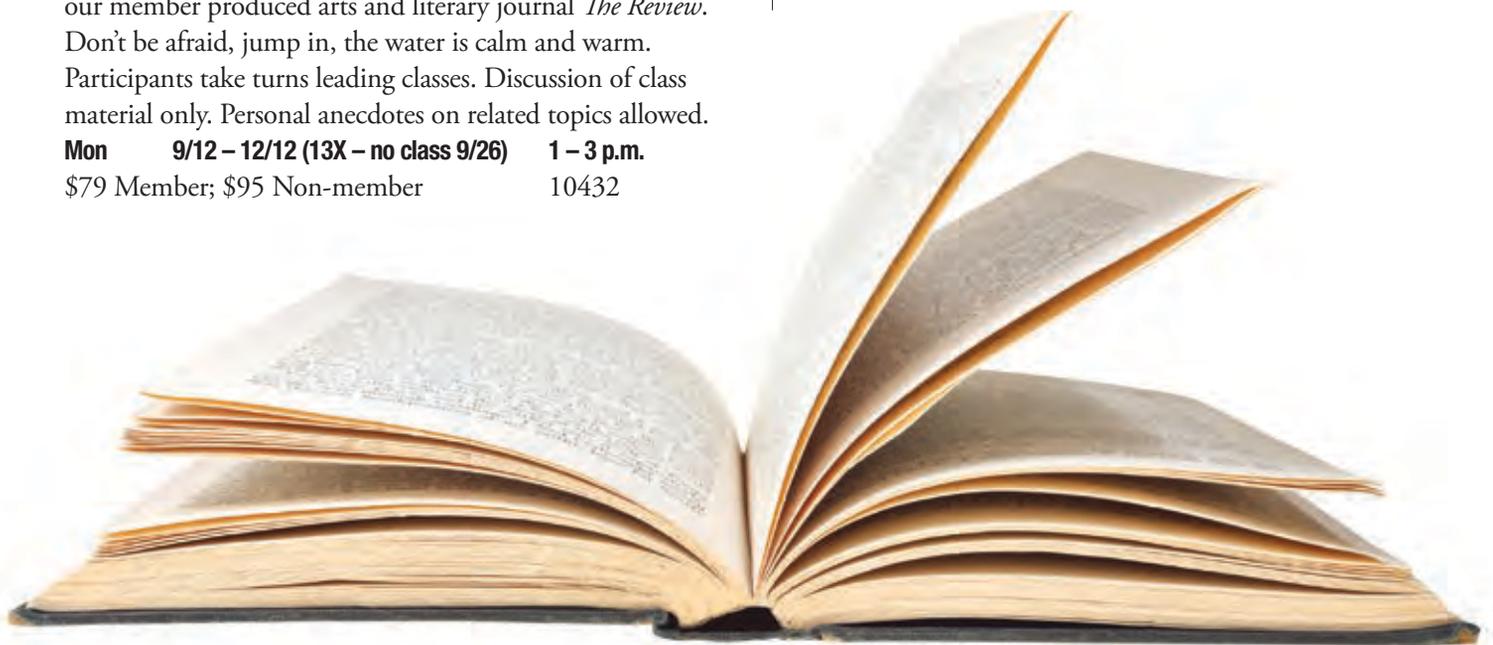
Contemporary Short Stories:

The Best American Short Stories (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 two short story writers work their magic in the same way. Read and discuss prize-winning stories chosen from those published in 2020 magazines. Each week’s facilitator chooses the story to be discussed. Participants take turn leading class. Discussion of class material only. No personal anecdotes. All class members are to read the stories at least twice before class. *The Best American Short Stories 2021*; Jesmyn Ward, ed.

Thu 9/8 – 12/15 (14X – no class 11/24) 9:30 – 11:30 a.m.
\$79 Member; \$95 Non-member 10436



Exploring Poets and Poetry (Online)

Susan Chertkow, Coordinator

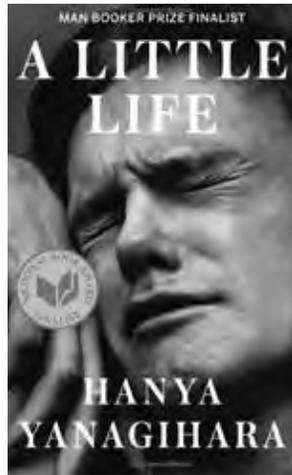
Expand your knowledge of poets and poetry and explore their lives and work. No experience with poetry necessary, just an interest to learn and enjoy. Participants take turns leading class. Related topics and expertise allowed. Personal anecdotes related to topic allowed.

Wed 9/7 – 12/14 (14X – no class 10/5) 10 a.m. – 12 p.m.
\$79 Member; \$95 Non-member 10440

Prize Winning World Literature: *A Little Life* (Hybrid)

Carole Einhorn, Coordinator

Take part in stimulating discussions of *A Little Life* by Hanya Yanagihara. This book follows four college classmates as they move to New York in search of fame and fortune. As their relationships deepen over time, they are held together by their devotion to the



brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. This book is a hymn to brotherly bonds and a masterful depiction of love in the twenty-first century. Participants take turns leading class. Personal anecdotes related to topic allowed. *A Little Life* by Hanya Yanagihara, paperback edition.

Wed 9/7 – 12/14 (14X – no class 10/5) 9:30 – 11:30 a.m.
\$79 Member; \$95 Non-member 10425

Science Fiction: *A Canticle for Leibowitz* (Online)

Joel Michael and Linda Spring, Coordinators

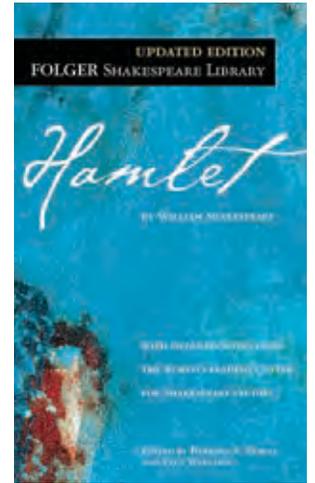
In a nightmarish ruined world slowly awakening to the light after sleeping in darkness, the infant rediscoveries of science are secretly nourished by cloistered monks dedicated to the study and preservation of the relics and writings of the blessed Saint Isaac Leibowitz. From here the story spans centuries of ignorance, violence, and barbarism, viewing through a sharp, satirical eye the relentless progression of a human race damned by its inherent humanness to recelerate its grand foibles and repeat its grievous mistakes. Participants take turns leading class. Personal anecdotes related to topic allowed. *A Canticle for Leibowitz* by Walter M. Miller (2006 paperback).

