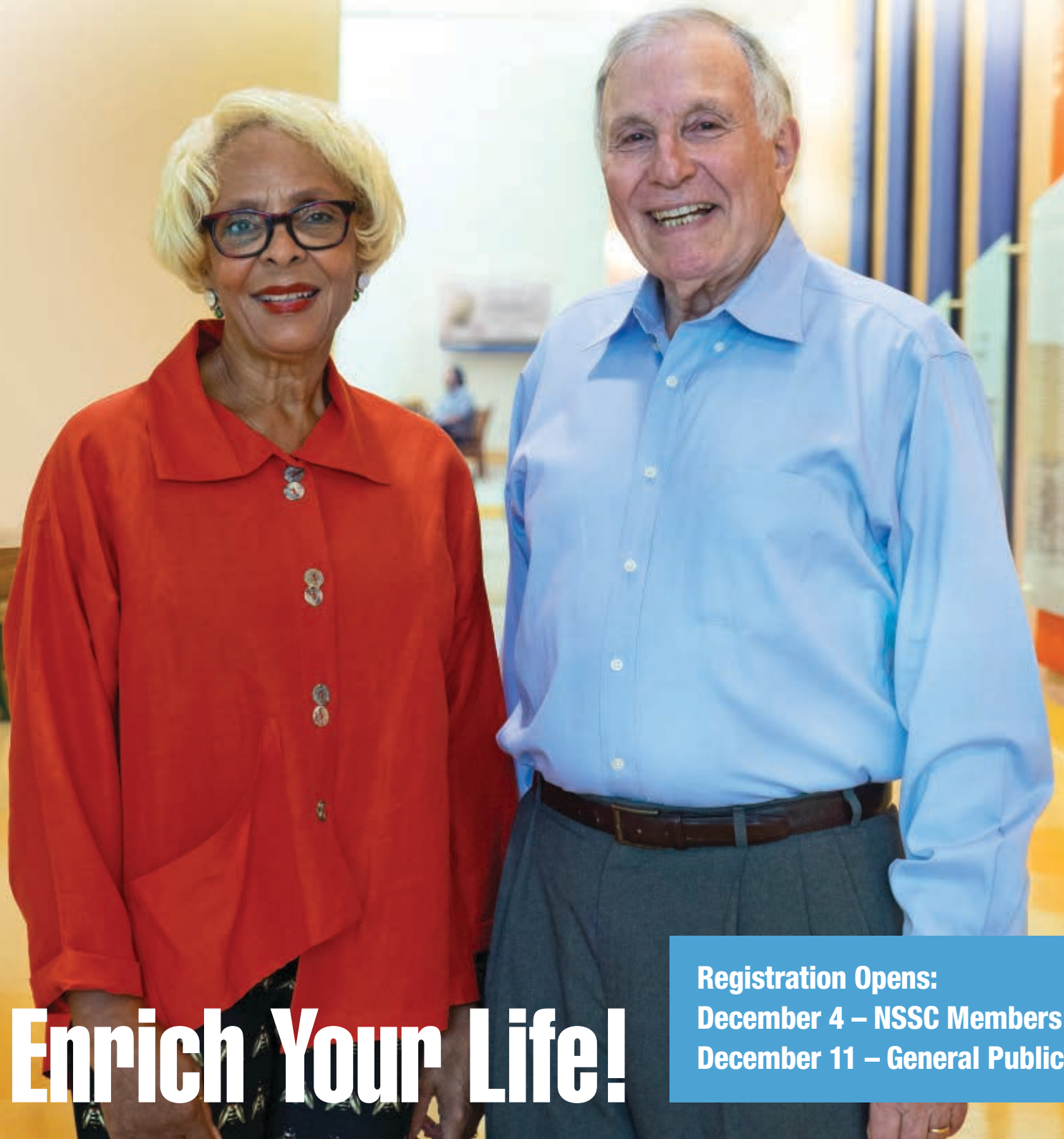


North Shore Senior Center

Engage Magazine & Lifelong Learning Catalog | Jan.-Apr. 2024



Enrich Your Life!

Registration Opens:
December 4 – NSSC Members
December 11 – General Public

north shore senior center

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Welcome

Welcome to the latest issue of *Engage* and the Lifelong Learning Catalog, your window into the world of NSSC! In these pages, you'll discover a wealth of compelling articles and a story that illuminates the remarkable journey of one man, Jevold Simmons, who has redefined what it means to embrace a fulfilling retirement. And that's only the beginning . . . Join us on February 7 for an exclusive "Meet the Artist" event and view Jevold's captivating exhibit which will be on display at the Center's Art Gallery from January 2 through February 28.

In the heart of our catalog, you'll find a treasure trove of opportunities awaiting you. From an extensive selection of classes and special programs to unforgettable trips, there's something here for everyone.

The intriguing "Our World Today" series launches with a thought-provoking presentation on Local Food Insecurity. In April, experience the excitement of making new connections at Speed Friending, a relaxed gathering designed to introduce you to a new circle of friends. If you're a history and culture enthusiast, our series on Chicago's rich heritage awaits your exploration.

During these colder months, I hope you'll join our vibrant space at NSSC and embrace the joys of community, learning, and discovery. In addition, The Shop and the Fitness Center are open daily, and the Café welcomes you every Wednesday.

We hope to see you soon, and together, we'll make this winter a season to remember.

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.

*On the cover: Sharon King and Walt Polsky
Photo Credit: Desiree Schippers*

All Around NSSC

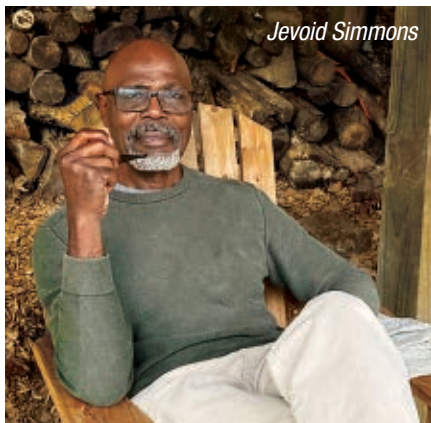
Join Us for NSSC's Annual Meeting

NSSC's Annual Meeting is slated for Tuesday, January 16 at 10 a.m. The event will commence with the Board of Directors business meeting, featuring the Executive Director's annual update on the organization, along with the financial report. The Board of Directors will announce retiring members and introduce new board appointments. Following the business meeting, attendees can look forward to an engaging presentation on artificial intelligence by Northwestern University Professor Larry Birnbaum.

Meet the Artist Reception:

Jevoid Simmons, *Up From Down Home, The Journey North*

During the months of January and February, the Art Gallery will showcase the remarkable talent of Evanston resident Jevoid Simmons. Inspired by his book, *Up From Down Home, The Journey North*, Jevoid's art narrates his family's courageous migration in the early 1950s from rural Alabama to Iowa to escape racial violence. Join us for a reception on Wednesday, February 7 from 4 to 6 p.m. To RSVP for this free event, contact Debra Mell at dmell@nssc.org or call 847.784.6037. See page 50 for details.



Jevoid Simmons



Chicago History and Culture

Chicago is infinitely fascinating, intriguing, surprising, and frustrating. Lifelong Learning presents several programs showcasing the Chicagoland area and its history this winter term. Learn about the architectural treasures of the past, historic city areas, tragic events, famous criminal cases, North Shore Civil War generals, and more. For more information, see pages 34-35.

Our World Today

We kick off our occasional series "Our World Today" with a presentation examining local food insecurity. "Our World Today" will explore current issues such as crime, literacy, gender identity, veterans' issues, sustainability practices at home, and much more. Each session will provide an in-depth presentation on a topic and information on how participants can get involved in the issues. Our kick-off event includes a box lunch before the lecture. See page 18 for details.

Welcome These New Presenters for Winter 2024

Janet Belsky is an educator and author specializing in the human lifespan. She will teach a program on Personality and Happiness: A Panorama of the Science.

Mark Braun is a Civil War historian. His work focuses on generals who lived on the North Shore whose names are reflected on streets and gravestones.

Photographer Bob Collins examines the beauty of the Great Lakes, especially Michigan's Upper Peninsula.

Jim Gibbons presents a historical reflection on Our Lady of the Angels School Fire, a Chicago tragedy that occurred in 1958.

Bob Sharfman is a Sherlockian scholar who will lead a discussion on the Victorian detective from *The Complete Works of Sherlock Holmes*.



Caring for Yourself

WHEN YOU'RE THE CAREGIVER

BY AMY KRAUSE

When Andy Keefe had a debilitating ischemic stroke in 2012 his wife, Barbara, became his full-time caregiver. In the beginning, Barbara, with the support of family and friends, handled his care herself.

"I was overwhelmed with help in the beginning. It was hard to think about what we needed, but friends, family, and our church stepped in bringing meals, buying groceries, and helping around the house. We had a cadre of drivers who would take Andy to a day program for rehab," Barbara said. "The best decision I made back then was accepting the help that was offered."

As time went on—even with all the help—and the relentless responsibilities of caregiving began taking a toll, she remembered how NSSC was there for her family in 2005, providing resources and in-home care when her dad was living with Alzheimer's disease.

Through the years, Barbara and Andy have received a range of support through NSSC including in-home care, respite services, and access to vital community resources. As a caregiver, Barbara receives one-on-one support from a caregiver specialist, has participated in therapy, and NSSC's support group for spouses and partners.

Respite services enable Barbara to take time for herself while Andy is cared for at home or in a skilled nursing facility. "Heath [a social worker at the time] was my lifeline to respite services and one of the best gifts from NSSC," Barbara said. "I know Andy is safe, and I don't have to worry about him. I can rest, fill up, and do some things I enjoy without worrying about his well-being."

ASKING FOR AND ACCEPTING HELP

The most common challenges caregivers face are isolation, lack of support (which leads

“One of the biggest challenges as a caregiver is giving all the time. There is no break and you feel alone.”

—BARBARA

to burnout,) no connection to resources, and financial strain. According to AARP and the National Alliance for Caregiving, one in five Americans are caregivers. Of these caregivers, 42 million care for someone age 50 or older—a number expected to increase as the Baby Boomers continue to age.

Caregiver Outreach Specialist Glenn Earich says the most important things caregivers can do is ask for help and do

what they can to manage their stress.

“Most people don’t want to be a bother to others. It can be incredibly difficult for most of us to accept or ask for help, even when people are offering,” he explained. “When it comes to caregiving, it’s also hard to give up control. You’ve worked so hard to put routines into place, and there’s a fear that others won’t do things the same way or provide the same level of care you provide for your loved one.

“There’s also embarrassment over the state of the home and yard because there’s no longer time to tend to these responsibilities. The result is people don’t ask for help and this leads to burnout and isolation.”

MANAGING STRESS

Besides burnout and isolation, caregivers who don’t take care of themselves can experience elevated emotions such as anger and frustration, more frequent sickness, depression, sleep issues and, in worst case scenarios, caregivers may withdraw from their loved one or their life.

Glenn pointed out that you can’t take care of others if you don’t take care of yourself. “It’s not being selfish to care for yourself. Plain and simple, caring for yourself benefits the person you are caring for,” he said.

Glenn suggests carving out time in increments for self-care, including meditation, taking a walk, gardening, or whatever activities bring joy and have a positive effect on your mind and body. “Ten minutes here and there throughout your day can make a huge difference,” he said.

FIRST STEPS FOR CAREGIVERS

The most important thing caregivers can do is to create a support network early on. This includes family, friends, a therapist or counselor, a place of worship, a support group, and organizations like NSSC.

“The key is reaching out for assistance early on and accepting help,” Glenn emphasized. “We encourage caregivers to be open with their support networks about changes in their loved ones as well as their own needs. It’s imperative that caregivers see other people and plan social engagements.”

HOW NSSC CAN HELP

Through one-on-one counseling, workshops, support groups, respite services, and gap-filling funds, NSSC’s caregiver specialists provide tools to relieve stress and help caregivers better manage their lives. Workshops are offered throughout

the year. Support groups provide a safe space to exchange ideas and resources with others who are experiencing the same challenges, while also providing a respite from caregiving. For a full list of offerings, visit: www.nssc.org/caregiver-support.

Caregiver support groups include:

- Caregiver Support Group for Family Members
- Caregiver Support Group for Spouses & Partners
- Grandparents Raising Grandchildren
- Dementia Family Support Group
- Parkinson’s Disease Support Group

Barbara, who’s 12 years into her caregiving journey, offers this to new caregivers: “It’s hard to think about anything other than the survival of you and your loved one. Be patient with the people who are so eager to help, and be patient with yourself. Reach out for and accept help. You don’t have to do it alone.” ■

Upcoming Caregiver Workshops



Powerful Tools for Caregivers (Online)

Tuesdays, January 23 - February 27
6:30 - 8 p.m.

Learn how to reduce stress, communicate effectively, and master caregiving decisions.

Stressbusting Program (Online)

Mondays, March 11 - May 6
10:30 a.m. - noon

Geared toward those caring for someone with dementia. Learn relaxation techniques along with strategies for managing issues that arise as dementia progresses.





GETTING YOU TO MEDICAL APPOINTMENTS

One Ride at a

NSSC'S ESCORTED TRANSPORTATION SERVICES (ETS)

is a volunteer-based program that provides rides to and from medical appointments, including dental, medical, eye, and occupational and physical therapy. The program was paused in the spring of 2020 due to the pandemic and relaunched last summer.

“

Older adults, family members, and medical professionals have concerns about how older adults who no longer drive can get to their essential appointments. This service fills that gap and alleviates the stress involved in making medical care more accessible to older people. We are thrilled to once again be able to offer this service to our community.”

—JULIE DROSTE, VOLUNTEER SERVICES COORDINATOR

ETS is available to independent residents of Northfield Township age 60 and older. While the use of canes and walkers is acceptable, ETS cannot accommodate wheelchairs. ETS is intended for occasional appointments; not for urgent or emergency situations and requires at least seven to 10 days advance notice.

“We are working on funding to expand ETS to a broader area in early 2024,” Julie said. “There is definitely a need, and our goal is to fulfill that need in Northfield Township and beyond.”

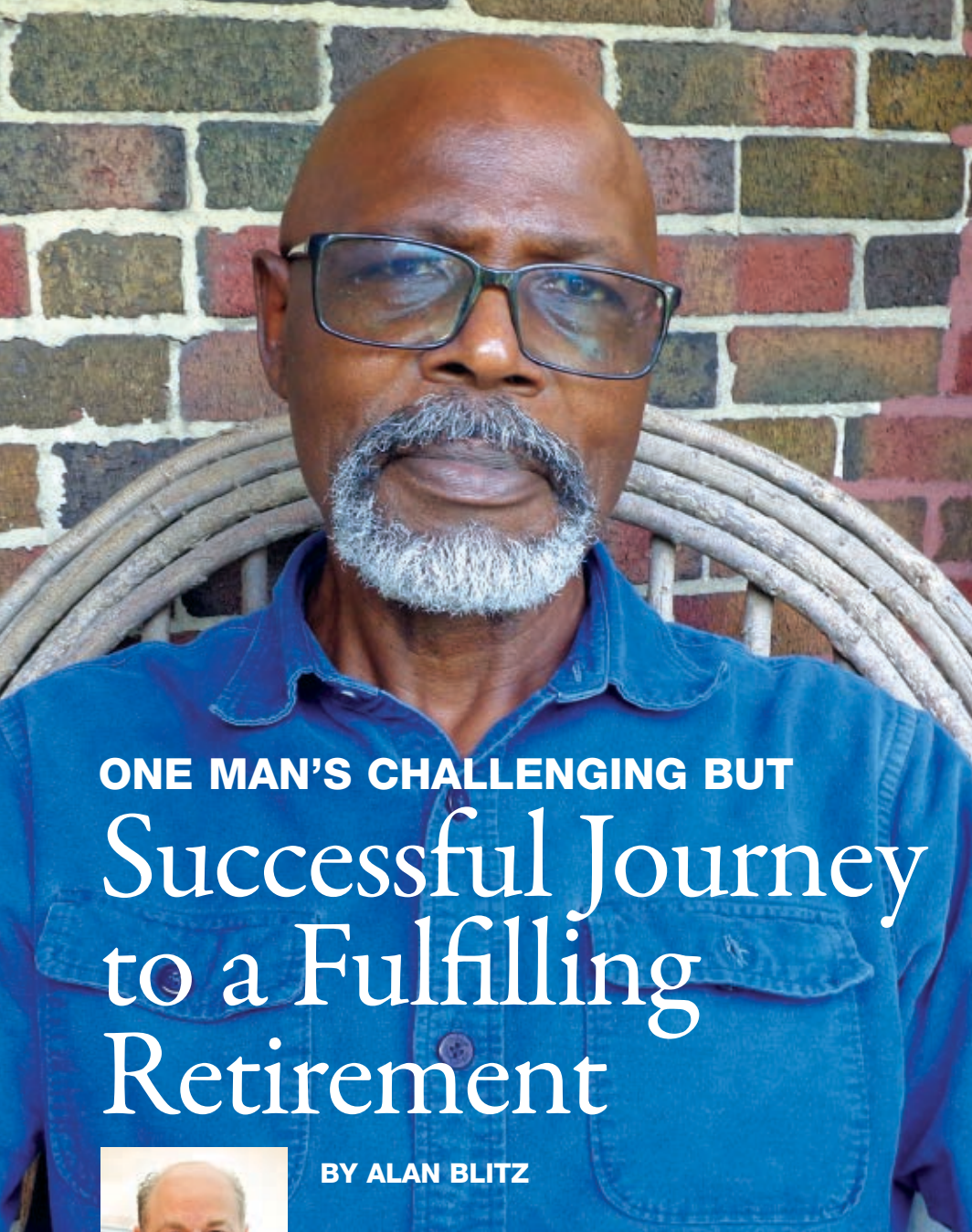
NSSC volunteers make up the pool of ETS coordinators and drivers. Coordinators receive ride requests, schedule the rides, and find the drivers. Volunteer drivers use their own vehicles. The service is free, however a suggested donation of \$12 per round trip is encouraged. No one is turned away due to an inability to pay. Unlike Uber, Lyft, or a taxi service, riders do not tip their drivers.

Hannah and Lester Weiss shared their experience with ETS in getting to a dental appointment: “We recently stopped driving and our prime concern was getting to our medical appointments. Food can be delivered, but your doctor can’t be. We tried the Escorted Transportation Service and it was the most pleasant experience. Our driver was on time, friendly, and made us feel safe. This program is a life saver.”

To participate in the program, registration is required. To register or learn more, contact Julie Droste at 847.242.6257 or jdroste@nssc.org. ■

Time

BY AMY KRAUSE



ONE MAN'S CHALLENGING BUT Successful Journey to a Fulfilling Retirement

BY ALAN BLITZ



“
I’m working on the
me I’m meant to be
at this time in life.”

—JEVOID SIMMONS

Some retirement stories instinctively write themselves. Jevoid Simmons is a wonderful example. Starting retirement while recovering from cancer surgery, he created a slow but steady path to finding himself through self-reflection, creating artwork, and giving back to his community.

A long-time Evanston resident, Jevoid was previously Director of Workforce Diversity at Northwestern University Medical Center. In 2017, he retired from The Art Institute of Chicago as Director of Employee Relations and Training.

In November 2017, after a cancer diagnosis, he had a successful surgery.

“After the surgery, I took a one-month leave to heal and reflect on how to move forward,” Jevoid recalled. “I decided to retire. There was only one question: ‘What’s next?’”

ESTABLISHING PRIORITIES: TELLING HIS FAMILY’S STORY

Jevoid sold antiques for a year before the pandemic arrived along with the related shutdowns. “This allowed forced time to focus on my real priorities: publishing my family’s migration story from Greenville, Alabama, making art, and giving back within the community,” reflected Jevoid.

At this juncture, “I saw myself as working on the me that I was meant to be.” Jevoid pushed ahead and finished *Up From Down Home, The Journey North*, a book he published as a tribute to his father and mother who died at 51 and 52 years old, respectively, in the early 1970s. It tells the story of his family’s migration out of rural Alabama under the threat of racial violence in the early 1950s.

“The book is for my siblings and our children and the generations that follow. I hope it encourages others to share their family stories internally and with others,” Jevoid explained. “I believe the sharing helps us to understand our commonalities and break down artificial barriers based on race, ethnicity, religion, gender, age, and any other differences that might be carved out.”

ARTWORK ALWAYS FEEDS HIS SOUL

In the completion of *Up From Down Home, The Journey North*, Jevoid created 17 pieces of unique artwork to support the book’s narrative. Artwork has been Jevoid’s passion since his youth in Davenport, Iowa. As far back as kindergarten, creating artwork for friends helped him cope with being dyslexic. Art classes were always a part of his educational experiences.

“When painting I enjoy working in a primitive style,” Jevoid explained. “It’s not tied to the necessity of precision. It has a certain warmth and tranquility in the presence of turbulent surroundings and



Jevoid uses a primitive style in his artwork.

events of the day. I have an affinity for the work of Grandma Moses [Anna Mary Robertson]. Her work and that of similar artists capture a snapshot of life and tell a story.”

He adds, “My more recent artmaking focuses on alarming political and societal challenges facing America as it is at war with itself.”

In addition to painting, Jevoid is a woodcarver and storyteller. “My carvings are ongoing and capture family, friends, acquaintances, and other characters from the past.”

ART EXPRESSION EXTENDS TO THE COMMUNITY

During the past three years, Jevoid has volunteered as an art instructor at Camp Kuumba Evanston. It is a multifaceted camp for young Black and Brown at-risk boys.

