

MAY - AUGUST 2025

# ENGAGE

MAGAZINE & LIFELONG LEARNING CATALOG



## Enrich Your Life!

**REGISTRATION OPENS**

April 7 for NSSC Members

April 14 for General Public

north shore senior center

[www.nssc.org](http://www.nssc.org) | 847.784.6000

# Welcome

Spring is in the air, and it's the perfect time to try something new! Let NSSC become your "third place"—a space to connect with your community and have fun. Whether you're looking to volunteer, explore new activities, or simply meet new people, NSSC has something for everyone. See page 2 for more on third places.

This season is especially meaningful as we continue recovering from the unexpected water damage our building sustained in January. We are grateful for the outpouring of support from our community and eagerly anticipate completing the reconstruction process, allowing us to fully restore our programs and welcoming spaces.

Looking to give back? Volunteer highlights include assisting with memory care programs, coordinating transportation so folks can make it to medical appointments, and supporting individuals with benefits access.

Join us for lunch at the A&A Café (temporarily moved to the north side of the building) or get active in the Fitness Center! Don't miss our special evening programs on May 8 and July 10, or our June 7 "Pub Night" fundraising event at Deer Path Inn in Lake Forest.

With new classes, trips, and clubs, there are endless ways to connect and have fun this season.

We look forward to seeing you!



Tish Rudnicki, MSW  
Executive Director



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*Our mission 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:** House of Welcome Day Program staff member and participant  
**Photo credit:** Desiree Schippers

# All Around NSSC



## Faces of NSSC Portrait Project

Become immortalized in oil paint! Introducing the Faces of NSSC project. Artist Jim Parks will be on-site each week through the summer to paint small portraits of our members, guests, and staff. Portraits will be mounted on large panels and displayed in our Art Gallery Exhibition this fall. If you'd like your portrait painted, stop by the Atrium when Jim is here. Schedule details will be posted in the Atrium and in Lifelong Learning. See page 37 for more information.

## New This Summer... Evenings at the Center!

Enjoy a lite meal, conversation, and a variety of programs on two special evenings. The evenings begin at 5 p.m. with a boxed dinner, wine, and other refreshments. Then at 6:30 p.m., a variety of programs begin such as a musical performance with Lelm and Langford, a Yoga Nidra class, or a Sip and Paint workshop. Or perhaps you'd like to gather for a game of cards. There's more in store for you! See pages 18-19 for details.

## Oil Lamp Theater Offers Acting Class and a Live Performance

The award-winning Oil Lamp Theater in Glenview provides a grand theatrical experience in an intimate space by fostering connection, broadening horizons, and shining a light on the human condition. Through the generous support of a ComEd "Powering the Arts" grant, Oil Lamp Theater is able to offer both a performance and acting class at no fee this summer. Join in on this excellent opportunity to experience a live performance of *Side by Side by Sondheim* and explore your own performance skills in All the World's a Stage: Acting 101 class. See page 24 for details.

## Welcome Our New "Learn" Instructors

**Pamela Enzweiler-Pulice**, producer at Reel Stories Productions, LLC, presents a program on legendary DJ Dick Biondi.

Author and historian **William Hazelgrove** discusses his book *The Last Charge of the Rough Rider: Theodore Roosevelt's Final Days*.

**John Holden**, president of the Edgewater Historical Society, takes us back to the glory days of the famous Edgewater Beach Hotel.

Musician **Tim Wilsey** brings back memories of Chicago Dance Halls and Music Venues.

**Rabbi Michael Zedek** tells the story of miracles and how they can bring changes in our lives.

**Jim Parks** is an Evanston artist who brings Claude Monet to life in his historical portrayal of the famous artist. You may also see Jim busy at work in the NSSC Atrium as the creator of the Faces of NSSC project.

## Building Update

Since the water damage earlier this year, NSSC has been working hard to repair and fully reopen the building. As of print time, the front entrance remains closed; all visitors must use the north entrance. The Fitness Center, A&A Café, Lending Closet, The Shop, and Lifelong Learning programs are open and operating on the north side of the building. We hope to see you soon!

## Personalized Memory Care Support

NSSC offers two programs for people experiencing memory loss. **Mind Matters** is geared toward individuals with early memory loss on Tuesdays from 10 a.m. to 3 p.m.

For those needing more support, **House of Welcome's Day Program** offers half- and full-day sessions Monday - Friday. Both programs offer opportunities to socialize, enriching activities for participants, and support for family caregivers. Learn more at [www.nssc.org](http://www.nssc.org), email [how@nssc.org](mailto:how@nssc.org), or call 847.242.6250.

# Creating Your Own *Artists*

## Third Places That Bring Us Together

BY BETSY STORM



The theme song from the beloved TV sitcom *Cheers* celebrates camaraderie, togetherness, and a sense of belonging. Cheers, the Boston bar that was a second home to a quirky cast of characters, is the ultimate example of what sociologists define as a “third place.” An excerpt from the tune says it all:

“  
Sometimes you wanna go  
Where everybody knows your name  
And they’re always glad you came  
You wanna be where you can see  
Our troubles are all the same . . .”

Sociologist Ray Oldenburg coined the term “third place” in 1989 to describe the public places on neutral ground where individuals gather to interact and enjoy casual companionship and conversation. It derives from considering home to be the first place in one’s life and workplaces the second.

While humans are decidedly social creatures who are hardwired for connection with each other, America’s loneliness epidemic is well-documented. According to a recent poll by the American Psychiatric Association, one in three Americans feels lonely every week.

One solution: leave home, connect with others, and maybe even seek out a third place if you don’t already have one. It could be anywhere from a dog park to a senior center, a place of worship, a gym, or a coffee shop. These spots are neutral ground—“leveling places” that are welcoming, accessible, and accommodating, and where the focus is on conversation.

Brothers K Coffeehouse in Evanston is a longtime gathering space for a lively group of older adults. This pod includes—among others—Eric, Steve, Rick, Janet,

Sheila, and Linda. Steve said they’ve been gathering around a couple of tables at the coffee shop for more than five years. Their connection is so tight that when COVID-19 hit, they resorted to meeting on Zoom.

“We try to solve the problems of the world,” said one man with a chuckle.

They’re protective of their coffee shop buddies, too, Steve added. “We keep an eye out for each other.” They maintain a text chain, in part so that if one of them doesn’t show up for a while, one of the others can check in.

Most days, anywhere from five to 10 of the Brothers K crew show up for conversation, and

always, plenty of laughs. They meet from 3 to 5 p.m., like clockwork.

Places of worship are another popular home away from home. “The idea of community is fundamental to our identity and always has been,” said Rocky Supinger, senior associate pastor at the Fourth Presbyterian Church of Chicago. “We find different points of entry that welcome all kinds of people. One of the important roles of places of worship today is to offer a third space that is meaningful.” Fourth Presbyterian offers many specific groups and events for older people, for youth, and for people who share specific interests.

NSSC has its own take on third places. It offers a space to share common interests, visit with old friends, and make new ones. Its comfortable, attractive atmosphere provides a welcoming spot.

All are invited in—quilters, bridge players, fitness fans, extroverts, introverts, and those who just want to hang out in the Library or spacious Atrium.

Executive Director Tish Rudnicki, MSW, said participants enjoy the friendships that can develop when members meet someone new and realize, in many cases, that “they’re a lot like me.” Spending time with like-minded folks helps combat America’s loneliness epidemic. Tish noted that for older adults, loneliness is more acute than it is for younger people because aging is often accompanied by issues like limited mobility and reduced financial resources.

For many, NSSC provides a place to go that is fun and offers companionship. “There’s a unique and wonderful sense of community here,” Tish said. “Whether it’s through our clubs, classes, or simply relaxing in the common areas, NSSC is a place where people of all ages feel welcome and connected.”

It’s no surprise that Tish is thrilled when members tell her—as they often do—that NSSC is their “happy place.” “Everyone needs a place where they feel seen, valued, and connected. At NSSC, we’re proud to be that space—a third place where friendships flourish, laughter echoes, and no one has to feel alone.” ■



Friends gather for pizza once a month at NSSC

# Finding Love AT ANY AGE:

*Tips for Online Dating Success* **BY ALAN BLITZ**

**A**fter several years on dating websites, Betsy Storm never thinks about giving up. “It’s a balancing act,” the Evanston resident and professional communications consultant explained. “People don’t open up right away, and you can’t get to know someone in one hour. People come and go, and you never know if there might be someone of interest.”

Pew Research Center reported (July 17, 2023) older adults identify various reasons why they have online dated in the past year: Half of them want to meet a long-term partner and a third want to date casually.





Betsy Storm

### DATING PROFILE ADVICE: DON'T BE INTIMIDATED

"It's easy to be overwhelmed by the process, but don't be. Having been on and off sites for more than three years, the experience is a lot like looking for a job; you must be up for it," Betsy advised.

Most dating sites require a personal profile. "I can't emphasize enough the importance of a good profile. Keep the tone light but share useful information about yourself. Try to make your profile distinctive and share your interests. No bragging or touting of accomplishments. That can be a turn off."

**“**My goal is to make the other person smile, and it's nice if they can make me smile, too. After exchanging a few text messages or phone calls, I like to meet in person for coffee to learn more about them and see if the other person responds with interest.”

—BETSY STORM

### WATCH FOR RED FLAGS: COMMUNICATION NEEDS TO EVOLVE

While Betsy has met several men on apps and dated some for many months, she shares words of caution.

"Be cautious if someone sounds too bossy or in a hurry, or if they seem urgent in looking for a relationship. Likewise, if they are pushing too quickly, lacking any personal details, or not respecting boundaries. Communication needs to evolve respectfully. It immediately increases the pressure level if someone appears desperate."

### "IT'S NEVER TOO LATE TO FIND LOVE"

In February 2006, Kathy and Rich Koomjian met on a now defunct dating site called "Yahoo! Personals."

Both were previously married 25 years, divorced for five, and looking for a long-term relationship. Rich was living in Riverwoods and Kathy in Milwaukee.

How did they connect? Kathy reached out to Rich via the app and said, "I like your profile; we seem to have a lot in common."

Rich replied, "Sounds great." What followed were a few emails and then a telephone conversation.

"Our first date was within a few weeks, and we took a walk through the Botanic Garden," Kathy recalled. "We both knew

*(continued on page 6)*



Kathy &amp; Rich Koomjian

## Ready to Give Online Dating a Try?

There's never been a better time for people over 50 to try online dating. Just take a peek at the variety of dating websites that have emerged in the past few years, and you'll see there are more ways to connect with a potential companion than through friends or family members.

According to Forbes Health, "Older people tend to have very different needs—and interests—than younger singles. For example, some might be looking for a potential mate while others may simply be interested in connecting with a companion with whom they can attend events, go to dinner, or spend evenings at the movies."

### Forbes Health Best Dating Sites for 50 Plus\*

- eharmony.com
- Datemyage.com
- Match.com
- Dating.com
- OurTime.com
- Zoosk.com
- EliteSingles.com
- SilverSingles.com
- Tawkify.com
- ChristianMingle.com

### Communications and Connecting

A few additional thoughts from Forbes Health: Once you've set up your profile and uploaded a photo, you can begin connecting with potential matches. The options for how to do so are broad, but they often include messaging on the app or website itself, as well as an option for audio and video calls. ■

\*Not evaluated or endorsed by NSSC.

# Finding Love at Any Age *(continued)*

within three or four months that we were in love and wanted to be together. We believe it's never too late in life to find love." The two married in June 2007.

## REJECTION IS PART OF THE EXPERIENCE

Kathy explained, "You know you aren't going to be the first or last to be rejected but it is still awkward. I dated someone for many months, and it was difficult to end the relationship."

Rich agreed. "It is important to find a gentle way to express that you're not going to meet again."

"Despite rejection, I really wanted to be in another relationship so I would go on the apps for a few months and not have success—it was emotionally

draining. I took a break for a few months, tried a different app, and decided to stay with it because I hoped to be married again with a man I love," Kathy explained.

Rich added, "I decided I wanted to live with someone, but I paced myself. At an older age you should know yourself well enough to recognize that you have an affinity with somebody you've only just met."

## WORDS OF ENCOURAGEMENT: SETTING GOALS, STAYING POSITIVE

"Some might want to get married or live together, some want to have a companion but not move in together, some just want to be 'social friends' but nothing romantic," Kathy explained.



She recalled, "A friend of mine was in love with a wonderful man who loved her back. She did want to marry him, but she was apprehensive about intimate physical relationships.

"I encouraged her to take it slowly and if they both loved each other it would work out. They did end up getting married, and she thanks me often for the encouragement she needed to move ahead." ■



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# Forever Grateful Wall

## A Circle of Gratitude, Legacy & Impact

In the wake of the extensive water damage to our building earlier this year, the community has an opportunity to help us rebuild—not just the building, but the connections and support that make this place so special to so many.

The Forever Grateful Wall is more than just art; it's a tribute to the people who have shaped our lives. By purchasing a circle, you'll not only thank, honor, or remember someone special but also directly support the programs and services that empower our community every day.

To learn more, contact Jon Labaschin at [jlabaschin@nssc.org](mailto:jlabaschin@nssc.org) or 847.784.6020.



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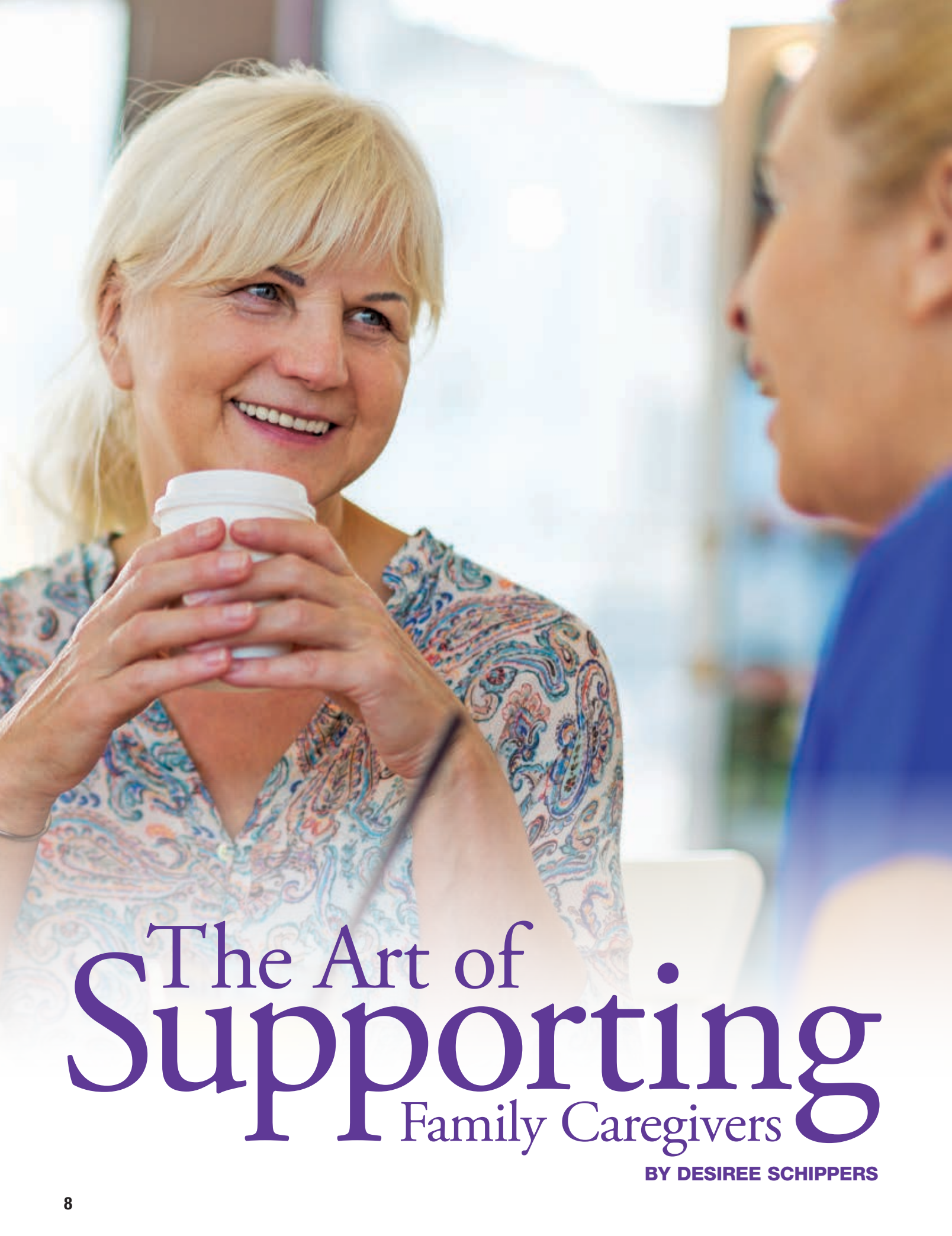


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# The Art of Supporting Family Caregivers

BY DESIREE SCHIPPERS

**N**eed for care comes in many forms. It may arise acutely after surgery, an illness, or a fall, demanding immediate attention. It can be the raw, sleepless kind that follows the arrival of a newborn. Then there's the ongoing, evolving type of caregiving—marked by patience and resilience—that accompanies long-term conditions, disabilities, and chronic illnesses.

Caring for another can feel relentless, thankless, and isolating, no matter how much you love the person. Like most domestic labor, the physical and mental tasks of caregiving are unpaid, adding additional strain to an already challenging period in life.

"It takes a village," the worn proverb that usually describes child rearing, can be applied to all aspects of caregiving—from birth to death. During the seasons of life when our loved ones are called to provide care for someone else, offering a strong community of friendship can make a profound difference in a caregiver's life.

### **MOVE BEYOND "AWKWARD" IN THE EARLY DAYS**

Outside of birth, becoming someone's caregiver is rarely planned. Events like strokes, heart attacks, and memory loss conditions can radically and rapidly change lives. This often leaves both sides of a friendship feeling vulnerable and awkward.

We often don't know what to say when "get well soon" isn't an option. Rather than risk awkwardness, people oftentimes distance themselves from the caregiver and their loved one, resulting in isolation.

It's important to acknowledge and push through initial awkwardness. It's okay to recognize your friend is different and that you may not know what to say to make them feel better. Your presence is infinitely more meaningful than anything you could say. Remind your friend that you are here for them through change, no matter what it is or how it looks.

### **FIND SPECIFIC WAYS TO HELP**

Even when you are completely earnest, saying, "let me know if you need anything" isn't entirely helpful. It's vague and pressures a

person who is already overwhelmed to make decisions about how and when to take you up on your offer. It's also difficult because most people are hesitant to ask for what they need and are afraid to feel like a burden to their loved ones.