Tue 9/6 – 11/29 (11X – no class 9/27, 10/4) 9:30 – 11:30 a.m.
\$69 Member; \$83 Non-member 10430

Shakespeare: *Macbeth* and *All's Well that Ends Well* (Hybrid)

Wade Bartlett and Paul Phillips, Coordinators

Read and discuss two Shakespeare works. *Macbeth* is one of Shakespeare's top four tragedies, everybody agrees! Ambitious-but-squeamish. *Macbeth*, spurred by his powerful Lady, murders King Duncan to succeed him, but three "weird sisters," good-guy Macduff, and a moving forest lead to *Macbeth's* downfall. In *All's Well That Ends Well*, the French King "gifts" admirable Helena with her dream-husband, Bertrand, but he rejects her. With plotting, persistence, and a bed trick, she lands him for good—but will they be happy? Participants take turns leading class. Related topics/expertise and personal anecdotes related to topic allowed. Folger Shakespeare Library texts for *Macbeth* and *All's Well That Ends Well*.



Thu 9/8 – 12/15 (14X – no class 11/24) 1 – 3 p.m.
\$79 Member; \$95 Non-member 10498

Androids Among Us (Hybrid)

Rich Koomjian and Linda Spring, Coordinator

Apocalypse, war with robots! What is the real promise and the real danger? Two prize-winning contemporary novelists have weighed in with two very different and provocative pictures of humanity's dance with androids. In *Machines Like Me*, Charlie buys Adam, one of the first synthetic humans and designs his personality. The near-perfect human that emerges is beautiful, strong, and clever. It isn't long before a love triangle soon forms among Adam, Charlie and his girlfriend as they confront profound moral dilemmas. *Klara and the Sun* is the story of Klara with outstanding observational qualities, who is hopeful a customer will soon choose her to become their companion. Through the eyes of an unforgettable narrator, this book questions what it means to love. Participants take turns leading class. Related topics/expertise allowed. No personal anecdotes. *Machines Like Me* by Ian McEwan and *Klara and the Sun* by Kazuo Ishiguro.

Tue 9/13 – 11/15 (8X – no class 9/27, 10/4) 1 – 3 p.m.
\$49 Member; \$59 Non-member 10499

Enrich



Arts & Crafts

Pour Painting

Samantha Younis, Blue Rose Studio

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

Wed 9/21 10 – 11:30 a.m.
\$19 Member; \$25 Non-member 10389

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!

Mon 10/3 10 – 11:30 a.m.
\$19 Member; \$25 Non-member 10390



Transforming Personal Treasures into Art Collage

Bernadette Dasso, Artist

Take your jewelry pieces or family mementos tucked away in a drawer and transform them into a work of art. Bernadette will show you how to assemble and mount your pieces into a 5" x 5" silver frame to be displayed and enjoyed. Bring your costume jewelry, single earrings, small sewing notions or any interesting small pieces to assemble into a collage. Anything can be used and you are encouraged to bring more rather than less. The instructor will have assorted beads to add to or embellish your piece. All the tools and supplies needed for the assembly will be provided.

Wed 10/12 – 10/19 (2X) 10 – 11:30 a.m.
\$39 Member; \$49 Non-member 10391

Art Workshop

Carl Kock, Artist & Arts Educator

Easily connect to your creativity and imagination with 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 vision!

Tue 9/6 – 12/6 (14X) 10 a.m. – 12 p.m.
\$245 Member; \$290 Non-member 10385

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 9/6 – 12/16 (58X) 12 – 4 p.m.
Wed/Thu (no class 9/21, 10/12, 10/19, 11/24) 9 a.m. – 4 p.m.
\$79 NSSC Members only 10465



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 9/2 – 12/16 (15X - no class 11/25) 9 a.m. – 12 p.m.
No Fee 10382

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 9/12 – 12/12 (15X) 9 a.m. - 12 p.m.
No Fee 10380

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 9/2 – 12/16 (31X – no class 11/25) 9 a.m. – 12 p.m.
No Fee 10384

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 Senior Center, they also become fast friends by working together year round. Bring a brown bag lunch. Center membership required to participate.

Fri 9/2 – 12/16 (15X - no class 11/25) 10 a.m. – 2 p.m.
No Fee 10383

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 9/6 – 12/13 (16X) 9 a.m. – 12 p.m.
No Fee 10381

NSSC Art Gallery



NSSC Members Multi-Media Exhibit

September 6 – October 28, 2022

There are many talented artists at the Center. We will exhibit the creations of our members, including participants in the Tuesday Weaving Group, Carl Koch's Artist Workshop, New Perspective Fine Art Studio and Sculpture Studio. The exhibit will be a feast for your senses.

Arts of Life

November 4 – December 16, 2022

Arts of Life provides a creative working environment for over 60 artists with varying levels of physical and intellectual disabilities. Each artist has their own studio space and works independently from individualized project plans or receives 1:1 visual arts facilitation to increase their artistic skill set. Artists earn a monthly stipend for participation in the program with eligibility to receive bonuses based on personal annual art sales. They have two professional art studios which includes a community gallery that is open to the public.

Computers & Technology

Android Basics

Michael Gershbein, MLS, Very Smart People, LLC

Learn all the basics to get more comfortable using your Android phone or tablet! Easily navigate, find apps, and customize your devices with the knowledge you gain. Bring your fully charged Android device to class.

Thu 9/15 1 – 2:30 p.m.
\$19 Member; \$25 Non-member 10408

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 10/6 1 – 2:30 p.m.
\$19 Member; \$25 Non-member 10409

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 11/3 1 – 2:30 p.m.
\$19 Member; \$25 Non-member 10410



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 10/17 1 – 2:30 p.m.
\$19 Member; \$25 Non-member 10393

A BIT OF SUPPORT.
A lot of lifestyle.



At The Highlands at Westminster Place, we provide just the right amount of personal support with daily activities to keep our residents living as fully and actively as they wish.

With our assistance, our residents can enjoy every amenity, learning opportunity and special event that make life here so exceptional.

The right help can make a big difference.

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Introduction to Twitter

Michael Gershbein, MLS, Very Smart People, LLC

These days you cannot ignore Twitter. Politicians and actors use it, a billionaire bid on it, and everyone is talking about it. Want to learn more about how Twitter works and how you can use it for reading news, following celebrities, and seeing what's trending? Popular instructor Michael Gershbein will be back to get you up to speed.

Thu 10/20 1 – 2 p.m.
\$19 Member; \$25 Non-member 10521

Challenge Your Brain

Lee Huber, Computer and Technology Instructor

Your brain needs a workout, too! Learn the top brain exercise programs, apps, and how to get started. Built-in tests will chart your progression and successes. Get started improving the many functions of your brain, including your memory!