“Art classes in the program are offered as a manner of expression for the kids to understand themselves, families, and create an art piece that tells the world ‘Here I am, this is what I want to be when I’m age 25,’” Jevoid pointed out.

“In other words, the kids are asked to express what art means to them. Camp lasts three weeks for students third through eighth grade, and I conduct four sessions with them. The experience gives them opportunities to discover themselves through untapped talents in a wide variety of arts such as drawing, painting, spoken word, and more,” Jevoid added.

ADVICE ON MOVING FORWARD

Reflecting on his retirement journey, Jevoid said, “Understanding that unless I’m a vampire, at 72 years of life, there’s not a lot of time to get things done. My advice to those who are entering retirement is to honor what was achieved—good and bad—and go forward. It can take time. From there, look to what feeds your soul.” ■



Meet the Artist

**Wednesday, February 7
4 - 6 p.m.**

Community residents are invited to meet Jevoid Simmons and view an array of his artwork at the Center’s Art Gallery in Northfield.

Over the years, Jevoid has exhibited his work locally at the Lorraine H. Morton Civic Center, Evanston’s Noyes Cultural Art Center, the Evanston Art Center, the Garrett Theological Seminary at Northwestern University, The Art Institute of Chicago, and Creative Coworking Gallery. Jevoid’s most recent exhibition was held at Geneseo Illinois Public Library.

**To RSVP, please contact
Debra Mell at dmell@nssc.org
or 847.784.6037.**

Thank You

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AS OF NOVEMBER 1, 2023

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Beyond Age

The Gift of Intergenerational Friendship

BY DESIREE SCHIPPERS



I, like many people, found one of my most precious and valuable friendships in my early 20s, while in college.

When I met Deborah in class five years ago, we instantly bonded over books, movies, and shared experiences, then eventually became housemates. She starred in my first short film, talked me through a major breakup, introduced me to my current favorite TV series *Call The Midwife*, and has, by any definition, grown to be one of my best friends. We are alike in many ways: we both studied English, have been

caregivers, and find pleasure in deep personal connections. When people see us together, however, the term “best friends” might raise a few eyebrows.

BREAKING CONVENTION

Deborah wasn't just a classmate—she was the instructor. She is also over 25 years my senior. Our friendship defies conventional boundaries, which can prompt questions and curious glances. However, our connection was undeniable, and it went far beyond the student-teacher dynamic.

“I was drawn to you when you were my student because of your interest in so many things!” Deborah explained. “I appreciated the way you understood the challenges of caregiving and saw me as something other than a teacher. I enjoy

being the person who is older than you but not a parental figure.”

DEFYING STEREOTYPES

Before I met Deborah, I didn't feel like being friends with someone of a different generation was even “allowed.” It's easy to encounter a compatible person with a significant age gap and not pursue friendship, because of culture and tradition. But with Deborah, friendship came easily, and our intergenerational connection enhances it. I love that she treats me as an equal, taking my ideas and experiences with enthusiasm and encouragement.

We learn from each other constantly, and I am comforted knowing I have someone, especially another woman, who has been through the stages of life I am experiencing and has come out thriving on the other side.

“I learn from your perspective as a 20-something—what you're reading, watching, thinking about—and I think you enjoy hearing my ideas, thoughts, and recommendations as well,” Deborah said. “We can help each other learn practical information about those issues we're experts on, whether it's something minor (use a big pot to heat soup!) or health issues (listen to your body!). We can offer the perspective of experience and the wisdom learned from aging—and from youth!”

Through Deborah's wide network, I became friends with more women across generations. As a woman of any age, it's impossible to avoid negative messaging around growing older.

Advertisements and endorsements for anti-aging products are pervasive—we are constantly reminded that we need to be ageless or age defying. But through these intergenerational friendships, I can see nuanced, realistic examples of different stages of life. I feel less afraid of what's to come, and more excited about the freedom, self-assurance, and experiences from new phases of life.

"I love having friends across the lifespan. At the moment, I don't have any close friends under 20, but I have had children and teenagers I considered friends. Some of them have grown up, some of them have moved on. If I feel drawn to someone I meet, I try to cultivate that connection. I am thrilled that I have friends across several decades!" Deborah said.

SHARING WHAT'S IMPORTANT

For Deborah, life revolves around a strict schedule: one of a full-time caregiver. As a stroke survivor, her husband Jerry needs round the clock care, which is often hard

to balance. Our bond grew significantly when I moved in with her during my last semester of school and became one of Jerry's caregivers. Having worked as a nursing aide, I could share tips and tricks of the trade, and understood the relentless challenges that come with caring for a loved one.

"Caregiving is an occasion for intimacy of all kinds, whether caring for babies or elders," Deborah said.

Seeing her personal, artisanal approach to caregiving inspired me. As we prepared meals, brushed teeth, and changed briefs, conversations flowed deeply and easily

about "the important stuff": family issues, illness, love, and death. It was valuable time together, helping us both learn and grow.

"Friendship means being able to reciprocally share a range of experiences, insights, and feelings," Deborah explained. "Lots of deep conversations. We commiserate, laugh, and cry, but mostly offer insight, validation, and support for one another."

For me, our connection is a reminder that friendship can transcend age and generations, leaving us with bonds that grow stronger with each passing year. ■

“

Friendship means being able to reciprocally share a range of experiences, insights, and feelings. Lots of deep conversations. We commiserate, laugh, and cry, but mostly offer insight, validation, and support for one another.”

—DEBORAH



Deborah with her husband, Jerry

CRITICAL CONNECTIONS: Help Accessing Stable, Secure Housing

BY DESIREE SCHIPPERS



**Meet Aiden Cassidy:
NSSC Housing Specialist**

For older adults in the greater Chicago area, maintaining or securing stable, affordable housing is becoming increasingly difficult. According to studies from DePaul University's Institute for Housing and Harvard's Center for Housing, the amount of cost-burdened households over the age of 65 (meaning they pay more than 30 percent of their income for housing) has reached an all-time high in recent years—rising to more than 10 million. This rising cost creates complex obstacles for people on fixed incomes. Older people who face housing instability and cost burden often reduce spending on other necessities, such as healthcare or medication, lowering their overall quality of life. On top of this, the total number of older people experiencing homelessness in the U.S. is expected to triple by 2030.

Many Cook County residents live in buildings with serious accessibility concerns. More than 67,000 properties with an active senior exemption in Chicago have accessibility issues that could pose challenges to aging in place.

In recognition of these circumstances, AgeOptions has joined forces with North Shore Senior Center to offer support, financial assistance, and a wide range of housing resources to our local community as part of a two-year pilot program. NSSC Housing Specialist Aiden Cassidy meets with clients to assess their individual needs, connect them with resources and, if they qualify, provide financial support to help them secure or retain stable housing.

More than **10 million** households over the age of 65 pay more than 30% of their income for housing.

“

I meet with clients one-on-one. They always have my full attention, and I want to make sure their needs are met. I'm not a real estate agent and don't keep listings of available apartments, but I do provide information about affordable housing, subsidized housing, eviction assistance, and more. I tailor the information to fit personal circumstances and needs.”

When eligible, clients can receive support to help make their homes more accessible, deal with clutter, assist with moving costs, deep cleaning services, and minor housing repairs, such as electrical, plumbing, and other house-related issues.

“Since affordable housing options are so hard to come by, I encourage clients to remain in their current homes, if possible. We can assist with anything to help older adults remain independent in their own homes,” Aiden said.

Aiden maintains a robust list of subsidized housing options, transitional

housing, and emergency shelters and resources. He also can connect clients to legal, eviction, and housing rights services.

“After being a care coordinator in the community for nine years, I saw a real need for housing assistance. I am excited to be in this role and to help provide access to such critical resources for our community.”

To make an appointment with Aiden, call 847.242.6235 or email housing@nssc.org.

Sources: DePaul University Institute for Housing Studies: *Key Housing Challenges in the City of Chicago, Assessing Obstacles to Aging in Place for Chicago's Older Homeowners, Housing Needs and Economic Conditions of Cook County's Older Adults*

Joint Center for Housing Studies at Harvard University: *Housing America's Older Adults 2019*

“

We can assist with anything to help older adults remain independent in their own homes.”





Your Hub for Support & Resources

Our dedicated team of professionals is committed to providing comprehensive support for older adults, ensuring they can continue living safely and comfortably in their own homes. Here are the many ways in which we offer assistance to you and your loved ones on your aging journey.



ADULT PROTECTIVE SERVICES (APS)

APS is designed to restore the dignity and safety of adults with disabilities ages 18 to 59, and people over the age of 60 who have experienced abuse, neglect, self-neglect, or financial exploitation. This service is available to residents of the 14 communities that make up Maine, New Trier, and Northfield townships.

847.784.6000 or aps@nssc.org

COMMUNITY CARE PROGRAM (CCP)

This program provides eligible, low-income older adults with comprehensive care coordination, in-home services to assist with personal care and household tasks, emergency home response services, and automated medication dispensers. Additionally, CCP may provide adult day services, allowing individuals to engage in supervised recreational and social activities.

847.784.6040 or intake_team@nssc.org

COUNSELING & THERAPY

Our licensed counselors employ a goal-oriented approach focused on the challenges of aging. We offer counseling to older people and their families, addressing issues such as anxiety and stress, depression, isolation and loneliness, grief and loss, caregiver stress, or adjusting to life changes. Counseling is covered by original Medicare and some insurance plans.

847.424.5672 or counseling@nssc.org

HEALTHY IDEAS

This national, evidence-based program is designed to help reduce depression in older adults through short-term work with a counselor and a focus on meaningful activities.

847.424.5672 or counseling@nssc.org

ESCORTED TRANSPORTATION SERVICES (ETS)

This volunteer-based program offers rides to independent Northfield Township residents ages 60 and above for medical and dental appointments scheduled between 9:30 a.m. and 3:30 p.m., Monday through Friday. Please note that wheelchair accommodations are not available, and ETS is intended for occasional appointments. Registration into the program and advanced notice of seven to 10 days is required.

847.242.6257 or jdroste@nssc.org

FRIENDLY VISITING

This program pairs trained NSSC volunteers with homebound older adults to socialize on a weekly basis, in person or via a phone call, fostering lasting friendships. If you would like to have a friendly visitor, contact **intake_team@nssc.org or 847.784.6040**. If you are interested in becoming a friendly visitor, contact **volunteer@nssc.org or 847.242.6257**

HELP IN YOUR HOME

We can connect you with essential services that enable you to continue living in your home. Services include housekeeping assistance, home-delivered meals, and respite care, providing temporary relief to caregivers. Respite can be in the home, a nursing facility, or adult day service.

847.784.6040 or intake_team@nssc.org

HOMEMEDS PROGRAM

This free and confidential program addresses medication safety and quality-of-life issues by screening for and resolving potential medication problems. Our care coordinator works with you to take an inventory of your prescriptions, over-the-counter medications and supplements, and enters them into a web-based tool that assesses potential medication risks. A pharmacist reviews the analysis and notifies your doctor of any risks.

847.784.6043 or lkruse@nssc.org

HOUSING RESOURCES

Our housing specialist can connect you to resources, help you access financial support, and provide assistance to help you stay in your current home or secure other affordable housing options.

847.242.6235 or housing@nssc.org

LENDING CLOSET

Borrow durable medical equipment free of charge for up to three months, including wheelchairs, walkers, canes, reachers, and sock aids. There are no age requirements.

847.784.6000

MEMORY CARE PROGRAMS

Our House of Welcome (HOW) Adult Day Services offers a Day Program with structured, therapeutic small-group activities in a comfortable, homelike setting. Participants enjoy meaningful activities and friendships, while caregivers benefit from time on their own. HOW also provides supportive case management services and dementia resources for people living with memory loss.

847.242.6250 or how@nssc.org

Our Memory Café meets monthly and offers a safe, friendly space for people with memory loss and their care partners to have fun and connect with others, while enjoying activities such as art therapy, music, creative storytelling, and more.

847.784.6041 or caregiversupport@nssc.org

OLDER ADULTS BENEFITS COUNSELING

We can assist you in applying for and maintaining public entitlements including Medicare; Medicaid; Senior Health Insurance Program (SHIP); Supplemental Nutrition Assistance Program (SNAP); low-cost internet; home weatherization to reduce energy usage; Low Income Home Energy Assistance Program (LIHEAP); Onesight, which provides a free eye exam and glasses; Lifeline, which provides a free cell phone and plan; and license plate sticker discount and free ride cards for public transportation. Some of these programs require financial and demographic guidelines to determine eligibility.

847.784.6000 or oabp@nssc.org

PERSONAL MONEY MANAGEMENT

Our trusted, experienced money managers can assist with a wide variety of financial tasks including bill paying, budget preparation, managing mail and paperwork, tax organization, and coordinating with other professionals such as accountants, elder care specialists, and attorneys.

847.242.6270 or awieboldt@nssc.org

SUPPORT FOR CAREGIVERS

If you are caring for an older adult and are in need of support, we can help you find and access resources and services. From one-on-one support to at-home services and getting time on your own through respite services, we are here for you on your caregiving journey.

847.784.6041 or caregiversupport@nssc.org

SUPPORT GROUPS

Our array of support groups offers a place to find encouragement, discuss challenges, concerns, and share resources and information. Some groups meet in person, and some meet virtually. They include: hearing loss, grandparents raising grandchildren, family caregivers, caregivers of spouses, Parkinson's disease for people living with PD and their care partners, and family caregivers of people living with dementia.

847.784.6040 or caregiversupport@nssc.org





January-April 2024

Lifelong Learning Catalog

Enjoy

NSSC Tuesday Club Program

Meet the Maestro (Hybrid)

Music Director of the Northbrook Symphony Maestro Mina Zikri will discuss the history of the Symphony. Learn what goes on behind-the-scenes, including choosing musicians and the repertoire, conducting, rehearsing, promoting, and funding the orchestra. Mina will also share his own journey to become conductor and his international work.

Tue	1/2	10:30 - 11:30 a.m.
No Fee		11422

Chicago's Extraordinary Places and Spaces (Hybrid)

Embark on an unforgettable virtual guided tour of Chicago's places and spaces. Explore the city's oldest and most stunning buildings, inside and out, with passionate historian Beth Sair.

Tue	1/9	10:30 - 11:30 a.m.
No Fee		11414

NSSC Annual Meeting (Hybrid)

North Shore Senior Center members are invited to the Annual Meeting of the membership. The Annual Meeting will begin at 10 a.m. with a State of the Center presentation by Executive Director Tish Rudnicki and the election of new board members. A keynote presentation will follow on artificial intelligence by Northwestern University Professor Larry Birnbaum.

Tue	1/16	10 - 11:30 a.m.
No Fee		11424

The Village of Winnetka Stormwater Vision Project (Hybrid)

Effective, sustainable stormwater management is a major goal of Village leadership. Flooding is not a new problem in Winnetka and various initiatives to hold or redirect stormwater have been implemented in the Village since the 1930s. Today, the Village is undertaking a large-scale initiative that will result in a major change in the way stormwater is handled.

Tue	1/23	10:30 - 11:30 a.m.
No Fee		11404

Immigration, Borders, and National Security: The North Suburban Connection (Hybrid)

Lee Goodman has made several trips to the U.S. and Mexico border with the group Witness at the Border to observe the conditions of migrants that live on the Mexico side and their confinement by the US government on our side. He will talk about our country's immigration policies and the impact they have.

Tue	1/30	10:30 - 11:30 a.m.
No Fee		11415

The Changing Landscape of Love and Marriage (Hybrid)

Our children and younger grandkids view "love and marriage" differently. Younger adults are getting married later or skipping it altogether. They enjoy the benefits but without legal or tax advantages. Dr. Ray Silverman will lead a Q&A with Tuesday Club's Ron Mantegna.

Tue	2/6	10:30 - 11:30 a.m.
No Fee		11420

Northwestern University Student Music Performance (Hybrid)

Students from the Bienen School of Music at Northwestern University will entertain with an outstanding ensemble performance.

Tue	2/13	10:30 - 11:30 a.m.
No Fee		11402

Surviving Climate Change Before It's Too Late (Hybrid)

Kent Taylor of the Climate Reality Project returns for a crucial update on the world-wide climate crisis.

Tue 2/20 10:30 - 11:30 a.m.
No Fee 11417

The History of Sunset Foods (Hybrid)

Sunset Foods is a family-owned grocery store founded in 1937 in a small storefront in Highland Park. Former Sunset manager, Ron Bernardi tells how the Cortesi family has balanced responsiveness to customers and exceptional quality and service to make Sunset synonymous with superior grocery shopping on the North Shore.

Tue 2/27 10:30 - 11:30 a.m.
No Fee 11410

Freedom of Speech on College Campuses (Hybrid)

The First Amendment to the Constitution protects speech. How much we value the right of free speech is put to its severest test when the speaker is someone we disagree with the most. Ed Yohnka from the American Civil Liberties Union (ACLU) discusses this challenge on college campuses and throughout the U.S.

Tue 3/5 10:30 - 11:30 a.m.
No Fee 11423

State of the Longevity Economy (Hybrid)

Joel Shapira will explore the current state of the Longevity Economy, which analyzes trends, challenges, and opportunities at the intersection of innovation and aging demographics, fostering strategies for sustainable and inclusive economic growth. This growth will be one of the greatest social, economic, and political transformations of our time.

Tue 3/12 10:30 - 11:30 a.m.
No Fee 11418

Oil Lamp Theater: Arts Illuminated (Hybrid)

Jay Pastucha, Executive Director of the Oil Lamp Theater, will describe how this theatrical gem got started and what goes on behind the scenes to keep a professional theater in the suburbs running successfully.

Tue 3/19 10:30 - 11:30 a.m.
No Fee 11416

Adventures Bicycling in 50 States (Hybrid)

Adventurist Susan Nelson returns with stories of her 50-state bicycle tour. She will share with us her discoveries and the interesting people she met while cycling throughout all 50 of the United States.

Tue 3/26 10:30 - 11:30 a.m.
No Fee 11421

Geothermal 101 with the Citizens' Utility Board (Hybrid)

Kate Shonk of the Citizens' Utility Board (CUB) will discuss geothermal heat pumps, which use electric heat pumps to move energy from below ground to heat and cool our buildings, reducing energy costs. Learn about this exciting technology with CUB.

Tue 4/2 10:30 - 11:30 a.m.
No Fee 11419

Somme Forest and Prairie Restoration (Hybrid)

A major ecological restoration project has been underway for over 40 years at the Somme Forest Preserves in Northbrook. Volunteers restore the prairie, savanna, and woodland system to support native tree, shrub, wildflower, and grass species. Ecological restoration volunteer Dan Delaney explores the Somme mission, its accomplishments, volunteers, and implications for the fate of biodiversity.

Tue 4/9 10:30 - 11:30 a.m.
No Fee 11411

Navigating Today's Healthcare System: How Did We Get Here? (Hybrid)

David Porter, Senior Vice-President of Health Policy at the Illinois State Medical Society, will give an overview of the challenges that patients and providers face with public health insurers like Medicare, and private insurers.

David will discuss what is happening today in our healthcare system, and the challenges faced by physicians, healthcare professionals, and patients.

Tue 4/16 10:30 - 11:30 a.m.
No Fee 11413

Northwestern University Student Music Performance (Hybrid)

A student ensemble from the Bienen School of Music at Northwestern University will perform for your entertainment.

Tue 4/23 10:30 - 11:30 a.m.
No Fee 11403

Legacy Letters (Hybrid)

A Legacy Letter is a non-legal document that imparts your blessings, beliefs, values, hopes, ideas, gratitude, and personal reflections to loved ones and those who have positively impacted your life. Marguerite O'Connor, a Goodwill Ambassador for Chicago Jewish Funerals, explores this powerful intergenerational spiritual and emotional concept.

Tue 4/30 10:30 - 11:30 a.m.
No Fee 11412



Performances & Special Events

Our World Today: Local Food Insecurity

Shiva Mohsenzadeh, Supervisor

Lifelong Learning kicks off a new occasional series “Our World Today” to explore current issues of the day, such as food insecurity, crime, gender identity, veterans’ issues, sustainability, and so much more. This first program features Northfield Township Supervisor and Food Pantry Board President Shiva Mohsenzadeh, who will address food insecurity at the local level, shifting Township demographics, and the Food Pantry’s relocation and expansion, which will double its size. Shiva will also touch on the Township and Food Pantry’s strategic plan and the growing local demand for assistance. A catered box lunch will be served before the presentation.

Mon 4/1 12 - 2 p.m.
\$15 Member; \$20 Non-member 11468

Speed Friending: A Fun and Easy Way to Meet New People!

Enjoy a fun afternoon of food, refreshments, and the opportunity to meet and talk with many new people. There will be activities and conversation prompts so you can engage in interesting discussions with small groups of people. A great way to connect with others in a relaxed setting. Everyone is welcome!

Wed 4/17 2 - 4 p.m.
\$29 Member; \$35 Non-member 11343

Lyric Opera Stage Artists Live!

A Luncheon and Performance Event!

The Lyric Opera Stage Artists are members of the chorus at Lyric Opera of Chicago. They perform concerts all across Chicagoland for a variety of audiences and are excited to sing for you to brighten up a dark January day! Enjoy an inspiring and uplifting performance including favorite opera arias, beautiful art songs, and musical theater hits, all accompanied by piano. A delicious, catered lunch will be served before the concert.

Fri 1/26 12 - 2:30 p.m.
\$35 Member; \$42 Non-member 11463

Reel Love: Songs You Love from the Movies with Beckie Menzie and Tom Michael

A Luncheon and Performance Event!