Instead, address a specific need. If you want to supply food or groceries, try suggesting: "I'm making a Costco run this weekend, why don't you send me a list of what you need?" or "I'm picking up takeout from our favorite restaurant tonight, can I get something for you?"

### **REMOVE PRESSURE**

Another barrier to caregivers accepting support is social exhaustion. When they're vulnerable, they might not want to participate in the song and dance of small talk or getting their home and appearance together for a visitor. The last thing you want is for the caregiver to feel like they have to "host" when you come over, so find ways to take the pressure off.

- Offer porch drop-offs of groceries or medicine
- Send virtual support like gift cards for DoorDash and UberEats
- Mow the lawn or rake their leaves without going inside
- Help with household duties like laundry and dishes
- Send them messages that don't require a reply—text a joke to brighten their day or simply remind them you are thinking of them
- Make social visits low stakes—join them in pajamas on the couch, go for short walks, stop in for a brief chat, or drop off flowers or a little treat

### **AS TIME GOES ON ...**

Remember to honor the personhood of both the caregiver and the care recipient. Talk to or ask about the person receiving care, even if they can't respond. Never talk about them in the past tense or like they aren't in the room. People who receive care are often isolated from their friends and normal routines as well, so offering to spend time with the care recipient

not only mitigates loneliness but also allows the caregiver time on their own.

For caregivers, it is easy to feel their whole identity is as "so and so's caregiver." Give your friend opportunities to express and explore other parts of their identity, through conversation, social invitation, or by participating in hobbies together. Even if they decline your invitations 90% of the time, it is important to continue to offer support and to make them feel included.



### **MAKE PLANS FLEXIBLE AND INCLUSIVE**

Caregiving isn't easy, even for those who excel at it. Caregivers manage a heavy mental load, making decisions for themselves and others. When planning social events, consider their needs—schedule outings around their availability, when they have extra help on hand, and keep in mind that outings might need to be short.

### **ACCEPT THINGS FOR HOW THEY ARE**

The best thing you can do is to be in it for the long haul. Sometimes things don't get better and or easier, and that's okay. Be a soft place to land and lend a listening ear when your friend needs it.

Looking for support and resources? Contact our Caregiver Support Team at [caregiversupport@nssc.org](mailto:caregiversupport@nssc.org) or 847.784.6041. ■

## Communication Across Generations:

# How Technology Shapes Us

BY DESIREE SCHIPPERS



When I was in high school, my dad and I got into a heated debate after I proofread one of his work reports. “What are all these random spaces?” I asked, marking them in red pen.

“What do you mean random spaces? There should be two spaces after the period,” he replied, likely regretting he chose me as his editor.

“No,” I argued, full of teenage confidence and secure in my expertise after a stint on the school yearbook. “When would you ever need two spaces? That doesn’t make any sense!”

After much back and forth, we learned that we were both correct. People who learned to type on typewriters were taught to use two spaces after a period, while those who learned on computers follow the single space rule. The technology we grew up using shaped our writing styles completely—even down to spacing.

Whether you are 18 or 81, you’ve seen technology transform over your lifetime, and with it, the ways we connect. From handwritten letters to texts, our methods of communication influence not only our habits but also our perceptions of what’s considered polite or correct. Understanding these differences can help bridge communication gaps between generations.

### TEXTING: AN EVER-CHANGING LANGUAGE

When I got my first cell phone—a pink bedazzled Motorola Razr—texts were charged by the message, not unlimited like it is today. Texting was also a significantly harder feat, since we had to use the numeric keypad to type the letters we wanted, which meant hitting 7 three times just to get to the letter R. Because of this, people 30 and older tend to be less liberal with the number of texts we send, often packing multiple topics into a single message to avoid extra charges.

Younger generations, accustomed to smartphones and unlimited messaging, often separate each thought into its own

message bubble. For older people, this barrage of text notifications might come off as annoying, rude, or even be mistaken for an emergency.

Similarly, younger people can become confused or frustrated by the way older people separate thoughts in text messages by using ellipses (...). Younger people, who rarely handwrite postcards or letters, see ellipses much differently. Linguist Adam Aleksic explains:

“Boomers grew up following different rules for informal communication. When separating each thought into a new line became the new grammatical standard online, ellipses became redundant. Ellipses add more information than necessary, so they appear to imply more than the intended meaning. Most of the time that comes across to younger people as confusion, hesitancy, or passive aggression, because that’s the way younger people use ellipses.”

The same confusion about implication is often felt around using periods at the end of sentences when texting or instant messaging. Older people follow punctuation rules very closely and consider

“  
Similar to the ellipsis, a period in text messages is also now considered redundant and seen as an extra linguistic cue.”

—ADAM ALEKSIC, LINGUIST

it improper to leave a sentence hanging without a period or question mark. Meanwhile, younger people oftentimes omit punctuation at the end of text messages entirely.

“People are going to assume you had a reason for going out of your way to include formal punctuation.

The reason is usually interpreted as aggressiveness because it makes people wonder why someone would put in the unnecessary effort of formal punctuation in an otherwise casual context. It’s like the texting equivalent of your mother calling you by your full name. The additional effort and information freaks you out and makes you feel like there is a problem,” he explained.

## BRIDGING THE GAP

Digital communication trends and etiquette are ever-evolving, shaped and informed by technology, language, culture, and personal experiences. Next time someone messages you something confusing or a little off, approach the situation with curiosity. Dig a little deeper and ask what might influence another person’s communication style or ask them directly what they mean. Maybe my dad isn’t totally crazy for putting two spaces after his sentences and maybe your niece’s 15 rapid-fire texts aren’t meant to annoy you. Bridging the gap starts with curiosity and a willingness to learn from each other. ■





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**NORTH SHORE SENIOR CENTER**

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## JOIN US FOR AN

absolutely brilliant evening of fundraising. Support NSSC and celebrate the best of Britain—the cuisine, the spirits, and the music!

Your help has never been more critical as we rebuild and recover from extensive water damage experienced early in the year. NSSC is more than just a building—it's a Third Place for many—a community where people connect, learn, and belong. With your support we can continue to provide vital programs and services to older adults and their families.

Raise a glass and lift a heart on June 7. Cheers!

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**YOUR HUB FOR SUPPORT & RESOURCES:**

# Support Groups

Support groups provide a valuable network where shared experiences allow members to foster connection, feel understood, and share resources. All support groups at NSSC are free and open to the public.

## Hearing Loss Support

### Sound Off: Hearing Loss Support Group

Learn more about assertiveness, self-advocacy, and new assistive technologies that can help people with hearing loss live life to the fullest. Share solutions and successes, as well as frustrations. Meets in NSSC's Weber Room on the fourth Monday of each month from 10:30 a.m. to 12 p.m. and virtually on the first, third, and fifth Monday from 11 a.m. to 12 p.m.  
**senioroptions@nssc.org**  
**847.242.6297**

### Chicago North Shore Chapter of the Hearing Loss Association of America (HLAA)

This group of hearing advocates teaches each other and anyone who's interested in learning more about strategies for effective communication and assistive technologies for people with or without hearing aids. Meets in a hybrid format the second Monday of each month in NSSC's Weber Room from 10 a.m. to 12 p.m.  
**gerardl02@comcast.net**  
**630.408.0746**



## Support for Individuals & Families

### Caregiver Support Group for Spouses & Partners

Tailored to spouses and partners navigating the journey of caregiving, this group provides an opportunity to share experiences, exchange valuable insights, and receive emotional support for people providing care for their partners. Meets virtually the fourth Wednesday of the month from 3 to 4:30 p.m.

**caregiversupport@nssc.org**  
**847.784.6041**

### Family Caregiver Support Group

This community is an inclusive space for any family members or friends providing care to loved ones to connect and share experiences. Meets virtually the second Wednesday of the month from 3 to 4:30 p.m.

**caregiversupport@nssc.org**  
**847.784.6041**

### Grandparents Raising Grandchildren Support Group

This group supports grandparents in navigating the unique journey of raising grandchildren. Care and entertainment for children is provided during meetings. Meets in person the second Tuesday of the month from 6 to 7:30 p.m.

**caregiversupport@nssc.org**  
**847.424.5671**

### Parkinson's Disease Support Group

This group provides information and encouragement in dealing with common concerns and issues for people living with PD. Both individuals with PD and family caregivers are welcome to attend. Meets in person the second and fourth Wednesdays of the month from 2 to 3 p.m.

**dbehnke@nssc.org**  
**847.784.6041**

### Dementia Family Support Group

Dementia comes with unique challenges, and this group provides a supportive community for individuals with family members navigating life with dementia. Meets virtually the third Thursday of the month from 2:30 to 4 p.m.

**how@nssc.org**  
**847.242.6250**

### Memory Café

Memory Café offers a welcoming 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, entertainment, and more. People experiencing memory loss must attend with their care partner. Meets in person the second Monday of each month from 12 to 1:30 p.m.

**caregiversupport@nssc.org**  
**847.784.6041**

*Funding in whole/part for these programs is provided by AgeOptions.*

# When Life is Hard, We are Here

While there are many wonderful experiences that come later in life, growing older can also bring about challenges related to health, finances, the stress of caregiving, the loss of a loved one, or feelings of depression or anxiety. NSSC's experienced therapists provide a safe and judgement-free environment, while offering tools to navigate the challenges that come with aging.

- **Counseling & Therapy** is goal-oriented and offers supportive strategies to help people with anxiety and stress, depression, loneliness, relationships, grief, and improving well-being. Licensed clinical therapists accept most insurance, including Medicare Part B.
- **Options Counseling** is available to help people through big life events with guidance, personalized care plans, and connections to community resources. Options Counseling is offered at no cost.
- **Counseling for Caregivers** offers benefits that address both emotional well-being and the unique challenges that family caregiving creates, including feelings of depression, guilt, and isolation. This resource is offered at no cost and enables caregivers to provide better care for their loved ones while safeguarding their own well-being.

**For more information, email [counseling@nssc.org](mailto:counseling@nssc.org) or call 847.424.5672.**





May-August 2025

# Lifelong Learning Catalog

## Enjoy

### NSSC Tuesday Club Program

#### Northwestern University Student Music Performance

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

**Tue 5/6 10:30 - 11:30 a.m.**  
No Fee 12604



#### Recycling and Why It's Important (Hybrid)

Theresa Greinig, the Education Coordinator for the Solid Waste Agency of Northern Cook County (SWANCC), reviews the importance of reduce, reuse, and repurpose.

**Tue 5/13 10:30 - 11:30 a.m.**  
No Fee 12605

#### Around the Town Chicago (Hybrid)

Al Bresloff returns with a discussion of local theater and dining as well as other special events of interest to the community.

**Tue 5/20 10:30 - 11:30 a.m.**  
No Fee 12606



#### The Great Lakes Navy Band

Known as "America's Band," the Great Lakes Navy Band will perform patriotic military and John Philip Sousa marching musical arrangements in honor of Memorial Day. Performance is onsite only.

**Tue 5/27 10:30 - 11:30 a.m.**  
No Fee 12607

#### Glenview Naval Air Station (Hybrid)

Ed Marshall, Curator and Navy veteran will discuss the history of the Glenview Naval Air Station which operated from 1937 to 1995. He will also discuss the museum and its collection.

**Tue 6/3 10:30 - 11:30 a.m.**  
No Fee 12608

#### Edith: The Rogue Rockefeller McCormick (Hybrid)

Author Andrea Ross discusses Edith, daughter of John D. Rockefeller and the wife of harvester heir Harold McCormick. Despite her tremendous wealth, Edith's life was marked by great ups and downs, including tragedy, scandal, and financial disaster.

**Tue 6/10 10:30 - 11:30 a.m.**  
No Fee 12612

#### Chicago Restaurant Memories: The Downtown Classics (Hybrid)

Explore Henrici's, Blackhawk, Fritzel's, The Pump Room, and other legendary downtown restaurants. Local historian Eric Bronsky is the co-author of *Chicago's Classic Restaurants: Past, Present and Future*.

**Tue 6/17 10:30 - 11:30 a.m.**  
No Fee 12613

**Realizing the America Dream (Hybrid)**

Glenview resident and retired Army Major General James H. Mukoyama Jr. shares his American Dream life journey from the son of a Japanese immigrant to surviving two combat tours to having a successful business career.

Tue 6/24 10:30 - 11:30 a.m.  
No Fee 12616

**A History of The Saints of Chicago (Hybrid)**

David Rothschild discusses The Saints, who were organized in 1980 with the mission of “supporting arts organizations in Chicago and nearby communities through volunteer and charitable services.”

Tue 7/1 10:30 - 11:30 a.m.  
No Fee 12609

**The Hummers and Strummers**

The Hummers and Strummers are a ukulele band out of the Patty Turner Center in Deerfield and are here to sing and strum songs to bring a smile and hear you laugh because that’s their thing! This performance is onsite only.

Tue 7/8 10:30 - 11:30 a.m.  
No Fee 12617

**Post Session Legislative Update:  
Illinois General Assembly (Hybrid)**

Senator Laura Fine and Representative Robyn Gabel will provide updates about the 2025 state budget and other legislation passed during the 2025 spring session.

Tue 7/15 10:30 - 11:30 a.m.  
No Fee 12618

**The Cancer Wellness Center (Hybrid)**

Savina Chacheva, Program Director at the Cancer Wellness Center, discusses the Center’s 36-year history of providing free psychosocial support to those impacted by cancer in our community.

Tue 7/22 10:30 - 11:30 a.m.  
No Fee 12619

**Fossil Fuel Interests and Climate Deniers (Hybrid)**

2024 saw a surge in disinformation about new EV purchases on social media and the mainstream news. Bruce Mainzer of The Climate Reality Project discusses how to equip yourself with the latest information to combat climate denial.

Tue 7/29 10:30 - 11:30 a.m.  
No Fee 12620

**Writing An Ethical Will (Hybrid)**

Michael S. Lewis, M.D., describes the ethical will, which is based on the belief that wisdom acquired in a lifetime is as much a part of a family’s legacy as material possessions.

Tue 8/5 10:30 - 11:30 a.m.  
No Fee 12621



**Tuesday Club Annual Picnic**

Enjoy this annual event for members of NSSC Tuesday Club and their guests with a bean bag toss and other lawn games, good food, a drawing for prizes, and more! Registration in advance in Lifelong Learning is required. There is no 10:30 a.m. Tuesday Club Presentation on this day. Meet at Kenilworth Assembly Hall.

Tue 8/12 9 a.m. - 1 p.m.  
\$10 Member; \$15 Non-member 12622

**Home Automation and Smart Home Revisited (Hybrid)**

More older adults are looking at retiring-in-place. Patrick Graze returns with updates about how advances in technology allow older adults to live in a safer, more comfortable environment at home.

Tue 8/19 10:30 - 11:30 a.m.  
No Fee 12623

**Cutting the Cable (Hybrid)**

Librarian Brian James Wilson discusses how to opt out of paying for cable TV and how to set up streaming using alternative sources.

Tue 8/26 10:30 - 11:30 a.m.  
No Fee 12624

Enjoy

# Summer Evenings

## AT THE CENTER

Enjoy a lovely summer evening with a delicious meal, beverages, conversation, and a great program!



### Thursday, May 8

#### Evenings at the Center Dinner

Kick off a summer evening at the Center with a lite meal and conversation with others. A boxed meal from Corner Bakery and beverages will be available from 5 - 6:30 p.m. before the evening programs begin. Advanced registration required so we can order the meals.

<b>Thu</b>	<b>5/8</b>	<b>5 – 6:30 p.m.</b>
\$19 Member; \$25 Non-member		12637

#### Musical Evening with Kristin Lelm and Paul Langford

Kristin Lelm and duo partner Paul Langford bring the music of the Gershwin brothers to life, along with other Great American Songbook standards like “Blue Skies,” “Misty,” and “I’ve Got a Crush on You.” Enjoy “Popular” from *Wicked*, musical classics like *Brigadoon*’s “Almost Like Falling in Love,” “If I Were a Bell” from *Guys and Dolls*, and “Summertime” from *Porgy and Bess*. Enjoy a perfect concert for a spring evening.

<b>Thu</b>	<b>5/8</b>	<b>6:30 - 7:30 p.m.</b>
\$25 Member; \$30 Non-member		12567

#### Sip and Chip Mosaic

*Debra Campbell, Mosaic Artist and Founder of Center for Enhanced Health*

As you sip on beverages available during our evening programs, discover the enchanting art of mosaics, where small pieces come together to create a stunning whole. This quick and engaging workshop introduces you to the basics of mosaic-making, guiding you through the steps to complete your very own project to take home! There will be a template to follow, or you can take it in your own direction to make the piece uniquely your own. No experience needed. All tools, tiles, and materials are provided for use in class.

<b>Thu</b>	<b>5/8</b>	<b>6 - 7:30 p.m.</b>
\$89 Member; \$109 Non-member		12549

#### Laughter Yoga: Laugh for the Health of It

*Debbie Friend, Certified Laughter Yoga Leader*

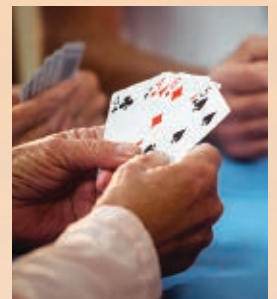
Can you laugh your way to lesser stress and greater health? Find out during this fun, interactive class. Laughter Yoga combines simulated laughter exercises with gentle breathing techniques to produce a wide range of physical, cognitive, and emotional benefits. The class ends with relaxation exercises, leaving attendees feeling refreshed, uplifted, and more connected to each other. Best of all, you don’t have to be happy, be in a good mood, or have a sense of humor!

<b>Thu</b>	<b>5/8</b>	<b>6:30 - 7:30 p.m.</b>
\$29 Member; \$35 Non-member		12591

#### Game Time

Come for an evening of fun and play cards, Mah Jongg, or any other games that you wish to play with your friends. Center membership required to participate.

<b>Thu</b>	<b>5/8</b>	<b>5 - 7:30 p.m.</b>
No Fee		12562



## Thursday, July 10

### Evenings at the Center Dinner

Kick off a summer evening at the Center with a lite meal and conversation with others. A boxed meal from Corner Bakery and beverages will be available from 5 - 6:30 p.m. before the evening programs begin. Advanced registration required so we can order the meals.

<b>Thu</b>	<b>7/10</b>	<b>5 – 6:30 p.m.</b>
\$19 Member; \$25 Non-member		12638

### Yoga Nidra

*Lisa Faremouth Weber, M.A., Yoga Therapist*

Yoga Nidra is the Sanskrit term for yogic sleep. It is typically practiced in a reclining position, allowing the physical body to relax and the mind to clear. You are guided into deep relaxation in a warm, quiet space, usually covered by a blanket and an eye mask. This process of clearing your mind enables your nervous system to down-regulate, activating the parasympathetic nervous system. This transition facilitates the release of stress and anxiety. The practice of Yoga Nidra is designed to lead you into a state between sleep and wakefulness, where you observe your thoughts, body, and breath in the present moment.