Mon 11/14 1 – 2:30 p.m.
\$19 Member; \$25 Non-member 10392



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 9/19 1 – 2:30 p.m.
\$19 Member; \$25 Non-member 10394

Buying a Computer

Michael Gershbein, MLS, Very Smart People, LLC

The process of shopping for a new computer can feel overwhelming but if your machine is old and feeling sluggish then it may be time. Michael Gershbein will be here to show you what to look for in a new computer without spending more than you have to.

Thu 12/1 1 – 2:30 p.m.
\$19 Member; \$25 Non-member 10511

Language

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 9/7 – 10/19 (6X - no class 10/5) 10 – 11:30 a.m.
\$65 Member; \$75 Non-member 10412

Wed 10/26 – 12/14 (7X - no class 11/23) 10 – 11:30 a.m.
\$75 Member; \$85 Non-member 10413

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 9/12 – 12/12 (13X - no class 9/26) 12:30 – 2 p.m.
No Fee 10397

Basic Yiddish II

Miriam Stein, Facilitator

Continue learning basic Yiddish skills, building on the summer term Basic Yiddish class. The focus will be on reading, writing, and speaking Yiddish, written in the Hebrew *alef-beys*. You will also learn many of our beloved Yiddish folksongs. The required text is *An Introduction to the Language, Literature and Culture, Volume I* by Sheva Zucker. Please bring the book to class each week.

Mon 9/12 – 12/12 (14X) 1 – 2:30 p.m.
\$19 Member; \$25 Non-member 10508



Spanish Club (Online)

Join an eclectic group of non-native *hablantes de español* 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 9/12 – 12/12 (14X) 10:45 – 11:45 a.m.
No Fee 10531

Lifestyle



AARP Smart Driver Course

Michael Fitzgerald, AARP instructor

The AARP Smart Driver class is a driving refresher for motorists aged 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. Michael Fitzgerald will cover much of the information needed to pass the Illinois State license exam and reviews the eyesight, hearing, and physical changes that drivers experience as they age. 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. Please 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 10/14 – 10/21 (2X) 9 a.m. – 1 p.m.
No Fee 10529

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. This group meets on the third Wednesday of each month. If you have questions, please contact John Breen at 847.624.9835. Center membership required to participate.

Wed 9/21, 10/19, 11/16 (3X) 9 – 11 a.m.
No Fee 10463

Medicare: Make Informed Plan Selections in 2023 (Hybrid)

*Alice Chow, Pharmacist, Medicare Educator/Advisor
MS, RPh, LTCR, CLTC*

With the annual enrollment period approaching from October 15 to December 7, how do you compare your current plan coverage with Part D and Medicare Advantage plans in 2023? Can you lower your Medicare Supplement (Medigap) premiums? Alice Chow will go over factors you need to consider in making informed decisions that suit your personal healthcare needs and preferences. Factors for consideration: doctors, medications, pharmacy, travels, additional dental, OTC, fitness, vision, and hearing benefits.

Thu 9/22 1–2 p.m.
No Fee 10522



The Shop at the Center is Accepting Merchandise Donations

Downsizing or clearing out some clutter? Please consider 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 a tax donation slip that can be used for tax purposes.

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

The Shop

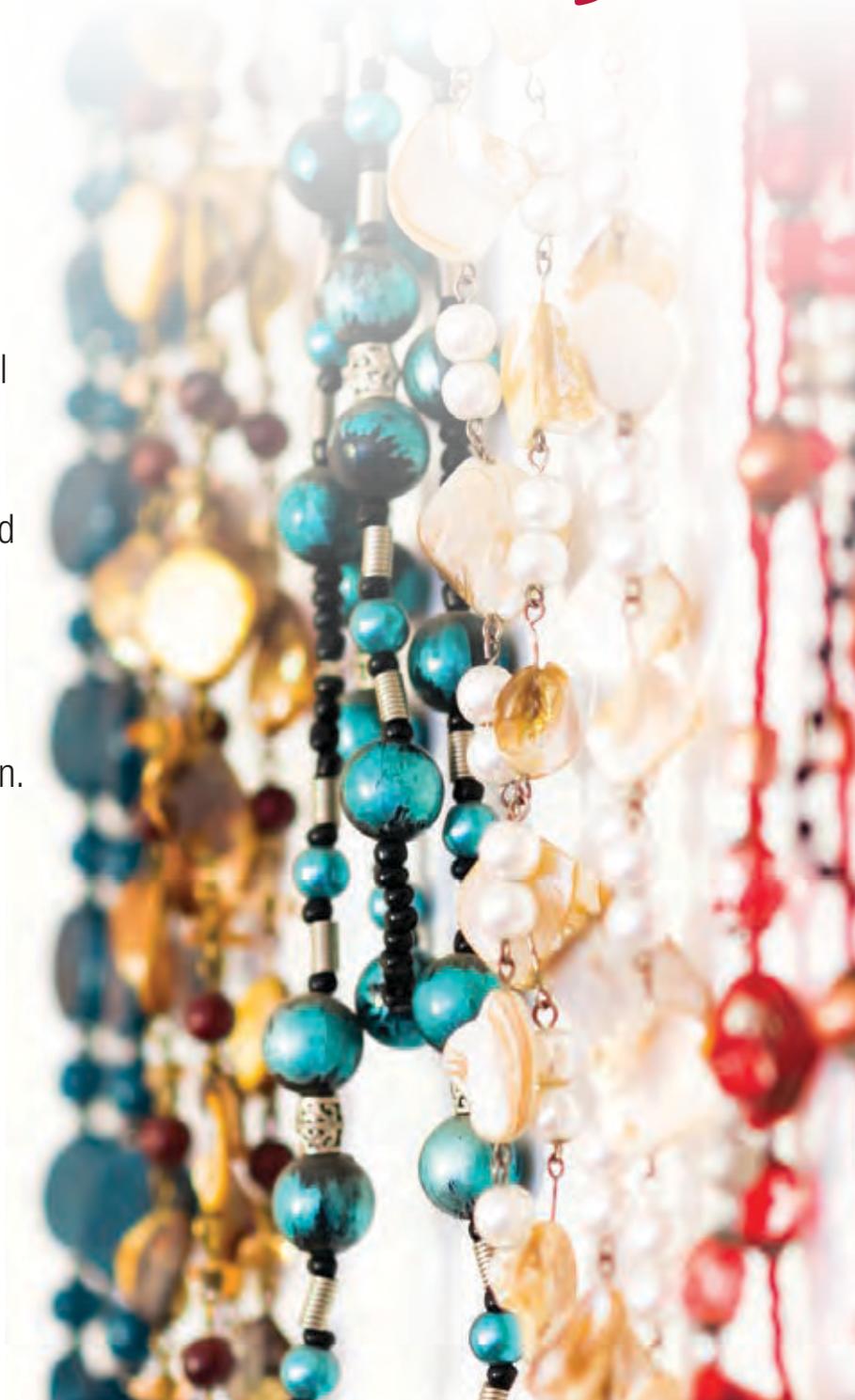
AT THE CENTER

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



Live

Health & Wellness Education

Walking in a Winter Wonderland

Katie Morgan, NSSC Fitness and Wellness Manager

Walking on snow and ice is as scary as it is treacherous. Just one fall on the ice can have lasting consequences, but there are steps you can take to protect yourself from the dangers of walking in a winter wonderland. Katie Morgan, NSSC Fitness and Wellness program manager, will prepare you with tips for maintaining balance on slick surfaces, tools to make you more stable on ice, and exercises you can practice to build confidence.