The Academy Awards are just around the corner. Fall in love all over again with the classic songs, old and new, that you love from the movies. We roll out the red carpet to Beckie and Tom as they put their unique twist on this romantic, humorous, and thrilling salute to the silver screen. Menzie,

Michael, and the Movies ... Now, that’s entertainment!

Enjoy a movie-star lunch before the performance.

Fri 2/23 12 - 2:30 p.m.
\$35 Member;
\$42 Non-member 11462



Performer Spotlight

**BECKIE MENZIE AND
TOM MICHAELS**

NSSC favorites, Beckie Menzie and Tom Michael have been making music together for more than 25 years. Their musical journey began when they met in a long-gone nightclub where Beckie, fresh from Fort Wayne, Indiana, was starting out as a pianist and making her name in theater and on the club scene. Tom, a Texas native, walked in to perform a couple of open-mic songs, and the rest, as they say, is history. Thus began a long and magical musical partnership. It takes months for their themed shows to come together, each focused on different music, composers, and performers, and enhanced by stories and anecdotes from Beckie and Tom. Beckie does all the musical arrangements. This talented duo has performed in many places over the years including Carnegie Hall and Lincoln Center. They both say that there is no great difference between the audiences in large and small venues because their goal is to share the love of what they do.



Rosie and the Rivets

A Luncheon and Performance Event!

Come on down for a sparkling music event with Rosie and the Rivets, a 4-piece band that performs the best music of the '50s and '60s. Along with early Rock 'n' Roll favorites, you will hear Girl Group, Rockabilly, R & B, Surf, and songs of the British Invasion. Rosie's powerful and versatile voice is backed by band members who have worked in shows like *The Million Dollar Quartet*, *Buddy: The Buddy Holly Story*, and *The Fab Four: Beatles Tribute*. Enjoy this retro-cool experience showcasing the band's period wardrobe, hair, makeup, vintage guitars, drums, even microphones! A catered lunch will be served before the concert.

Fri 4/26 12 - 2:30 p.m.
\$35 Member; \$42 Non-member 11465

Morry Sochat Sings the Blues

A Luncheon and Performance Event!

Morry Sochat brings a fresh sound to the Chicago Blues scene. Mixing classic Chicago Blues with Swing and Rock 'n' Roll from the '50s, Morry is influenced by the best in Blues history. Think Muddy Waters, Little Walter, Louis Jordan, Junior Wells, and all of the Chicago greats. Morry, accompanied by his favorite guitarist, will share his huge talent with harmonica, tap dance, and song. Enjoy a convivial catered lunch before this stylish and unique performance.

Fri 3/22 12 - 2:30 p.m.
\$35 Member; \$42 Non-member 11464

Just for Fun!

Films on Friday

Gather with others and watch a film, just for fun! Enjoy some "movie snacks" and socializing, then the movie begins.



Enjoy

Asteroid City

Written and directed by Wes Anderson and starring Jason Schwartzman, Scarlett Johansson, and Tom Hanks, you will travel back to circa 1955 when world-changing events spectacularly disrupt the itinerary of a Junior Stargazer/Space Cadet convention in an American desert town. (2023, PG-13, 1h 45m)

Fri 1/5 1:30 - 3:30 p.m.
\$5 Member; \$7 Non-member 11398

Cyrano

In this retelling of the classic story, Peter Dinklage as Cyrano de Bergerac is charged with the monumental task of wooing a woman, Roxanne, who he has fallen in love with. Through his love letters, Cyrano's true spirit is revealed. Along the way, a new recruit to his regiment makes himself useful as the face of Cyrano. Because the odds are stacked against him, Cyrano wonders whether his fate is to love Roxanne from afar. (2021, PG-13, 1h 3m)

Fri 2/2 1:30 - 3:30 p.m.
\$5 Member; \$7 Non-member 11401

Poor Things

Starring Emma Stone, Mark Ruffalo, and Ramy Youssef, enjoy the incredible tale of the fantastical evolution of Bella Baxter, a young woman brought back to life by the brilliant and unorthodox scientist Dr. Godwin Baxter. (2023, R, 2h 21m)

Fri 3/1 1:30 - 3:30 p.m.
\$5 Member; \$7 Non-member 11400

Are You There God? It's Me, Margaret.

Revisit Judy Blume's classic. Enjoy this story of eleven-year-old Margaret Simon who is on the cusp of adolescence, and she's full of questions about her changing body, her place in the world, and the existence of God. When her family moves to a new town, Margaret struggles to make friends and fit in. As Margaret navigates these new challenges, she learns to embrace her individuality and find her own path in life. (2023, PG-13 1h 46m)

Fri 4/5 1:30 - 3:30 p.m.
\$5 Member; \$7 Non-member 11399

Adventure

Snowshoeing at Emily Oaks Nature Center

Lee Hansen, Facility Manager

Enjoy the wonders of winter at Skokie's Emily Oaks Nature Center on a guided snowshoe walk. Snowshoeing is a fun, low-impact way to get outdoors during the winter and get some exercise. No snowshoe experience is necessary.

If you can walk, you can snowshoe!

The guide will demonstrate how to put on the snowshoes, and teach you how to walk with them

on, assisting on the trail as needed.

Meet at Emily Oaks Nature Center. Dress for the weather and wear winter boots. Snowshoes provided. Bring a trekking pole if you have one.

Wed 1/31

1 - 2:30 p.m.

\$20 Member; \$25 Non-member

11353



Maple Syrup Taste and Tour at Ryerson Woods

Enjoy the beginning of spring by taking part in the annual tapping of sugar maple trees at the Ryerson Conservation Area in Riverwoods! Walk through the woods to see the sap running from the trees, then follow the process from sap to syrup with a tour and a taste of the final product. Meet at Ryerson Woods Welcome Center. Dress for the weather. Hike takes place rain or shine.

Thu 3/7

1 - 2 p.m.

\$15 Member; \$20 Non-member

11354

Dusk Woodcock – Spotting Hike

Derek Ziomber, North Branch Organizer,

Friends of the Forest Preserves

As winter ends, one of the surest signs of spring around Chicago is the return of woodcocks. During the early spring, starting around dusk every night, these secretive birds perform an aerial display where males fly in large spirals, make strange noises, perform near vertical dives, and strut around. During this walk, we will go out into prime woodcock territory in the hopes of witnessing this unique courtship display. Trail conditions may be muddy and temperature may be cold. This is rugged terrain. Not ADA accessible. Dress for the weather and bring a flashlight.

Wed 4/10

6:30 - 7:30 p.m.

\$10 Member; \$15 Non-member

11520

Daytrips

Fiddler on the Roof at Drury Lane Theatre



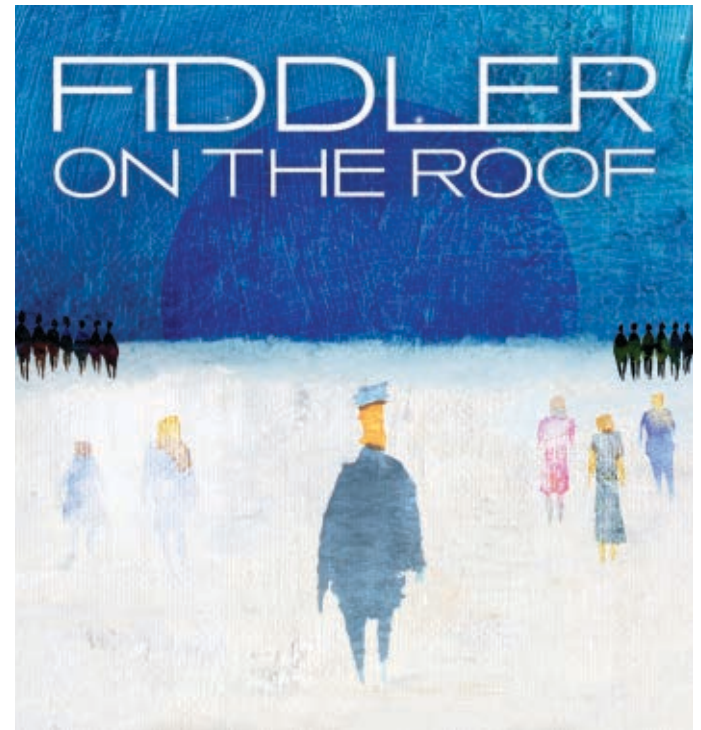
Set in the little village of Anatevka, the story of Tevye and his five daughters has been touching audiences worldwide with its humor, warmth, and honesty for generations. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with traditional values in the face of political and social change in Czarist Russia. Rich in historical detail, *Fiddler on the Roof's* universal theme of tradition cuts across barriers of race, class, nationality, and religion, leaving audiences crying tears of laughter, joy, and sadness. Enjoy a delicious lunch in the Drury Lane dining room before the performance. Includes tickets, lunch, and transportation.

Wed 2/28

11 a.m. - 5 p.m.

\$129 Member; \$155 Non-member

11474



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

Close Neighbors: The Ukrainian and Polish Communities in Chicago



The Ukrainian and Polish communities have enriched the Chicago area in so many ways with their culture, food traditions, and splendid church architecture. In Chicago, the Ukrainians originally settled close to their Polish neighbors in the Polish Downtown. See St. Volodymyr Ukrainian Cathedral in Ukrainian Village. Built in the Eastern tradition, this magnificent building is decorated with stunning 24 karat gold icons. Drive by St Nicholas Catholic Cathedral, the Ukrainian National Museum, and the Holy Trinity Russian Orthodox Church. Professional tour guide Cathy Holleb will describe how the Polish community followed the path of Milwaukee Avenue northwest into the suburbs. You will see St. John Brebeuf, founded in 1953 as the first Catholic parish in Niles and have an opportunity to shop for Polish and Eastern European foods in a Polish Deli with its unique food traditions and ingredients not found in your local grocery store! Lunch will be at Red Apple for a hearty, family-style meal including many Polish favorites! Includes lunch, tour, and transportation.

Thu 3/14 9 a.m. - 4 p.m.
\$129 Member; \$155 Non-member 11479

A Streetcar Named Desire at the Paramount Theatre



Relive this classic drama set in the steamy heat of New Orleans. The air is sweltering, the liquor flowing, and the secrets are as thick as the humidity. Pull up a chair and join the high-stakes game of cards. To your left is Stella Kowalski, married, loves her husband, and will do anything for him. On your right is Stanley Kowalski, hard drinking, hard playing, and with hard fists that get used a lot. Across from you is Blanche DuBois, vulnerable, alone, and ready to break. This Pulitzer prize-winning classic, featured in Paramount's Bold Series, confronts you with the tenuous relationship between reality and illusion, hope and despair, and the brutal battle for beauty and tenderness when the world feels like it is conspiring against you. The players are in place. The cards are dealt. Hold on for your life. Lunch will be at the Fireside Grille in Sugar Grove. Includes tickets, lunch, and transportation.

Wed 4/3 9:45 a.m. - 5:15 p.m.
\$129 Member; \$155 Non-member 11472



Art Deco Tour of Chicago with Tim Wittman



Explore Chicago's Art Deco architectural masterworks. Art Deco architecture, from the mid-1920s through the 1930s, was characterized by the Machine Age Aesthetic, making it a bridge between early 20th Century historic revival designs and the Modernist movement that dominated after World War II. See important local examples of Art Deco from the interior and exterior. Tim Wittman will guide and discuss the essential elements of this early modern approach to design. Lunch will be at Pazzo's. This tour will require some walking over a few blocks. Includes tour, lunch, and transportation.

Thu 4/18 9 a.m. - 4 p.m.
\$119 Member; \$145 Non-member 11478

Extended Travel Presentation with Legacy Tour and Travel (Hybrid)

June Anderson of Legacy Tour and Travel will discuss exciting upcoming travel opportunities. 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 2024. Make sure to tell them you learned of these trips at North Shore Senior Center when you sign up to travel.

Thu 2/1 1 - 2 p.m.
No Fee 11494

Enjoy

Learn

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

Art & Architecture

Searching for Marquette (Hybrid)

Ruth Nelson, Art Historian

For the 350th anniversary of Marquette and Joliet's Mississippi expedition, Ruth Nelson presents the art and monuments dedicated to the French Jesuit priest, Fr. Jacques Marquette. Although this history has faded, monuments to Marquette are all around us. In fact, they received attention when Mayor Lori Lightfoot's Monument Commission marked them for removal (for now they're safe). You will learn why these monuments deserve to stand! For this presentation, Ruth was selected an Illinois Humanities Council "Roads Scholar" for the state's Bicentennial in 2018, based on her book, *Searching for Marquette*.

Fri 1/26 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11329

*Statue of Jacques Marquette
at the Parliament Building,
Wikipedia Commons,
Photo credit: Jean Gagnon*

The Life and Enigmatic Art of Mark Rothko (Hybrid)

Ruth Nelson, Art Historian

Art historian Ruth Nelson will examine the life and work of one of the preeminent artists of the mid-20th century. Mark Rothko emerged during the 1940s, and rose to the highest circles of American art. During a career that spanned five decades, he created a new form of abstract painting known as the color field. Although he was not a religious painter, he drew inspiration from his Jewish roots for his most transcendent commission, the Rothko Chapel.

Fri 3/22 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11330

So What's on Your Wall? Art in 2-Dimensions (Hybrid)

Ann Leslie, Author and Artist

Artist Ann Leslie explores a world where art on walls, giant murals, and art alleys transform our neighborhoods and cities. Included in her study is the artwork of anonymous artist, Banksy, and why he is so important. At Sotheby's London auction house, Banksy's *Girl With A Balloon* sold for \$1.4 million when the artwork self-shredded itself horrifying the art world. Unbeknownst to all was that a paper shredder was hidden inside the frame. So important have these artists and their work become that *Girl With A Balloon* sold again, this time for \$25.4 million!

Wed 3/20 1 - 2:30 p.m.
\$14 Member;
\$19 Non-member
11436



Homes for America (Hybrid)

Paul Neumann, Educator, Sculpture and Mixed Media

From the famous to the obscure, traditional to modern, grand American homes reflect the influential individuals who commissioned them. Visitors can often learn about a range of topics from architecture, history, and technology, as well as the personal lives of the inhabitants who dwelled within these fabulous homes. Paul Neumann introduces you to some of America's greatest historic house museums including Hearst Castle, Mount Vernon, the Biltmore Estate, The Glass House, and more.

Fri 2/16 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11441

The Art of Architecture Through the Lens (Hybrid)

Tim Wittman, Associate Professor, School of the Art Institute

Architecture is best experienced in person, when you can walk through and enjoy a building and the spaces inside. However, the next best thing to being there is to see a building with the help of the photographer's skill, known as architectural photography. A great architectural photograph is one that brings a unique and expressive process of image-making to any building. As the work of one artist interpreting the work of another, it is a fascinating dialog between creative visionaries. Tim Wittman will examine the long history of architectural image-making, its impact on the ways we have become used to seeing, buying and selling, and discussing buildings. You will discover its importance to the historic record of our built environment.

Wed 2/21 - 2/28 (2X) 1 - 2:30 p.m.
\$27 Member; \$35 Non-member 11442

Stories and Structures:

Architectural Treasures of the North Shore (Hybrid)

Meagan McChesney, Curator, Educator,
Winnetka Historical Society

Interested in learning about some of North Shore's architectural treasures and hearing stories about the people who lived and worked in them? Meagan McChesney, Curator at the Winnetka Historical Society will take you on a tour through several of the North Shore's most unique structures. You will discover the architectural elements that make these structures special, and about the people who inhabited and cared for these treasures.

Tue 4/23 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11509



Camille Claudel, *The Waltzers*,
Photo Credit: Scott Lanphere

The Sculpture of Camille Claudel (Online)

Jeff Mishur, Art Historian, Art Excursions

Art Historian Jeff Mishur will discuss the work of French sculptor Camille Claudel (1864-1943) whose work has at last emerged from the shadow of Auguste Rodin, her famous collaborator, mentor and romantic partner. He will present a variety of her work, including *The Waltz* and *The Age of Maturity*, as well as her contributions to large scale Rodin commissions such as *The Burghers of Calais* and *The Gates of Hell*.

Wed 1/31 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11510

Learn

Current Events



Primary Preview (Hybrid)

Barry Bradford, Historian

During this presidential election year, our resident elections pundit Barry Bradford starts with a review of the primary elections. Campaigning is already underway for the Iowa caucuses and the primary elections in New Hampshire and South Carolina. Is Donald Trump going to waltz to the Republican nomination, or will one of his challengers put up an unexpected roadblock? This up-to-the-minute program will offer intriguing insights.

Thu	1/11	1 - 2:30 p.m.
\$14 Member; \$19 Non-member		11513

The Trials of Trump (Hybrid)

Barry Bradford, Historian

The multiple indictments of former President Donald Trump have shocked and divided the nation. The subsequent indictments for illegal hush money payments to a prostitute, the mishandling and hiding of top-secret, classified documents, a scheme to defraud voters through various means related to the 2020 election, the destructive January 6th, and the blistering, multi-count racketeering indictment for allegedly breaking numerous election laws in Georgia are without precedent. In a non-partisan manner, historian Barry Bradford will examine the intense legal problems, past and present, faced by former President Donald J. Trump. He will address the venues, charges, and likelihood of conviction in each trial.

Thu	1/18	1 - 2:30 p.m.
\$14 Member; \$19 Non-member		11514

What Just Happened? (Hybrid)

Barry Bradford, Historian

Once a month, award winning historian Barry Bradford will summarize the news of the previous month. However, this will not be a traditional current events program. Instead, Barry will offer a historical background to the events that have happened. Questions from the viewers will be encouraged and everyone will gain a deeper knowledge. Class meets fourth Thursday of the month.

Thu	1/25 - 4/25 (4X)	1 - 2:30 p.m.
\$52 Member; \$65 Non-member		11532

Equality and Inequality: What Matters Most? (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

Most observers agree that we have seen growing economic and social inequality in recent decades. If that is bad, how bad is it? What can be done to correct this wrong? Joe Harrington will describe several forms of inequality, such as those determined by income, wealth, racial, geographical, and generational causes, and consider what, if anything, could be done to address them.

Wed	1/17	10 - 11:30 a.m.
\$14 Member; \$19 Non-member		11408



Gun Ownership and Gun Control: The Multidimensional Firearm Debate (Hybrid)

Julie Strauss, Ph.D., Political Scientist

Julie Strauss will address how the gun debate has evolved in recent decades. She will review the relevant attempts by Congress and the Supreme Court to address gun ownership. Her discussion of the latest developments on this hot topic includes how the rhetoric has changed over time as well as the latest Illinois Supreme Court decision upholding an assault weapons ban. This divisive issue is sure to be an important factor in the upcoming election season.

Wed 3/13	1 - 2:30 p.m.
\$14 Member; \$19 Non-member	11389



Global Pivot Points

Jim Kenney, Co-founder Common Ground, Author

Jim Kenney will analyze several critical global pivot points, which will significantly influence the course of the 21st century.

Russia, Putin, and Ukraine: The Legacy of War (Online)

Vladimir Putin seems ever more erratic, intolerant of opposition, and given to nuclear bluster. Even as his credibility as a responsible leader erodes, he is still capable of drawing support from China, North Korea, and many U.S. GOP leaders. At home, though, his economy is in serious decline, and his once unchallenged popular support is weakening. Meanwhile, Putin's war on Ukraine is thus far a terribly costly and tragically bloody failure. What are some possible futures for this deeply troubled region?

Thu 1/4 - 1/25 (4X) 10 - 11:30 a.m.

\$52 Member; \$65 Non-member 11455

Europe: The All-Too-Familiar Specter of Right-Wing Nationalism (Online)

Jim takes us to Europe at a time of economic challenges, social unrest, and political upheaval. Europe is now facing some of her most serious challenges since World War II, including the shockwaves from the disastrous downturn of Britain's post-Brexit economy, the erosion of Emmanuel Macron's mandate, and, especially, the enormous dangers presented by climate change. He will touch on all of these, but his primary focus will be on the widespread rise of intolerant right-wing nationalist parties that threaten any number of European governments, the European Union, and ultimately, global stability.

Thu 2/1 - 2/15 (3X) 10 - 11:30 a.m.

\$40 Member; \$50 Non-member 11456

China: Xi Jinping's Daunting Challenges (Online)

Jim focuses on China at an unanticipated crossroads. After a decade of steadily growing power within the Communist Party of China and in the national government, President Xi Jinping may be facing his greatest obstacles thus far. The stagnation of the Chinese economy is a major concern. It is interwoven with the problems of an aging workforce, restive youth, and devastating new weather patterns, which is all too clear after a summer of climate destruction. But it would be a huge error to count Xi out. He seems, along with his new ally, Vladimir Putin, bent on creating a new pattern of global governance. Jim will attempt to discern a few possible outcomes.

Thu 2/22 - 3/21 (4X - no class 2/29)

10 - 11:30 a.m.

\$52 Member; \$65 Non-member

11457

India: The World's Largest Illiberal Democracy? (Online)

Jim introduces Narendra Modi's nationalist India. Hosting the 2023 meeting of the G20 nations in New Delhi, and the increasing world influence of Prime Minister Narendra Modi should be of concern to those who value democracy and inclusion over illiberal autocracy. Modi's Bharatiya Janata Party (the BJP) is dominated by hardline Hindu nationalists who are openly using the judiciary, the educational system, and the press to institutionalize ultra-conservative and revisionist history, science, and civil rights. Once the world's largest true democracy India is seeing that distinction slip away. It may be an abject lesson for our own society.