<b>Thu</b>	<b>7/10</b>	<b>6:30 - 7:30 p.m.</b>
\$29 Member; \$35 Non-member		12592

### Paint and Sip with the Masters

*Samantha Younis, Blue Rose Studio*

Enjoy a fun, informal art experience in a relaxed environment. No painting skills required as Samantha will guide you in copying from one of the great artists where the challenging work of perspective and color has been done for you. Sip on beverages, socialize with friends, and take home a painting ready to hang. You may develop a new interest! All supplies provided.

<b>Thu</b>	<b>7/10</b>	<b>6 - 7:30 p.m.</b>
\$25 Member; \$30 Non-member		12451



### The Glorious Arts: Chicago as a Fine Arts Mecca

*Clarence Goodman, Historian, Musician*

While Chicago is justifiably regarded as one of the cradles of Western Architecture, it has also been quietly nurturing a reputation as a destination city and general hub when it comes to all facets of Fine Arts. From landmark architectural sites to pioneering patrons to transcendent art masterpieces, our town stands tall and proud. Art historian Clarence Goodman explains how the city has become the home to so many treasures.

<b>Thu</b>	<b>7/10</b>	<b>6:30 - 8 p.m.</b>
\$15 Member; \$20 Non-member		12412

### Jump Start Your Job Search with AARP

*Ellen Acevedo, Associate State Director for Volunteer Engagement and Mobilization*

Are you considering rejoining the work force or looking to change your job? This workshop will help you enhance your job search efforts, build confidence, and make a smooth transition. Discover how to develop your personal brand, and how to take inventory of your skills. Hear how to grow your network and navigate the modern job search with confidence. Learn how to update and age-proof your resume, and about AARP tools and resources like the AARP Resume Advisors and AARP Job Board where you can search job opportunities with employers who value experienced workers.

<b>Thu</b>	<b>7/10</b>	<b>6:30 - 7:30 p.m.</b>
No Fee		12560

Enjoy

# Daytrips



## **The Da Vinci Code at the Drury Lane Theatre**

Thrill to the Chicago regional premiere of *The Da Vinci Code* based on the novel by Dan Brown. Witness the action-packed novel live on stage as Professor Robert Langdon and cryptologist Sophie Neveu race against the clock to unlock the secrets of Da Vinci and solve the case. A delicious lunch will be before the performance in the Drury Lane dining room. Includes lunch, tickets, and transportation.

**Thu 5/15 11 a.m. - 4:30 p.m.**  
\$149 Member; \$179 Non-member 12596

## **Flowers and Fashion at Two Beloved Chicago Museums**

Visit the iconic Richard H. Driehaus Museum and enjoy a docent-led tour of the house and special exhibition, *A New Perspective on Nature*, showcasing the vibrant career of the renowned Scottish artist, Rory McEwen (1932 -1982). Focusing on his remarkable paintings of plants, the exhibition reveals McEwen's lifelong inquiry into light and color in portraying the natural object. Lunch at Orso's Restaurant. Next stop, the Chicago History Museum where you will enjoy a docent-led tour of the exhibition. Featuring 70 rarely seen objects, from glamorous gowns and sharp suits to housedresses and sneakers, the exhibition explores how clothing captures the material, social, and changing cultural values throughout history. Includes lunch, tickets, and transportation.

**Thu 5/29 8:30 a.m. - 4:30 p.m.**  
\$149 Member; \$179 Non-member 12597

## **Visit Vito's Vault: Gangster's Paradise**



Take a journey back to 1929 and step into the decadent world of gangsters and flappers. Give the password at the speakeasy door to join Vito and the gang for an afternoon filled with fantastic food and fun. Enjoy a delicious catered lunch and then be treated to a lively stage show featuring glorious tunes from the twenties and hilarious comedy sketches. The talented mugs and flappers, handpicked by Vito himself, showcase some of the finest entertainment in the city of Chicago. Get ready for some unforgettable speakeasy glamour and good times! 1920s costume optional. Includes tickets, lunch, and transportation.

**Wed 6/11 11:30 a.m. - 3:30 p.m.**  
\$139 Member; \$165 Non-member 12594

## **Tour Chicago's Magnificent Public Sculpture with Tim Wittman**



Tim Wittman leads a tour of familiar and unfamiliar examples of public sculpture in Chicago, with a look at the landscapes that frame them. Visit prominent public spaces to see works by artists as diverse as Daniel Chester French, Augustus Saint-Gaudens, Lorado Taft, Albin Polasek, Alexander Calder, Magdalena Abakanowicz, Louise Bourgeois, Yoko Ono, and Richard Hunt, covering over 140 years of sculptural art. You will also see some fantastic landscape designs and get an introduction to the Ferguson Fund for public sculpture, a donation that continues to provide Chicago with exceptional public art. Lunch will be at Osteria Via Stato. Includes lunch, tour, and transportation.

**Wed 6/25 9 a.m. - 4 p.m.**  
\$139 Member; \$165 Non-member 12595



### The Color Purple at the Goodman Theatre



*The Color Purple* is reborn at the Goodman Theatre. Savor a spectacular celebration of life, hope, and the healing power of love in the musical stage adaptation of Alice Walker's Pulitzer Prize and National Book Award-winning novel. This is the heart-rending, yet ultimately joyous story of a young woman's perilous journey of personal awakening in the American South. Come ready to shout in church, stomp at the juke-joint, laugh and cry with unforgettable "come-to-glory gospel hymns, down-and-dirty bump-and-grinds, jazz that stutters, dips and dives, and gorgeous alto arias!" Lunch at the Wit Hotel. Includes lunch, tickets, and transportation.

**Thu 7/17 10:45 a.m. - 5:30 p.m.**  
\$179 Member; \$215 Non-member 12598

### Hokusai and Ukiyo-e: The Floating World: Art Works from the Chiossone Collection at the Cleve Carney Museum of Art



*Hokusai and Ukiyo-e: The Floating World*, immerses you in the Edo Period culture of Japan. Enjoy a docent presentation about the exhibition followed by a self-guided tour. View a collection of 50 original works of art and 13 artifacts, including a multi-media historical display, a peaceful Japanese garden, an anime exhibit, and period garments. After lunch at Raymes Steak and Fish House, enjoy a docent-guided bus ride through Morton Arboretum to view their latest exhibit *Vivid Creatures*, featuring larger-than-life artworks depicting animals that either migrate through or are part of the Illinois region. Each piece tells a story about the interconnected relationships between creatures and the ecosystems they live in. Includes lunch, tickets, and transportation.

**Wed 7/30 9:15 a.m. - 4:15 p.m.**  
\$139 Member; \$165 Non-member 12599

### Chicago: A Historical Melting Pot



Chicago is such a wonderfully diverse city! Experienced tour guide Cathy Holleb takes you on an exciting exploration of the lives of the people who helped build our great city. Tour the Glessner House on Prairie Avenue, preserved and furnished as it was in the 1880s. The Glessners were part of Chicago's elite who furthered industry and culture in the city. Lunch will be at Pompei, a family-owned restaurant in Little Italy. Then visit the highly anticipated National Public Housing Museum where the histories of the residents of public housing are preserved. See residents' memorabilia and visit the Historic Apartment wing. The museum is housed in the last of the 1930's Jane Addams homes in Little Italy. Includes guide, entrance fees, lunch, and transportation.

**Wed 8/13 9 a.m. - 4 p.m.**  
\$149 Member; \$179 Non-member 12601

### Side By Side By Sondheim at the Oil Lamp Theater



Celebrate the life and works of the late, great Stephen Sondheim with *Side by Side by Sondheim*. Featuring songs from *Gypsy*, *Company*, *West Side Story*, *A Little Night Music*, *Follies* and more! This musical revue offers a captivating journey through the wit and brilliance of one of Broadway's greatest musical storytellers. A generous ComEd Powering the Arts grant to the Oil Lamp Theater enables them to offer this performance to you for no fee. Meet at Oil Lamp Theater in Glenview. There are no steps to get into the theater, but the seating area has steps.

**Wed 8/20 11 a.m. - 1 p.m.**  
No Fee 12520



### Explore Historic Milwaukee by Boat



Sail through river, harbor, and lake with the Milwaukee Boat Line during this 90-minute tour. Take in unforgettable views and a unique perspective of Milwaukee's history and architecture with live narration provided by experienced, entertaining tour guides, and the captain. Lunch will be before the cruise at Mader's Restaurant. Enjoy authentic German cuisine with delectable dishes and handcrafted drinks served in a historic setting in the heart of downtown Milwaukee. You will experience firsthand why Mader's is a "Not to be Missed Destination." Includes lunch, tickets, and transportation.

**Wed 8/27 10:30 a.m. - 5 p.m.**  
\$139 Member; \$165 Non-member 12602

#### 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



# Performances & Special Events

## Rosie and the Rivets

*A Luncheon and Performance Event!*

Back by popular demand! Enjoy a musical treat with Rosie and the Rivets, a 4-piece band that performs the best rock of the '60s, early '70s, with a little bit of soul thrown in for good measure. 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 5/23**

**12 - 2:30 p.m.**

\$39 Member; \$49 Non-member

12572



## Ann Stewart and the Banjo Buddies Dixieland Trio

*A Luncheon and Performance Event!*

Enjoy a southern-style luncheon and concert featuring Ann Stewart and the Banjo Buddies Dixieland Trio! One of the most unique and exciting musical attractions around, this eclectic group is led by the inimitable Ann Stewart on jazz banjo and vocals, with the dynamic Russ Phillips on trombone, and Verne Rind on bass and vocals. The Trio specializes in Dixieland jazz as well as popular standards spanning three decades from the '20s through the '50s. With their warmth, sharp wit, and delightful sense of humor, this trio will keep everyone's toes tapping and fingers snapping. Lunch will be served before the performance.

**Fri 6/27**

**12 - 2:30 p.m.**

\$39 Member; \$49 Non-member

12573



## An Afternoon with Morry Sochat

*A Luncheon and Performance Event!*

Morry Sochat is bringing a fresh sound to the Chicago Blues scene. A mix of Chicago Blues, Jazz, Swing, and Rock 'n' Roll. Influenced by the best in blues history, like Muddy Waters, Little Walter, Louis Jordan, Junior Wells, and all of the Chicago greats. This intimate duo has Morry singing, playing harmonica, and tap dancing while accompanied by his favorite guitarist. You will enjoy Morry as he shares his huge talent with harmonica and amazing tap dancing! A catered lunch will be served before the performance.

**Fri 7/25**

**12 - 2:30 p.m.**

\$39 Member; \$49 Non-member

12575

## Unforgettable! Music of the '50s

*A Luncheon and Performance Event!*

The '50s come alive in this cabaret highlighting the musical styles of the era! Rock out with hits like Elvis' "Hound Dog," Bill Haley and the Comets' "Rock Around the Clock," and Chuck Berry's "Johnny B. Goode." Croon along with the songs of Dean Martin, Frank Sinatra, Nat King Cole, and Doris Day. Hear the fascinating stories behind the music and artists of this unforgettable era. A delicious catered lunch will be served before the performance.

**Fri 8/22**

**12 - 2:30 p.m.**

\$39 Member; \$49 Non-member

12576

# Adventure

## Reed-Turner Woodland Walk and Tour

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

**Tue 5/6 2 - 3 p.m.**  
\$12 Member; \$17 Non-member 12444

## Horsin' Around: An Equine Adventure at Freedom Woods

*Paula Lundell, Occupational Therapist*

Enjoy an unforgettable equine adventure at Freedom Woods in Morton Grove. The morning begins with a presentation about horses and their behavior, followed by a tour of Freedom Woods, and an orientation. Then the fun begins with some hands-on horse grooming, leading, and riding in the horse-drawn cart through the forest preserve. Plenty of opportunities for relaxation, being in nature, and engaging with these beautiful creatures! Meet at Freedom Woods. No horse riding involved.

**Mon 6/16 9 - 11:30 a.m.**  
\$65 Member; \$79 Non-member 12578



Enjoy

## Hike Fort Sheridan Forest Preserves

Enjoy hiking the Lake Michigan Trail at Fort Sheridan with an experienced guide. The paved 1.3-mile trail runs from Sheridan Road through the forest preserve to the lake. Learn about the educational exhibits along the Fort's historic parade grounds and walk through other exhibits and viewing stations along the route. This is an "easy" hike and is ADA accessible. Meet in the parking lot off Gilgare Lane. Fort Sheridan Forest Preserve in Lake Forest.

**Tue 7/8 2 - 3 p.m.**  
\$15 Member; \$20 Non-member 12438

## Skokie Lagoon Canoe and Kayak Excursion

*Liam Durnan, Chicago River Paddle*

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

**Fri 8/8 1 - 2 p.m.**  
\$30 Member; \$35 Non-member 12454



# Just for Fun

## All the World's A Stage: Acting 101

*Oil Lamp Theater, Teaching Artist*

Have you always been curious about acting but have never had the chance to give it a go? Or perhaps you used to act and are looking to brush up! Professional teaching artists from the Oil Lamp Theater will explore with you the fundamentals of acting, such as character work and working a scene with others. Enjoy this opportunity to get up and try some acting among friends. No pressure. A generous ComEd Powering the Arts grant to the Oil Lamp Theater in Glenview makes this program possible.

**Thu 5/1 - 6/5 (6X) 1 - 2:30 p.m.**  
 \$15 Member; \$20 Non-member 12338

## The Shop AT THE CENTER

### Merchandise Donations Welcome!

Downsizing or clearing out clutter? Please consider donating items to The Shop at the Center! We accept items such as jewelry, designer homegoods, china, ceramics, figurines, collectibles, and puzzles.

Items may be dropped off in Lifelong Learning on weekdays and are accepted year-round. Donors are provided with a tax donation slip.

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



# Films on Friday

*Gather with others to enjoy some "movie snacks" and watch a film!*



## Young Woman and the Sea

The story of competitive swimmer Gertrude Ederle, who, in 1926, was the first woman to ever swim across the English Channel. Stars Daisy Ridley. (2024, PG, 2h 9m)

**Fri 5/2 1:30 - 4 p.m.**  
 \$5 Member; \$7 Non-member 12579

## Judy

Starring Renée Zellweger, legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts. (2019, PG-13, 1h 58m)

**Fri 6/6 1:30 - 4 p.m.**  
 \$5 Member; \$7 Non-member 12580

## A Complete Unknown

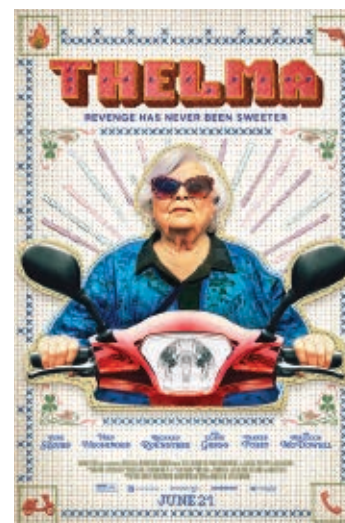
Starring Timothée Chalamet as an unknown 19-year-old Bob Dylan arriving in New York City with his guitar and forging relationships with music icons on his meteoric rise to fame. (2024, R, 2h 20m)

**Fri 7/11 1:30 - 4 p.m.**  
 \$5 Member; \$7 Non-member 12581

## Thelma

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. (2024, PG-13, 1h 38m)

**Fri 8/1 1:30 - 4 p.m.**  
 \$5 Member  
 \$7 Non-member 12582



# Learn

## Art & Architecture

### The Realism of Edward Hopper (Hybrid)

*Ruth Nelson, Art Historian*

Edward Hopper is widely acknowledged as the most important realist painter of 20th century America. Known to be especially temperamental, he painted empty cityscapes, landscapes, and isolated figures, proving that realism is a vehicle for one's own interpretation. Art historian Ruth Nelson will look closely at his most famous painting *Nighthawks* at the Art Institute, as part of her discussion of this distinguished artist.

**Fri 6/13 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12476

### Louis Comfort Tiffany and the Artists Behind the Glass (Hybrid)

*Lisa Kent, Art Historian, Researcher*

Tiffany glass is unique and much of that is due to Louis Comfort Tiffany. He was a genius in developing new types of glass and new designs often based on nature. Tiffany's vision and inspiration were at the heart of the wonderful stained glass, lamps and other objects, but there were artists and artisans who contributed so much that was never acknowledged. Recently discovered information reveals the work of some of those behind the name of Louis Comfort Tiffany. Artists including Clara Driscoll and Arthur J. Nash often designed the famous glass, much of it made by the "Tiffany Girls." Lisa Kent examines some of this gorgeous glass and shows how Louis Comfort Tiffany and others contributed to it under the name of Tiffany Studios.

**Mon 6/30 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12495



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.

### The Art and Life of Frida Kahlo (Online)

*Jeff Mishur, Art Historian, Art Excursions*

Frida Kahlo created highly imaginative paintings that expressed the passion, struggle, and achievements of her life. Art historian Jeff Mishur provides historical art context for Kahlo's work as he examines the interrelationship between various events in Kahlo's life and her powerful artwork, including several self-portraits.

**Mon 7/7 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12452

### Made in Miniature (Hybrid)

*Paul Neumann, Sculpture and Mixed Media Educator*

Dollhouses, gingerbread cottages, models, and miniatures can offer serious historical, architectural, and cultural insights. From fantastical playthings to forensic maquettes, scaled down into the big little world of things made in miniature. From toys to didactic tools, learn how 'small' can unlock many worlds of intrigue and delight.

**Fri 7/11 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12477

### The Career of Helmut Jahn:

#### Chicago's Post Modernist Architect (Hybrid)

*Tim Wittman, Associate Professor, School of the Art Institute*

Architectural historian Tim Wittman will investigate the career of Helmut Jahn (1940-2021), arguably the most famous, and possibly infamous, architect in Chicago during the last decades of the 20th century. Jahn's unique blend of engineering and aesthetics on a grand scale led to some of our city's most well-known and controversial designs, including the Ogilvie Transportation Center, the United Terminal at O'Hare Airport, and the State of Illinois Building. For many, his work defined the "Slick-Tech" style in Postmodern design. Discover several of his most famous buildings in the Chicago area, as well as his work around the world.

**Mon 7/28 - 8/4 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 12626

# Current Events



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## The First 100 Days of the Trump Administration (Hybrid)

*Julie Strauss, Ph.D., Political Scientist*

Julie Strauss provides an in-depth discussion of the early days of the Trump administration. She will examine his nominees for key cabinet posts, outline his top policy priorities, and try to assess which will be successfully adopted and which will not. Before his inauguration, several actions were listed as immediate ones to be tackled. The public reaction to the administration's first few months will also be determined.