Thu 12/8 1 – 2 p.m.
\$15 Member; \$19 Non-member 10449



Instructor Spotlight

NAOKO JENNINGS

New NSSC Staff Member, Certified Primal Health Coach

NSSC welcomes Naoko Jennings as a new Fitness Specialist and part of our Lifelong Learning team. Naoko will work in our Fitness Center, teach some group exercise classes and offers personal training. She has a background in fitness and wellness as a Certified Primal Health Coach who guides her clients in achieving their health and fitness goals through lifestyle improvements that result in long term changes. Her passion is spreading the empowerment of moving the body and making healthier decisions. As a busy single mom of two pre-teen girls, Naoko enjoys challenging workouts, cooking, salsa dancing but mostly finding pride in seeing her clients reach their goals.



Natural Solutions to Chronic Inflammation (Hybrid)

Sheetal DeCaria, Pain Doctor

Chronic inflammatory diseases have been recognized as the most significant cause of death in the world in recent years. Managing inflammation is our best defense against prolonged damage to our bodies. Inflammation management requires adopting a combination of lifestyle habits, including making good lifestyle choices and getting the right essential nutrients, vitamins, and minerals. Fighting inflammation naturally also includes considering holistic therapies such as acupuncture. As a bonus, Dr. Sheetal DeCaria will discuss how acupuncture sessions can be covered through Medicare!

Thu 9/8 1 – 2 p.m.
\$15 Member; \$19 Non-member 10438

Meditation for Beginners (Hybrid)

Ellen MacGran, iRest Meditation Instructor

For centuries meditation has been proven to provide a sense of peace, joy, and happiness to its practitioners. With regular practice, meditation is also a cornerstone treatment for alleviating anxiety and depression. Ellen MacGran, certified iRest® meditation instructor, will introduce you to a unique form of meditation to help guide you toward your highest sense of wellbeing. A workbook will be provided to you through e-mail, please bring it with you to class. Pre-recorded meditation guides will be provided by the instructor for practice outside of class.

Fri 10/7 – 10/28 (4X) 10 – 10:45 a.m.
\$49 Member; \$59 Non-member 10451

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. – 3 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.*

Common Orthopedic Injuries: Everything You Ever Wanted to Know

Muhibb Sadiq, Physical Therapist, DPT

As humans, we put our bodies through a lot, and over time they begin to show wear and tear. If you have ever suffered from a frozen shoulder, sciatica, a joint replacement, or any similar injury, you know that these common orthopedic injuries can take time and patience to heal. Muhibb Sadiq, DPT, will teach you everything you ever wanted to know about treating, preventing, and managing common orthopedic injuries.

Thu 10/13 1 – 2 p.m.
 \$15 Member; \$19 Non-member 10441

It's the Most Stressful Time of the Year

Char Padovani, Health Coach

The holidays are a time for celebration, family, fun, and delicious food. But with that celebration comes the overwhelming stress of preparing meals and gifts, the anxiety of overspending, and exhaustion of parties and get-togethers with friends and loved ones. Beat the stress this holiday season and let Char Padovani, health coach, guide you through the good, the bad, and the ugly of the holiday season without sacrificing your health and wellness in the process.

Fri 11/11 1 – 2 p.m.
 \$15 Member; \$19 Non-member 10442



Exercise & Dance

Fitness-palooza: A Fall Fitness Festival! (Online and In-Person)

Katie Morgan, NSSC Fitness and Wellness Manager

The cold winter months prove to be the hardest for keeping up with a fitness routine. This year, plan ahead with Fitness-palooza! Get a taste of all NSSC's most popular classes and preview the latest, upcoming classes. Demos will be held throughout the day so you can try one class or try them all, it's up to you! Fitness-palooza will be a mix of virtual and in person demos.

Fri 12/9 9 a.m. – 1 p.m.
No Fee 10435

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 9/6 – 10/27 (16X) 1 – 2 p.m.
\$79 Member; \$89 Non-member 10468
Tue/Thu 11/1 – 12/15 (13X - no class 11/24) 1 – 2 p.m.
\$79 Member; \$89 Non-member 10469



Fitness Fundamentals

Katie Morgan, NSSC Fitness and Wellness Manager

The body follows six fundamental movement patterns: push, pull, squat, lunge, hinge, and rotation. Mastering these movements will build strength in all the major muscles and provide a foundation for optimal balance. Each week, Fitness Fundamentals will break down a different movement pattern to guide you through proper form and progression to ensure you are exercising safely and efficiently. This class will include standing and balance exercises.

Fri 11/4 – 12/2 (4X - no class 11/25) 9:30 – 10:15 a.m.
\$49 Member; \$59 Non-member 10464

Better Balance

Fitness Center Staff

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. A moderate intensity, low impact class. Standing exercises done throughout duration of class.

Mon/Wed 9/7 – 10/26 (15X) 10 – 10:45 a.m.
\$69 Member; \$79 Non-member 10343
Mon/Wed 11/2 – 12/24 (13X) 10 – 10:45 a.m.
\$69 Member; \$79 Non-member 10344

Sit and Get Fit (Hybrid)

Fitness Center Staff

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. Low to Moderate intensity, low impact.

Mon/Wed 9/7 – 10/26 (15X) 11 – 11:45 a.m.
\$69 Member; \$79 Non-member 10345
Mon/Wed 11/2 – 12/14 (13X) 11 – 11:45 a.m.
\$69 Member; \$79 Non-member 10346

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 9/8 – 10/27 (8X) 9 – 10 a.m.
\$75 Member; \$95 Non-member 10356
Thu 11/3 – 12/15 (6X - no class 11/24) 9 – 10 a.m.
\$75 Member; \$95 Non-member 10357

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	9/1 – 10/27 (9X)	9 – 10 a.m.
	\$79 Member; \$89 Non-member	10534
Thu	11/3 – 12/15 (6X)	9 – 10 a.m.
	\$79 Member; \$89 Non-member	10535



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	9/6 – 10/25 (8X)	9 – 10 a.m.
	\$75 Member; \$95 Non-member	10351
Tue	11/1 – 12/13 (7X)	9 – 10 a.m.
	\$75 Member; \$95 Non-member	10352

Instructor Spotlight

DEBBIE FOGEL

Fitness Instructor



Debbie's fitness journey began with a love of both dance and running going back to high school. She soon enrolled in a Certified Nurses Aid course and began working as a home health aide, where she discovered my passion for working with the senior population. After graduating from The University of Illinois at Chicago with a B.A. in Kinesiology, she was able to combine her love of movement with her desire to care for people. She has worked in health care for over 15 years, specializing in working with older adults. I have also been a contributing author and model for the diabetic exercise manuals. Helping people improve their health and reach their goals is one of her greatest joys in life!