Thu 3/28 - 4/11 (3X)

10 - 11:30 a.m.

\$40 Member; \$50 Non-member

11458

The United States: An Unsettling Election Year Gets Underway (Online)

Jim's final pivot point is likely to be the most significant of all. At a time when recent polls seem to suggest a dramatically close race between President Biden and Donald Trump, most thoughtful analysts still raise serious questions about the latter's electability. Many question the constitutionality of a Trump candidacy, but one thing is certain, in the 2024 primaries, as candidates are chosen for the presidency, Congressional races, and gubernatorial contests, our democratic system and democracy itself are at stake as never before. Jim will survey the landscape and raise some of the most critical questions.

Thu 4/18 - 4/25 (2X)

10 - 11:30 a.m.

\$27 Member; \$35 Non-member

11459

Current Events (continued)



Term Limits: A Problem or a Solution? (Hybrid)

Michael Weissman, Attorney, Author, Law Professor

The United States Constitution sets minimum ages for Senators and Representatives but doesn't limit how long they can serve. This has led to a Senator who served for 51 years and a Representative who served for 59 years. Judges in federal courts have lifetime appointments. Modern medicine has expanded the life expectancy for all of us. The absence of any limits has resulted in legislatures and a judiciary that is superannuated. Would term limits result in a loss of experience and good judgment that is irreplaceable? If it is time for this legislation, how can we accomplish a reform? Michael Weissman will answer these questions in his discussion of the continued effectiveness of our legislative bodies and courts.

Mon 1/22 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11430

For the Middle Class: An Assessment of Current American Foreign Policy (Hybrid)

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

Three years into his presidency, has President Biden's promise to conduct an American foreign policy for the middle class been fulfilled? What would a foreign policy for the middle class look like? George Lungu will survey the president's main foreign policy initiatives at this point in his term in office and ascertain whether they qualify as helping the beleaguered American middle class. Have they strengthened the United States' position in the world?

Fri 1/12 - 1/19 (2X) 1 - 2:30 p.m.
\$27 Member; \$35 Non-member 11432

Foreign Policy and the Election (Hybrid)

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

Conventional wisdom holds that foreign policy plays little or no role in American elections, including our presidential elections. Actual history, however, does not support this view. Donald Trump gave sustained emphasis to reducing our involvements overseas in his successful 2016 campaign. Combatting terrorism in the wake of 9/11 was important in President George Bush's 2004 reelection. Unpopular wars in Korea and Vietnam played major roles in the outcomes of the 1952 and 1968 elections. Belief that the United States was losing to the Soviet Union were important in John Kennedy's and Ronald Reagan's victories in 1960 and 1980. Is it possible that foreign policy decisions are more influential than we believe?

Tue 3/26 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11454

Great Decisions in Foreign Policy (Online)

Gary Midkiff, Historian, College Professor

Great Decisions is America's oldest and largest foreign policy discussion program and is produced by the Foreign Policy Association (FPA). The *2024 Great Decisions Briefing Book* provides background information and policy options for critical issues facing America and serves as a focal text for discussion groups across the country. Gary Midkiff will facilitate the discussion group that explores in depth one topic each class. Each class begins with a 25 minute informative video produced by the FPA, and then participants discuss the issues and policies central to the chapter. This year's topics include: Mideast Realignment, Climate Technology, Science Across Borders, U.S.-China Trade Rivalry, NATO's Future, Understanding Indonesia, High Seas Treaty, and Pandemic Preparedness. Class meets 1/19, 2/2, 2/16, 3/1, 3/15, 3/29, 4/19.

Purchase the *Great Decisions Briefing Book* prior to the first class.

Fri 1/19 - 4/19 (7X) 9:30 - 11:30 a.m.
\$99 Member; \$119 Non-member 11540



Haiti's Social Crisis and Its Impact on U.S. Immigration (Hybrid)

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

Haiti has witnessed over a decade of political instability, environmental crisis, and social unrest. Over the past two years these problems are impacting the United States in the form of dramatically increased levels of immigration. Peter Hudis explains the collapse of the central government in Haiti and what can be done about it.

Wed 3/27 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11497

Israel's Judicial Overhaul (Hybrid)

Moshe Pomerantz, Educator

Moshe Pomerantz analyzes the struggle in the Israeli Parliament over judicial overhaul, which occurred during the summer of 2023. This issue had a great impact on Israeli politics, the country's democracy, and its social fabric. Moshe will also discuss Israel's public television, another institution that the Netanyahu government wants to change or eliminate.

Mon 2/19 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11332

Israel's Critical Issues Discussion Group

Moshe Pomerantz, Educator

Moshe will lead the audience in a monthly discussion about the key issues in Israeli society today and address questions regarding what is currently happening in Israel. Look for a very lively and informative conversation. Bring your concerns and opinions about the political and global implications in Israel today.

Thu 1/11 - 3/14 (3X) 10 - 11:30 a.m.
\$40 Member; \$50 Non-member 11545

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 1/8 - 3/4 (8X - no class 1/15) 9:30 - 11 a.m.
\$24 Member; \$29 Non-member 11535

Mon 3/11 - 4/29 (8X) 9:30 - 11 a.m.
\$24 Member; \$29 Non-member 11536

Learn



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Dramatic Portrayals

The Political Lincoln: Honest Abe on Campaigns and Elections (Hybrid)

Kevin Wood, *Association of Lincoln Presenters*

In this election year of 2024, take a trip to the past and hear Abraham Lincoln describe his own interesting campaign and election experiences over a long and eventful career. This was during a time of political intrigue and tumult when the very destiny of our nation was at stake. Mr. Lincoln is portrayed by Kevin Wood, a professional Lincoln presenter who bears a remarkable resemblance to The Great Emancipator, and whose insights will intrigue you.

Mon 2/5 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11326

Amelia Earhart (Hybrid)

Leslie Goddard, *Ph.D.*
Historian, Actress

Amelia Earhart's courageous exploits and spirited personality made her an international celebrity in the early twentieth century. Leslie Goddard, as Amelia, shares stories about her experiences as the first woman to cross the Atlantic by airplane (1928) and the first woman to fly solo across the Atlantic (1932). She will describe how she learned to fly, what inspired her adventurous spirit, and why she set off in 1937 for an around-the-world flight.

Mon 3/11 1 - 2 p.m.
\$14 Member; \$19 Non-member 11322



Instructor Spotlight

MARTINA MATHISEN

*Dramatist, Edu-tainment
Living History*

Over the past ten years, national speaker and performer Martina Mathisen has used her love of history and storytelling to create interactive presentations where she brings fascinating historical figures to life. Portraying various famous women such as Sacagawea and Marie Antoinette in full costume, Martina tells the fascinating stories of their lives with immersive first-person narration that makes the audience feel as if they were there.



Sacagawea: Adventures with Lewis and Clark (Hybrid)

Martina Mathisen, *Dramatist, Edu-tainment Living History*

The vast Louisiana Territory needed exploring. Thomas Jefferson commissioned the Corps of Discovery, led by now famous explorers Lewis and Clark, to go unravel the mysteries of the wilderness. Accompanying them was a young Native American girl, Sacagawea, who was destined to climb the ranks of history as well. Who was Sacagawea? What role did she play in the expedition? Martina Mathisen answers these questions and more as Sacagawea travels through time to tell you herself.

Tue 3/19 1 - 2 p.m.
\$14 Member;
\$19 Non-member
11336



Miep Gies: Saving Anne Frank's Diary (Hybrid)

Megan Wells, *Award-winning Storyteller*

Hermine Santruschitz was born in Vienna, Austria just before World War I. War privations meant the young Hermine grew up hungry and was fostered out to the Netherlands. She gained food, family, and a new name: Miep! Life took a dramatic turn when World War II took Amsterdam, forcing Miep to make a moral decision. Should she protect her employer and his family, risking her own life to do so? In this riveting portrayal by storyteller Megan Wells, Miep tells the story of her experiences and the fated day she saved Anne Frank's diary.

Mon 3/25 1 - 2 p.m.
\$14 Member; \$17 Non-member 11528

The True Story of the Unsinkable Molly Brown, Heroine of the Titanic (Hybrid)

Lynn Rymarz, *Author, Storyteller*

After the sinking of the Titanic, a newspaper reporter asked Molly Brown what she attributed to surviving the sinking of the ship. Her response: "Typical Brown luck. We're unsinkable." This courageous woman worked in a tobacco factory in Hannibal, Missouri, then moved to Leadville, Colorado where she married the man of her dreams. When her husband struck it rich in a silver mine her life was filled with new travel adventures, one of which included sailing on the Titanic. She put incredible effort in saving other people's lives when the ship started sinking, and she continued those efforts by raising money to help other survivors who lost everything.

Fri 4/12 1 - 2 p.m.
\$14 Member; \$19 Non-member 11333

Film, Theater & TV

Movie, Music, and Romance I (Hybrid)

John LeGear, Film Producer and Historian

Ever wonder what it would be like to experience dozens of the most memorable movie scenes, love songs, and dance tandems ever seen on the silver screen all at once? Movie, Music, and Romance I is just such an experience, presenting a compilation of 23 classic songs and dances from among the greatest in film history over the past 100 years. John LeGear presents the familiar faces of Fred Astaire, Ginger Rogers, Judy Garland, Julie Andrews, John Travolta, and many more. This lyrical journey will warm your heart and bring back happy memories.

Wed 2/14 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11324

More Than "Showbizness" (Hybrid)

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

Broadway musicals are often seen as entertainment. But in many cases, they tell stories connected to the culture, history, and identities brought to America. Jewish musical theatre makers presented their own perspectives, which can be seen in *Show Boat*, *West Side Story*, *Fiddler on the Roof*, *Funny Girl*, *Rent*, *Parade*, and more. David Chack will show the Broadway musical's intersections with Jewish themes, that may be hidden but are integral to it.

Wed 4/3 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11337

The Impact of Jewish Culture on American Theatre and Performance (Online)

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

Jews drew upon their culture to make an immense contribution to the shape and creation of American theatre and performance. David Chack will explore and delve into the music makers like Rodgers and Hammerstein, Leonard Bernstein, Stephen Sondheim; the comic playwrights Neil Simon, Wendy Wasserstein; the serious dramatists Arthur Miller, Tony Kushner, Yasmina Reza—all who have contributed greatly to American Theatre. In the journey depicting this colorful relationship between Jewish culture and theatre, you will also see the multiculturalism inherent in America.

Wed 1/17 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11338

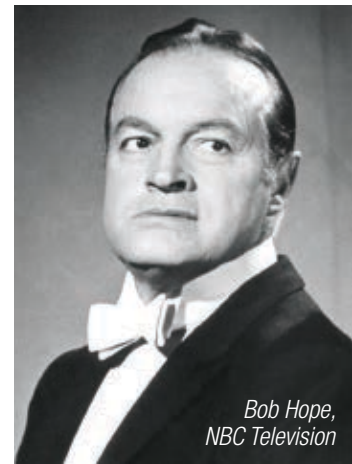
Bob Hope: American Smart Aleck (Online)

Steve Frenzel, Film Researcher, Instructor

Steve Frenzel celebrates the career of the greatest entertainer of the 20th century, the legendary Bob Hope. Using many hilarious stories and film moments, you will discover the true tales about his wife

Dolores, his friendship with Bing Crosby, and his tireless efforts to entertain our men and women in uniform all over the world. Bob created his own legendary status as one of the true pioneers in comedy history.

Fri 1/12 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11314



Bob Hope, NBC Television

Learn

The Holocaust in Film

Jay Sorkin, Researcher and Educator in Holocaust Studies



The Last Butterfly (Online)

Mime Antoine Moreau is compelled by the Gestapo to put on a performance for the children of Terezin, a "model" concentration camp, to convince the Red Cross that the camp is truly what it seems. Moreau slowly learns the true nature of the camp, and what "transports" are. With a world-class orchestra, made up of people interned in the camp, and a cast of children, Moreau stages a show to end all shows. (1991, PG-13, 1h 58m, English subtitles)

Wed 2/7 1 - 4 p.m.
\$14 Member; \$19 Non-member 11406

Radical Evil (Hybrid)

Radical Evil is a documentary asking why ordinary people become mass murderers. Its particular focus is on Nazi soldiers who murdered Jewish civilians with pistols and rifles in the years 1941 to 1943. About two million Jewish civilians are estimated to have been killed by these death squads in Eastern Europe. Jay Sorkin will discuss this sad saga in our world's history as portrayed in the film. (2013, NR, 1h 36m)

Wed 4/10 1 - 4 p.m.
\$14 Member; \$19 Non-member 11407

Film, Theater & TV

(continued)

A Tough Act to Follow: The History of Vaudeville (Hybrid)

William Pack, Storyteller, Magician

From the late 1800s to the early 1930s, vaudeville was a cultural phenomenon. Discover how vaudeville transformed entertainment, bringing together a diverse array of performances, such as comedians, singers, dancers, and magicians, all on a single stage. William Pack will explore how vaudeville emerged as the ultimate melting pot of performers and will take you behind the scenes in iconic venues like the Palace Theatre in New York City and the Orpheum circuit. Learn about the trailblazers and legends who graced these boards, leaving audiences spellbound and craving more. You will be transported to an era where entertainment was raw, unfiltered, and utterly enchanting as you discover its enduring legacy.

Mon 2/12 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11386

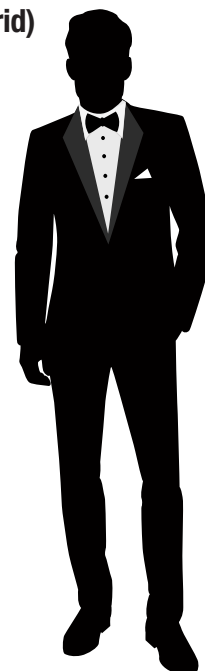


The James Bond Phenomenon (Hybrid)

Raymond Benson, Film Historian, Author

Everything you want to know about James Bond, popularly known as "007," straight from Raymond Benson, who is the third official continuation author and first American commissioned by the Ian Fleming Estate to write original Bond novels. His fascinating presentation will cover the life of Ian Fleming, a history of the novels and the exciting films, and Benson's own experience as a Bond author from 1996 to 2002.

Tue 3/12 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11380



Five Directors Who Went to War (Hybrid)

Susan Gibberman, Librarian, Author, Researcher

After Pearl Harbor, many in Hollywood answered the call to arms and made films that would aid in the war effort. Five directors, Frank Capra, John Ford, John Huston, George Stevens, and William Wyler not only joined the military but many were shooting their films during actual battles overseas. Susan Gibberman will discuss these individuals and provide examples from their films. Her program is based on the popular book *Five Came Back: A Story of Hollywood and the Second World War* and the 2017 Netflix documentary.

Fri 4/19 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11384

The Best Movies About the Civil Rights Era (Hybrid)

Barry Bradford, Historian

Many know that historian Barry Bradford played an important role in the reopening of two old cold cases from the civil rights era. Combining his love of history, his personal knowledge of many of the events and participants, with his passion for movies, Barry will take you on a fascinating journey of amazing dramas which tell these important stories.

Thu 3/7 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11515

Instructor Spotlight

ZBIGNIEW BANAS

*Film Historian,
Critic, and Journalist*



Zbigniew is a Polish-born film critic, teacher, and a radio and television journalist, with degrees from University of Chicago and Brown University. For the past 15 years, Zbigniew has been teaching International Film at Loyola University in Chicago and in the past also lectured at Columbia College. His reviews have been published in *Chicago Reader*, *Boston Phoenix*, *New City*, and other publications. He was an Associate Producer of Flavor of Poland TV series on PBS, and currently reviews films for Chicago's *Dziennik Zwiazkowy* (*Polish Daily News*). Over the years, he moderated discussions for Talk Cinema and taught film-related classes for the Road Scholar program. As a journalist at over 20 film festivals, including Cannes, Berlin, Toronto, and Sundance, he is an active member of the Chicago Film Critics Association. Zbigniew leads several local film groups and enjoys teaching cinema to area seniors.

The Best Movies About Baseball (Hybrid)

Barry Bradford, Historian

There have been more great movies made about baseball than about all other sports combined. You don't have to be a baseball lover to appreciate the power of *Field of Dreams* or *42*. Baseball touches a universal cord and these films, ranging from comedies to dramas are each unique and wonderful for the stories they tell. Film clips and behind the scenes stories will add to your enjoyment.

Thu 3/14 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11516

The Seven Basic Movie Plots That We Know (Hybrid)

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

It's been said that movies, like literature, keep rehashing Seven Basic Plots. In other words, we have seen all of these stories many times before and now we are just encountering their endless variations. Is this really true? What are these fundamental storytelling templates? Zbigniew Banas will examine each one of them and provide sample movie references. You will also discover some very creative exceptions to well-established storylines.

Wed 1/31 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11435



A Look at the Oscars, 2024 (Hybrid)

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

In this pre-Oscars 2024 presentation Zbigniew Banas will provide an overview of the current state of cinema, focusing on the most noteworthy movies and individuals nominated for this year's awards. What themes and artistic achievements are worth celebrating this year? Where is the world of motion pictures heading? Zbigniew will address these film-related questions, and will also reveal his last-minute predictions for the current edition of the Oscars.

Wed 3/6 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11434

Learn

History in Perspective

Barry Bradford, Historian

Updated annually, our favorite time capsule returns, piloted by popular historian Barry Bradford. Each week Barry will offer a fast-moving look at American life, from the news stories to the most popular movies, famous births and deaths, new inventions, consumer prices and so much more!

1924: 100 Years Ago (Hybrid)

In 1924, 100 years ago, the new Republican government passed a very restrictive immigration bill, George H.W. Bush and Jimmy Carter were born, Ellis Island closed, the Wrigley Building opened, and the first Winter Olympics were held.

Thu 4/4 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11517

1949: 75 Years Ago (Hybrid)

Just 75 years ago in 1949, the world was in awe as the first non-stop flight around the world was completed. The first television sitcom aired, the Berlin blockade ended, and you were introduced to the first color television. Bruce Springsteen and Meryl Streep joined us while Margaret Mitchell left us. It was the first full year of network television, leading to some great memories!

Thu 4/11 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11518

1974: 50 Years Ago (Hybrid)

1974 was a banner year. Fifty years ago Watergate came to a head with Richard Nixon's resignation and many government officials going to jail. Jimmy Fallon and Amy Adams were born, while Oskar Schindler and Duke Ellington passed away. The Sears Tower opened, Post-It Notes were invented, and we laughed at *Blazing Saddles*. Barry Bradford will tell you so much more.

Thu 4/18 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11519

The Real Story of How the Olympics Came to Be (Hybrid)

Laura Johnson, Professor Art History, Educator, Travel Guide

2024 marks the 100th anniversary of the modern Winter Olympic Games. Looking at vase paintings and architecture, Laura Johnson explains Hercules' labors, other Olympic-related myths, and gods and goddesses. She will also discuss the politics of Sparta and Athens and the birth of the marathon with the "no eye-gouging" rules of the Ancient Games.

Tue 4/16 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11451

The Problem with Tom: Jefferson and Slavery (Hybrid)

Joyce Haworth, Historian, College of Lake County

What is the problem with Thomas Jefferson? The problem is that he, out of all of the Founding Fathers, spoke the most passionately and eloquently about the horror of slavery and plight of America's slaves. At the same time, he continued to hold and profit from slaves. Historian Joyce Haworth explores the contradictions in Jefferson's life, and the conflicts between American slavery and American freedom.

Mon 3/4 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11382

Five Guy Race: The Election of 1824 (Hybrid)

Joyce Haworth, Historian, College of Lake County

When a country with only one functioning political party has five candidates on the ballot for president, political change is brewing. Such was the case in the United States exactly 200 years ago. Joyce Haworth will lay out the complex national dynamics behind this contest and analyze the rivalry between its two chief opponents, John Quincy Adams and Andrew Jackson. Would the United States favor a president from the educated elite, or a rough-hewn military man?

Mon 1/29 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11385

Lincolnomics: How President Lincoln Constructed the Great American Economy (Hybrid)

John Wasik, Journalist, Speaker, Author

Abraham Lincoln was much more than just the "Great Emancipator" and author of the Gettysburg Address. He was a stolid champion of building infrastructure and our foremost architect of economic opportunity from the Morrill Act to the Transcontinental Railroad. In his book, *Lincolnomics*, author John Wasik details Lincoln's many achievements in his time and why they still resonate today.

Fri 2/16 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11433

Bury My Heart at Wounded Knee: Genocide Against American Indians (Hybrid)

Gary Midkiff, *Historian, College Professor*

The 19th century in America was an unending war by the United States government and its citizens against the peoples who already lived here when Europeans arrived. This is a brutal and often depressing story. Treaties were dishonored, indefensible slaughters became commonplace, and Indians who had thrived in nomadic cultures were forced onto reservations and told to leave their cultures behind. Gary Midkiff will try to answer the question "Why?"

Wed 1/3 - 1/10 (2X) 10 - 11:30 a.m.

\$27 Member; \$35 Non-member 11438

Spy vs Spy: Espionage During the Second World War (Hybrid)

Robert Mueller, *Military
History Enthusiast*

Total war led to total espionage as each major participant in the Second World War attempted to fathom the actions of the opposition, and in some cases even of its allies. The results ranged from the sublime to the ridiculous, but there was nothing humorous about this deadly game. Like chess, each move engendered a countermove. Bob Mueller reviews some of the most famous and some little remembered espionage efforts of the war including German saboteurs landing on America's East Coast, Japanese efforts against Pearl Harbor, Soviet penetration into the Atomic bomb's Manhattan Project, British Enigma decryptions of German radio transmissions, and other actions.