**Wed 5/21 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12503

## Major Decisions of the 2024-2025 United States Supreme Court (Hybrid)

*Julie Strauss, Ph.D., Political Scientist*

Julie Strauss provides her annual review of the major decisions handed down by the Supreme Court at the end of its 2024-2025 term. She will examine cases pertaining to ghost guns, liability protection for gun manufacturers, and TikTok. Also covered will be cases addressing a ban on sex-transition treatments for minors and environmental issues concerning nuclear waste and wastewater disposal. Don't miss this recap of the court's term.

**Wed 7/23 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12504

## American Foreign Policy: From Isolation to Internationalism and Back Again (Hybrid)

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

William Adler will examine changes to American foreign policy under the new administration in historical context. He will reach back in time to discuss how shifts in America's openness to the world have affected presidential decisions about foreign policy. Although the country began with urges towards isolationism, inevitably the United States was drawn in to international affairs, even as many at home continue to push for a focus on domestic needs.

**Fri 5/9 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12404

## The History of U.S. Immigration Policy: 1776 Into the Future (Hybrid)

*Gary Midkiff, Historian, College Professor*

The US is a nation of immigrants, but we have consistently made poor policy decisions regarding how to manage the millions of people who have wanted to come into the United States, both legally and illegally. Gary Midkiff will provide historical context on our policies, how this problem has been kicked down the road, and include suggestions of what a coherent, consistent, and compassionate immigration policy might look like.

**Wed 5/7 - 5/14 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 12455

## The Future of Immigration Under the Trump Administration (Hybrid)

*Peter Hudis, Humanities and Philosophy Professor*

The Trump administration is moving ahead with plans to impose the strictest limits on immigration since the 1920s and the largest deportation of immigrants in the history of the United States. Peter Hudis updates the current immigration issues and shows how this process will radically change the fabric of U.S. society. What drives these policies and what is likely to be their overall political, economic, and ideological impact?

**Wed 8/6 10 - 11:30 a.m.**  
\$15 Member  
\$20 Non-member  
12417



## The Battle for Supremacy: China vs. the United States (Hybrid)

*Michael Weissman, Attorney, Author, Law Professor*

The United States and China are engaged in a battle for doctrinaire and military supremacy. It is unclear which will emerge from the battle victorious. China has become increasingly aggressive with territorial confrontations in the South China Sea, but in the event of hostilities, the United States has access to the air and naval bases of its regional allies to call upon to resist any invasion. China has conducted large scale drills to encircle Taiwan in a simulated blockade.

In response, our country has built greater ties to the Taiwanese. The competition is not exclusively military with both countries vying for leadership in fusion technology. Whichever one wins will determine the future of our planet.

**Wed 5/28 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12496

## Is There a Path to Peace in the Middle East? (Hybrid)

*Michael Weissman, Attorney, Author, Law Professor*

Does a path to peace in the Middle East exist? Will the forthcoming sweeping societal innovations be so powerful as to compel ancient enemies to abandon warfare and embrace cooperation? Michael Weissman discusses where and when the leaders of this transformation will emerge and the greatest problems they will have to solve. Could there be adequate food, clean water, previously unknown illnesses, climatic change, or something we cannot anticipate?

**Wed 7/30 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12497

## The Middle East on the Brink: Challenges and Opportunities (Hybrid)

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

The October 7, 2023, Hamas attack on Israel has upended the tenuous balance of power in the Middle East and initiated a slow-motion, high-intensity conflict that has spread throughout vast geographical areas. While Israel's wars in Gaza and Lebanon and its exchange of strikes with Iran and the Houthis in Yemen have been the central features of this multifaceted conflict, the weakening of Iran's Axis of Resistance, and the overthrow of Syria's Assad regime have added new complexities to the regional security situation. George Lungu provides an in-depth analysis and discussion of the enormous challenges posed by these conflicts and their potential for escalation to regional war and beyond.

**Fri 6/13 - 6/20 (2X) 1 - 2:30 p.m.**  
\$29 Member; \$39 Non-member 12508

## 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 of what just happened.

**Thu 5/22 - 7/24 (2X - no class 6/26) 1 - 2:30 p.m.**  
\$29 Member; \$39 Non-member 12611

## Are We Forever Trapped in a Post-Truth World? (Online)

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

Is anti-science here to stay? How about "denialism," the rejection of evolution, climate change, the HIV-AIDS link, and even the Holocaust? Is truth dead forever, and realism now optional? Many cultural evolutionists insist that all is far from lost. Listen to the arguments Jim Kenney presents and find real reasons to believe that truth is much harder to extinguish.

**Thu 5/8 - 5/22 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 12514



## Instructor Spotlight

**GEORGE LUNGU**  
*Political Scientist*

George Lungu is a Distinguished Professor Emeritus at Oakton

College. He holds a BA in political science and an AM in international relations from the University of Chicago. He has done two years of postgraduate studies in Middle Eastern history at the University of Illinois, Urbana-Champaign. His research interests and specialty are international security: war and peace, American foreign policy, and Islamic Middle Eastern History. He has taught credit and non-credit courses in these fields at Oakton College and other colleges in the Chicago area. Since 2001, he has enjoyed providing talks on these subjects at senior centers, area colleges, community centers, and public libraries.

# Current Events (continued)

## 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.



<b>Mon</b>	<b>5/5 - 6/30 (8X - no class 5/26)</b>	<b>9:30 - 11 a.m.</b>
	\$25 Member; \$30 Non-member	12614
<b>Mon</b>	<b>7/7 - 8/25 (8X)</b>	<b>9:30- 11 a.m.</b>
	\$25 Member; \$30 Non-member	12615

## Current Events Discussion Group

*Lee Heiman, Facilitator*

Enjoy this interactive group of members expressing opinions on a multitude of different subjects moderated by Lee Heiman. Each month, bring your ideas and discuss anything and everything from local to international topics, such as politics, financial news, lifestyle trends, local happenings, and crime. Center membership required to participate.


<b>Thu</b>	<b>5/7 - 8/6 (4X)</b>	<b>1 - 2:30 p.m.</b>
No Fee		12384


## Foreign Policy Roundtable (Online)

*Gary Midkiff, Historian, College Professor*

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

<b>Fri</b>	<b>5/2 - 8/1 (3X - no class 7/4)</b>	<b>9:30 - 11:30 a.m.</b>
	\$43 Member; \$52 Non-member	12635





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# Dramatic Portrayals

## June Cleaver Presents:

### Mothers Who Made History (Hybrid)

*Michelle Gibbons, Historical Presenter, Journalist*

Celebrate Mother's Day by stepping into the enchanting world of nostalgia as we welcome a beloved television icon, June Cleaver. She is not just an ordinary visitor, she is arriving in all her pearls, an impeccable dress, and those signature heels! Through the remarkable portrayal by Michelle Gibbons, June will regale us with stories of her heartwarming role as a mother to the loveable Beaver and Wally. June will also shed light on the powerful and influential mothers who have left their indelible mark on history. You will discover why Mother's Day is so deeply embedded in our culture today.

<b>Fri</b>	<b>5/9</b>	<b>1 - 2:30 p.m.</b>
\$15 Member; \$20 Non-member		12625

### Colleen Moore: Silent Film Star, Fairy Doll House Creator (Hybrid)

*Lynn Rymarz, Author, Storyteller*

Storyteller Lynn Rymarz shares the story of the remarkable Colleen Moore. Hear about her dream as a young girl growing up in Michigan to one day be a beautiful movie star. Then discover her early love of doll houses that grew into her fairy doll house creation displayed at Chicago's Museum of Science and Industry. This attraction has been a favorite exhibit for generations of visitors to the museum.

<b>Fri</b>	<b>5/16</b>	<b>1 - 2 p.m.</b>
\$15 Member; \$20 Non-member		12480

### Monet Lives! (Hybrid)

*Jim Parks, Visual Artist, Actor*

Claude Monet was once so poor he watched his wife and newborn shiver in the cold because he couldn't afford coal. Yet, at the end of his life he was rich, famous, and a French national treasure. What happened? To answer the question, actor and artist Jim Parks becomes Monet in the flesh, while dishing the dirt on Impressionists like Degas and Renoir, unpacking the booming Paris of 1860, and struggling with the French Art Establishment to change the entire course of Western Art.

<b>Tue</b>	<b>5/20</b>	<b>1 - 2:30 p.m.</b>
\$15 Member; \$20 Non-member		12437

### Audrey Hepburn (Hybrid)

*Leslie Goddard, Ph.D.*

*Historian, Actress*

Leslie Goddard portrays actress and humanitarian Audrey Hepburn in this new historical portrayal. It is 1988, and Hepburn has just returned to her home in Switzerland to contemplate whether to return to Hollywood or embark on a new venture as a goodwill ambassador for UNICEF. As she entertains her guests over tea, she reflects back on her childhood during World War II, her remarkable success in Hollywood in films such as *Roman Holiday* and *Breakfast at Tiffany's*, and her lifelong efforts to overcome her deep-seated fears and find real love.



<b>Mon</b>	<b>6/16</b>	<b>1 - 2 p.m.</b>
\$15 Member; \$20 Non-member		12442

### Dottie Kamenshek: A Rockford Peach in a League of Her Own (Hybrid)

*Lynn Rymarz, Author, Storyteller*

Lynn Rymarz shares the true story of Dottie Kamenshek, who spent ten seasons playing baseball as a Rockford Peach. You will discover her childhood days growing up in Ohio to immigrant parents during the depression and ended up playing with the All-American Girls Baseball League when World War II broke out. Kamenshek and her teammates inspired the film *A League of Their Own*. (1992)

<b>Thu</b>	<b>7/31</b>	<b>1 - 2 p.m.</b>
\$15 Member; \$20 Non-member		12610

### Love Beyond the Law: The Bonnie and Clyde Story (Hybrid)

*Michelle Gibbons, Historical Presenter, Journalist*

Take a riveting journey through the turbulent life of a woman whose name became synonymous with adventure, rebellion, and undying love, Bonnie Parker. Born into a world of hardship, Bonnie found herself trapped in an abusive marriage, yearning for a life filled with excitement and true love. In this captivating portrayal, Michelle Gibbons will transport you back to that fateful day when destiny intervened, bringing her face-to-face with Clyde Barrow, a man who would forever alter the course of her life. Bonnie will unravel the magnetic allure of Clyde, a man she saw as the embodiment of boldness, charisma, and passion, and her perilous journey of crime, bank robberies, and murder.

<b>Fri</b>	<b>8/8</b>	<b>1 - 2:30 p.m.</b>
\$15 Member; \$20 Non-member		12439

Learn

# Film, Theater & TV

## Broadway's Leading Ladies: Voices That Shaped the Stage (Hybrid)

*Barry Bradford, Historian*

Explore the legendary women of Broadway who redefined musical theater with their unforgettable performances. From Ethel Merman's powerhouse vocals to Audra McDonald's groundbreaking versatility, celebrate the stars who set the gold standard for generations.

**Thu 5/1 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12584

## Broadway's Leading Men: Stars of Song and Stage (Hybrid)

*Barry Bradford, Historian*

Delve into the stories of Broadway's most iconic male performers who captivated audiences with charisma and talent. From Robert Preston's iconic Harold Hill to Brian Stokes Mitchell's baritone brilliance, Barry Bradford's program spotlights the men who made musical history.

**Thu 5/8 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12585



## The 1950s Songs of the Silver Screen (Hybrid)

*John LeGear, Film Producer and Historian*

John LeGear has compiled a special edition of his popular movie music series that was first cobbled together to celebrate the decade at the center of the "Golden Age of Movie Musicals." It focuses on award-winning films and outstanding performances from the 1950s. He has also expanded the concept to include later films that paid homage to the 1950s in a variety of different ways. As a master of film history, his show is lively, captivating, and almost certain to remind you of some happy days.

**Tue 5/13 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12423



## Instructor Spotlight

**CHARLES TROY**

*Musical Theatre  
Historian*

Charles Troy, America's most acclaimed dramatic musical theatre historian, is a retired graphic designer and former theatre lyricist who has developed more than 60 multimedia presentations on musical theatre subjects. Nearly half of these presentations are programs on the stories behind many of the great musicals. Charles lives in the Chicago area and is very active there. He has also appeared multiple times at the York Theatre Company in New York City, at the Cole Porter Festival in Porter's hometown of Peru, Indiana, and makes an annual winter tour of Florida.

## The Creation of *Showboat*

*Charles Troy, Musical Theatre Historian*

Showboat has been unanimously acclaimed the first great American musical, so far ahead of its time that there would be no comparable achievement for nearly two decades. Charles Troy examines how composer Jerome Kern and librettist Oscar Hammerstein II created this monumental 1927 masterpiece from Edna Ferber's sprawling contemporary novel of the same name. It will also touch upon early musical comedy and operetta, as well as America's tortured racial history in the 20th century.

**Wed 5/28 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12574

## HUAC: The Blacklist and the Hollywood Ten (Hybrid)

*Susan Gibberman, Librarian, Author*

The "Hollywood Ten" were the screenwriters, producers, and directors who were subpoenaed but refused to testify before the House Un-American Activities Committee (HUAC), thus beginning the first systematic Hollywood blacklist, which lasted until 1960. Susan Gibberman will discuss some of the key Hollywood figures of this era and how the blacklist impacted their careers. Many were well-known film and television professionals who later became very successful in their careers.

**Fri 5/30 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12416

## Broadway, Bebop, and the Boob Tube (Hybrid)

Clarence Goodman, *Historian, Musician*

The recipe for Chicago's rich history includes all manner of ingredients from the performance arts. From the very start "The City That Works" cued the lights, tuned up, and got the grease paint ready in order to entertain and amuse our brawling, husky, big-shouldered lot. Arts historian Clarence Goodman shows how the growth of theatre, music, dance, film, and broadcasting throughout the world can all find roots in Chicago. Modern music erupts around the globe at the precise time that the city's renaissance crests. Many genres of music unwittingly come together in Chicago not only to propel the world into the Nuclear Age, but also to provide the soundtrack for the Modern Era.

**Mon 6/2 - 6/9 (2X) 1 - 2:30 p.m.**  
\$29 Member; \$39 Non-member 12411



## Neil Diamond: From Brooklyn to Broadway (Hybrid)

Barry Bradford, *Historian*

Discover the incredible journey of Neil Diamond, from his humble beginnings in Brooklyn to his rise as one of the greatest singer-songwriters of all time. Barry Bradford explores his enduring legacy and the Broadway celebration of his life and music in *A Beautiful Noise*.

**Thu 6/5 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12586

## Steve Allen: The Man of Many Talents (Hybrid)

Barry Bradford, *Historian*

Celebrate the extraordinary life and career of Steve Allen, the original host of *The Tonight Show* and a true Renaissance man. From his groundbreaking work in television to his achievements as a musician, writer, and philosopher, this program highlights the genius of a multifaceted legend.

**Thu 6/12 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12587

## The Voice That Rocked America: Dick Biondi and the History of Pop Radio (Hybrid)

Pamela Enzweiler-Pulice, *Producer, Director*

Filmmaker Pamela

Enzweiler-Pulice will present a

preview of her documentary about the legendary DJ Dick Biondi, an innovator who

introduced the Beatles to American radio audiences in 1963, as well as other big-name music stars. He entertained teenagers with corny knock-knock jokes, and created a lasting bond with his legions of loyal listeners for over six decades. Educational, inspiring, and nostalgic, you will discover the DJ who was the King during the 1960s, and one of the most influential broadcasters of the 20th century.

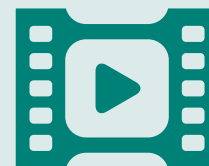
**Tue 6/17 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12441



## Anti-Semitism in Film

JAY SORKIN

*Researcher and Educator in  
Holocaust Studies*



## Gentleman's Agreement (Hybrid)

*Gentleman's Agreement* tells the story of a magazine writer who adopts a Jewish identity to investigate and expose antisemitism in post-World War II America. Released in 1947, this film explores societal prejudices and ethical journalism, with Gregory Peck starring in the lead role. It was nominated for eight Academy Awards, and won three for Best Picture, Best Supporting Actress (Celeste Holm), and Best Director (Elia Kazan). (1h 58m)

**Wed 6/4 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 12481

## Crossfire (Hybrid)

Jay Sorkin features another film from 1947 with *Crossfire*, a film noir drama, that deals with the theme of antisemitism, homophobia, and racism of the time. It was based on the 1945 novel *The Brick Foxhole* by screenwriter and director Richard Brooks. *Crossfire* is about a crusading district attorney who investigates the murder of a Jewish man. Nominated for five Oscars, including Robert Ryan for Best Supporting Actor and Gloria Grahame for Best Supporting Actress. (1h 26m)

**Wed 8/6 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 12482

# Film, Theater & TV

(continued)

## Here's Johnny: Carson at 100 (Online)

Steve Frenzel,  
Film Researcher

Steve Frenzel celebrates Johnny Carson's 100th birthday this year! You will discover just how Johnny became the King of Late Night, mastering many different comedy skills through brilliant and savvy behind-the-scenes business decisions, and by hiring the absolute best people to work with. Enjoy many wonderful and funny moments from his career and learn some amazing facts about the man who ended America's day with laughter for 30 years.

**Fri 6/20 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12516

## Major Film Movements in the History of Cinema (Hybrid)

Zbigniew Banas, Film Historian, Adjunct Faculty, Loyola University

Zbigniew Banas will provide an overview of the major movements that have shaped the history of cinema, from German Expressionism to Italian Neorealism, French New Wave, and others. The evolution of filmmaking has always been impacted by the changing social mores, time-specific national priorities, and the ongoing incorporation of new technologies. He will also examine the impact of these diverse movements and their contributions to the world of today's moviemaking.

**Wed 7/9 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12406

## Beyond Seeing Us: Women and Ethnicity in Television (Online)

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

Women on television have often been portrayed on television as homemakers, foils for their husbands, and using "feminine wiles." And TV today often depicts ethnic characters as independent and subversive. David Chack explores some favorite series including *The Marvelous Mrs. Maisel*, *Nobody Wants This*, *Never Have I Ever*, *The Afterparty*, *The Bear*, and *Hacks*. You do not have to be familiar with these programs to enjoy the class.

**Wed 7/16 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12409



## The Warner Brothers and the Building of Their Empire (Hybrid)

Susan Gibberman, Librarian, Author

The three elder Warner brother siblings began in the movie industry by purchasing a movie projector and traveling to small towns to exhibit movies produced by others. Within a few years, and joined by another brother, they were producing their own films and became major players among Hollywood's "Big Five" studios. Susan Gibberman discusses their humble beginnings, and their influences on the film industry, including ground-breaking and classic films such as *The Jazz Singer*, *Little Caesar*, *Casablanca*, as well as current hits like the Harry Potter series.