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	9/6 – 10/25 (8X)	3 – 4 p.m.
	\$79 Member; \$99 Non-member	10353
Tue	11/1 – 12/13 (7X)	3 – 4 p.m.
	\$79 Member; \$99 Non-member	10354

Stretch and Breathe (Hybrid)

Ellen Fogarty, RYT

Experience the benefits of stretching and deep breathing. Regular stretching has benefits that range from increasing flexibility to helping relieve arthritis pain, to even lowering blood pressure. Deep breathing helps relax the body and mind while significantly lowering stress levels. This gentle and relaxing movement class is guaranteed to make you feel refreshed and relaxed.

Fri	9/2 – 9/30 (5X)	11 – 11:45 a.m.
	\$49 Member; \$59 Non-member	10450



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

Exercise & Dance

(continued)

Rise and Shine Exercise (Online)

Debbie Fogel, Barre instructor and Katie Morgan, Fitness Center Staff

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! Low to moderate intensity, low impact.

Wed/Fri/Mon 9/7 – 10/28 (23X) 8:30 – 9 a.m.
\$75 Member; \$89 Non-member 10347

Wed/Fri/Mon 11/2 – 12/16 8:30 – 9 a.m.
(19X – no class 11/25)
\$75 Member; \$89 Non-member 10348

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

Debbie Fogel, Barre instructor and Katie Morgan, Fitness Center Staff

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 9/6 – 10/27 (16X) 10:30 – 11:15 a.m.
\$59 Member; \$69 Non-member 10349

Tue/Thu 11/1 – 12/15 (13X - no class 11/24) 10:30 – 11:15 a.m.
\$59 Member; \$69 Non-member 10350

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 9/2 – 12/16 (15X - no class 11/25) 9:30 – 10:30 a.m.
No Fee 10530





Support Groups

Caregiver Support Groups (Online)

NSSC offers support groups for those providing care to loved ones. These groups meet virtually. The Caregiver Support Group for Family Members meets the first Wednesday of the month from 3 to 4:30 p.m. The Caregiver Support Group for Spouses & Partners meets the fourth Wednesday of the month from 3 to 4:30 p.m. For more information on either group, email caregiversupport@nssc.org or call 847.242.5660.

Parkinson's Support Group

Meet with other people with PD to share information, support and camaraderie. Meets at the same time as the 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 to 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, the second and fourth Wednesdays from 2 to 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 third Thursday of each month from 2:30 p.m. to 4 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.

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 includes 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 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. The group meets virtually on Mondays, except for the second Monday of the month. For more information, contact Ana Pinshower at apinshower@nssc.org or 847.784.6079.



Computer & Technology Assistance at NSSC

Fridays: 10 a.m. – 12 p.m.

A group of volunteers is available every Friday morning to answer your computer, tablet, or smartphone questions or help you resolve your computer issues. Perhaps you have a question about a class you have taken at NSSC. Come in and ask our tech volunteers!

This free tech assistance is on a first come, first served basis. No registration required.

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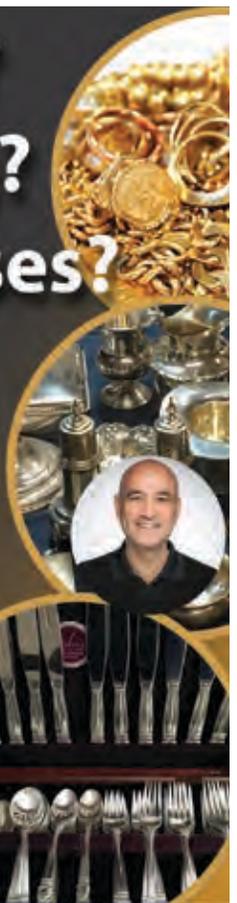
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Play

Clubs & Social Groups

NSSC Tuesday Club (Hybrid)

All North Shore Senior Center members may join the NSSC Tuesday Club! The morning begins at 9 a.m. with The Warm Up Coffee and Social Hour to gather and reconnect with others and enjoy coffee and continental breakfast items. Then, join everyone in the Auditorium at 10 a.m. for the Club meeting and presentation. Club members may also take part in other club activities such as golf and the Annual Picnic. Following the business meeting is a free, one-hour presentation on a wide variety of topics. Guests are welcome to attend the presentation. Center membership required to join the NSSC Tuesday Club.

Tue	9/6 – 12/13 (15X)	10 – 10:30 a.m.
No Fee		10415

Photography Club (Hybrid)

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. The group meets on the second and fourth Friday of each month, however the schedule may vary, so please call Lifelong Learning at 847.784.6030 for information. Center membership required to participate.

Fri	9/9 – 12/9 (6X)	1:30 – 3 p.m.
No Fee		10414



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	9/6 – 12/13 (15X)	1 – 2 p.m.
No Fee		10416

Sports Talk

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

Wed	9/7 – 12/14 (14X – no class 10/5)	10 – 11 a.m.
No Fee		10417

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 will be included. Prepared hands are played to practice the skills you are developing. Notes on the lessons provided at each class.

Mon 9/12 – 10/31 (7X – no class 9/26) 9:30 – 11:30 a.m.
\$79 Member; \$95 Non-member 10458

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 11/7 – 12/12 (6X) 9:30 – 11:30 a.m.
\$69 Member; \$85 Non-member 10460

Instructor Spotlight

PHYLLIS BARTLETT

Bridge Instructor

Long-time North Shore resident Phyllis Bartlett has been playing competitive bridge for many years. Her avocation became her vocation when she became a certified ACBL instructor about 15 years ago and a Certified Game Director nine years ago. She has taught at Highland Park Adult Education, Northbrook Park district, Fortnightly Club, and has had many private students. Phyllis loves to teach and create enthusiasm for playing at any level of competition. Playing bridge is a social, mental stimulating, and competitive activity all rolled into one. It is a lifelong learning experience to be enjoyed at any stage of competency.