Mon 3/18 1 - 2:30 p.m.

\$14 Member; \$19 Non-member 11335

Minorities in World War II (Hybrid)

John Ulferts, *School Administrator, Author*

In World War II, American minorities fought two fronts against both the Axis powers and pervasive racism at home. The service of minorities helped win the war and accelerated the Civil Rights movement. John Ulferts presents the stories of minority veterans from his book, *Always Remember: World War II Through Veterans' Eyes*. He includes the USS Mason, the first all-Black Naval Destroyer, Medal of Honor recipients Vernon Baker and José Mendoza Lopez, and Hattie Brantley who was imprisoned as a POW for the war's duration.

Tue 2/27 1 - 2:30 p.m.

\$14 Member; \$19 Non-member 11425



The Rise and Fall of the Berlin Wall (Online)

Anette Isaacs, *German Historian*

It is amazing that we are already looking at the 35th anniversary of the Fall of the Berlin Wall. With its rise on August 13, 1961, the course of Germany's and especially of Berlin's history took a tragic turn. It would take 28 years, until November 9, 1989, to tear down this cruel and inhuman symbol of Germany's division, thus giving birth to yet another period in this European nation's evolution. German historian Anette Isaacs presents you with a historical and political overview of this very painful but also almost miraculous period in Berlin's captivating history.

Tue 1/16 1 - 2:30 p.m.

\$14 Member; \$19 Non-member 11393

From Friends to Foes to Partners: Revisiting 250 Years of German-American Relations (Online)

Anette Isaacs, *German Historian*

Anette Isaacs delves into the intricate tapestry of German-American relations spanning over two centuries. Beginning with the early waves of immigration, this partnership has witnessed its share of challenges and triumphs. Explore pivotal moments that reshaped the course of history for both nations. By examining this enduring alliance, we gain valuable perspectives on the interconnectedness of nations and the power of collaboration in shaping our modern world.

Mon 4/1 1 - 2:30 p.m.

\$14 Member; \$19 Non-member 11537

Instructor Spotlight

ANETTE ISAACS
Historian



German-born Anette Isaacs has a profound passion for sharing knowledge, particularly with mature students. Her love for teaching extends beyond the confines of a conventional classroom, as she dedicates herself to crafting enriching programs tailored to a diverse range of learners. With a focus on her native country's history, politics, and culture, Anette has delivered fascinating presentations on over 40 distinct topics, captivating audiences all across the United States. Anette holds a master's degrees in American Studies, Political Science, and History and currently serves as the Director of the Osher Lifelong Learning Institute (OLLI) at FIU (Florida International University) in vibrant Miami, Florida. She is passionate about bringing history to life, turning every lesson into a delightful journey of discovery.

History (continued)

Chicago History and Culture

The Iroquois Theatre Fire (Hybrid)

Susan Gibberman, Librarian, Author, Researcher.

When the Iroquois Theatre opened in November 1903, it was claimed to be “the most beautiful” theatre in Chicago, with seating capacity of 1,602. But a little over a month later, a deadly fire broke out during the afternoon performance of the musical *Mr. Bluebeard*. It is considered one of the deadliest single-building fires in America and resulted in over 600 deaths, including many women and children. The Iroquois fire prompted new laws for theatre design as well as other safety features and procedures. Author Susan Gibberman will discuss the details of the tragedy and its aftermath.

Fri 2/9 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11383

The Our Lady of the Angels School Fire (Hybrid)

Jim Gibbons, Historical Presenter

Jim Gibbons provides an account of the 1958 tragedy in which 92 children and three nuns perished in the fire at Our Lady of the Angels School in Chicago. Jim learned that the Queen of Heaven Cemetery in Hillside, Illinois had 25 graves where children of the fire were interred. He began researching the fire in depth and got into contact with some of the survivors including the family of Margaret (“Peggy”) Anne Sansonetti who was killed by smoke inhalation in the fire at age 10. Many in the Chicago area at that time will vividly remember this terrible day in the city’s history.

Wed 1/24 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11500

North Shore Civil War Generals (Hybrid)

Mark Braun, Civil War Historian, Videographer

Mark Braun will tell the story of famous Civil War generals whose homes were on the North Shore. These local neighbors included James Mulligan, the first public school student in Wilmette, William S. Gamble, who saved the day at Gettysburg, and Daniel Cameron, a commandant at Camp Douglas, among other distinguished military officers. They have been memorialized on street names and gravestones in area cemeteries.

Fri 4/12 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11538

Chicago Legal: Leopold and Loeb Revisited (Hybrid)

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

It is the classic Chicago crime story. How and why did two very bright University of Chicago students plot to commit the perfect crime? What led to the swift implosion of their elaborate plot? And, in an era when capital punishment was widely used, how did they manage to avoid execution? Although it is almost a century later, Mark Iris will explain why this case still fascinates many people.

Wed 4/17 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11431

Chicago Engineered: The Taming of the Swamp (Hybrid)

Krista August, Author, Tour Guide

Mother nature left Chicago’s landscape promising yet problematic. It took clever and persistent engineers to orchestrate imaginative and sometimes daring edits to Chicago’s terrain, and consequently, to build the city with the big shoulders. In looking back, Krista August salutes the problem solvers and workers who made swampland hospitable and safe for big city life.

Wed 3/20 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11512



Chicago's Unconventional Conventions (Hybrid)

Richard Lindberg, Author, Historian

The City of Chicago has hosted more presidential nominating conventions than any other city. They were memorable, colorful affairs. It was here in the Windy City where Abraham Lincoln's supporters packed the old Wigwam and stampeded the nomination of the "Springfield Rail Splitter" on the eve of the Civil War. Inside the smoke-filled room of the Blackstone Hotel, Republican party bosses brokered a deal sending the proverbial dark horse Warren G. Harding to the top of the ticket and the presidency. Remember the 1968 Convention riot outside the Hilton Hotel? With a historian's trained eye, author Rich Lindberg covers them all in his lively and informative discussion.

Mon 4/8 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11327

Chicago's Historic Motor Row District: Architecture and Automobiles (Hybrid)

Barbara Barrett, History Edutainment Speaker

Chicago's Historic Motor Row District is home to the largest, intact, early "Motor Colony" in the United States. Primarily located on South Michigan Avenue, it was designated as a Chicago Landmark in 2000, and added to the U.S. National Register of Historic Places in 2002. At its peak, as many as 116 different makes, including Buick, Cadillac, Detroit Electric, Elgin, Fiat, Ford, Hudson, Locomobile, Marmon, Stanley, and Studebaker, were sold and serviced on Motor Row. Barbara Barrett will examine the early development of the auto industry and the elaborate showrooms designed for their sales.

Tue 2/6 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11529

Jon Burge: The Unending Saga (Hybrid)

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

Former Chicago Police Commander Jon Burge died in 2018. He last held police power in November 1991. Today, more than 32 years later, the City of Chicago is still paying tens of millions of dollars to resolve lawsuits arising from misconduct by Burge and his subordinates. The human harm, such as people imprisoned for decades for crimes they did not commit, is great, as is the corrosive damage to police-community relations. Mark Iris will cover the many facets of this decades-long tragedy and legal drama, perhaps the worst scandal in American police history.

Fri 3/8 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11320

*Photo Credit:
Flickr, S. Jones*



Kiddieland Remembered (Hybrid)

Cheryl Brown, Chicago Historian, Business Professor, Oakton College

From 1929 to 2009, Kiddieland in Melrose Park was Chicago's favorite and one of the last family owned amusement parks in the country. Cheryl Brown will take you back in time to relive the past and revisit the history of the park with vintage photos. Re-experience the excitement through videos of the park on a busy summer day. Learn about the final auction of the rides, why the park had to close, and where the rides are today.

Tue 2/20 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11381

Hell Hath No Fury!: The Wild, Wicked, and Wonderful Women of the Windy City (Hybrid)

Clarence Goodman, Historian, Musician

The commonly known stories of Chicago's short-but-fabled history are only half of the story. What about "herstory"? From the city's first poet laureate to its greatest patron of the arts, to a gallery of First Ladies, the roster and stories are rich and fascinating. Learn more about the impactful people, places, and events of "herstory." Clarence Goodman will introduce you to these wonderful women.

Wed 3/13 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11323

Learn

History (continued)

America's Greatest and Worst Generals (Hybrid)

Gary Midkiff, Historian,
College Professor

Who did George Washington describe as, "A gentleman in whom I place the most entire confidence"? Who was Abraham Lincoln referring to when he said, "If General ... does not want to use the army, I would like to borrow it for a time"?



General
McClellan

Woodrow Wilson bypassed many other generals to name who as the leader of the American Expeditionary Force in WWI? Gary Midkiff will discuss military success and failure, but he will also examine how these men maneuvered through or tripped over domestic politics.

Wed 4/3 - 4/10 (2X) 10 - 11:30 a.m.
\$27 Member; \$35 Non-member 11440

Race in America: Experience and Aspirations (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

When we discuss race in American life, we are considering different but overlapping historical experiences of our country's original inhabitants, Native Americans, its involuntary immigrants, African-American slaves, and its voluntary immigrants, European and non-European, Christian and non-Christian. Joe Harrington will describe how those contrasting experiences were affected by a common "pursuit of happiness."

Mon 3/11 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11409

The Twelve Who Made a Difference (Hybrid)

Gary Midkiff, Historian, College Professor

The United States has had 71 Secretaries of State, from Thomas Jefferson to Antony Blinken. The responsibility of this office is to carry out the president's foreign policy decisions and advise the president on issues of international concern. Twelve of those secretaries have distinguished themselves by exceeding this definition and directly impacting the course of our nation. Prepare to learn more about James Monroe, John Quincy Adams, William Seward, Hamilton Fish, John Hay, James Byrnes, George Marshall, Henry Kissinger, George Schultz, James Baker, Madeleine Albright, and Colin Powell.

Wed 2/7 - 2/14 (2X) 10 - 11:30 a.m.
\$27 Member; \$35 Non-member 11439

Presidential Children

Barry Bradford, Historian

Barry Bradford will take a close look at a little-known topic in American history. What happened to the children and occasionally grandchildren of our presidents? While some became well known, such as John Quincy Adams, Robert Todd Lincoln, and Caroline Kennedy, many more lead fascinating but somewhat obscure lives.

Late 18th and 19th Centuries (Hybrid)

George Washington has been called the father of our country, but what do you know about his children? Thomas Jefferson had children with two different women of two different races. Some of these offspring became quite influential while others faded into obscurity. The children of the late 18th and 19th centuries will be the focus of America's early history.

Thu 2/1 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11521

Early to Mid 20th Century (Hybrid)

From Teddy Roosevelt's son who became a major general during World War II to the unforgettable John F. Kennedy, Jr., the 20th century children of the presidents are quite fascinating.

Thu 2/8 1 - 2:30 p.m.
\$14 Member;
\$19 Non-member
11522



Photo Credit: Cecil Stoughton,
White House photographer

Mid 20th Century to Today (Hybrid)

Barry Bradford's survey of presidential children concludes with a look at the most recent ones, those who we know best. Among their numerous accomplishments were one who also became an elected president, another who became a soap opera star, and a third who was arrested at an anti-nuclear demonstration. Then there are the most current children who have made headlines of their own!

Thu 2/15 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11523

Literature



Sherlock Holmes: A Victorian Detective in the 21st Century (Hybrid)

Robert Sharfman, Attorney, Sherlock Holmes historian

Robert Sharfman has immersed himself in The Complete Work of Sherlock Holmes, known as The Canon. He will examine the relevancy of the wisdom and methods of this Victorian detective, in the past and present. You will learn The Canon's "The Writings on the Writings," and the organization of the worldwide Sherlockian societies. On display will be fascinating artifacts and numerous publications, and he will do a reading of Vincent Starrett's iconic sonnet "221B."

Wed 3/27 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11539

What Are You Reading?

Share what you've been reading lately with others and hear about their latest read. A great way to get suggestions for the next books to read. In this informal discussion, everyone tells the others about a good book they've read recently. Fiction and non-fiction welcome. Group meets the first Tuesday of the month. Center membership required to participate.

Tue 1/2 - 4/2 (4X) 1 - 2:30 p.m.
No Fee 11368

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. Group meets the second Wednesday of the month. Center membership required to participate. Read and discuss the following books:

January 10 *The Great Reclamation* by Rachel Heng
February 14 *Lucky Girl* by Irene Muchemi-Ndiritu
March 13 *The Wishing Game* by Meg Shaffer
April 10 *The Seven Husbands of Evelyn Hugo*
by Taylor Jenkins Reid

Wed 1/10 - 4/10 (4X) 1 - 2 p.m.
No Fee 11369

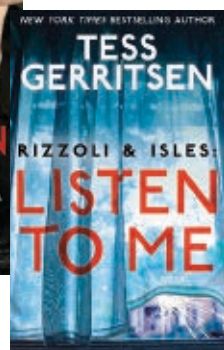
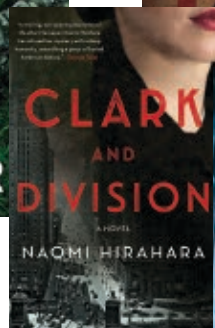
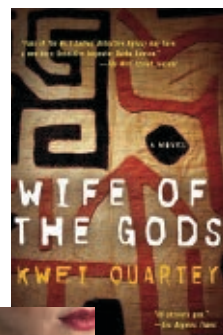
Mystery Book Club (Hybrid)

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? Read some great mystery books and join in a lively discussion of thriller, suspense, true crime, noir, detective, and mystery novels led by Erin Collins. Center membership required to participate. Please read the book prior to the class meeting.

January 22 *No Strangers Here* by Carlene O'Connor
February 26 *Wife of the Gods* by Kwei Quartey
March 25 *Clark and Division* by Naomi Hirahara
April 22 *Listen to Me* by Tess Gerritsen

Mon 1/22 - 4/22 (4X) 1 - 2 p.m.
No Fee 11370



Music Appreciation



Happy Birthday, Mozart (Hybrid)

Jim Kendros, Composer, Music Researcher, Educator

On January 27, 1756, one of the world's greatest musical geniuses was born. Jim Kendros provides a January celebration of Mozart's birthday. He will explore many Mozart favorites, including *A Little Night Music*, the *Elvira Madigan Piano Concerto*, and more. Jim will delve into the innovative structures Mozart incorporated in these timeless musical treasures. You will discover Mozart's multi-dimensional talents as a pianist, string player, and innovative creator of music including the many fascinating aspects of Mozart's life.

Mon 1/22 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11498

Favorite Grand Finales (Hybrid)

Jim Kendros, Composer, Music Researcher, Educator

Grand finales are some of the most exciting pieces in all of classical music. Celebrate the arrival of spring with Jim Kendros as we revel in some of the greatest grand finales ever composed! Explore the delightfully rhythmic finales of Vivaldi's *Spring Concerto*, the ravishing luster of Mendelssohn's *Violin Concerto in E Minor*, the charming exuberance of Haydn's *Surprise Symphony*, the timeless grandeur of Mozart's *Jupiter Symphony*, and more. Jim will also share fascinating glimpses into the lives of each composer and the background of each work.

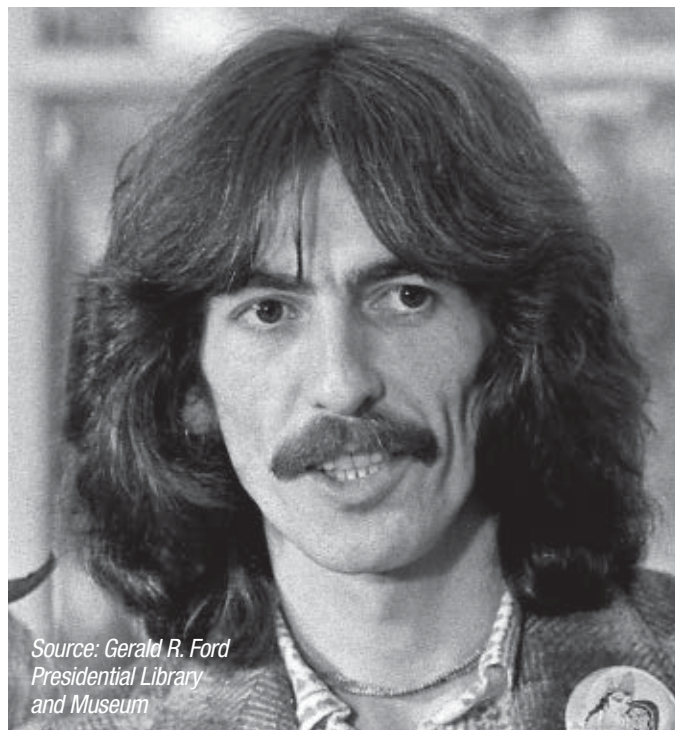
Fri 4/5 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11499

George Harrison: The Solo Years (Hybrid)

Gary Wenstrup, Instructor, Triton College and College of DuPage

Commonly thought of as the "quiet" Beatle, it would be more accurate to say George was the reluctant Beatle. Never one to crave the spotlight, George was still incredibly successful as a solo artist. He scored the first solo Beatle #1 with "My Sweet Lord" and the last solo Beatle #1 with "Got My Mind Set On You." Using interview and performance clips, Gary Wenstrup will trace the arc of George's solo career from his popular hits to his ongoing spiritual quest with stops in between for The Concert For Bangladesh and The Traveling Wilburys.

Mon 2/26 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11334



Source: Gerald R. Ford
Presidential Library
and Museum

The British Music Scene of the 1970s (Hybrid)

John Lyons, Author, History Professor, Joliet Junior College

British music became popular around the world in the 1960s but when the leaders of this musical revolution, the Beatles, broke up in 1970, many wondered if British music was on the wane. But in the 1970s British music became even more influential and showed even greater creativity. From Glam to Heavy Metal, from Progressive Rock to Punk, no other decade produced as many influential genres of music or as many groundbreaking musicians. Through the use of music, video and many photographs from the 1970s, John Lyons provides an engaging discussion which brings to life this music from the past.

Mon 4/15 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11394

Cole Porter’s Top 10 LIST and LUST Songs

Charles Troy, Musical Theatre Historian

Wondering what a LIST song is? You will find out when Charles Troy shares his selection of Porter’s Top Ten, chosen for their wit, popularity, or significance in his career. The songs will be played chronologically and then Porter’s extraordinary private life will be revealed. Charles will cover Porter’s love ballads, characterized as LUST Songs. This Top Ten list includes many of his greatest standards.

Wed 3/6 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11524

Musical Milestones

**Michael Vaughn, Ph.D., Professor,
National Louis University**

2024 holds several important musical milestones, including the 200th birthdays of composers Anton Bruckner and Bedrich Smetana, the centenary of the deaths of Giacomo Puccini and Gabriel Fauré, and the commemoration of several important premiers. Michael Vaughn celebrates three of these special occasions.

A Birthday Ode to Joy: The 200th Anniversary of Beethoven’s 9th Symphony (Hybrid)

Composed during the last years of Beethoven’s turbulent life, his 9th Symphony is not only a revolutionary milestone in the history of the symphonic repertoire, but a valedictory address from the aging composer. Biographical reflection, religious fervor, and Beethoven’s inextinguishable Enlightenment ideology, combine to produce one of the most beloved and intellectually stimulating works in the classical canon.

Mon 2/5 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11503

100 Years of Being Blue: Rhapsody in Blue (Hybrid)

George Gershwin’s groundbreaking attempt to integrate jazz into a classical idiom premiered on February 12, 1924 in New York City. With the composer himself at the keyboard and Paul Whiteman’s jazz band providing accompaniment, the hastily written concerto-like work was an instant success and is now considered a landmark of American music.

Mon 2/12 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11502

Happy Birthday, Henry (Hybrid)

American composer and arranger Henry Mancini was born in 1924. Often cited as one of the greatest composers in the history of film, he won four Academy Awards, a Golden Globe, and 20 Grammy Awards. His soundtracks for films such as Breakfast at Tiffany’s, The Pink Panther, and Victor Victoria are held in the highest regard, while songs such as “Days of Wine and Roses,” “Moon River,” and “Theme from Love Story” are enshrined in the American Songbook.

Mon 2/19 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11504



Learn

People, Places & Culture

Emily Dickinson: A Life in Poetry (Hybrid)

Jerry Leitner, English and Theology Educator

When Emily Dickinson died, her family found almost 1,800 poems wrapped in ribbons and tucked away in drawers. But during her life, only eleven poems were published. Today, however, Emily Dickinson is considered one of America's great poets and a national treasure. She wrote about life, death, love, loss, nature, and social customs, placing each topic under her intense microscope and pinning it down in sharp, precise language. Using many of her poems as illustrations, Jerry Leitner discusses Dickinson's life, the influences that formed her, and her place in American literature.

Mon 3/18 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11541



A Death in Iceland: The Birna Brjánsdóttir Murder (Hybrid)

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

Iceland is the third safest country in the world. This island country averages less than a single homicide per year. There is no forensic laboratory in Iceland and the police do not even carry weapons. Yet, in 2017, Iceland was shocked by the disappearance and murder of a popular 20-year-old young woman. Hal Tinberg describes the detective work that was used to investigate and solve this case in a country with limited forensic resources and a police force inexperienced in violent crime.