**Fri 7/18 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12493

## Gone with the Wind: The Story Behind the Story (Online)

Steve Frenzel, Film Researcher

Considered by many to be one of the greatest movies of all time, *Gone with the Wind* has a fascinating and at times troubled "creation-of" history. Steve Frenzel will reveal amazing stories about casting, for example everyone wanted Clark Gable for Rhett Butler, except Clark Gable! He will relive some special moments from the film with Olivia de Havilland's favorite scene, discuss Hattie McDaniel's groundbreaking Oscar-winning performance and her later years, and show why you will fall in love with this amazing film all over again.

**Fri 7/25 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12518

## Radio Goes to War! (Hybrid)

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

World War II marked the first time that radio brought the day-to-day happenings of war into the homes of American listeners. Steve Darnall examines how radio addressed the challenge of presenting a war to radio listeners, with audio samples of news broadcasts, presidential speeches, entertainment shows, and programs designed to entertain the troops abroad. There were even shows especially designed to boost morale at home.

**Tue 7/29 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12469



# Countdown to Classics: AFI's Top 50 Films

## BARRY BRADFORD

*Historian*

Barry Bradford presents an exciting cinematic journey through the American Film Institute's celebrated lists to bring you the top 50 films that have defined cinema. On the third Thursday of each month, a ranked movie from AFI's many genres, a blend of thrilling adventures to heartwarming romances, laugh-out-loud comedies to inspirational tales will be screened with a discussion to follow. This is an opportunity to revisit timeless classics and discover hidden gems!

### ***Ghost* (Hybrid)**

A romantic thriller that transcends the boundaries of love and loss, *Ghost* tells the heartwarming and suspenseful story of a man, Patrick Swayze, who tries to protect his fiancée, Demi Moore, from beyond the grave. Featuring unforgettable performances, including Whoopi Goldberg's Oscar-winning performance, this film blends passion, mystery, and humor into an emotional journey. Audiences will be moved by its timeless message that love truly knows no bounds. (1990)

**Thu 5/15 1- 4 p.m.**  
\$15 Member; \$20 Non-member 12629



### ***The Bridge on the River Kwai: Fact vs. Fiction* (Hybrid)**

*Barry Bradford, Historian*

Discover the true story of the Burma Railway and the harsh realities faced by Allied POWs during World War II. Barry's presentation contrasts the historical facts with the dramatic depiction in the film, examining how reality was adapted for the big screen.

**Thu 8/7 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12589

### ***Good Night and Good Luck:***

### ***The Murrow-McCarthy Confrontation* (Hybrid)**

*Barry Bradford, Historian*

Explore Edward R. Murrow's bold stand against Senator Joseph McCarthy's anti-communist crusade as depicted in *Good Night and Good Luck*. Barry Bradford highlights the enduring importance of journalistic integrity and media accountability during one of America's most turbulent periods.

**Thu 8/14 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12590

### ***Arthur* (Hybrid)**

This comedy classic stars Dudley Moore as a lovable, perpetually drunk millionaire who must choose between true love and his fortune. Packed with sharp wit and Moore's charming performance, *Arthur* is an irresistible mix of humor and heart. John Gielgud's Oscar-winning role as Arthur's sarcastic butler adds an extra layer of brilliance to this beloved film. (1981)

**Thu 6/26 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 12630

### ***Lone Star* (Hybrid)**

A masterful blend of mystery and character drama, *Lone Star* explores the buried secrets of a Texas border town while unraveling a decades-old murder. Featuring powerful performances by Matthew McConaughey, Kris Kristofferson, and Elizabeth Peña, the film examines themes of legacy, community, and identity. You will love its captivating storytelling and richly drawn characters. (1996)

**Thu 7/17 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 12631

### ***North by Northwest* (Hybrid)**

Alfred Hitchcock's quintessential thriller follows an innocent man, Cary Grant, on the run after being mistaken for a spy. With iconic scenes like the crop-duster chase and the Mount Rushmore climax, *North by Northwest* is a gripping mix of suspense, romance, and humor. Audiences will marvel at Hitchcock's masterful direction and Grant's effortless charm. (1959)

**Thu 8/21 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 12632



### **Stephen Sondheim: *Art Isn't Easy* (Hybrid)**

*Susan Benjamin,  
Musical Biographer*

Stephen Sondheim reshaped American musical theater in the 20th century. From his early days as lyricist for *West Side Story* and *Gypsy* to composing music and lyrics for *A Funny Thing Happened on the Way to*

*the Forum* to serving as composer and lyricist for *Company*, *Follies*, *A Little Night Music*, *Sunday in the Park with George*, and more, Sondheim's originality and genius shine through. Susan Benjamin will show examples of that genius as well as how talent and mentorship combined to bring forth unbridled creativity.

**Wed 8/20 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 12420

Learn

# History

## Turning Clay into Gold: The King, the Alchemist, and the Birth of Porcelain (Online)

Anette Isaacs, German Historian

Dive into the extraordinary story of King August the Strong, who dreamed of opulence, and Johann Friedrich Böttger, the alchemist he tasked with making gold, but who instead discovered something even more valuable: porcelain. Learn how their quest for riches led to the creation of Europe's first "white gold" and turned Saxony into a hub of beauty and craftsmanship. German historian Anette Isaacs presents a tale of ambition, accidental genius, and the porcelain that dazzled a continent!

**Mon 7/21**

\$15 Member; \$20 Non-member

**1 - 2:30 p.m.**

12398



Portrait of Dauphin Louis Charles of France by artist Alexander Kucharsky, public domain, Wikipedia Commons

## Forensics and History: The Lost Dauphin of France (Hybrid)

Hal Tinberg, Ph.D., Forensic Science Lectures

Following the French Revolution, the Dauphin, known as the Crown Prince, Louis-Charles was imprisoned and reportedly died in captivity. Over a hundred individuals, including some very famous people, have claimed to be the Lost Dauphin suggesting that the Royal Prince escaped his fate. Scientist Hal Tinberg describes how the use of forensic testing was used to find out the true story of the son of Marie Antoinette.

**Mon 7/14**

\$15 Member; \$20 Non-member

**1 - 2:30 p.m.**

12509

## Private Yankee Doodle: Myths About Washington's Army (Hybrid)

Bruce Allardice, Author, History Professor (Ret.)

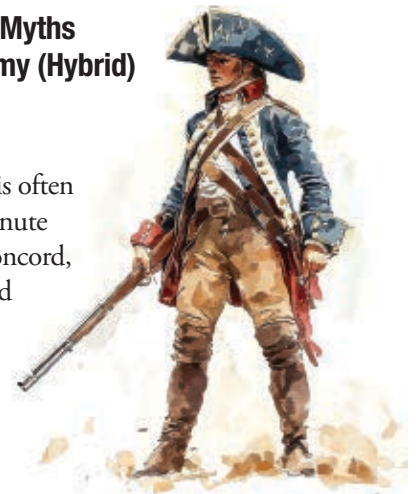
The American Revolution is often viewed in terms of the "Minute Men" of Lexington and Concord, or Mel Gibson's ragtag band of amateurs in *The Patriot*, constantly outsmarting those supposedly stupid, stodgy Brits. But the movies often mythologize the soldiers who fought in the Revolution. By downplaying the British army, these mythmakers detract from the real achievements of the American soldier. Historian Bruce Allardice sets the record straight. He will tell the story of the summer soldiers and sunshine patriots, of the horrors of Valley Forge, and of what our soldiers endured to help America gain its independence.

**Mon 5/19**

\$15 Member; \$20 Non-member

**1 - 2:30 p.m.**

12405



## The History, Mystery, and Actual Functions of the Federal Reserve Bank (Hybrid)

Arthur Cyr, Ph.D., Director, International Political Economy Program, Carthage College

The Federal Reserve Bank is often in the news and sometimes accompanied by controversy. Treasury Secretary Alexander Hamilton created the U.S. bank in 1791, but Congressional foes ended it. The second Bank was destroyed by President Andrew Jackson. A strong national currency emerged during the Civil War. The current Fed was established in 1913. How powerful is the Fed in today's world of crypto, digital assets, and regional currency such as the euro? Government policy expert Arthur Cyr explains the issues and challenges facing today's Bank.

**Tue 6/10**

\$15 Member; \$20 Non-member

**1 - 2:30 p.m.**

12408

## Return to the Scene of the Crime (Hybrid)

Richard Lindberg, Author, Historian

Author and historian Richard Lindberg leads a discussion and visual slide tour of historic Chicago crime scenes from many eras of city history. With a then-and-now perspective, Richard explores the most famous and notable crimes, including the serial killings in *Devil in the White City*, the Al Capone beer wars of the 1920s, John Dillinger, the murders of the Schuessler-Peterson boys, the unsolved murders of the Grimes Sisters, and others that deserve mention.

**Mon 7/28**

\$15 Member; \$20 Non-member

**1 - 2:30 p.m.**

12627

## Affairs of State: Love and Romance in the Lives of our Presidents (Hybrid)

Valerie Gugala, *Film Historian*

Valerie Gugala journeys through the intimate and romantic entanglements of America's most powerful leaders. She delves into the private lives of United States presidents, uncovering the passions and enduring love stories that may have shaped the course of history. You will discover stories of marital bliss, including the relationships of John and Abigail Adams and Rosalyn and Jimmy Carter. Tragic love stories include the heartbreak of Andrew and Rachel Jackson and Theodore and Alice Roosevelt. Then there are "affairs of state," including those of John F. Kennedy and Grover Cleveland.

**Mon 5/12 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12415

## America Dreamin': 19th Century Utopias (Hybrid)

Joyce Haworth, *Historian, College of Lake County*

Staying home on the farm was not the only option for young men and women in the 1800s. Thousands joined experimental utopias, sometimes traveling to the frontier to try out communal living centered around some shocking idea, such as racial equality, radical religion, or nontraditional marriage relationships. Even Louisa May Alcott, author of *Little Women*, lived awhile on a commune. Joyce Haworth will tell the story of the rise and fall of several American utopias. Be ready for a new look at our early history!

**Mon 5/5 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12431

## Bursting the Corset: 19th Century Women Who Defied the Stereotypes (Hybrid)

Joyce Haworth, *Historian, College of Lake County*

A corset illustrates the lives of many women who lived in the 19th century: constrained and forced into an unnatural shape. Joyce Haworth introduces eight remarkable women — spies, suffragists, agitators, reformers — who moved out of tightly bound expectations and left an indelible mark on Victorian America.

**Mon 8/4 1 - 2:30 p.m.**  
\$15 Member  
\$20 Non-member  
12432



## The Career of Martin Van Buren (Hybrid)

Gary Midkiff, *Historian, College Professor*

Even with an excellent resume that included Governor, United States Senator, Secretary of State, Minister to Great Britain, and Vice President, Martin Van Buren had an ineffective Presidency. Historian Gary Midkiff

examines his term in the White House, which included his mismanaging the Panic of 1837, failure to understand national monetary policy, and eventual meddling with a Supreme Court decision. These important shortcomings impacted his presidential legacy.

**Wed 6/4 - 6/11 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 12456



## Men and Women of the Civil War (Hybrid)

Gary Midkiff, *Historian, College Professor*

Everyone knows General Grant, Robert E. Lee, and President Lincoln and the role they each played in our country's Civil War. But there were some lesser-known individuals who impacted our history during this tumultuous period. Gary Midkiff will highlight important people that you may not have heard of, including Mary Ann Bickerdyke, Josiah Gorgas, Mary Livermore, Judah Benjamin, Dorothea Dix, and John Ericsson.

**Wed 7/2 - 7/9 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 12457

## The Last Charge of the Rough Riders (Hybrid)

William Hazelgrove, *Best-Selling Author*

There have been many books on Theodore Roosevelt, but there are none that solely focus on the last years of his life. He was racked by rheumatism, a ticking embolism, pathogens in his blood, and an assassination attempt. The last two years of his life saw him marginalized by world events. But Roosevelt's final years were productive ones as well. He churned out several books that promoted U.S. entry into the Great War. Indeed, his political influence was so great that his opposition to the policies of Woodrow Wilson helped the Republican Party take back the Congress in 1918. However, it was Roosevelt's quest for the "strenuous life" that ironically may have led to his early demise in 1919 at the age of 60.

**Wed 6/25 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12634

# History (continued)

## Chicago's Edward Heath: Pioneer for the Ordinary Pilot (Hybrid)

*Michael Haupt, Aviation Historian*

Prior to World War I, Chicagoan Edward Heath played an integral role in the growth of aviation, focusing his efforts on enabling many working people to fly, not just the elite. He produced the *Parasol*, one of the most popular planes of its time, and his aircraft parts company quickly became the largest in the country. Heath developed the Kit Plane concept, allowing customers to purchase and assemble an entire plane, one affordable section at a time. Aviation historian Michael Haupt traces the path of the plane for the "ordinary pilot."

**Mon 8/11 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12571

## The Great War: 110 Years Later (Hybrid)

*Barry Bradford, Historian*

Barry Bradford provides a special two-part program marking the 110th anniversary of World War I. You will discover the complex web of alliances, political tensions, and pivotal events that led to the outbreak of World War I. He will discuss the global implications of this "war to end all wars" and its devastating impact on Europe and beyond. Barry will dive into America's role in the Great War, why the U.S. initially stayed out, what prompted its eventual involvement, and how it influenced the course and outcome of the conflict. Through compelling stories and historical analysis, this program will shed light on one of the most transformative events of the 20th century and reflect on its enduring legacy.

**Thu 7/3 - 7/10 (2X) 1 - 2:30 p.m.**  
\$29 Member; \$39 Non-member 12588

## Heroes on Deck: World War II on Lake Michigan (Hybrid)

*Harvey Moshman, Executive Producer, Film Photographer*

Documentary filmmaker Harvey Moshman tells the story about a little-known US Navy program that, in response to the attack on Pearl Harbor, recruited and trained 15,000 aircraft carrier pilots on Lake Michigan, just off Chicago's shores. This ingenious idea allowed the Navy to safely train enough pilots to ship out to the war in the Pacific and defeat the Japanese. As a result of the Midwest's challenging wind and weather, as well as the inexperience of some of the pilots, more than 100 WWII fighter planes went to the bottom of Lake Michigan. This Emmy® Award-winning documentary follows the recovery and restoration of three rare warbirds. Narrated by Bill Kurtis. Executive Producer Harvey Moshman is the Director of Aircraft Recovery Photography.

**Wed 6/18 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12583

## Remembering the Classic Chicago Dance Halls and Chicago Jazz Greats (Hybrid)

*Tim Wilsey, Musician, Educator*

Historian Tim Wilsey takes us back to the days when jazz and dance were king. He will look at the history and origins of some of the grandest ballrooms in the city's past. From the famous Trianon Ballroom on Chicago's south side, to its sister venue on the north side, The Aragon Ballroom. You will discover The Willowbrook Ballroom plus other spots where the elite met. Tim will also be paying tribute to some of Chicago's greats like Nat King Cole, Mel Torme, Ramsey Lewis, Quincy Jones, and others. Take a step back into time when jazz was king!

**Tue 7/1 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12633

## To Bataan and Back: How the National Football League Survived (Hybrid)

*Joe Ziemba, Football Historian, Author*

During World War II, the National Football League (NFL) faced extinction due to a lack of players and coaches. Thanks to some curious innovations, including the merging of teams and changes to their schedules, the league and the country survived! Sports historian Joe Ziemba will not only honor those who served and those who returned following horrific imprisonment, but also cite the unique way that teams recruited players and why one club fielded the worst NFL club of all time.

**Wed 7/30 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12490

## Instructor Spotlight

### HARVEY MOSHMAN

*Executive Producer*



Harvey Moshman is a multi-Emmy® Award-winning producer of historical documentaries seen on PBS and streaming platforms. Most recently, Harvey screened *Eastland: Chicago's Deadliest Day* at NSSC and is delighted to return with *Heroes on Deck: World War II on Lake Michigan* about the US Navy's bold and little-known carrier qualification program just off Chicago's shores that trained 15,000 pilots for the war in the Pacific. When he is not working on documentaries Harvey can be found roaming America's back roads searching out odd and unusual destinations for his national PBS series *Wild Travels*.

## Plunder, Fraud, and Cunning Thievery (Hybrid)

*Ann Leslie, Author and Artist*

Learn the story of the greatest theft of the rarest, most valuable, and most historic ancient treasures of civilizations. It is also the story of a thief who outsmarted everyone and an art forger who hoodwinked the Nazis. Ann Leslie tells of the men and women who put their lives and families at risk while they worked diligently to save those treasures. Welcome to World War II, where you can discover a Picasso, a Monet, or dozens of royal crowns to choose from.

**Tue 8/12**

**1 - 2:30 p.m.**

\$15 Member; \$20 Non-member

12450

## How the Sixties Changed Everything (Online)

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

What was so different about the Sixties? In his landmark book, famed chronicler Todd Gitlin referred to the period as “Years of Hope, Days of Rage.” Was this a time of extraordinary vision and genuine transformation or of foolish dreams, empty promises, and even the beginning of the fraying of American culture? While Jim Kenney, drawing on his own experience, holds to the first characterization, he will take care to examine both points of view.

**Thu 7/10 - 7/24 (3X)**

**10 - 11:30 a.m.**

\$43 Member; \$52 Non-member

12506

## Reconciliation and Resilience: The Transformative Journey of Germany and Israel (Online)

*Anette Isaacs,  
German Historian*

Sixty years ago, against a backdrop of shared history marred by tragedy, Germany and Israel tentatively embarked on diplomatic relations. What initially appeared improbable has since matured into a flourishing friendship and a robust economic alliance. German historian Anette Isaacs reveals her nation's confronting of its Nazi legacy and the weight of collective guilt. She will delve into the poignant yet indispensable process that paved the way for a profound new chapter in German-Israeli relations, a testament to resilience and the power of reconciliation.

**Wed 5/7**

**1 - 2:30 p.m.**

\$15 Member; \$20 Non-member

12399



Learn

# Faces of NSSC



The Faces of NSSC project honors the remarkable people of North Shore Senior Center—members, participants, volunteers, and staff.

Each week beginning Tuesday, March 4, from 11:30 a.m. – 2 p.m., artist Jim Parks will be in the Atrium painting portraits on small, 4" x 4" canvases, which

will be prominently displayed in the Art Gallery this fall. You may pick up your portrait at the end of the exhibition. Jim's schedule at the Center will be posted in the Atrium.