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 9/8 – 10/20 (7X) 9 – 11 a.m.
\$79 Member; \$95 Non-member 10411

Thu 10/27 – 12/15 (7X – no class 11/24) 9 – 11 a.m.
\$79 Member; \$95 Non-member 10341

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 9/1 – 12/15 (14X – no class 9/8, 11/24) 12:30 – 3:30 p.m.
No Fee 10448

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 9/7 – 10/19 (6X – no class 10/5) 9:30 – 11:30 a.m.
\$59 Member; \$69 Non-member 10454

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 10/26 – 11/16 (4X) 9:30 – 11:30 a.m.
\$49 Member; \$59 Non-member 10455



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 9/7 – 10/12 (5X – no class 10/5) 1 – 3 p.m.
 \$59 Member; \$69 Non-member 10456

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 10/19 – 11/16 (5X) 1 – 3 p.m.
 \$49 Member; \$59 Non-member 10457

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 9/6 – 12/13 (15X) 12 – 3 p.m.
 No Fee 10443

Scrabble

A great way 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 9/1 – 12/15 (14X – no class 9/8, 11/24) 1 – 3 p.m.
 No Fee 10444

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 9/1 – 12/16 8:30 a.m. – 4 p.m.
Thu (no class 9/8, 11/24, 11/25) 12:30 – 4 p.m.
Fri 8:30 a.m. – 12 p.m.
 No Fee 10447

Ping Pong Club

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

Wed/Fri 9/2 – 12/16 (30X – no class 11/25) 1 – 3 p.m.
 No Fee 10445

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 9/2 – 12/16 1 – 2:30 p.m.
(29X – no class 9/5, 11/25)
 No Fee 10446

September at a glance

	Monday	Tuesday	Wednesday	Thursday	Friday	
Every Week	7:30 NSSC Golf League 8:30 Rise & Shine Exercise 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 1:00 Tennis Club	8:30 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Stay Fit at Home 12:00 Poker 1:00 Fit and Active 1:00 Fine Art Studio 1:00 Jazz Forum 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 10:00 Sports Talk 10:00 Better Balance 11:00 Sit and Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 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 Fit and Active 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 1:00 Tennis Club	
					1 9:30 Foreign Policy Roundtable 9:30 Walking Club 11:00 Stretch and Breath	2
	5 Labor Day Center Closed	9:00 Yoga for the Rest of Us 9:30 Science Fiction 10:00 Art Workshop 10:30 How to Care for Yourself in Difficult Times 1:00 The Cryptosphere	6 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 Two Massacres:1972/2001 1:00 American History & Today 1:00 Beginning Mah Jongg 1:00 Philosophy: Free Will 1:00 <i>The Library Book: S. Orlean</i>	7 9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Aftermath: ...Ukraine 10:00 Finding Your Voice 1:00 Documentary Films 1:00 Natural Solutions to Chronic Inflammation 1:00 Shakespeare	8 9:30 Walking Club 10:00 The Immigrant Experience on Film 10:00 Women's Room 11:00 Stretch and Breath 1:00 Geopolitical Crossroads	9
	9:30 American Politics 9:30 Beginning Bridge I 9:30 The American Experiment 10:00 Better Balance 10:00 Galileo and Newton 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Canoeing at Emily Oaks 1:00 Forensic DNA Testing 1:00 Hear It Now 1:00 Writing Workshop	12 9:00 Yoga for the Rest of Us 9:30 Science Fiction 10:00 Art Workshop 10:30 You Can't Drive Me to Distraction 11:30 TED Talks 1:00 Androids Among Us 1:00 The Cryptosphere 1:30 <i>The Way We Never Were</i>	13 8:45 Daytrip: Chicago Murals 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 Two Massacres:1972/2001 1:00 American History & Today 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy: Free Will 1:00 Reading for a Cozy Afternoon	14 9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Aftermath: ...Ukraine 10:00 Finding Your Voice 1:00 Alexander Graham Bell 1:00 Android Basics 1:00 Documentary Films 1:00 Shakespeare	15 9:30 Walking Club 10:00 Art Crimes: A Growth Industry 10:00 Women's Room 11:00 Stretch and Breath 1:00 Geopolitical Crossroads	16
	9:30 American Politics 9:30 Beginning Bridge I 9:30 The American Experiment 10:00 Better Balance 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 Naval Battles of Pacific 1:00 Photo Storage 1:00 Writing Workshop	19 9:00 Yoga for the Rest of Us 9:30 Science Fiction 10:00 Art Workshop 10:30 104 Countries and 50 States 11:30 TED Talks 1:00 Androids Among Us 1:00 The Cryptosphere 1:30 <i>The Way We Never Were</i>	20 9:00 P & P Investment Club 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Buddha, Jesus, & Muhammad 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 Pour Painting 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy: Free Will 1:00 Start the Show	21 9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Finding Your Voice 10:00 Hijacked: Supreme Court 1:00 Benjamin Franklin 1:00 Documentary Films 1:00 Medicare: 2023 Plans 1:00 Shakespeare	22 9:30 Walking Club 10:00 Presidential Campaigns in History 10:00 Women's Room 11:00 Stretch and Breath 1:00 Flappers and Fedoras	23
	9:30 American Politics 10:00 Better Balance 1:00 Basic Yiddish II 1:00 Mystery Book Club	26 9:00 Yoga for the Rest of Us 10:00 Art Workshop 10:30 Michael Lerich Clarinetist 11:30 TED Talks 1:00 Election 2022 1:30 <i>The Way We Never Were</i>	27 9:30 Beginning Canasta 9:30 Prize Win. World Lit. 10:00 Better Balance 10:00 Chicago Calamities 10:00 Exploring Poets & Poetry 10:00 Intermediate French 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Jacqueline Kennedy 1:00 Philosophy: Free Will	28 9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Finding Your Voice 10:00 Hijacked: Supreme Court 1:00 Daytrip: Drury Lane 1:00 Documentary Films 1:00 Shakespeare 1:00 Steve Jobs	29 9:30 Walking Club 10:00 Latin America and the World Wars 10:00 Women's Room 11:00 Stretch and Breath 1:00 Katherine Wright: Those Flyboys from Dayton	30