Tue 1/23 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11328

Sakura Tales: Stories from Japan (Hybrid)

Anne Shimojima, Storyteller, School Librarian

Japanese stories sparkle with magic, wisdom, and humor. Storyteller Anne Shimojima tells traditional Japanese tales and shares some tidbits about Japanese culture. You will meet supernatural creatures, a ghost, talking animals, wise elders, funny villagers, and a samurai who loses his head and keeps on going. These stories come from an oral tradition that has been passed down through hundreds of years to delight listeners today.

Fri 3/15 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11331

Liberty's of London: The Story of More Than a Store (Hybrid)

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

No visit to London would be complete without a trip to Liberty's, a store with a fascinating history. In 1875, Arthur Lasenby Liberty borrowed £2,000 to open his own store, selling art and objects from Japan and the East. Liberty's of London was so successful that he paid back the loan within a year and the store grew to become hugely influential in fashion, accessories, and home decoration. It has an unusual story, associated with the art and culture of the late 19th century, so much so that Art Nouveau in other countries was known as Liberty Style. Lisa Kent will look at the history of this famous store, its pioneering of artistic styles and designers, and what makes it so unique to this very day.

Tue 2/13 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11387

The Irish in America (Hybrid)

John Lyons, Author, History Professor, Joliet Junior College

Saint Patrick's Day is celebrated throughout the United States, but it has not always been so. In the 19th century, as Irish refugees escaping the Great Famine arrived in the United States, they were treated with contempt. John Lyons examines music, photographs, newspaper articles and cartoons, and helps you understand how the Irish went from despised refugees to an acclaimed ethnic group who made major contributions to every facet of American life.

Fri 3/8 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11395



Fanciful Fables and Fabrics, Delight and Destruction: Venice (Hybrid)

Laura Johnson, Professor Art History, Educator, Travel Guide

The Travels of Marco Polo was a fanciful tale and bestseller of its day. Seven hundred years after Polo's death, Laura Johnson takes you on a journey to discover how Polo's travels to the East still impact the fame of Venice. Hear of the delights of Casanova and Carnivale, and poet and courtesan Veronica Franco, including troubles with the Inquisition. View large-scale paintings that show the importance of the lagoon.

Tue 3/5 1 - 2:30 p.m.

\$14 Member; \$19 Non-member

11443

Greatness Explained: The Great Lakes of 2024 (Hybrid)

Norman Moline, Professor Emeritus of Geography, Augustana College

The Great Lakes are spectacular and unique, but often treated as routine by Midwesterners. Their greatness lies in their size and characteristics, and their connections with each other, the Atlantic Ocean, and adjacent watersheds. These connections have been important in our continent's settlement history, but also have brought invasive species. Norm Moline will reveal their environmental impact and focus on their challenges such as high water and water supply for cities.

Fri 3/1 10 - 11:30 a.m.

\$14 Member; \$19 Non-member

11505

The Magic and Beauty of Michigan's Upper Peninsula (Hybrid)

Bob Collins, Author, Photographer

Author Bob Collins discusses his own history of nature photography dating back to the early 1990s. In his book, *The Magic of an Upper Peninsula Autumn*, he presents the amazing scenes and beauty which led to his love of this area. He describes the original process of shooting with film, and easy techniques used on both modern digital and phone cameras to get the best results when traveling.

Wed 4/24 10 - 11:30 a.m.

\$14 Member; \$19 Non-member

11511

Rediscovering Jewish Diversity (Hybrid)

Rabbi Adam Chalom, Kol Hadash Congregation

What ties together Jews with roots in Russia, Syria, Azerbaijan, and Ethiopia? Is there one "Judaism" that covers the wide range of Jewish experiences, attachments, cultures, and beliefs? Rabbi Chalom discusses whether being Jewish is a nationality, or a race, or a culture, or a people, or a religion, or something else. He covers the 2,500-year history of Jews and Arabs and whether this gives us hope or despair for future prospects of tolerance and peace. He introduces the Sephardic Jews of Salonika and the Beta Yisrael of Ethiopia. Are they a model for modern challenges of immigration, multiculturalism, and the breakdown of community? As the American Jewish community becomes more aware of and open to Jewish racial diversity, how can we learn from the experiences of the Beta Yisrael in the State of Israel?

Wed 2/21 - 2/28 (2X) 10 - 11:30 a.m.

\$27 Member; \$35 Non-member

11302



Science & Nature

Robots: Fact, Fancy, and Future (Hybrid)

Joseph Madda, Architect, Art Historian

Robots are machines that resemble living creatures, capable of moving independently, and performing complex actions. Robots fascinate us. In art, media, and real life, for over a century, humans have imagined and created increasingly sophisticated robots. Now, with the advent of artificial general intelligence, we are on the cusp of truly sentient artificial beings. Will this help or hurt our civilization? And what will the robots think of us? Author Joseph Madda explores the amazing history and tantalizing future of robots. For better or worse, as friend or foe, they are coming!

Tue 1/30 1 - 2:30 p.m.

\$14 Member; \$19 Non-member

11405

Space: The Final Frontier (Hybrid)

Julie Strauss, Ph.D., Political Scientist

Julie Strauss takes an extraterrestrial examination of the U.S. space program. She will discuss many of NASA's latest goals, from the Artemis I mission to the moon to the research being done on the International Space Station. You will also discover the geopolitical aspects of advances in space exploration and travel, with a focus on the mission of U.S. Space Command. This is an opportunity to learn about our exploration of the final frontier.

Mon 1/8 1 - 2:30 p.m.

\$14 Member; \$19 Non-member

11388

Let's Count the Ways: How Our Modern Number System Came to Be (Hybrid)

Richard Wilders, Professor Emeritus, North Central College

Humans have been counting things since the dawn of history. Many cultures came up with clever ways of naming numbers such as Roman Numerals, but a system that also helped them do arithmetic took much longer to develop. The hang-up was, literally, nothing. We refused to use the number zero. Richard Wilders will look at several early counting systems, including those of ancient Egypt and Babylonia, ending with our modern 1, 2, 3... system, which originated in India in 700 AD.

Mon 4/15

10 - 11:30 a.m.

\$14 Member; \$19 Non-member

11325

Gorillas in Our Midst (Hybrid)

John David Ulferts, School Administrator, Author

The largest of the four species of great apes, gorillas have long captured our imagination. Sometimes portrayed as fierce, they are really quite timid and amiable. Gorillas display many human-like emotions such as laughter and sadness. John David Ulferts has tracked lowland and mountain gorillas in the Congo, Rwanda, and Uganda. American ethologist Dian Fossey's incredible efforts to save gorillas, and her still unsolved murder, are also explored in this fascinating study of these mammals.

Wed 4/17

1 - 2:30 p.m.

\$14 Member; \$19 Non-member

11426

Personality and Happiness:

A Panorama of the Science (Hybrid)

Janet Belsky, Educator, Writer

Have you ever wondered exactly how you changed as you got older? What are the real keys to having a fulfilling life? Janet Belsky answers these questions as she explores the latest research on personality and happiness. She will target exactly where you stand on the core personality traits that shape adult life, helping you to understand priorities from youth to senior citizenship. She will explain why the things you thought would make you happy may not actually do so. Accompanied by fascinating, surprising statistics, this discussion will change the way you think about your past and present, and provide guidance on how to achieve a meaningful life.

Tue 4/2 - 4/9 (2X)

1 - 2:30 p.m.

\$27 Member; \$35 Non-member

11473



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

north shore senior center



Inquire

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

Current Issues

Point of View (Online)

Reva Schneider, Coordinator

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

Mon 1/8 - 4/29 (16X - no class 1/15) 1 - 3 p.m.
\$89 Member; \$109 Non-member 11467



TED Talks (Hybrid)

Maureen McGrath & Neal Rubin, Coordinators

View and discuss TED Talks with your peers to expand your knowledge and dive deeply into many issues of the day. Participants may volunteer to lead a discussion each week on a talk they select. 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 2/13 - 4/16 (10X) 11:30 a.m. - 12:30 p.m.
\$59 Member; \$71 Non-member 11471

The New York Times (Online)

Michael Kramer & Jennifer O'Neil, Coordinators

Engage in the world around you and dig behind the headlines. Whether it's current events, financial news, politics, foreign policy, social issues, or entertainment, class participants select any topic that interests them and lead an hour discussion. The class is inquisitive, open to lively dialogue and, at all times, respectful of divergent opinions. Subscription to the NYT, including weekdays and weekends required. Participants take turns leading class. Personal anecdotes related to topic allowed.

Thu 1/18 - 4/4 (11X - no class 2/29) 9:30 - 11:30 a.m.
\$69 Member; \$83 Non-member 11484

Film, Theater & TV

Cozy Classic Films (Hybrid)

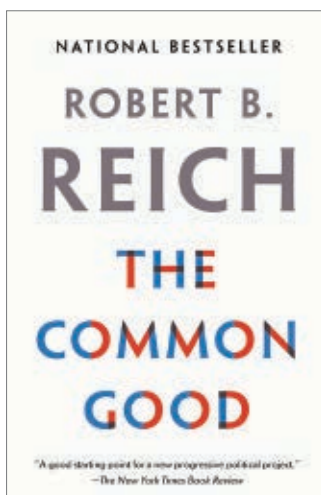
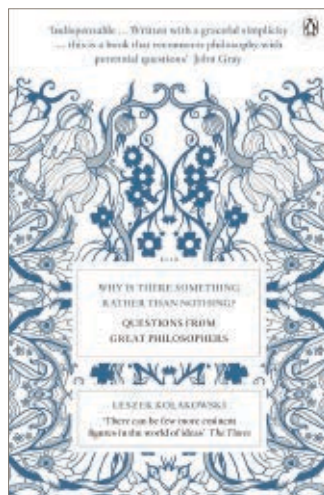
Maureen McGrath, Coordinator

Winter is a great time to snuggle in on the couch to watch a good old-fashioned movie. Gather with other movie lovers to discuss what makes these films endure for decades (or not)! Classics will include many of the iconic stars from the 1930s through 2010s. A list of the films and where they can be found will be provided before the start of the class. Students will watch the films on their own prior to the class session. Coordinator facilitated, related topics/expertise and personal anecdotes related to topic allowed.

Wed 1/10 - 3/27
(10X - no class 3/6, 3/13)
1 - 2:30 p.m.
\$59 Member;
\$71 Non-member
11476



Culture & Society



Philosophy: Good for Something (Hybrid)

Lynne Donoghue, Ellen Grabow, & Mick Jackson, Coordinators

Explore two different dilemmas, one earth-bound, the other cosmological. First, delve into the “common good” of our shared values, our commitments, and what we owe each other. As a nation why has this common good eroded to unrestrained self-satisfaction, a rigged system, betrayal, and abandonment of each other? How can we get it back? Second, the metaphysics of “why is there something rather than nothing?” How did the empty universe come about? Is it empty? Why does it exist anyway, and who are we? Participants take turns leading classes. Related topics/expertise and personal anecdotes related to topic allowed. Two books: *Why Is There Something Rather Than Nothing?*, Leszek Kolakowski and *The Common Good*, Robert Reich.

Wed 11/10 - 4/17 (15X) 1 - 3 p.m.
\$89 Member; \$109 Non-member 11481

The New Yorker Magazine (Hybrid)

David Solomon and Madeleine Solomon, Coordinators

Engage in lively conversation about the current week's *The New Yorker* magazine, including the cover, “Talk of the Town,” art, music, movies, advertising, fiction, poetry, and, of course, cartoons. Discussion will also focus 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 2/5 - 4/29 (12X - no class 4/22) 10 a.m. - 12 p.m.
\$69 Member; \$83 Non-member 11469

Immense World of the Senses (Hybrid)

Wade Bartlett & Linda Spring, Coordinators

Humans have impressive sensory systems with color vision, three-dimensional hearing, and the ability to discern innumerable textures, odors, and flavors. But there are colors we cannot see, sounds we cannot hear, and odors and flavors we cannot identify. Other creatures also have sensors that we do not and they can sense fainter stimuli. Explore the immense world of sensations through reading and discussing the book *An Immense World* by Ed Yong. Participants take turns leading class. Related topics /expertise and personal anecdotes allowed.

Mon 1/8 - 4/8 (13X - no class 1/15) 1 - 3 p.m.
\$79 Member; \$95 Non-member 11466

Can It Happen Here? (Hybrid)

Trudy Gardner & Mark Lieberman, Coordinators

In this thought-provoking collection of essays, distinguished thinkers and theorists explore the lessons of history, how democracies crumble, how propaganda works, and the role of the media, courts, elections, and “fake news” in the modern political landscape. What might the future of the United States hold? Discuss the issues and what, if anything, you can or should do to affect it. *Can It Happen Here?*, Cass R. Sunstein. Participants take turns leading class. No personal anecdotes. Related topics /expertise allowed.

Thu 1/11 - 3/7 (8X - no class 2/29) 1 - 3 p.m.
\$49 Member; \$59 Non-member 11496

Poisoner in Chief: Sidney Gottlieb and the CIA Search for Mind Control (Hybrid)

Lynne Donoghue & Bob Holstein, Coordinators

Post-WWII chemist Sidney Gottlieb was the CIA's master magician and gentle-hearted torturer, the agency's “poisoner in chief.” As head of the mind control project, he directed brutal experiments at secret prisons on three continents, intended for Fidel Castro, other foreign leaders, and U.S. citizens! Prostitutes lured clients to CIA-run bordellos, then secretly dosed them with mind-altering drugs. His experiments spread LSD across the United States, and he's considered a hidden godfather of the 1960s counterculture. A horror story. *Poisoner In Chief: Sidney Gottlieb And The CIA Search For Mind Control*, Stephen Kinzer. Participants take turns leading class. Personal anecdotes related to topic allowed.

Thu 3/14 - 4/25 (7X) 1 - 3 p.m.
\$39 Member; \$49 Non-member 11495

Literature & Writing



Writing Workshop (Hybrid)

Nancy Anderson & Holly Marihugh, Coordinators

You love to write ... fiction, memoir, essay, poetry! Participate with other writers as you learn and explore a variety of methods and writing styles. You just need the desire to receive critiques plus willingness to critique fellow classmates' writings. You are expected to submit writing at least every two weeks. Classmates offer thoughtful suggestions to encourage and help you improve. Questions? Call Nancy at 847.674.3670. You need ability to use a computer to email your writing to class members and to receive and print their writings to critique. No personal anecdotes. Discussion is directed toward the writing we are discussing. Participants take turns leading class.

Tue 1/9 - 2/27 (8X) 1 - 3 p.m.
\$49 Member; \$59 Non-member 11475

Women's Room (Online)

Cheryl Port & Sybil Virshbo, Coordinators

Explore literature created by women authors of various ethnicities and times in history. Participants read only fictional selections emphasizing their format and themes and discussing their relevance to issues impacting women. Enjoy the lively discussions with all participants asking and answering questions. Coordinators lead discussion. Discussion of class material only. No personal anecdotes. Texts TBD

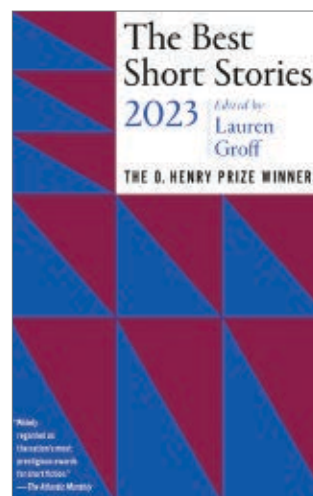
Fri 1/5 - 4/19 (16X) 10 a.m. - 12 p.m.
\$89 Member; \$109 Non-member 11485

Prize Winning World Literature (Hybrid)

Carole Einhorn, Coordinator

Love to delve into a good piece of literature and enjoy in-depth interactive discussions? Read and discuss *The Brothers Karamazov*, by renowned Russian author Fyodor Dostoevsky. *The Brothers Karamazov* is considered to be one of the greatest novels in Western Literature. Published in 1880, Dostoevsky tackles some of the most important concepts in philosophy and religion such as the existence of God, morality, free will, reason, doubt, and faith. Readers such as Albert Einstein and Sigmund Freud found his work extremely significant. Participants take turns leading class. No personal anecdotes. Related topics /expertise allowed. *The Brothers Karamazov*, by Fyodor Dostoevsky.

Wed 1/10 - 4/10 (14X) 9:30 - 11:30 a.m.
\$79 Member; \$95 Non-member 11480



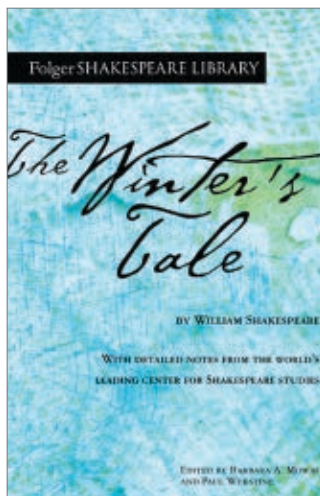
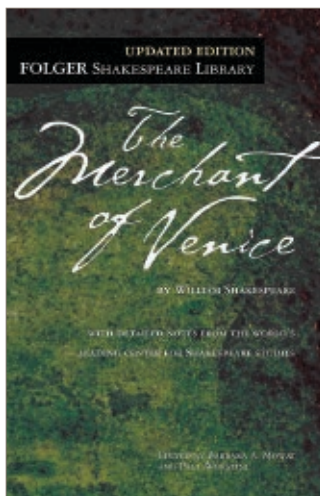
Contemporary Short Stories (Online)

Meredith Hellestrae & Susan Siebers, Coordinators

Be transported every week to new and exciting places and explore and marvel at the author's expertise in creating an engaging setting and situation. Read and discuss one story in depth each week, chosen by that week's discussion leader. Our anthology includes current published stories in English

or translated to English. Participants take turn leading class. Discussion of class materials only. No personal anecdotes. *The Best Short Stories 2023: The O. Henry Prize Winners*, Lauren Groff.

Thu 1/18 - 4/25 (14X - no class 2/29) 9:30 - 11:30 a.m.
\$79 Member; \$95 Non-member 11482



Shakespeare (Hybrid)

Wade Bartlett & Paul Phillips, Coordinator

To Elizabethans, *The Merchant of Venice* was a comedy. But to us, it contains complex characters, tension and suspense, racial and religious prejudice, anguish, and some funny bits, too. In *A Winter's Tale* you find a king gripped by paranoia, with grim consequences for his family and members of his court. But you also find a pursuing bear, rural heroism and roguery, a love affair of unsmooth course, a living statue, and a mostly happy ending. Something for everyone! Participants take turns leading class. Personal anecdotes related to topic allowed. William Shakespeare, *The Merchant of Venice*, Folger Shakespeare Library 2010 and William Shakespeare, *A Winter's Tale*, Folger Shakespeare Library, 1998.

Thu 1/11 - 4/25 (15X - no class 2/29) 1 - 3 p.m.
 \$89 Member; \$109 Non-member 11483

Science Fiction Short Stories (Online)

Joel Michael & Linda Spring, Coordinators

The Wesleyan Anthology features over a 150 years' worth of the best of science fiction. The fifty-two stories and critical introductions are organized chronologically as well as thematically. Filled with luminous ideas, otherworldly adventures, and startling futuristic speculations, these stories will appeal to all readers. They also provide a fascinating look at how our Western techno-culture has imaginatively expressed its hopes and fears from the Industrial Revolution of the nineteenth century to the digital age of today. Participants take turns leading class. Personal anecdotes related to topic allowed. *The Wesleyan Anthology Of Science Fiction*. Editors: Evans, Csicsery-Ronay Jr, Gordon, Hollinger, Latham, and McGuirk. 2010.

Tue 1/9 - 3/26 (12X) 9:30 - 11:30 a.m.
 \$69 Member; \$83 Non-member 11470

Exploring Poets and Poetry

Susan Chertkow & Susan Siebers, 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 1/3 - 4/17 (16X) 10 a.m. - 12 p.m.
 \$89 Member; \$109 Non-member 11477

Inquire



Enrich

Arts & Crafts



Pour Painting

Samantha Younis, Blue Rose Studio

A fun and messy painting technique, great for first time painters and 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.

Mon 4/22 10:30 a.m. - 12 p.m.
\$19 Member; \$25 Non-member 11427

Exploring Watercolor Level I

Ingrid Albrecht, Instructor, Artist, Studio Owner

Watercolor is an exciting, challenging medium. Ingrid will take you through the basic watercolor washes, brush strokes, timing of the paint application, elements and principles of design, and color theory as well as provide tips to get WOW results in your painting and to overcome the fear of the white paper. Each class will begin with a lesson and then move onto a class painting demonstration by Ingrid. You will then choose your own subject to paint with Ingrid's help, followed by a group critique where everyone will learn from each other. You will be given paints and paper as part of the class fee. Brushes, pallets and other supplies are provided for your use in the classroom but remain with the studio.

Tue 2/13 - 3/12 (5X) 1 - 3 p.m.
\$199 Member; \$239 Non-member 11492

Exploring Watercolor Level II

Ingrid Albrecht, Instructor, Artist, Studio Owner

Learn to put the elements and principles of design into practice in creating rather than copying. Special techniques will be introduced to give the painting a unique look, and exercises will be done to limit brush strokes in painting. Each class will begin with a lesson and then move into a class painting demonstration by Ingrid. You will then choose your own subject to paint, with Ingrid's help, followed by a group critique where you will learn from one another. Paper will be provided, but students must bring their own paints. Brushes, pallets, sponges and other supplies available for use in the studio. This class is open to those with watercolor experience or those who have taken Level I from Ingrid. Paint list will be provided prior to first class session.