Jim Parks is generously donating his time to paint these portraits. There is no fee to participate. Please consider a \$10 donation to help NSSC cover the costs of supplies.

**For more information, call 847.784.6030.**



# History (continued)

## Russia: From Peter the Great to Vladimir Putin (Online)

Jim Kenney, Co-founder Common Ground, Author

Jim Kenney will consider three key periods in the history and culture of Russia, including the final two centuries of the Romanov dynasty (18th century to the early 20th), the Soviet Union (1922-1991), and the ascendancy of Vladimir Putin (1999-present). He will explore the strengths and weaknesses of all three incarnations of the Russian nation, and will touch on the role of religion, economics, ethnicity, and geopolitics. Jim spent considerable time in Russia as a student at the University of Leningrad during his junior year in college, as well as later in connection with several projects. Fluent in Russian and steeped in Russian history and politics, he will guide the discussions with discernment.

**Thu 8/7 - 8/21 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 12507

## Concurrent Crises

JOSEPH HARRINGTON

Educator, Writer, Researcher

### The Hungarian and Suez Crises of 1956 (Hybrid)

Every crisis tests the judgment and mettle of a leader. That exponentially is the case when two crises occur simultaneously. Joseph Harrington will describe how the administration of President Eisenhower responded to a revolt in Soviet-controlled Hungary in October 1956 while British, French, and Israeli forces intervened in Egypt over control of the Suez Canal. Ike was not happy, and you will discover why this combination of crises posed a problem for the U. S. government.

**Mon 5/19 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12427

### The Cuban and Sino-Indian Crises (Hybrid)

Almost everyone school age and older in October 1962 remembers the Cuban Missile Crisis, where the world seemed to hang on the precipice of nuclear destruction. Few remember, however, another great power crisis occurring at the same time on the other side of the world, the Sino-Indian War of 1962. Joseph Harrington will describe how U.S. President John Kennedy and Soviet Premier Nikita Khrushchev reacted to Indian calls for assistance against Chinese invasion while facing each other down over Cuba. This was a harrowing time for our country's government officials.

**Mon 6/16 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12430

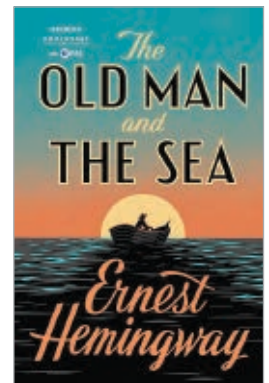
# Literature

## The Old Man and the Sea: A Parable on Courage and Loss (Hybrid)

Jerry Leitner, English and Theology Educator

Ernest Hemingway wrote *The Old Man and the Sea* in 1952, his first novel in a decade. Critics had panned Hemingway's previous book, suggesting that his talent was used up. However, this novel was an instant success and catapulted Hemingway to the 1954 Nobel Prize for Literature. Jerry Leitner examines the novel and shows the diminishing effect of old age and one man's courageous struggle against his fading strength. In reality, the story is not about a man and a great fish but is instead about one human facing the fears that challenge us all. And we may not win.

**Fri 5/16 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12424



## 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:

**May 14** *Real Americans* by Rachel Khong

**June 11** *Blue Sisters* by Coco Mellors

**Wed 5/14 - 6/11 (2X) 1 - 2 p.m.**  
No Fee 12392

## 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.

**May 19** *Listen for the Lie* by Amy Tintera

**June 23** *First Lie Wins* by Ashley Elston

**Mon 5/19 - 6/23 (2X) 1 - 2 p.m.**  
No Fee 12393

# Music Appreciation

## Aaron Copland: An American Original (Hybrid)

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

Though trained in Paris and highly influenced by the European avant-garde, Aaron Copland made a conscious decision to abandon modernism in favor of a style that would appeal to and resonate with his fellow Americans. Pieces such as *Rodeo*, *Billy the Kid*, *A Lincoln Portrait*, and *Appalachian Spring* established the native New Yorker as America's leading composer, and one of the most distinctive musical voices of the 20th century.

**Mon 5/12 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12539

## Keyboard and Commentary with Jim Kendros: Popular Songs of the 30s, 40s, and Beyond

*Jim Kendros, Composer, Music Researcher, Educator*

Jim Kendros returns to offer the perfect summer serenade! Enjoy Jim's dazzling keyboard artistry as he plays his own impassioned renderings of "Embraceable You," "Autumn Leaves," "Fools Rush In," "The Way We Were," and much more! Each song will be played as an expressive concert piece, accompanied by Jim's engaging commentary on the background of the songs and the piano techniques used in each selection. Jim's presentation of beautiful piano music will delight you.

**Fri 6/6 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12421

## The History of the Beach Boys (Hybrid)

*Gary Wenstrup, Instructor, Triton College and College of DuPage*

If summer had a sound it would be the Beach Boys... surf, sun, and California dreaming. Gary Wenstrup will focus on the group's "sunniest" years from 1962 to 1967. With the use of performance and interview clips, he will trace the arc of the Beach Boys' early career from "Surfin' U.S.A.," "Fun, Fun, Fun," and "California Girls" to the more mature "Pet Sounds," "Good Vibrations," and the abandoned Smile project. This group is a real fan favorite.

**Mon 6/23 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12486



## The Sounds of Simon: The Life and Music of Paul Simon (Hybrid)

*Susan Benjamin, Musical Biographer*

The recipient of 16 Grammy Awards, Paul Simon is among the world's most popular composing and performing artists. With Art Garfunkel as a performing partner, he rose to prominence providing the soundtrack for the hit movie, *The Graduate*, and touring extensively during his long, illustrious career. As a solo artist, his lyrics explore the human condition with original and ingenious harmonies. Susan Benjamin focuses on the stories and music of the innovative songwriter and singer, Paul Simon.

**Tue 6/24 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 12419



## Mozart's Perfect Summer Serenade (Hybrid)

*Jim Kendros, Composer, Music Researcher, Educator*

In August 1774, Mozart composed a brilliant orchestral serenade for his patron, Count Colloredo. Comprising eight movements, each selection of this serenade is delightfully elegant and melodious. Mozart also added a special feature.

Embedded within this serenade is a mini three-movement violin concerto, featuring solo passages that are charming in every way. It is believed that Mozart composed the solo violin part for himself to play, to further impress his royal patron. Jim Kendros presents the story of this remarkably expressive work, a perfect serenade for summer!

**Fri 8/8 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12422

## The Beatles, Chicago, and the 1960s (Hybrid)

*John Lyons, Author, History Professor, Joliet Junior College*

On August 20, 1965, the Beatles played at White Sox Park in Chicago to over 60,000 people. More people saw them on that day than on any other single day on any of their North American tours. To commemorate this momentous event, author John Lyons examines the impact of the Beatles on the Chicago metropolitan area. With music, video, and many unseen photographs from the 1960s, this highly entertaining presentation reveals untold stories of the Beatles' visits to Chicago, highlights the unique connections between the Fab 4 and the Windy City, and focuses on the diverse cast of characters who were engulfed by the whirlwind of Beatlemania.

**Mon 8/18 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12453

# People, Places & Culture

## The Cubs and the White Sox: What is Next and What Can We Expect? (Hybrid)

*Charles Billington, Sports Historian, Author*

Both Chicago teams went through active off-seasons with many roster changes. Now that the season is well under way, Charles Billington analyzes how the new faces have affected the teams and what we can expect during the rest of the season. The fate of Jed Hoyer and Jerry Reinsdorf will be discussed along with the White Sox' latest pursuit of a new place to play. You may hear it here first!

**Wed 5/14 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12488

## The 2025 Chicago Bears: Grizzlies or Teddies? (Hybrid)

*Charles Billington, Sports Historian, Author*

Author and sports historian Charles Billington analyzes Chicago's down-on-its-luck NFL team as they get ready for the 2025 season. Challenging the performance of the White Sox for historic futility during much of this past 2024 season, Billington examines the situation with ownership, management, and what we might expect in the upcoming season. Will they ever get to the playoffs?

**Fri 8/15 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12489

## Greece: Old and New (Hybrid)

*Gene Flynn, Educator*

American education often focuses on the Golden Age of Greece, a period of cultural, political, and scientific advancement, while neglecting both earlier periods and modern Greece. Gene Flynn looks first at earlier periods where the Minoans on the island of Crete and the Mycenaeans in western Greece made great contributions to western civilization long before Athens was founded. He also provides a glimpse at the 19th and 20th centuries where the Greek independence movement and major European powers helped the country achieve independence from the Ottoman Empire and recover from World War II. The 21st century has been an economic roller-coaster for Greece, yet Greeks have an amazing ability to stay calm in a turbulent world.

**Tue 5/6 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12413

## Secret Chicago Trivia (Hybrid)

*Jessica Mlinaric, Author, Travel Photographer*

Do you think that you know Chicago? Author Jessica Mlinaric takes you on an exploration of amazing Chicago trivia. Jessica's book, *Secret Chicago: A Guide to the Weird, Wonderful, and Obscure*, details 90 unique and unusual places, like a grave in a junkyard and a pool under the Loop. Your knowledge will be tested as you discover some of Chicago's most obscure surprises!

**Mon 6/30 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12479

## The Monuments of Washington, DC (Hybrid)

*Valerie Gugala,  
Film Historian*

Valerie Gugala provides an in-depth look at the iconic and historically significant monuments in our nation's capital.

Highlights include the Lincoln Memorial, Washington Monument, Jefferson Memorial, and Vietnam and Korean War Veterans Memorials. There are stories behind these landmarks, from their architectural design to their role in shaping national identity, and honoring the sacrifices of American soldiers, civil rights leaders, and presidents. With rich historical context and reflections on their enduring impact, Valerie explains how the monuments define our country, drawing millions of visitors each year.

**Mon 7/7 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12448



## Discover the National Park Service in Illinois and the North Shore Area (Hybrid)

*Norman Moline, Professor Emeritus of Geography,  
Augustana College*

The National Park Service's role in protecting spectacular features is well known. Yet the NPS also has identified many places that celebrate some of the cultural history of Illinois, with a presence in every county. Norm Moline will discuss some important regional sites and then focus on places in this North Shore cultural landscape. His program is a tribute to those fellow citizens who worked so hard to get NPS recognition of these features and an invitation to you to visit them.

**Mon 7/14 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12494

Remember When... (Hybrid)

Todd Hunt, Speaker, Humorist

Nostalgic humorist Todd Hunt shares some memorable times of growing up in an America when life was simpler. Remember when there were only three TV channels, no cable, no streaming anywhere in sight? There was just one flavor of Cheerios, no Honey Nut, Apple Cinnamon, or Chocolate Peanut Butter. When you called a business, actual humans answered the phone instead of you ending up in voice mail maze. You will revisit old TV shows, favorite childhood candy, and cringe-worthy ads like those for Chlorox toothpaste and candy cigarettes that advertised “Just like Dad!” Do you still have your mood ring and original Barbie doll?

Tue 7/15 1 - 2:30 p.m.  
\$15 Member; \$20 Non-member 12418

The Darker Side of the City of Flowers:  
Florence, Italy (Hybrid)

Laura Johnson, Art History Professor, Travel Guide

Art Historian Laura Johnson provides a visual view of Florence’s famous art and architectural masterpieces. But she will also discuss the seedier side of Florence’s history. Bankruptcy, bonfires, and excommunication top the list of tales of woe and misfortune. Learn what Dante thought was the greatest religious sin as the *Divine Comedy* comes alive in via *dell’Inferno*. Laura tells of the murderous plot against the de’ Medici family on Easter Sunday in the Duomo, and the gluttony of Medici Pope Leo X. The licentiousness of the Florentines and their decadent beauty regimes, fashion, and eating habits are perplexing. Learn of the quality of life according to Galileo, and of the possible religious reasons for Michelangelo’s infrequent bathing habits.

Tue 8/5 1 - 2:30 p.m.  
\$15 Member; \$20 Non-member 12407



Remembering the Edgewater Beach Hotel (Hybrid)

John Holden, Author, President,  
Edgewater Historical Society & Museum

Chicago’s Edgewater Beach Hotel was a unique and internationally famous resort that for half a century epitomized the high life and Chicago’s glitterati. Designed by architect–*bon vivant* Benjamin Marshall as a country club-like counterpart to his Blackstone Hotel, the Edgewater Beach Hotel was a place where famous athletes, stars of stage and screen, and political heavyweights mingled with ordinary people. National broadcasts from its Marine Room featured most of the legends of the big band era of jazz. Author John Holden has written about the hotel and will take you back to its glory days.

Wed 8/13 1 - 2:30 p.m.  
\$15 Member; \$20 Non-member 12603



The Chocolate Kings: Hershey vs. Mars (Hybrid)

Leslie Goddard, Ph.D. Historian, Actress

In chocolate history, few names are better known than Hershey and Mars. Milton Hershey brought milk chocolate to the masses with his Hershey bar. As major contributors to the candy bar industry, Frank and Forrest Mars satisfied the American sweet tooth with the Milky Way, Snickers, and Three Musketeers bars. Historian Leslie Goddard explores how these two legendary companies began, and how their rivalry changed chocolate forever.

Tue 8/19 1 - 2 p.m.  
\$15 Member; \$20 Non-member 12440

Learn

# Religion & Spirituality

## ***Nobody Wants This:* Intermarriage in the 21st Century (Hybrid) )**

*Rabbi Adam Chalom, Kol Hadash Congregation*

The Netflix hit *Nobody Wants This* explores what happens when a rabbi dates an atheist non-Jew. This show arrives 25 years after the movie *Keeping the Faith* when Ben Stiller and Jenna Elfman explored rabbinic love beyond Judaism. This is 50 years after the TV sitcom *Bridget Loves Bernie* presented an Irish woman marrying a Jewish man and created a major storm among Jewish organizations. The Jewish world and its responses to intermarriage is very different in 2025, and *Nobody Wants This* has been both criticized for its presentation of Jewish women and celebrated for its realistic portrayal of love across religious and cultural boundaries. Rabbi Adam Chalom explores what this show and its reception demonstrate about Jewish identity and loving partnerships beyond religious boundaries in 2024.

**Wed 5/21 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12410

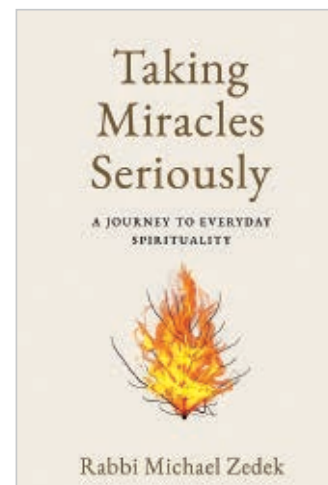
## ***Taking Miracles Seriously: A Journey to Everyday Spirituality (Hybrid)***

*Michael Zedek,  
Rabbi Emeritus, Emanuel  
Congregation, Author*

Rabbi Michael Zedek discusses his book *Taking Miracles Seriously: A Journey to Everyday Spirituality*, which includes elements of humor and joy. As a storyteller, he draws on

a range of materials including biblical tales and Indian and Japanese folklore. He cultivates a sensitivity to and an action plan for finding more of the regular and remarkable "burning bush" moments in everyday life.

**Tue 7/8 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12492



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# Science & Nature

## The Man Who Chewed Too Much (Hybrid)

*Neil Bradbury, Author, Professor, Medical Biochemistry*

What if what you thought you knew just wasn't true? What if what you learned in school really wasn't correct? Scientist Neil Bradbury tells you hidden facts about taste, and how and why we enjoy certain foods and not others. Some adventurous souls can try some tasting experiments so you can see if you agree. How much you chew your food may reveal more than you know.

**Fri 5/30 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12487

## What Darwin Didn't Know:

### The Evolution of the Theory of Evolution (Online)

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

Charles Darwin's theory of evolution by natural selection completely changed the way biologists approach the study of life and revolutionized views of who we are and where we come from. Yet there was a great deal that Darwin did not know, and it took more than a century before his theory was united with genetics, leading to the modern science of evolution. Learn how the biggest gap in Darwin's knowledge was solved by Gregor Mendel's studies on pea plants but remained largely unknown until the year 1900, long after Darwin's death.

**Thu 6/5 - 6/26 (3X - no class 6/19) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 12505

## Mind Games: The Science of Perception Deception (Hybrid)

*William Pack, Storyteller, Magician*

Our brain decides how we perceive everything around us. It finds patterns and solves problems efficiently, except for when it lies to us. William Pack explores the real science of how our brains trick us into seeing and believing things that don't exist. Experience how optical illusions work and learn why people fall for scams, how we make thousands of choices every day, and how we are hard-wired to believe fake news and medical scams. He also provides proven, scientific, actionable techniques to preserve brain health and overcome the logical fallacies we all succumb to. You may be left wondering if your brain truly has a mind of its own.

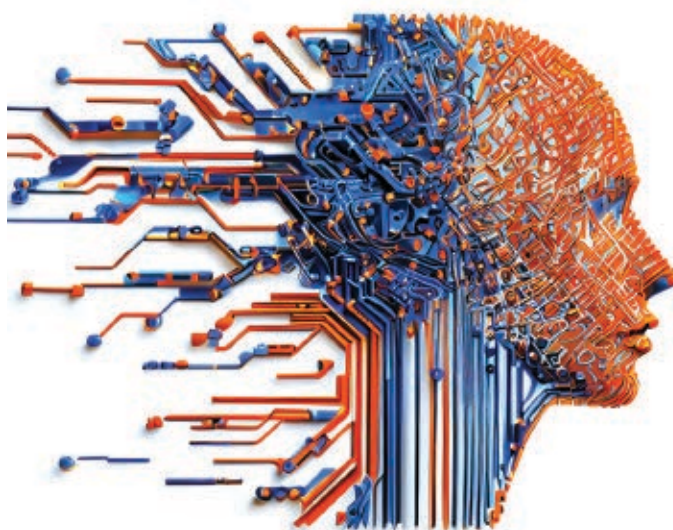
**Wed 6/11 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12478

## The Wonderful World of Numbers (Hybrid)

*Richard Wilders, Professor Emeritus, North Central College*

The whole numbers, such as 1,2,3, are our first taste of mathematics. Despite being seemingly simple, they hold many interesting secrets. For example, we have known for centuries that there are an infinite number of prime numbers, numbers such as 2,3,5, and so on, which have no divisors. But there are a lot of interesting questions which remain unanswered. Rich Wilders will explore some of the most intriguing facts about the numbers which we all met in grade school including some fascinating sequences of these numbers and their properties.