October at a glance

Fitness Center Open
Monday through Friday 7 a.m. - 3 p.m.
Saturday 8 a.m. - 1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
7:30 NSSC Golf League 8:30 Rise & Shine Exercise 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 1:00 Tennis Club	8:30 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Stay Fit at Home 12:00 Poker 1:00 Fit and Active 1:00 Fine Art Studio 1:00 Jazz Forum 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 10:00 Sports Talk 10:00 Better Balance 11:00 Sit and Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 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 Fit and Active 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 1:00 Tennis Club	
9:30 American Politics 9:30 Beginning Bridge I 3 9:30 The American Experiment 10:00 Better Balance 10:00 Help to a Feathered Friend 10:00 Intuitive Art 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Catch Up: ...Israel 1:00 Legacy Tour and Travel 1:00 Hear It Now 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 4 10:00 Art Workshop 11:30 TED Talks 1:00 Election 2022	10:00 Better Balance 5 1:00 Beginning Mah Jongg	9:00 Best Bridge Ever! 6 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Finding Your Voice 10:00 Hijacked: Supreme Court 1:00 Apple iPhone & iPad Basics 1:00 Documentary Films 1:00 George C. Marshall 1:00 Shakespeare	9:30 Foreign Policy Roundtable 7 9:30 Walking Club 10:00 Meditation for Beginners 10:00 Sammy Davis, Jr. 10:00 Women's Room 1:00 Meet Marie Antoinette	
9:30 American Politics 10 9:30 Beginning Bridge I 9:30 The American Experiment 10:00 Better Balance 10:00 Fake News: Where... 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 Mini Golf: Skokie 1:00 Golden Age: Book Illustration 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 11 9:30 Science Fiction 10:00 Art Workshop 10:30 Big Thoughts From the Picayune Sentinel 11:30 TED Talks 1:00 Androids Among Us 1:00 Election 2022 1:30 <i>The Way We Never Were</i>	9:30 Beginning Canasta 12 9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 The 1906 World Series 10:00 Transforming Treasures... Art 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy: Free Will 1:00 Reading for a Cozy Afternoon 1:00 The Holocaust in Film	9:00 Best Bridge Ever! 13 9:00 German Fall Fest Tour 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Finding Your Voice 10:00 Hijacked: Supreme Court 1:00 Common Orthopedic Injuries 1:00 Documentary Films 1:00 Shakespeare 1:00 Update: Russia's Attack on Ukraine	9:00 AARP Smart Driver Course 14 9:30 Walking Club 10:00 Meditation for Beginners 10:00 Music and the Occult 10:00 Women's Room 1:00 Major Gubernatorial Races of 2022	
9:30 American Politics 17 9:30 Beginning Bridge I 9:30 The American Experiment 10:00 Better Balance 10:00 C. Schumann: Piano Concerto 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 The Best Movies of All Time 1:00 Top Apps: iPhone & iPad 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 18 9:30 Science Fiction 10:00 Art Workshop 10:30 Uplifting Celebrity Stories with Joe Mantegna 11:30 TED Talks 1:00 Androids Among Us 1:00 Election 2022 1:30 <i>The Way We Never Were</i>	9:00 P & P Investment Club 19 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 9:30 Better Balance 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 The Jews of Ukraine 10:00 Transforming Treasures... Art 1:00 Building Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy: Free Will 1:00 <i>The Canterville Ghost</i>	9:00 Best Bridge Ever! 20 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Last Unknowns 1:00 Documentary Films 1:00 George S. Patton 1:00 Introduction to Twitter 1:00 Shakespeare	9:00 AARP Smart Driver Course 21 9:30 Walking Club 10:00 Meditation for Beginners 10:00 Music and the Occult 10:00 Women's Room 1:00 Cubs, Bears, Michael Jordan	
9:30 American Politics 24 9:30 Beginning Bridge I 9:30 The American Experiment 10:00 Better Balance 10:00 Founding Mother 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 Mystery Book Club 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 25 9:30 Science Fiction 10:00 Art Workshop 10:30 How I Learned to Love Baseball 11:30 TED Talks 1:00 Androids Among Us 1:00 The Spirit of Native America 1:30 <i>The Way We Never Were</i>	9:00 Intermediate Canasta 26 9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 Taking Inventory of Germany's Traffic Light Coalition 1:00 Building Mah Jongg Skills 1:00 Favorite Films 1:00 Mrs. Lincoln in Love 1:00 Philosophy: Free Will	9:00 Best Bridge Ever! 27 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Last Unknowns 10:15 Chicago Ghost Tour 1:00 Documentary Films 1:00 Shakespeare 1:00 The Doolittle Raid	9:30 Walking Club 28 10:00 Beauty and Jewish Mysticism 10:00 Meditation for Beginners 10:00 Women's Room 11:30 What's it Worth? A Luncheon and Presentation Event	
9:30 American Politics 31 9:30 Beginning Bridge I 9:30 The American Experiment 10:00 The Cultural History of Halloween 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 The Life of Kurt Godel 1:00 Writing Workshop					

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Every Week	7:30 NSSC Golf League 8:30 Rise & Shine Exercise 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 1:00 Tennis Club	8:30 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Stay Fit at Home 12:00 Poker 1:00 Fit and Active 1:00 Fine Art Studio 1:00 Jazz Forum 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 10:00 Sports Talk 10:00 Better Balance 11:00 Sit and Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 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 Fit and Active 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 1:00 Tennis Club	
		9:00 Yoga for the Rest of Us 1 9:30 Science Fiction 10:00 Art Workshop 10:30 Zsa Zsa and Me 11:30 TED Talks 1:00 Androids Among Us 1:00 The Spirit of Native America 1:30 <i>The Way We Never Were</i>	9:30 Intermediate Canasta 9:30 Prize Winning World Lit. 2 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Greatest American Speeches 10:00 Intermediate French 10:00 Daytrip: <i>Measure for Measure</i> 1:00 Building Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy: Free Will 1:00 <i>The Storied Life: A.J. Fikry</i> 1:00 Windy City: Golden Age Radio	9:00 Best Bridge Ever! 3 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Last Unknowns 1:00 Documentary Films 1:00 iPhone/iPad Advanced Tips 1:00 Shakespeare 1:00 Where Do We Stand: The Midterm Elections	9:30 Fitness Fundamentals 4 9:30 Foreign Policy Roundtable 9:30 Walking Club 10:00 The Looting Machine 10:00 Women's Room 1:00 A Jack Benny Extravaganza	
		9:30 American Politics 7 9:30 Beginning Bridge II 9:30 The American Experiment 10:00 Better Balance 10:00 Hollywood & World War II 10:00 <i>The New Yorker Magazine</i> 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 The History of Rod Stewart 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 8 9:30 Science Fiction 10:00 Art Workshop 10:30 The Great Lakes Navy Band Concert 11:30 TED Talks 1:00 Androids Among Us 1:00 What Just Happened at the Polls? 1:30 <i>The Way We Never Were</i>	9:30 Intermediate Canasta 9 9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Greatest American Speeches 10:00 Intermediate French 1:00 Building Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy: Free Will 1:00 Reading for a Cozy Afternoon 1:00 The Adventures of Louisa Catherine Adams	9:00 Best Bridge Ever! 10 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Human Occupation of the Americas 1:00 Analyzing the Election of 2022 1:00 Documentary Films 1:00 Shakespeare	9:30 Fitness Fundamentals 11 9:30 Walking Club 10:00 The Notorious RBG 10:00 Women's Room 1:00 <i>Always Remember: World War II Through Veterans' Eyes</i> 1:00 It's the Most Stressful Time of the year
		9:30 American Politics 14 9:30 Beginning Bridge II 9:30 The American Experiment 10:00 Better Balance 10:00 Hollywood & World War II 10:00 <i>The New Yorker Magazine</i> 1:00 Basic Yiddish II 1:00 Challenge Your Brain 1:00 Hear It Now 1:00 The James Webb Space Telescope 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 15 9:30 Science Fiction 10:00 Art Workshop 10:30 Analysis of the 2022 Mid-Term Elections 11:30 TED Talks 1:00 Androids Among Us 1:00 What Just Happened at the Polls? 1:30 <i>The Way We Never Were</i>	9:00 P & P Investment Club 16 9:30 Intermediate Canasta 9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Faith Ringgold: Quilts & Paint 10:00 Intermediate French 11:30 Tour the Sanfilippo Estate 1:00 The Great Gangster Movies 1:00 Building Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy: Free Will	9:00 Best Bridge Ever! 17 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Human Occupation of the Americas 1:00 Documentary Films 1:00 Shakespeare 1:00 The Ukraine War in Context	9:30 Fitness Fundamentals 18 9:30 Walking Club 10:00 Women's Room 11:30 HERstory: A Musical Salute to Trailblazing Female Firsts
		9:30 American Politics 21 9:30 Beginning Bridge II 9:30 The American Experiment 10:00 Better Balance 10:00 China's Border Regions 10:00 <i>The New Yorker Magazine</i> 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 Puritans, Indians, and the First Thanksgiving 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 22 9:30 Science Fiction 10:00 Art Workshop 10:30 Anti-Defamation League: Antisemitic Incidents 11:30 TED Talks 1:00 <i>Napoleon's Buttons</i> 1:30 <i>The Way We Never Were</i>	9:30 Prize Winning World Lit. 23 10:00 Better Balance 10:00 Exploring Poets & Poetry 1:00 Building Mah Jongg Skills 1:00 Favorite Films	24 Thanksgiving Day Center Closed	25 Center Closed
		9:30 American Politics 28 9:30 Beginning Bridge II 9:30 The American Experiment 10:00 Better Balance 10:00 <i>The New Yorker Magazine</i> 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 Mystery Book Club 1:00 Social Media: How is it Transforming Democracy? 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 29 9:30 Science Fiction 10:00 Art Workshop 10:30 The National Park Project 11:30 TED Talks 1:00 <i>Napoleon's Buttons</i> 1:30 <i>The Way We Never Were</i>	9:30 Prize Winning World Lit. 30 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Georgia O'Keeffe 10:00 Intermediate French 1:00 Bocce Ball at Pinstripes 1:00 Favorite Films 1:00 Philosophy: Free Will 1:00 The Jews in Germany Today	 November 29	