Tue 3/19 - 4/16 (5X) 1 - 3 p.m.
\$199 Member; \$239 Non-member 11493

Art Workshop

Ralph Greenhow, Blair Trueblood, & Gary Woodward, Artists & Teachers

Join this creative studio group to get input and assistance from three experienced artist-teachers who rotate from week to week. Students choose their preferred media and bring their own supplies. Each participant is offered guidance based on their skill level. As actively practicing artists, Ralph, Blair, and Gary are in a unique position to offer guidance to artists just starting on their creative journey as well as offering new perspectives and inspiration to experienced artists looking to refine their technique. This is an encouraging and supportive space where you can experiment while enjoying the flow of creativity.

Tue 1/2 - 2/20 (8X) 10 a.m. - 12 p.m.
\$139 Member; \$169 Non-member 11428
Tue 2/27 - 4/16 (8X) 10 a.m. - 12 p.m.
\$139 Member; \$169 Non-member 11429



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 12 - 4 p.m. 1/2 - 4/30 (no class 1/15, 2/29)
Wed, Thu 9 a.m. - 4 p.m.
\$79 Members only 11396

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 1/5 - 4/26 (17X) 9 a.m. - 12 p.m.
No Fee 11392

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, but you must have some experience as this is not for absolute beginners. Center membership required to participate.

Mon 1/8 - 4/29 (17X - no class 1/15) 9 a.m. - 12 p.m.
No Fee 11340

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. Must have experience and be able to work independently as there is no instructor in the group. Bring a brown bag lunch. Center membership required to participate.

Fri 1/5 - 4/26 (17X) 10 a.m. - 1 p.m.
No Fee 11391

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 1/3 - 4/26 (34X) 9 a.m. - 12 p.m.
No Fee 11397

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 1/2 - 4/30 (18X) 9 a.m. - 12 p.m.
No Fee 11390

Knitting Studio

Mary Staackmann, Facilitator

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

Wed 1/3 - 4/24 (17X) 1 - 3 p.m.
No Fee 11501



NSSC Art Gallery



Escaping Racial Violence: A Family's Journey North *January 2 - February 28, 2024*

Evanston resident Jevoid Simmons beautifully complements his book, *Up From Down Home, The Journey North*, with a collection of paintings that vividly depict his family's migration from rural Alabama in the early 1950s to evade the perils of racial violence. Crafted over a seven-year period, Jevoid's artwork is characterized by its folk and primitive style, drawing inspiration from the soft techniques of Anna Mary Robertson Moses, affectionately known as "Grandma Moses." Through his art, he captures a sense of warmth and serenity amidst the tumultuous backdrop of the times. In addition to painting, Jevoid is a woodcarver and storyteller.

Please join us for a "Meet the Artist Reception" on Wednesday, February 7 from 4 to 6 p.m. To RSVP, contact Debra Mell at dmell@nssc.org or 847.784.6037.

The Beauty of Watercolor: Works by Ingrid Albrecht and Her Watercolor Students and Sculptural Handblown Glass by Linda Brodson

March 11, 2024 - April 26, 2024

Ingrid, a graduate of American Academy of Art in Chicago has been teaching and making art for many years. She has had her own studio in Chicago since 2009 and began teaching at the Senior Center in September of 2023. This show is a display of Ingrid's work as well as work by the students in her classes here at the Center. Linda Brodson, has been creating sculptural glass for over 20 years. She is a watercolor painter who loves application of color to the glass.

Lifestyle

Compassion Fatigue: Signs, Symptoms, and How to Cope

According to *Psychology Today*, "people whose professions lead to prolonged exposure to other people's trauma can be vulnerable to compassion fatigue, also known as secondary or vicarious trauma; they can experience acute symptoms that put their physical and mental health at risk, making them wary of giving and caring." This is also common with any empathetic individual who is acutely conscious of societal needs but feels helpless to solve them. Kim Hassenfeld, LCSW, with the Counseling Center of the North Shore, will discuss how to deal with compassion fatigue and how to take care of yourself. 1.5 continuing education units available to professionals.

Wed 3/27

No Fee

9:30 - 11 a.m.

11525

Maintaining Your Mojo As You Age (Hybrid)

Terri McHugh & Sarah Jackson,

Licensed Clinical Social Workers

How do we navigate in an ever-changing world as we grow older? What are some of the characteristics of people who manage to embrace this time of life and cope with the stresses of aging? Licensed Clinical Social Workers Sarah Jackson and Terri McHugh will offer insight into helpful approaches to health, spirituality, adjusting to new roles, and ageism. They will lead a discussion about how we think about new challenges and look forward to good days ahead.

Wed 2/21

\$10 Member; \$15 Non-member

1 - 2:30 p.m.

11460





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 review the eyesight, hearing, and physical changes that drivers experience as they age. Completion of the two-day class may entitle you to a discount on your 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 3/8 - 3/15 (2X) 9 a.m. - 1 p.m.
No Fee 11355

Personal Finance Tips for Saving Time and Money in the New Year (Hybrid)

Anne Wieboldt, MBA, CFP(R)
Personal Money Manager, NSSC

Anne Wieboldt will share tips for the new year for simplifying tax preparation, updating your estate plan, and managing your retirement savings more efficiently. She will discuss examples of common financial mistakes made by older adults. She will also discuss best practices for keeping your financial life in good order as you age.

Thu 1/18 1 - 2 p.m.
\$10 Member; \$15 Non-member 11461

2024 Annual Meeting

**Tuesday, January 16
10 a.m.**

Keynote Presentation on Artificial Intelligence by Northwestern University Professor Larry Birnbaum

See page 16 for details.

north shore senior center

www.nssc.org

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. For more information, contact John Breen at 847.624.9835. Center membership required to participate.

Wed 1/17 - 4/17 (4X) 9 - 11 a.m.
No Fee 11367



Enrich

Computers & Technology

Computer & Technology Assistance

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 resolve your computer issues. Perhaps you have a question about something you learned in a class you have taken, or just got a new device you are trying to figure out. Come in and ask our tech volunteers! No registration required. Assistance is on a first come first served basis.

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 2/22 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11358

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 3/21 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11359



Selling Your Stuff Online?

Michael Gershbein, MLS, Very Smart People, LLC

There are lots of great options for unloading your old possessions, from old favorites like Ebay, to newer places like Facebook Marketplace. You will learn about them all plus selling and safety tips!

Thu 1/25 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11357

Spring Clean Your Computer

Michael Gershbein, MLS, Very Smart People, LLC

Is your computer out of control? Mike Gershbein present tips on getting rid of and organizing files so that your Mac or PC will run faster and more efficiently.

Thu 4/25 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11453



The Shop at the Center is Accepting Merchandise Donations

Downsizing or clearing out some clutter? 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.



Welcome home! Senior living at its best.

The Lodge of Northbrook has it all – spacious closets and apartments, a variety of floor plans, covered balconies or terraces, flexible dining options, beautiful landscaping, gorgeous views, a variety of activities and programs, endless amenities, and so much more. Imagine an active independent living community with restaurants, a salon, wellness center, under-building parking, and other life-enhancing opportunities.

SCHEDULE A TOUR TODAY!
224-412-8749

“The Lodge truly offers a wonderful living experience. We love our spacious apartment, the view, and the large balcony. The added bonus of a heated garage, extra storage unit, and optional dining plan are things that add to our enjoyment.”

- FRANK, RESIDENT

**ACTIVE INDEPENDENT
SENIOR LIVING**



A TRANSFORMING AGE COMMUNITY



2150 and 2220 Founders Drive, Northbrook, IL 60062 • LodgeofNorthbrook.com/Northshore

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 2/7 - 4/17 (11X)

\$119 Member; \$129 Non-member



10 - 11:30 a.m.

11371

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 1/8 - 4/29 (16X - no class 1/15) 10:45 - 11:45 a.m.
No Fee 11344

Yiddish Club on Monday (Hybrid)

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 1/8 - 4/29 (16X - no class 1/15) 1 - 2:30 p.m.
No Fee 11345

Enrich

Live

Exercise & Dance

Fit and Active

Naoko Jennings, NSSC Fitness and Wellness Manager

Experience total fitness and enhance your strength, flexibility, and balance, with an emphasis on posture, in this upbeat class. Naoko Jennings 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	1/2 - 2/27 (17X)	10:30 - 11:15 a.m.
\$69 Member; \$79 Non-member		11444
Tue, Thu	3/5 - 4/30 (15X - no class 3/28, 4/2)	10:30 - 11:15 a.m.
\$69 Member; \$79 Non-member		11445

Better Balance

Naoko Jennings, NSSC Fitness and Wellness Manager

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

Mon, Wed	1/3 - 2/26 (15X - no class 1/15)	10 - 10:45 a.m.
\$69 Member; \$79 Non-member		11446
Mon, Wed	3/4 - 4/29 (15X - no class 4/1, 4/3)	10 - 10:45 a.m.
\$69 Member; \$79 Non-member		11486

Sit and Get Fit

Naoko Jennings, NSSC Fitness and Wellness Manager

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

Mon, Wed	1/3 - 2/26 (15X - no class 1/15)	11 - 11:45 a.m.
\$69 Member; \$79 Non-member		11507
Mon, Wed	3/4 - 4/29 (15X - no class 4/1, 4/3)	11 - 11:45 a.m.
\$69 Member; \$79 Non-member		11508

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	1/4 - 2/22 (8X - no class 2/29)	9 - 10 a.m.
\$79 Member; \$95 Non-member		11489
Thu	3/7 - 4/25 (8X)	9 - 10 a.m.
\$79 Member; \$95 Non-member		11490



Pop-Up Fitness Classes



Meditation for Beginners

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 well-being. 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 1/5 - 1/26 (4X) 10 - 11 a.m.
\$49 Member; \$59 Non-member 11534



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

HIIT Fusion: Energizing Cardio, Weights and Core

Naoko Jennings, *NSSC Fitness and Wellness Manager*

Energize in our senior HIIT class! Designed for all levels, High-Intensity Interval Training blends heart-pumping cardio with strength-building weight training. Tailored floor exercises enhance core stability. Beginners thrive, while seasoned participants enjoy the challenge. Join us for a well-rounded, invigorating workout! Some exercises will be done on the floor.

Fri 2/2 - 2/23 (4X) 10 - 10:30 a.m.
\$49 Member; \$59 Non-member 11448

Brain Fitness Workshop

Marco Chou, *Adjunct Professor, DePaul University*

The Brain Fitness workshop is a series of game-based learning activities to improve cognitive function, promote critical thinking and problem-solving skills. You will immerse into a blended learning environment, which integrates technology and digital media with traditional instructor-led classroom activities including word search, math, pattern recognition, quiz, game, puzzle, and more to improve your memory, sharpen your attention and focus, and boost your brain health.



Fri 3/1 - 3/22 (4X) 10 - 11:30 a.m.
\$49 Member; \$59 Non-member 11449

Ageless Zumba: Dance Your Way to Fitness

Thais Perez, *Zumba Instructor*

Embark on a lively Senior Zumba session that fuses dance and fitness in perfect harmony. Designed with older adult participants in mind, this is a dynamic blend of joyful moves and invigorating rhythms. Enhance your cardiovascular health, flexibility, and overall vitality while sharing smiles and positive energy with fellow participants. Let's dance our way to a healthier, happier lifestyle together!

Fri 4/5 - 4/26 (4X) 10:30 - 11:15 a.m.
\$49 Member; \$59 Non-member 11447

LIVE

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 8 a.m. – 4 p.m.
Saturday 8 a.m. – 1 p.m.

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

Fitness Center Membership Fees

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

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

Personal Training Rates

60 Minute Session	Basic	Member
1 session	\$100	\$85
5 sessions	\$430	\$380
10 sessions	\$825	\$740
30 Minute Session	Basic	Member
1 session	\$70	\$55
5 sessions	\$300	\$250
10 sessions	\$580	\$485

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



Exercise & Dance

(continued)

Yoga for the Rest of Us (Hybrid)

Ellen Fogarty, Registered Yoga Teacher

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	1/9 - 2/20 (7X)	9 - 10 a.m.
\$79 Member; \$95 Non-member		11487
Tue	3/5 - 4/30 (9X)	9 - 10 a.m.
\$79 Member; \$95 Non-member		11488

Ballet

*Hallie Rehwalder, 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.

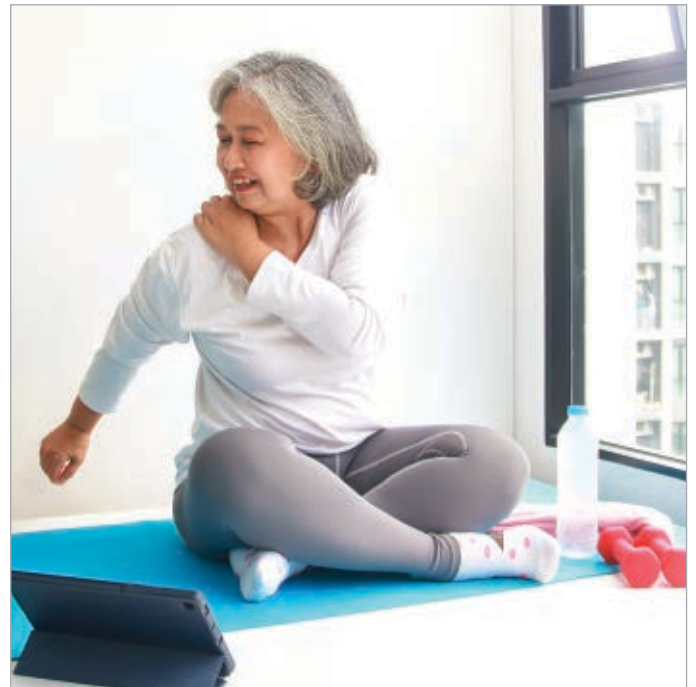
Tue	1/2 - 2/27 (9X)	3 - 4 p.m.
\$85 Member; \$99 Non-member		11491
Tue	3/5 - 4/30 (9X)	3 - 4 p.m.
\$85 Member; \$99 Non-member		11506

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

Katie Morgan, Fitness and Wellness Instructor

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	1/2 - 2/27 (17X)	10:30 - 11:15 a.m.
\$85 Member; \$99 Non-member		11526
Tue, Thu	3/5 - 4/30 (17X)	10:30 - 11:15 a.m.
\$85 Member; \$99 Non-member		11527



Rise and Shine Exercise (Online)

Katie Morgan, Fitness and Wellness Instructor

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. Waiver and Release: By participating in this class, you agree to waive and release NSSC and instructor from any liability, take responsibility for your own fitness level, and participate of your own free will and at your own risk.

Mon, Wed, Fri	1/3 - 2/28 (24X)	8:30 - 9 a.m.
\$85 Member; \$99 Non-member		11530
Mon, Wed, Fri	3/1 - 4/29 (26X)	8:30 - 9 a.m.
\$85 Member; \$99 Non-member		11531

Walking Club

Ron Hadsall, Walking Club Coordinator

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. Center membership is required to participate.

Fri	3/1 - 4/26 (9X)
10 - 11 a.m.	
No Fee	11366



LIVE

Health & Wellness Education

Aging with Confidence: Self-Defense Strategies for Seniors

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

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

Thu 1/18 1 - 2:30 p.m.
\$25 Member; \$30 Non-member 11450

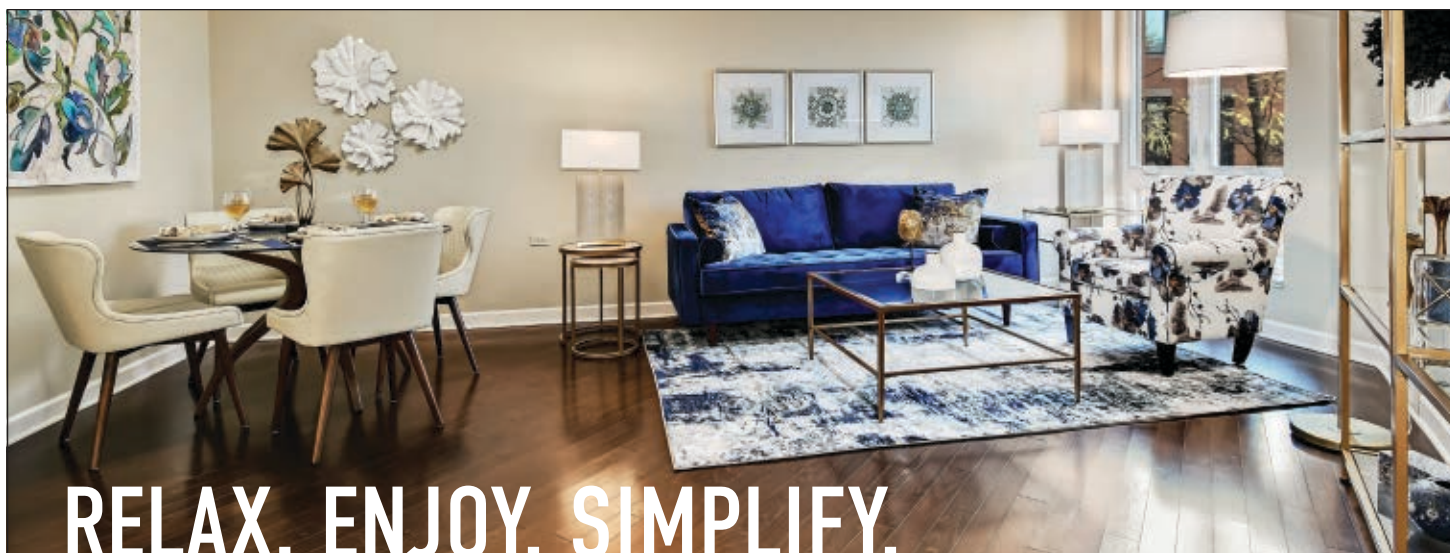
Home Accessibility Solutions

Jim Widdington, Accessibility Specialist

Living at home, we are sometimes challenged by the requirements of daily activities. One of the major safety obstacles is navigating level changes like stairs, or staying safe in the bathroom. Jim Widdington presents a variety of home accessibility solutions that follow ADA guidelines. He explains how these products function, any construction required, what costs are involved, and possible funding sources available to the community. He will review solutions or products that are more appropriate depending on the physical or mental ability of the user.



Fri 3/29 1 - 2:30 p.m.
\$15 Member; \$19 Non-member 11533



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Play

Clubs & Social Groups

Photography Club (Online)

For those at all skill levels who have a mutual love of photography. The group meets on Zoom to share 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	1/12 - 4/26 (8X)	1:30 - 3 p.m.
No Fee		11362

Solo Seniors Social Group Informational Luncheon

Are you solo, perhaps widowed, never married, divorced, or are no longer with a partner? If you often feel like a third wheel at social events because others are part of a couple, join with other "solo seniors" and enjoy a variety of activities with others. This new group provides fun and friendship for the benefit of "solo" NSSC members. The first meeting of 2024 will be a light kick-off lunch and informational and planning meeting, followed by a regular variety of scheduled activities. Informational luncheon open to all, continued participation in group activities requires NSSC membership to participate.

Wed	1/17	12 p.m. - 1:30 p.m.
\$19 Member; \$25 Non-member		11365



NSSC Tuesday Club (Hybrid)

All North Shore Senior Center members are welcome to join the NSSC Tuesday Club. Tuesday mornings begin at 9 a.m. with The Warm Up Coffee and Social Hour to gather and connect with others while you enjoy coffee and continental breakfast. Then, join everyone in the Auditorium at 10 a.m. for the Club meeting followed by a presentation on a wide variety of topics. Club members may also take part in other club activities such as the Annual Picnic and Club committees. Guests are welcome to attend the presentation. Center membership required to join the NSSC Tuesday Club.

Tue	1/2 - 4/30 (18X)	10 - 10:30 a.m.
No Fee		11363

Sports Talk

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

Wed	1/3 - 4/24 (17X)	10 - 11 a.m.
No Fee		11361

Games

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 1/17 - 2/21 (6X) 9:30 - 11:30 a.m.
\$75 Member; \$89 Non-member 11376

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 2/28 - 3/20 (4X) 9:30 - 11:30 a.m.
\$55 Member; \$69 Non-member 11377



Beginning Mah Jongg

Sylvia Taflove, Mah Jongg Instructor

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

Wed 2/14 - 3/13 (5X) 1 - 3 p.m.
\$79 Member; \$95 Non-member 11374

Building Your Mah Jongg Skills

Sylvia Taflove, Mah Jongg 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 how to change hands when the hand you are playing "goes dead." Learn advanced techniques to bring more enjoyment to your game.

Wed 3/27 - 4/24 (5X) 1 - 3 p.m.
\$65 Member; \$79 Non-member 11375

Advancing Bridge

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

Move to the next level of competence in declarer play, defense, and bidding conventions. Each class will have prepared boards and notes to reflect the topic of the lesson. This class is intended for bridge players who have a grasp of modern basic bidding.

Mon 3/11 - 4/15 (6X) 1 - 3 p.m.
\$99 Member; \$119 Non-member 11378

Best Bridge Ever!

Patricia Braun, Instructor

Learn to play the best bridge of your life with Gold Life Master Patricia Braun as she informally reviews 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 3/7 - 4/25 (8X) 9 - 11 a.m.
\$79 Member; \$95 Non-member 11356

Duplicate Bridge

Bob Alps, Bridge Facilitator

Play a friendly game of duplicate bridge. 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 1/4 - 4/25 (16X - no class 2/29) 12:30 - 3:30 p.m.
No Fee 11360



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 1/2 - 4/30 (18X) 12 - 3 p.m.
No Fee 11350

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 1/4 - 4/25 (16X - no class 2/29) 1 - 3 p.m.
No Fee 11349

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 1/2 - 4/30 (No class 2/29) 8:30a.m. - 4 p.m.
Thu 12:30 - 4 p.m.
Fri 8:30 a.m. - 4 p.m.
No Fee 11348

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 get a good workout while you play! Paddles and balls available. Center membership required to play.