**Wed 6/18 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12491



## Artificial Intelligence: Opportunity or the Threat? (Hybrid)

*Gene Flynn, Educator*

Talk and even fear of Artificial Intelligence is everywhere, yet most people do not understand the science and even fewer are using it. Like many new technologies, the benefits and risks of AI may be over-hyped. Gene Flynn looks at how AI is changing how we and our families lead our lives at work, school, and even at home. Rather than the technological details, he will show real examples of AI, and the impact of AI tools used every day. Understanding AI has many benefits; however, we also need to be aware of the elevated risks of fraud and misinformation, which can create a legitimate threat.

**Tue 7/22 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12414

Learn

# 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.

## Culture & Society

### Big History (Hybrid)

Lynne Donoghue & Linda Spring, Coordinators

Big History seeks to retell the human story in light of our position as a late-arriving species on a very ancient planet. This book provides a deep, causal view of the forces that have shaped the universe, the earth, and humanity. Starting with the Big Bang, it traces the evolutionary history of the world, focusing on humanity's origins. *The Evolution of Everything: Patterns and Causes of Big History* by Brian Villmoare. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

**Mon 5/5 - 8/4 (13X - no class 5/26)**

\$79 Member; \$95 Non-member

**1 - 3 p.m.**

12521

### Hidden Valley Road: Inside the Mind of an American Family (Hybrid)

Lynne Donoghue &  
Michael Reinstein, Coordinators

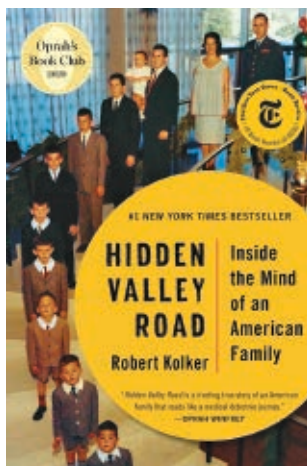
Explore the science of mental illness: the physiology, genetics, and psycho-social consequences to family, society, and the individual using a case study of a 1950s family with 12 children, six (six!) with schizophrenia. The story of the Galvin family offers a shadow history of schizophrenia from the era of institutionalization and lobotomies, and the search for biological and genetic markers. Retired psychiatrist Dr. Mike Reinstein of NSSC offers background material and expertise. *Hidden Valley Road: Inside the Mind of an American Family* by Robert Kolker. Coordinator facilitated. Related topics and expertise allowed.

**Tue 5/6 - 6/10 (6X)**

\$39 Member; \$49 Non-member

**1 - 3 p.m.**

12569



### Philosophy:

#### *The Enlightenment and Why it Still Matters (Hybrid)*

Ellen Grabow &  
Mick Jackson, Coordinators

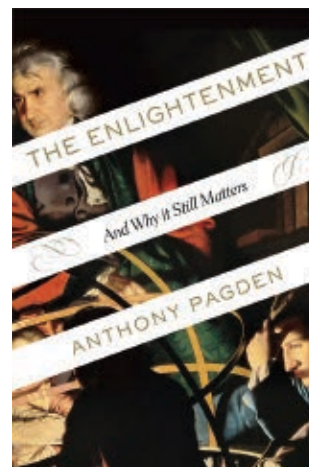
Liberty and equality, human rights, freedom of thought and expression, belief in reason and progress, and the value of scientific inquiry are just some of the ideas conceived and developed during the Enlightenment, which forever changed the intellectual landscape of the Western world. Spanning hundreds of years of history, Anthony Pagden traces the origins of this seminal movement, showing how Enlightenment concepts directly influenced modern culture, making possible a secular, tolerant, and, above all, cosmopolitan world. Participants take turns leading classes. Related topics/expertise and personal anecdotes related to topic allowed. *The Enlightenment and Why It Still Matters* by Anthony Pagden.

**Wed 5/7 - 8/6 (14X)**

\$79 Member; \$95 Non-member

**1 - 3 p.m.**

12529



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

Neal Rubin 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. Discussions 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 6/2 - 8/4 (10X)**

\$69 Member; \$71 Non-member

**10 a.m. - 12 p.m.**

12544

# Current Issues

## Point of View (Online)

Reva Schneider, Coordinator

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

**Mon 5/5 - 8/25 (16X - no class 5/26) 1 - 3 p.m.**  
\$89 Member; \$109 Non-member 12546

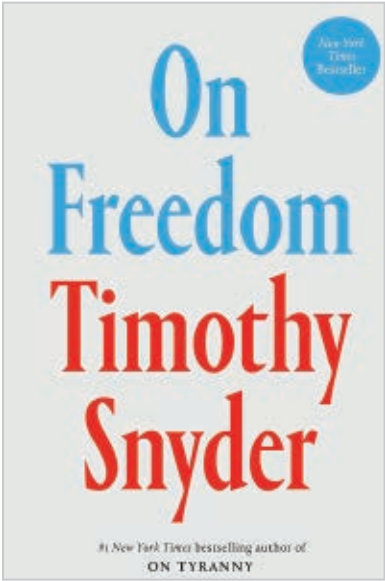
## On Freedom (Hybrid)

Ron Futterman & Mick Jackson, Coordinators

Freedom is the great American commitment, but Snyder argues that we have lost sight of its meaning. To many of us, freedom is the absence of state power. We think we are free if we can do and say as we please and protect ourselves from government overreach.

But true freedom is not so much freedom “from” as freedom “to,” the freedom to thrive and to take risks for futures we choose by working together. Freedom is the value that makes all other values possible. *On Freedom* by Timothy Snyder. Related topics or expertise allowed. Personal anecdotes related to topic allowed.

**Mon 5/5 - 7/7 (9X - no class 5/26) 1 - 3 p.m.**  
\$59 Member; \$71 Non-member 12566



## The New York Times (Hybrid)

Bob Holstein & Michael Kramer, Coordinators

Engage in the world around you and dig behind the headlines. Whether it is 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 always respectful of divergent opinions. Our discussions are cordial, and everyone is invited to join in. Help is provided by the coordinators in selecting a topic and questions, especially for new members. Print or online subscription to the NYT, including weekdays and weekends. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Thu 5/8 - 7/17 (10X - no class 6/19) 9:30 - 11:30 a.m.**  
\$59 Member; \$71 Non-member 12543

## TED Talks (Hybrid)

Maureen McGrath & Neal Rubin, Coordinators

TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks that are 18 minutes or less. 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 and then discuss together. Participants take turns leading class. Related topics /expertise allowed. Personal anecdotes related to topic allowed.

**Tue 5/20 - 7/22 (10X) 11:30 a.m. - 12:30 p.m.**  
\$59 Member; \$71 Non-member 12533



The  
New York  
Times

Inquire

# Film, Theater & TV

## Favorite Films (Hybrid)

*Bob Holstein & Richard Rosen Coordinator*

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

**Wed 5/7 - 7/9 (10X) 1 - 2:30 p.m.**  
\$59 Member; \$71 Non-member 12541

## Documentary Films

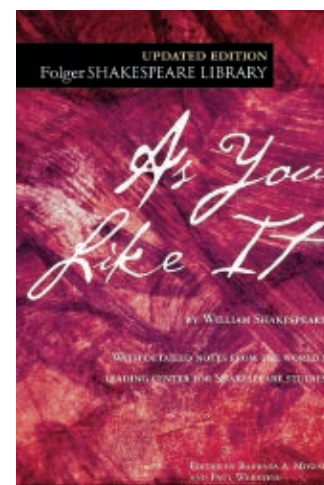
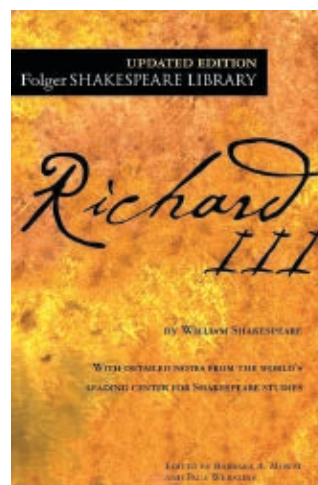
*Israel Friedman, Coordinator*

View and discuss a wide selection of interesting and informative documentary films. Class members choose a film and lead a discussion about the film to exchange ideas, thoughts, and commentary. Class discussion will be focused on interactive questions and aided by the provided evaluation and resource guides, which contain some background information. This is an opportunity to expand your appreciation of film technique, share different points of view, and perhaps learn something new! No movie background required. Class will meet on-site only. Participants take turns leading class. Personal anecdotes related to class material are allowed.

**Thu 5/22 - 7/31 (10X - no class 6/19) 1 - 3:30 p.m.**  
\$59 Member; \$71 Non-member 12538



# Literature & Writing



## Shakespeare: *Richard III* and *As You Like It* (Online)

*Richard Grannick & Paul Phillips, Coordinators*

Richard charms us as he murders his way to kingship! But then, cursed by Margaret (widow of a victim), more victims ghosts "visit" him, his luck fails, and noble Richmond kills him! True to history? Maybe not, but a great read for us. Rosalind, one of Shakespeare's greatest comedic heroines, disguisedly pursues her love, Orlando, through the Forest of Arden. Her noble father, Duke Senior, is there too (usurped by his evil brother). Subplots! Comic characters! Utterly charming! Shakespeare: *The Tragedy of Richard III*, Folger Shakespeare Library. Shakespeare: *As You Like It*, Folger Shakespeare. Participants take turns leading class. Personal anecdotes related to topics are allowed.

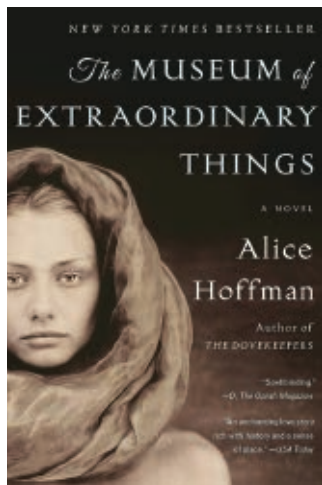
**Thu 5/1 - 8/21 (16X - no class 6/19) 1 - 3 p.m.**  
\$89 Member; \$109 Non-member 12531

## Science Fiction: *2001: A Space Odyssey* (Online)

*Joel Michael & Linda Spring, Coordinators*

This allegory about humanity's exploration of the universe, and the universe's reaction to humanity, is a hallmark achievement in storytelling that follows the crew of the spacecraft Discovery as they embark on a mission to Saturn. Their vessel is controlled by HAL 9000, an AI supercomputer with a level of cognitive functioning that rivals, and perhaps threatens, the human mind. In addition to reading the novel you will also watch the movie version of it. *2001: A Space Odyssey* by Arthur C. Clarke. Published by Ace. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Tue 5/6 - 7/8 (10X) 9:30 - 11:30 a.m.**  
\$59 Member; \$71 Non-member 12547



## Prize Winning World Literature (Hybrid)

Carole Einhorn, Coordinator

Enjoy an in-depth book discussion? Take part in this discussion of *The Museum of Extraordinary Things* by Alice Hoffman. Coralie Sardie is the daughter of the sinister impresario behind the Museum of Extraordinary Things, a Coney Island boardwalk freak show that thrills the masses. One

night Coralie stumbles upon a striking young man taking pictures in the woods off the Hudson River. The dashing photographer is Eddie Cohen. When Eddie photographs the devastation on the streets of New York following the infamous Triangle Shirtwaist Factory fire, he becomes embroiled in the suspicious mystery behind a young woman's disappearance and ignites the heart of Coralie. *The Museum of Extraordinary Things* by Alice Hoffman. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Wed 5/7 - 6/25 (8X)**

**9:30 - 11:30 a.m.**

\$49 Member; \$59 Non-member

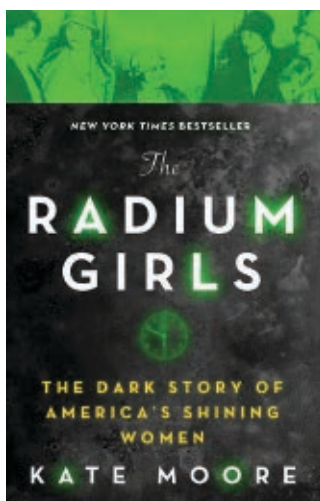
12548

## Women's Room (Online)

Sybil Virshbo, Coordinator

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.

Coordinator facilitated. Personal anecdotes related to topic allowed. *The Radium Girls: The Dark Story of America's Shining Women* by Kate Moore.



**Fri 5/9 - 6/27 (8X)**

**10 a.m. - 12 p.m.**

\$49 Member; \$59 Non-member

12636



## Writing Workshop (Hybrid)

Gil Adams & Holly Kahan, 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 Gil Adams at 872.228.7278 or Holly Kahan at 847.877.3057. You need the ability to use a computer to send your writing to class members before class and to receive and print their writings for your critiquing. Coordinator facilitated. No personal anecdotes. Related topics/expertise related to the topic allowed.

**Tue 5/13 - 8/12 (14X)**

**1 - 3 p.m.**

\$79 Member; \$95 Non-member

12527

## Contemporary Short Stories (Online)

Meredith Hellestrae & Susan Siebers, Coordinators

Short stories are very special. Authors need to create a world and a situation that immediately draws readers in and then come to a satisfactory resolution, all in just a few pages. Every word takes on heightened meaning. Every week we will be selecting and discussing one story from the new O. Henry anthology of short stories. They were judged to be the 20 best stories published between September 2022 and August 2023. *The Best Short Stories 2024: The O. Henry Prize Winners*, Amor Towles, ed. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

**Thu 5/8 - 8/15 (14X - no class 6/19)**

**9:30 - 11:30 a.m.**

\$79 Member; \$95 Non-member

12540

# Enrich

## Lifestyle

### The Container Herb Garden

*Mark Lyons, Master Gardener, Consultant, and Educator*

Herbs are wonderful plants that add color and flavor to our meals and health to our bodies. They are usually grown in a garden, but they can also be grown in smaller, more enclosed spaces like a patio, container, or window ledge. Mark Lyons is an experienced garden coach and will show you how to arrange and grow your favorite herbs on a smaller scale inside a container to enjoy all summer and beyond.

**Thu 5/8**

\$25 Member; \$30 Non-member

**1 - 2:30 p.m.**

12564



### Instructor Spotlight

#### MARK LYONS

*The Garden Troubadour*

Mark Lyons, a.k.a.

"The Garden Troubadour," is a master gardener, consultant, and educator. He has been gardening since he was 10 years old, and his first success came when he grew a foot long, two-and-a-half-pound cucumber and was featured in the local paper. Today, Mark runs a successful business called Green Thumb at Your Service, dedicated to inspiring and coaching people to grow their own food. Based in Palatine, Mark travels around the country to deliver dynamic presentations on vegetable and mushroom gardening, harvest preservation, and home cheesemaking. He is also an accomplished singer/songwriter and performer, who plays guitar, ukulele, and washboard.



### Making the Most of Herbs

*Mark Lyons, Master Gardener, Consultant, and Educator*

Mark Lyons shows you how to harvest and store your bumper crop of herbs as well as how to use herbs to prepare butters, vinegars, oils, teas, sachets, and other healthy, herbal delights.

**Thu 8/7**

\$25 Member; \$30 Non-member  
12565

**1 - 2:30 p.m.**

### Electronics Recycling and Document Shredding Day

Reduce your clutter and protect the environment by ensuring that your used belongings are disposed of in an environmentally responsible manner. Bring your computers, household electronics, batteries, and sensitive documents to NSSC.

Northfield Township Road District and Paper Tiger will be here to accept your items. Further details about the date of the event and what items can be accepted will be available in Lifelong Learning or on the Northfield Township Road District website in the spring.



## 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 6/13 - 6/20 (2X)**

**9 a.m. - 1 p.m.**

No Fee

12394

## AARP HomeFit: Making Home Safe and Livable for All (Hybrid)

Ellen Acevedo, Associate State Director

for Volunteer Engagement and Mobilization

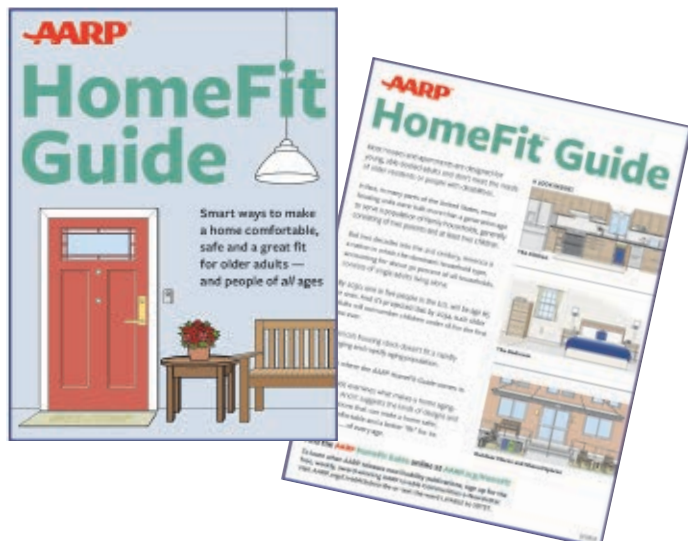
How can you make your home safe and livable? AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any universal design elements such as single-story living or a sink that can be reached from a wheelchair. Explore how to make your current or future residence your lifelong home and hear how Universal Design can accommodate all people and room-by-room suggestions to improve your current housing. Learn quick fixes that can be implemented across many housing types, plus more tips and ideas from AARP's free HomeFit Guide.

**Wed 5/21**

**1 - 2 p.m.**

No Fee

12558



## Downsizing and Decluttering with AARP: Want Help Simplifying Your Life? (Hybrid)

Ellen Acevedo, Associate State Director

for Volunteer Engagement and Mobilization

If you are looking to get rid of some unwanted stuff around the home, AARP has some downsizing and decluttering ideas for you. You will hear about important organizing tips while exploring how streamlining your things could help you feel happier, less stressed, and more productive. Explore how to start your decluttering and organizing journey. Learn practical tips about organizing and decluttering, and how better organization could positively impact your daily life.

**Wed 6/18**

**1 - 2 p.m.**

No Fee

12559

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

**Wed 5/21 - 8/20 (4X)**

**9 a.m. - 11 a.m.**

No Fee

12388

# Arts & Crafts



## The Art of Mosaic

*Debra Campbell, Mosaic Artist and Founder of Center for Enhanced Health.*

Embark on a magical journey to explore the art of transforming individual pieces into a harmonious whole. You will be introduced to the fundamentals of mosaic art using techniques and skills to design and complete a project to take home. All tools and materials will be provided for use in class, so you'll have everything you need to let your creativity shine. No prior experience required! Bring the pieces together to create your own unique work of art. (Note that we may be working with sharp pieces that sometimes could cause cuts. However, there are designs that give you the option of not cutting the tiles.)