December at a glance

Fitness Center Open
Monday through Friday 7 a.m. - 3 p.m.
Saturday 8 a.m. - 1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
7:30 NSSC Golf League 8:30 Rise & Shine Exercise 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 1:00 Tennis Club	8:30 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Stay Fit at Home 12:00 Poker 1:00 Fit and Active 1:00 Fine Art Studio 1:00 Jazz Forum 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 10:00 Sports Talk 10:00 Better Balance 11:00 Sit and Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 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 Fit and Active 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 1:00 Tennis Club	
			9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Human Occupation of the Americas 1:00 Buying a Computer 1:00 Documentary Films 1:00 Shakespeare 1:00 Television: <i>The West Wing</i>	9:30 Fitness Fundamentals 9:30 Foreign Policy Roundtable 9:30 Walking Club 10:00 Women's Room 1:00 Aaron Copland: 'Tis a Simple Gift	
9:30 American Politics 9:30 Beginning Bridge II 9:30 The American Experiment 10:00 Better Balance 10:00 Tchaikovsky's Nutcracker 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Hear It Now 1:00 Writing Workshop 1:00 <i>First Friends...Presidents</i>	9:00 Yoga for the Rest of Us 10:00 Art Workshop 10:30 Failure Isn't Fatal 1:00 <i>Napoleon's Buttons</i> 1:30 <i>The Way We Never Were</i>	9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 The People of Pearl Harbor 1:00 Favorite Films 1:00 Philosophy: Free Will 1:00 The Holocaust in Film: Border Street 1:00 <i>The Shadow of the Wind</i>	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 What the Buddha Knew 11:30 Holiday Tea at the Drake 1:00 Shakespeare 1:00 <i>The Newsroom, Studio 60, and Sports Night</i> 1:00 Walking in a Winter Wonderland	9:00 Fitness-palooza 9:30 Walking Club 10:00 The Great Chicago Fire 10:00 Women's Room 1:00 Hello, Jerry!	
9:30 American Politics 9:30 Beginning Bridge II 10:00 Better Balance 10:00 French and Natives in Colonial Illinois 10:00 <i>The New Yorker</i> Magazine 1:00 Basic Yiddish II 1:00 Musicals of the Depression 1:00 Writing Workshop	9:00 Yoga for the Rest of Us 10:30 Touch Bass with Alan 1:00 <i>Napoleon's Buttons</i>	9:30 Prize Winning World Lit. 10:00 Better Balance 10:00 Exploring Poets & Poetry 10:00 Intermediate French 1:00 Chit Chat with Dolley Madison 1:00 Favorite Films 1:00 Philosophy: Free Will	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 What the Buddha Knew 1:00 Looking Back, Looking Ahead 1:00 Shakespeare	9:30 Walking Club 10:00 The Great Chicago Fire 10:00 Women's Room 11:30 The Lola Bard Holiday Carolers	
<p style="text-align: center;">19</p> <p style="text-align: center;">Center Open No Activities</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Center Open No Activities</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Center Open No Activities</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Center Open No Activities</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Center Closed</p>	
<p style="text-align: center;">26</p> <p style="text-align: center;">Center Closed</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Center Open No Activities</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Center Open No Activities</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Center Open No Activities</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Center Closed</p>	

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

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 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

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.

GIVING TUESDAY

November 29

Make a difference
in someone's life

\$25 provides nutritious food to someone in an emergency situation

\$50 provides school supplies for one child in our Grandparents Raising Grandchildren program

\$150 provides a day at House of Welcome for someone living with memory loss

Donate to NSSC

www.nssc.org | 847.784.6037

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
ncoa
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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Expect the superior short-term rehab you need to recover quickly and successfully. Your five-star, short-term stay features one-on-one therapy up to seven days a week and attentive 24-hour post-surgical care – all with the highest level of safety and comfort.



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JOIN US FOR A FALLFEST COMMUNITY

Wellness Fair

Saturday, October 22, 2022
10 a.m. - 1 p.m.
NSSC

Join NSSC and New Trier Township for this free wellness event for all ages. A variety of vendors and exhibitors will offer:

- Health screenings
- Fitness demos
- Interactive safety activities
- Wellness resources
- Fun Fall activities for kids

For more information,
juliek@newtriertownship.com
or 847.386.3127.