Wed, Fri 1/3 - 4/26 (34X) 1 - 3 p.m.
No Fee 11347

Sports & Leisure

Golf League Breakfast and Tee-Time Lottery

All NSSC men and women, start the golf year right and attend the golf season kick-off breakfast! Tee times will be given out during the breakfast. Registration for the NSSC Golf League through the Lifelong Learning office is required. Center membership required to participate. You must register for the NSSC Golf League to attend this breakfast.

Thu 3/21 8:30 - 10 a.m.
No Fee, Golf League Members Only 11372

Golf League

All NSSC men and women are invited to play golf and enjoy the sociability at Weber Park in Skokie on Mondays and at Northbrook's Anetsberger Golf Course on Thursdays. Both courses are par 3. Play continues throughout the spring and summer. Golf league information sheets are available in Lifelong Learning. Call Joe Hayes for information at 847.274.5326 or Lifelong Learning at 847.784.6030.

Center membership and registration required to participate.
Mon, Thu 4/1 - 10/3 (51X - no class 5/27, 7/4, 9/2) 7:30 - 9 a.m.
\$25 Members Only 11373



Tennis Club

All NSSC men and women are invited to play indoors at Glenbrook Racquet Club in Northbrook, or, weather permitting, outdoors at Wood Oaks Green Park in Northbrook. Moderate court fees may apply. Level of play varies from 3.0 and up (must be able to rally and serve). Games are for fun, exercise and a good time. For more information call Ken Griesemer at 847.559.7691 or Lifelong Learning Center at 847.784.6030. Center membership and registration required to participate.

Mon, Fri 1/8 - 4/29 (32X) 1 - 2:30 p.m.
No Fee 11346

January at a glance

Every Week	Monday	Tuesday	Wednesday	Thursday	Friday
	8:30 Rise & Shine Exercise 9:00 Quilting 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 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 Fit & Active 10:30 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	9:00 Fine Art Studio 9:00 Tai Chi 10:30 Fit & Active 10:30 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble	8:30 Rise & Shine Exercise 8:30 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club
	1 New Year's Day Center Closed	2 10:00 Art Workshop 10:30 Meet the Maestro 1:00 What Are You Reading?	3 10:00 Bury My Heart at Wounded Knee 10:00 Exploring Poets & Poetry	4 10:00 Pivot Point: Russia	5 10:00 Meditation for Beginners 10:00 Women's Room 1:30 Films on Friday: <i>Asteroid City</i>
	8 9:30 American Politics 1:00 Immense World of the Senses 1:00 Point of View 1:00 Space: The Final Frontier	9 9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 Chicago's Extraordinary Places 1:00 Writing Workshop	10 9:30 Prize Winning World Literature 10:00 Bury My Heart at Wounded Knee 10:00 Exploring Poets & Poetry 1:00 Cozy Classic Films 1:00 Philosophy 1:00 Reading for a Cozy Afternoon	11 10:00 Israel's Critical Issues 10:00 Pivot Point: Russia 1:00 Can It Happen Here? 1:00 Primary Preview 1:00 Shakespeare	12 10:00 Bob Hope: American Smart Aleck 10:00 Meditation for Beginners 10:00 Women's Room 1:00 For the Middle Class 1:30 Photography Club
	15 Martin Luther King, Jr. Center Closed	16 9:30 Science Fiction Short Stories 10:00 Art Workshop 10:00 NSSC Annual Meeting 1:00 The Rise and Fall of the Berlin Wall 1:00 Writing Workshop	17 9:00 P & P Investment Club 9:30 Beginning Canasta 9:30 Prize Winning World Lit 10:00 Equality & Inequality 10:00 Exploring Poets & Poetry 12:00 Solo Seniors Social Group Luncheon 1:00 Cozy Classic Films 1:00 Philosophy 1:00 The Impact of Jewish Culture	18 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: Russia 1:00 Aging with Confidence 1:00 Can It Happen Here? 1:00 Personal Finance Tips 1:00 Shakespeare 1:00 The Trials of Trump	19 9:30 Great Decisions 10:00 Meditation for Beginners 10:00 Women's Room 1:00 For the Middle Class
	22 9:30 American Politics 10:00 Happy Birthday, Mozart 1:00 Immense World of the Senses 1:00 Mystery Book Club 1:00 Point of View 1:00 Term Limits: A Problem or a Solution?	23 9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 Winnetka Stormwater Vision Project 1:00 A Death in Iceland 1:00 Writing Workshop	24 9:30 Beginning Canasta 9:30 Prize Winning World Literature 10:00 Exploring Poets & Poetry 1:00 Cozy Classic Films 1:00 Philosophy 1:00 The Our Lady of the Angels School Fire	25 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: Russia 1:00 Can It Happen Here? 1:00 Selling Your Stuff Online? 1:00 Shakespeare 1:00 What Just Happened?	26 10:00 Meditation for Beginners 10:00 Searching for Marquette 10:00 Women's Room 12:00 Lyric Opera Stage Artists Live! 1:30 Photography Club
	29 9:30 American Politics 1:00 Five Guy Race: The Election of 1824 1:00 Immense World of the Senses 1:00 Point of View	30 9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 Immigration ... & National Security 1:00 Robots: Fact, Fancy, & Future 1:00 Writing Workshop	31 9:30 Beginning Canasta 9:30 Prize Winning World Literature 10:00 Exploring Poets & Poetry 10:00 The Sculpture of Camille Claudel 1:00 Cozy Classic Films 1:00 Philosophy 1:00 Snowshoeing at Emily Oaks Nature Center 1:00 The Seven Basic Movie Plots	2024 NSSC Annual Meeting Tuesday, January 16 	

February at a glance

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

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
8:30 Rise & Shine Exercise 9:00 Quilting 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 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 Fit & Active 10:30 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	9:00 Fine Art Studio 9:00 Tai Chi 10:30 Fit & Active 10:30 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble	8:30 Rise & Shine Exercise 8:30 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club	
			9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: Europe 1:00 Can It Happen Here? 1:00 Extended Travel Presentation 1:00 Presidential Children 1:00 Shakespeare 1	9:30 Great Decisions 10:00 HIIT Fusion 10:00 Women's Room 1:30 Films on Friday: <i>Cyrano</i> 2	
9:30 American Politics 10:00 A Birthday Ode to Joy 10:00 <i>The New Yorker</i> Magazine 1:00 Immense World of the Senses 1:00 Point of View 1:00 The Political Lincoln 5	9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 The Changing Landscape of Love 1:00 Chicago's Historic Motor Row District 1:00 What Are You Reading? 1:00 Writing Workshop 6	9:30 Beginning Canasta 9:30 Prize Winning World Literature 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 The Twelve Who Made a Difference 1:00 Cozy Classic Films 1:00 Philosophy 1:00 The Holocaust in Film: <i>The Last Butterfly</i> 7	9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Israel's Critical Issues 10:00 Pivot Point: Europe 1:00 Can It Happen Here? 1:00 Presidential Children 1:00 Shakespeare 8	10:00 HIIT Fusion 10:00 Women's Room 1:00 The Iroquois Theatre Fire 1:30 Photography Club 9	
9:30 American Politics 10:00 100 Years of Being Blue 10:00 <i>The New Yorker</i> Magazine 1:00 A Tough Act to Follow 1:00 Immense World of the Senses 1:00 Point of View 12	9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 Northwestern Student Music Performance 11:30 TED Talks 1:00 Exploring Watercolor Level I 1:00 Liberty's of London 1:00 Writing Workshop 13	9:30 Beginning Canasta 9:30 Prize Winning World Lit 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 The Twelve Who Made a Difference 1:00 Beginning Mah Jongg 1:00 Cozy Classic Films 1:00 Movie, Music, & Romance I 1:00 Philosophy 1:00 Reading for a Cozy Afternoon 14	9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: Europe 1:00 Can It Happen Here? 1:00 Presidential Children 1:00 Shakespeare 15	9:30 Great Decisions 10:00 HIIT Fusion 10:00 Homes for America 10:00 Women's Room 1:00 Lincolnomics 16	
9:30 American Politics 10:00 Happy Birthday, Henry 10:00 <i>The New Yorker</i> Magazine 1:00 Immense World of the Senses 1:00 Israel's Judicial Overhaul 1:00 Point of View 19	9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 Surviving Climate Change 11:30 TED Talks 1:00 Exploring Watercolor Level I 1:00 Kiddieland Remembered 1:00 Writing Workshop 20	9:00 P & P Investment Club 9:30 Beginning Canasta 9:30 Prize Winning World Lit 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 Rediscovering Jewish Diversity 1:00 Beginning Mah Jongg 1:00 Cozy Classic Films 1:00 Maintaining Your Mojo 1:00 Philosophy 1:00 The Art of Architecture 21	9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: China 1:00 Apple iPhone & iPad Basics 1:00 Can It Happen Here? 1:00 Shakespeare 1:00 What Just Happened? 22	10:00 HIIT Fusion 10:00 Women's Room 12:00 Reel Love: Songs You Love from the Movies 1:30 Photography Club 23	
9:30 American Politics 10:00 <i>The New Yorker</i> Magazine 1:00 George Harrison: The Solo Years 1:00 Immense World of the Senses 1:00 Mystery Book Club 1:00 Point of View 26	9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 The History of Sunset Foods 11:30 TED Talks 1:00 Exploring Watercolor Level I 1:00 Minorities in World War II 1:00 Writing Workshop 27	9:30 Intermediate Canasta 9:30 Prize Winning World Literature 10:00 Exploring Poets & Poetry 10:00 Intermediate French 10:00 Rediscovering Jewish Diversity 11:00 Daytrip: <i>Fiddler on the Roof</i> 1:00 Beginning Mah Jongg 1:00 Cozy Classic Films 1:00 Philosophy 1:00 The Art of Architecture 28	29 Staff Training Day Center Closed		

March at a glance

Every Week	Monday	Tuesday	Wednesday	Thursday	Friday
	8:30 Rise & Shine Exercise 9:00 Quilting 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 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 Fit & Active 10:30 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	9:00 Fine Art Studio 9:00 Tai Chi 10:30 Fit & Active 10:30 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble	8:30 Rise & Shine Exercise 8:30 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club
					9:30 Great Decisions 10:00 Brain Fitness Workshop 10:00 Greatness Explained 10:00 Walking Club 10:00 Women's Room 1:30 Films on Friday: <i>Poor Things</i>
	9:30 American Politics 10:00 <i>The New Yorker</i> Magazine 1:00 Immense World of the Senses 1:00 Point of View 1:00 The Problem with Tom	9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 Freedom of Speech 11:30 TED Talks 1:00 Exploring Watercolor Level I 1:00 Fanciful Fables & Fabrics ... Venice 1:00 What Are You Reading?	9:30 Intermediate Canasta 9:30 Prize Winning World Literature 10:00 Cole Porter's Top 10 LIST & LUST Songs 10:00 Exploring Poets & Poetry 10:00 Intermediate French 1:00 A Look at the Oscars, 2024 1:00 Beginning Mah Jongg 1:00 Philosophy	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: China 1:00 Can It Happen Here? 1:00 Maple Syrup Taste & Tour 1:00 Shakespeare 1:00 The Best Movies About the Civil Rights Era	9:00 AARP Smart Driver Course 10:00 Brain Fitness Workshop 10:00 Jon Burge: The Unending Saga 10:00 Walking Club 10:00 Women's Room 1:00 The Irish in America 1:30 Photography Club
	9:30 American Politics 10:00 Race in America 10:00 <i>The New Yorker</i> Magazine 1:00 Advancing Bridge 1:00 Amelia Earhart 1:00 Immense World of the Senses 1:00 Point of View	9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 State of the Longevity Economy 11:30 TED Talks 1:00 Exploring Watercolor Level I 1:00 The James Bond Phenomenon	9:30 Intermediate Canasta 9:30 Prize Winning World Literature 10:00 Exploring Poets & Poetry 10:00 Hell Hath No Fury! 10:00 Intermediate French 1:00 Beginning Mah Jongg 1:00 Gun Ownership & Gun Control 1:00 Philosophy 1:00 Reading for a Cozy Afternoon	9:00 Best Bridge Ever! 9:00 Close Neighbors 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Israel's Critical Issues 10:00 Pivot Point: China 1:00 Poisoner in Chief 1:00 Shakespeare 1:00 The Best Movies About Baseball	9:00 AARP Smart Driver Course 9:30 Great Decisions 10:00 Brain Fitness Workshop 10:00 Walking Club 10:00 Women's Room 1:00 Sakura Tales: Stories from Japan
	9:30 American Politics 10:00 Emily Dickinson: A Life in Poetry 10:00 <i>The New Yorker</i> Magazine 1:00 Advancing Bridge 1:00 Immense World of the Senses 1:00 Point of View 1:00 Spy vs Spy	9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 Oil Lamp Theater: Arts Illuminated 11:30 TED Talks 1:00 Exploring Watercolor Level II 1:00 Sacagawea	9:00 P & P Investment Club 9:30 Intermediate Canasta 9:30 Prize Winning World Literature 10:00 Chicago Engineered 10:00 Exploring Poets & Poetry 10:00 Intermediate French 1:00 Cozy Classic Films 1:00 Philosophy 1:00 So What's on Your Wall	8:30 Golf League Breakfast 9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: China 1:00 iPhone & iPad Advanced Tips & Tricks 1:00 Poisoner in Chief 1:00 Shakespeare	10:00 Brain Fitness Workshop 10:00 The Life and Enigmatic Art of Mark Rothko 10:00 Walking Club 10:00 Women's Room 12:00 Morry Sochat Sings the Blues 1:30 Photography Club
	9:30 American Politics 10:00 <i>The New Yorker</i> Magazine 1:00 Advancing Bridge 1:00 Immense World of the Senses 1:00 Miép Gies: Saving Anne Frank's Diary 1:00 Mystery Book Club 1:00 Point of View	9:30 Science Fiction Short Stories 10:00 Art Workshop 10:30 Adventures Bicycling in 50 States 11:30 TED Talks 1:00 Exploring Watercolor Level II 1:00 Foreign Policy and the Election	9:30 Compassion Fatigue 9:30 Prize Winning World Literature 10:00 Exploring Poets & Poetry 10:00 Intermediate French 1:00 Sherlock Holmes 1:00 Building Your Mah Jongg Skills 1:00 Cozy Classic Films 1:00 Haiti's Social Crisis 1:00 Philosophy	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: India 1:00 Shakespeare 1:00 What Just Happened?	9:30 Great Decisions 10:00 Walking Club 10:00 Women's Room 1:00 Home Accessibility Solutions

April at a glance

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

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
8:30 Rise & Shine Exercise 9:00 Quilting 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 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 Fit & Active 10:30 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & 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 Fit & Active 10:30 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble	8:30 Rise & Shine Exercise 8:30 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club	
9:30 American Politics 10:00 <i>The New Yorker</i> Magazine 12:00 Our World Today: Local Food Insecurity 1:00 Advancing Bridge 1:00 From Friends to Foes to Partners 1:00 Immense World of the Senses 1:00 Point of View	10:00 Art Workshop 10:30 Geothermal 101 11:30 TED Talks 1:00 Exploring Watercolor Level II 1:00 Personality & Happiness 1:00 What Are You Reading?	9:30 Prize Winning World Literature 9:45 <i>A Streetcar Named Desire</i> 10:00 America's Greatest & Worst Generals 10:00 Exploring Poets & Poetry 10:00 Intermediate French 1:00 Building Your Mah Jongg Skills 1:00 More Than "Showbizness" 1:00 Philosophy	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Pivot Point: India 1:00 History in Perspective: 1924 1:00 Poisoner in Chief 1:00 Shakespeare	10:00 Favorite Grand Finales 10:00 Walking Club 10:00 Women's Room 10:30 Ageless Zumba 1:30 Films on Friday: <i>Are You There God? It's Me Margaret.</i>	
9:30 American Politics 10:00 <i>The New Yorker</i> Magazine 1:00 Advancing Bridge 1:00 Chicago's Unconventional Conventions 1:00 Immense World of the Senses 1:00 Point of View	10:00 Art Workshop 10:30 Somme Forest & Prairie Restoration 11:30 TED Talks 1:00 Exploring Watercolor Level II 1:00 Personality & Happiness	9:30 Prize Winning World Lit 10:00 America's Greatest & Worst Generals 10:00 Exploring Poets & Poetry 10:00 Intermediate French 1:00 Building Your Mah Jongg Skills 1:00 Philosophy 1:00 Reading for a Cozy Afternoon 1:00 The Holocaust in Film: <i>Radical Evil</i> 6:30 Dusk Woodcock-Spotting Hike	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 10:00 Pivot Point: India 1:00 History in Perspective: 1949 1:00 Poisoner in Chief 1:00 Shakespeare	10:00 North Shore Civil War Generals 10:00 Walking Club 10:00 Women's Room 10:30 Ageless Zumba 1:00 The True Story of ... Molly Brown 1:30 Photography Club	
9:30 American Politics 10:00 Let's Count the Ways 10:00 <i>The New Yorker</i> Magazine 1:00 Advancing Bridge 1:00 Point of View 1:00 The British Music Scene of the 1970s	10:00 Art Workshop 10:30 Navigating Today's Healthcare System 11:30 TED Talks 1:00 Exploring Watercolor Level II 1:00 The Real Story the Olympics	9:00 P & P Investment Club 10:00 Chicago Legal: Leopold & Loeb Revisited 10:00 Exploring Poets & Poetry 10:00 Intermediate French 1:00 Building Your Mah Jongg Skills 1:00 Gorillas in Our Midst 1:00 Philosophy 2:00 Speed Friending	9:00 Art Deco Tour of Chicago 9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 10:00 Pivot Point: The U.S. 1:00 History in Perspective: 1974 1:00 Poisoner in Chief 1:00 Shakespeare	9:30 Great Decisions 10:00 Walking Club 10:00 Women's Room 10:30 Ageless Zumba 1:00 Five Directors Who Went to War	
9:30 American Politics 10:30 Pour Painting 1:00 Mystery Book Club 1:00 Point of View	10:30 Northwestern Student Music Performance 1:00 Stories & Structures	10:00 The Magic & Beauty of Michigan's Upper Peninsula 1:00 Building Your Mah Jongg Skills	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 10:00 Pivot Point: The U.S. 1:00 Poisoner in Chief 1:00 Shakespeare 1:00 Spring Clean Your Computer 1:00 What Just Happened?	10:00 Walking Club 10:30 Ageless Zumba 12:00 Rosie & the Rivets 1:30 Photography Club	
9:30 American Politics 10:00 <i>The New Yorker</i> Magazine 1:00 Point of View	10:30 Legacy Letters				

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	\$ _____

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.

Membership Dues and Benefits

- \$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
- Invitations to special events and presentations on ways to live longer, happier, and healthier

How to Join North Shore Senior Center

Becoming a member is easy. 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.

For more information about becoming a member, email lifelonglearning@nssc.org or call 847.784.6030.

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.



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 NSSC. 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.

Disclaimer

North Shore Senior Center presents advertisements and programs on a wide variety of topics from different perspectives and opinions. The viewpoints expressed in these ads and programs are the presenter's alone, and do not necessarily represent the viewpoints of NSSC.

Program Format Key

- **(Hybrid):** Program takes place in-person and is also simulcast on Zoom
- **(Online):** Available only on Zoom
- **No notation after title:** In-person only



Class Refund Policy

You may cancel your registration and request a refund prior to the class/activity start date. An electronic voucher will be issued for the full registration fee, valid for 12 months from date of issue. 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.

Daytrip Cancellation and Refund Policy

Request for refund when cancelling a daytrip registration must be done three 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 three weeks prior, including for reasons of personal illness or other personal situations, 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.

Photo Release Statement

Photos are periodically taken of participants and visitors to NSSC. 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 material.

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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

Glenview Village Hall

2500 E. Lake Ave.
Glenview, IL 60026
847.904.4366



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

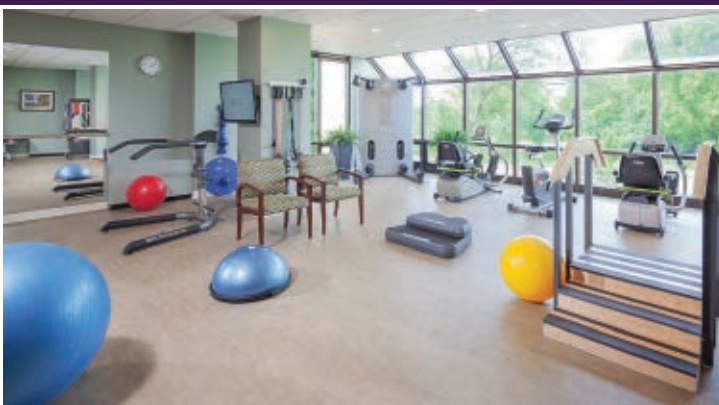


Accredited by
National Institute of
Senior Centers

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



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www.nssc.org

New fitness and wellness opportunities for **YOU!**



Start the year off strong.

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Membership & Personal Training Promotions in January

**To learn more, see pages 55-56 or contact
the Fitness Center at 847.784.6003.**