**Wed 6/18 - 6/25 (2X) 2 - 4:30 p.m.**  
\$169 Member; \$199 Non-member 12542

## Monotype Printing

*Ingrid Albrecht, Instructor, Artist, Studio Owner.*

Learn the Monotype printing process using Additive, Subtractive, and Freestyle processes as you explore how to use watercolor paints and inks together for exciting results. This is a class that promises a lot of creative fun producing outstanding results. All the art supplies and tools needed for printing will be provided for use in class. There are a few basic supplies students will need to bring to class.

**Tue 7/8 - 7/29 (4X) 1 - 3 p.m.**  
\$175 Member; \$210 Non-member 12449

## Instructor Spotlight

### DEBRA CAMPBELL

*Mosaic Artist*



Debra Campbell is a mosaic artist based in Northfield. Inspired by her friends many years ago, she joined their small group of mosaic-ers known as "The Mosaic Mamas." Since then, her passion for mosaics has grown and they have been featured in many local art fairs around the North Shore. She has a knack for repurposing discarded tables and other objects left on curbsides and bringing them back to life with mosaics, transforming them into vibrant, one-of-a-kind pieces to be loved and used again. Born and raised in Latin America by American parents, Debra attended high school on the East Coast and college at Tulane University. These experiences have given her a global perspective that is woven into her craft. Her diverse career spans teaching, nonprofit management, and alternative healing, all of which enrich her approach to art. Debra's passion for mosaics mirrors her life experience—bringing together disparate, forgotten pieces to create something beautiful and whole.

## Watercolor Tips & Tricks

*Ingrid Albrecht, Instructor, Artist, Studio Owner*

Have you ever painted yourself into a corner, in which you liked some of what you had on your paper, but were unhappy with the rest? Ingrid will share some tips and tricks you can use to correct the not so likable areas, as well as give ideas you can use to avoid creating them again. If you think watercolor is an unforgiving medium, this class will change your mind. This is not a class intended for beginners. You will be expected to bring basic supplies to class. Details will be in your confirmation letter.

**Tue 6/10 - 6/24 (3X) 1 - 3 p.m.**  
\$75 Member; \$89 Non-member 12563

## Art Workshop

*Ralph Greenhow, Professional Artist & Teacher*

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.

<b>Tue</b>	<b>5/6 - 6/24 (8X)</b>	<b>10 a.m. - 12 p.m.</b>
\$139 Member; \$169 Non-member		12556
<b>Tue</b>	<b>7/1 - 8/19 (8X)</b>	<b>10 a.m. - 12 p.m.</b>
\$139 Member; \$169 Non-member		12557

## 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. Artists bring their own supplies and work independently as there is no instructor. For more information, contact Lifelong Learning at 847.784.6030 or Rose Carroll at 847.784.6035. Center membership required to participate.

<b>Tue</b>	<b>5/1 - 8/28 (no class 5/26, 6/19)</b>	<b>12 - 4 p.m.</b>
<b>Wed, Thu</b>		<b>9 a.m. - 4 p.m.</b>
\$79 NSSC Members only		12561

## 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.

<b>Fri</b>	<b>5/2 - 8/29 (17X - no class 7/4)</b>	<b>9 a.m. - 12 p.m.</b>
No Fee		12555

## 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.

<b>Mon</b>	<b>5/5 - 8/25 (16X - no class 5/26)</b>	<b>9 a.m. - 12 p.m.</b>
No Fee		12550

## Sewing Bees

Join a congenial group of quilters, sewers, and knitters who 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.

<b>Fri</b>	<b>5/2 - 8/29 (17X - no class 7/4)</b>	<b>10 a.m. - 1 p.m.</b>
No Fee		12554

## Share the Warmth Club

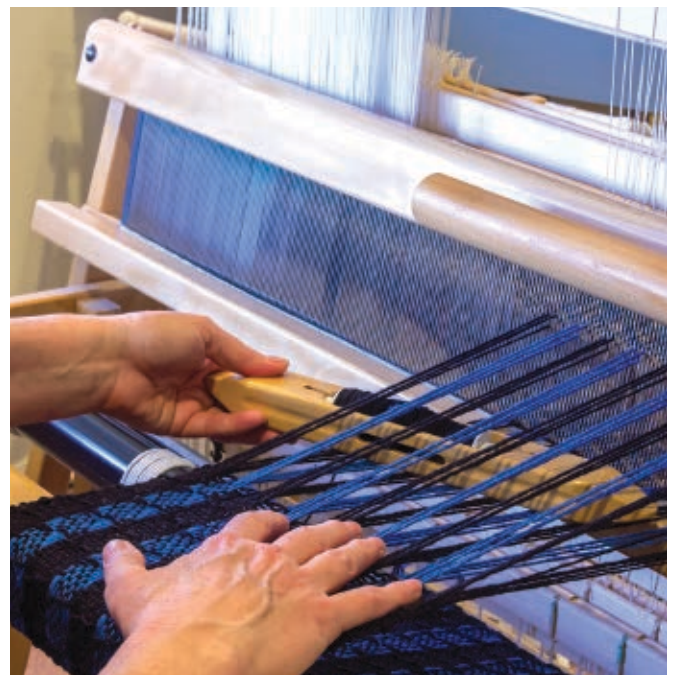
Share the Warmth Club makes comforting fleece and crocheted blankets for adults going through chemotherapy as well as blankets for young children who are hospitalized. Crochet experience is not needed as instruction is provided. You can also cut fleece, wind yarn, coordinate it with fabric, crochet borders, sew labels, or deliver to hospitals. This is a very positive and upbeat group whose participants have a good time as they make blankets to help others. Center membership required to participate.

<b>Wed, Fri</b>	<b>5/2 - 8/29 (34X - no class 7/4)</b>	<b>9 a.m. - 12 p.m.</b>
No Fee		12552

## 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.

<b>Tue</b>	<b>5/6 - 8/26 (17X)</b>	<b>9 a.m. - 12 p.m.</b>
No Fee		12551





# Computers & Technology

## Apple iPhone and iPad Basics

*Michael Gershbein, MLS, Very Smart People, LLC*

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

**Thu 5/22 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 12400

## Apple iPhone and iPad Advanced Tips and Tricks

*Michael Gershbein, MLS, Very Smart People, LLC*

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

**Thu 7/24 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 12402

## Top Tips and Tricks for the Apple iPhone and iPad

*Lee Huber, Computer and Technology Instructor*

Learn about the tricks you didn't know your phone could do, and also learn about the powerful features of the iPhone and iPad operating system update to 18. Get more comfortable with settings and control center and customize your phone to your lifestyle. Bring your fully charged iPhone or iPad to class.

**Mon 8/4 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 12570

## 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.

## Camera and Photos App for iPhone and iPad

*Lee Huber, Computer and Technology Instructor*

Want to capture more memories through photography but feel overwhelmed by the complexity of your iPhone's camera? Lee Huber will show just how easy it can be to take amazing pictures. Learn what that button does and what those symbols on the screen mean, and manage your growing photo and video library with the Photos app.

**Mon 6/2 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 12445



## Learn How to Use Your Apple Watch II

*Lee Huber, Computer and Technology Instructor*

You know the basics of your Apple Watch. Learn more about the fitness tracker and health monitoring features, as well as the apps that support health. Discover how to track sleep, listen to music, meditate, and more. Bring your fully charged device to class.

**Mon 5/5 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 12568

## Hot Tech Trends for Seniors

*Lee Huber, Computer and Technology Instructor*

Learn about the latest technology for aging-in-place for you and your loved ones. Lee Huber will share the hottest and most helpful tech trends for your home, including Alexa, wireless locks, smart devices, Ring, and more.

**Mon 7/7 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 12446

## Bitcoin and Cryptocurrency

*Michael Gershbein, MLS, Very Smart People, LLC*

You cannot read the news without seeing hype about Bitcoin and other cryptocurrencies. Is this the first wave of a cashless future or just an overhyped technology? One thing is for sure, there is a lot of money riding on its success. Michael Gershbein will tell you more about this hot technology trend.

**Thu 6/26 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 12401

## Keep Your Password Safe

*Michael Gershbein, MLS, Very Smart People, LLC*

Practicing good password habits is an essential piece of staying safe online. Michael Gershbein will be here to explain what makes a safe password, how to keep track of passwords, and various other password strategies and tips.

**Thu 8/21 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 12403

# Live

## Exercise & Dance



### Self-Defense Workshop

*Jonathan Knipping, 4th Degree Aikido Black Belt*

Develop the physical, verbal, and awareness skills to decrease the likelihood of becoming a victim of violence. Learn the psychology, sociology, forensic, and ethical considerations of violence. Physical training in class will include footwork, balance, basic striking and grappling skills, as well as low-intensity partner drills, exercises, and games. Instructor Jonathan Knipping is a 4th degree black belt in Aikido and has studied six different martial arts under 12 different teachers.

**Mon 6/9 1 - 2:15 p.m.**  
\$29 Member; \$35 Non-member 12530

### Fall Injury Prevention Training

*Jonathan Knipping, PT, DPT, RYT-200*

Good balance and the ability to get down to the floor, change positions on the ground, and safely get back up again is vital to one's personal safety and quality of life. Jonathan Knipping presents skills to build balance, including footwork exercises, techniques to safely get down and up from the floor, what to do in immediate response to a fall, and techniques and principles to reduce the risk of severe injury when falling. This is a physical skills training course with the expectation of some home practice between sessions. Please bring 2-3 blankets to use on the floor.

**Thu 5/1 - 5/29 (5X) 9 - 10 a.m.**  
\$79 Member; \$95 Non-member 12534

### 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 5/6 - 6/26 (15X - no class 6/19) 10:30 - 11:15 a.m.**  
\$79 Member; \$95 Non-member 12524

**Tue, Thu 7/1 - 8/26 (15X - no class 7/3, 7/8) 10:30 - 11:15 a.m.**  
\$79 Member; \$95 Non-member 12525

### 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 5/5 - 6/25 (15X - no class 5/26) 10 - 10:45 a.m.**  
\$79 Member; \$95 Non-member 12526

**Mon, Wed 7/9 - 8/27 (15X) 10 - 10:45 a.m.**  
\$79 Member; \$95 Non-member 12528

### Sit and Get Fit

*Bettylynn Koules, Health and Wellness Professional and Personal Trainer*

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 5/5 - 6/25 (15X - no class 5/26) 11 - 11:45 a.m.**  
\$79 Member; \$95 Non-member 12522

**Mon, Wed 7/2 - 8/27 (17X) 11 - 11:45 a.m.**  
\$79 Member; \$95 Non-member 12523

## Tai Chi

*Bobbie Adams, Certified Tai Chi Instructor*

Experience the transformative power of Tai Chi with Bobbie Adams, a seasoned instructor dedicated to providing a safe, enjoyable, and health-focused experience. Following Arthritis Foundation guidelines, Bobbie offers gentle fitness tailored for joint strength, improved range of motion, arthritis relief, enhanced balance, and posture. Bobbie combines deep-breathing techniques with gentle movement for cardiovascular health, stress reduction, and revitalizing energy. Ideal for improving balance and general wellness, as well as post-rehab follow-ups and stroke recovery. You may take part either standing or seated.

**Thu 5/1 - 6/26 (7X - no class 5/22, 6/19) 2:30 - 3:15 p.m.**  
\$79 Member; \$95 Non-member 12510

**Thu 7/3 - 8/21 (8X) 2:30 - 3:15 p.m.**  
\$79 Member; \$95 Non-member 12511

## 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 5/6 - 6/24 (8X)**

**9 - 10 a.m.**

\$85 Member  
\$99 Non-member  
12536

**Tue 7/1 - 8/26 (9X)**

**9 - 10 a.m.**

\$85 Member  
\$99 Non-member  
12537



## Instructor Spotlight

**BETTYLYNN  
KOULES, MS**



Bettylynn holds a Master's degree in Exercise Physiology, specializing in Cardiac Rehabilitation and Corporate Wellness. With extensive experience spanning corporate, academic, and community settings, she has spent decades helping individuals improve their fitness and well-being. Bettylynn is passionate about all areas of health and wellness and is excited to bring her expertise to NSSC. Join one of her classes to experience her engaging approach to fitness—she looks forward to meeting you!

## Ballet

*Hallie Rehwaldt, Director and Teacher,  
Lincoln Street Ballet School*

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

**Tue 5/6 - 6/24 (8X) 3 - 4 p.m.**  
\$85 Member; \$99 Non-member 12535

**Tue 7/1 - 7/29 (5X) 3 - 4 p.m.**  
\$69 Member; \$79 Non-member 12545

## Walking Club

*Ron Hadsall, 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. Meet at NSSC to start the walk.

**Fri 5/2 - 8/29 (17X - no class 7/4) 10 - 11 a.m.**  
No Fee 12387



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

**LIVE**

## Pop-Up Classes

### Sage Warriors: A Yoga Mat Class

*Ellen Fogarty,  
Registered Yoga Teacher*

Create strength, stability, and ease of movement in this gentle flow class that blends traditional yoga postures, both standing and on the floor, with breath work, and meditation. Learn proper alignment, with modifications and props offered to suit individual needs. You should be comfortable getting up and down from the floor independently, using a chair or yoga blocks if needed. Some yoga experience recommended.

**Fri 5/9 - 5/30 (4X) 9:30 - 10:30 a.m.**  
\$59 Member; \$69 Non-member 12600

### Fitness Conditioning for Walking

*Bettylynn Koules, Health and Wellness Professional  
and Personal Trainer*

Rediscover the joy of walking. Focus on strengthening, conditioning, and improving balance to help you enjoy outdoor walks again. Whether you've been more sedentary recently or for years, this class is designed to get you moving confidently and comfortably.

**Fri 6/6 - 6/27 (4X) 10 - 10:45 a.m.**  
\$49 Member; \$59 Non-member 12628

### Stepping to the Oldies

*Bettylynn Koules, Health and Wellness Professional  
and Personal Trainer*

Step back in time and rediscover how fitness is fun in our one-time pop-up class. You will exercise and strengthen our muscles to the energetic beats of classic hits from the 60s, 70s, and 80s. Enjoy a fun, lively workout as you move to the music we all know and love, making fitness an engaging and nostalgic experience for everyone!

**Fri 7/18 10 - 10:45 a.m.**  
\$15 Member; \$19 Non-member 12593

### Ageless Zumba: Dance Your Way to Fitness

*Kathy Lim, Zumba Instructor*

Embark on a lively Ageless 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 8/1 - 8/29 (5X) 10:30 - 11:15 a.m.**  
\$59 Member; \$69 Non-member 12498



## Exercise & Dance (continued)



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

*Debbie Fogel, Certified Fitness Instructor*

Stay fit and active in the comfort of your own home! You will be guided through this full body fitness class designed to improve strength, balance, and flexibility. All fitness levels and abilities are welcome. Please note new class start time.

**Tue, Thu 5/1 - 6/26 (16X - no class 6/19) 10:45 - 11:30 a.m.**  
\$85 Member; \$99 Non-member 12512  
**Tue, Thu 7/1 - 8/26 (17X) 10:45 - 11:30 a.m.**  
\$85 Member; \$99 Non-member 12513

### Rise and Shine Exercise (Online)

*Debbie Fogel, Certified Fitness Instructor*

Start your day in an invigorating way in this exercise class focusing on balance, flexibility, core strength, and stamina. Debbie Fogel 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.

**Mon, Wed, Fri 5/2 - 6/30 (25X - no class 5/26) 8:30 - 9 a.m.**  
\$95 Member; \$109 Non-member 12515  
**Mon, Wed, Fri 7/2 - 8/29 (25X - no class 7/4) 8:30 - 9 a.m.**  
\$95 Member; \$109 Non-member 12519

# 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 door during business hours.

## 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  
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.*

**Now accepting Silver Sneakers and Renew Active.**



# Health & Wellness Education

## Golf Warm-Up & Injury Prevention

*R.J. Zamar, Doctor of Physical Therapy*

Licensed physical therapist and Certified Golf Fitness Instructor R.J. Zamar will educate you on a comprehensive and safe warm up routine prior to a round of golf and exercises you can perform at home to prevent golf related injuries.

**Thu 5/8 1 - 2 p.m.**  
\$20 Member; \$25 Non-member 12499

## Protect Your Hearing, Protect Your Mind

*Dr. Callie Brennan, AuD, Preservation Audiologist*

Learn how untreated hearing loss can lead to cognitive decline and what you can do about it. Dr. Callie Brennan, AuD, Preservation Audiologist at Duet Preventative Hearing Healthcare explores the connection between hearing loss and brain health. You will discover effective strategies for treating hearing loss and improving cognitive function, empowering you to take control of your overall well-being.

**Thu 6/12 1 - 2 p.m.**  
\$20 Member; \$25 Non-member 12500

## The Three Ds: Delirium, Depression, and Dementia

Delirium, depression, and dementia represent some of the most common and challenging diagnoses for an older adult. Dr. Victoria Braund of the Captain James A. Lovell Federal Health Care Center will present information on how to define, screen for, and treat these conditions in various settings across the health care continuum. If you are an LPC/LCPC or LSW/LCSW, 1.5 CEU hours are available at a \$10 fee.

**Wed 6/4 9 - 10:30 a.m.**  
No Fee 12395

## CPR and AED Training

*Titan CPR Associates, CPR/AED Training*

CPR and AED training saves lives! In these uncertain times, be certain that you are prepared in case of an emergency. Participants will be trained in basic adult, child, and infant CPR and will learn how to use an AED device.

**Thu 7/10 1 - 3 p.m.**  
\$49 Member; \$59 Non-member 12501

## Fix My Posture

*R.J. Zamar, Doctor of Physical Therapy*

Licensed physical therapist R.J. Zamar will help you correct common postural faults through expert guidance and effective exercises. Invest in your health by gaining valuable insights and practical techniques to align and strengthen your body.

**Thu 8/7 1 - 2 p.m.**  
\$20 Member; \$25 Non-member 12502

... when you want (or need) to move  
but you're not sure where to start.



**Virginia Trux**

Certified Senior Advisor

847.997.2042

[virginia@virginiatrux.com](mailto:virginia@virginiatrux.com)



# Play

## Clubs & Social Groups

### Dining Out Group

Enjoy delicious dining and a pleasant outing at a local restaurant with other NSSC members. Registration required. Payment is made at the restaurant. Transportation to the restaurant is on your own. Center membership required to participate. The restaurants will be announced at the beginning of summer term.

<b>Mon</b>	<b>5/12</b>	<b>5 - 7 p.m.</b>
	No Fee	12483
<b>Mon</b>	<b>6/23</b>	<b>5 - 7 p.m.</b>
	No Fee	12484
<b>Mon</b>	<b>7/21</b>	<b>5 - 7 p.m.</b>
	No Fee	12485

### Photography Club (Online)

*Louis Solomon, Facilitator*

Meet with others who share your love of photography. The group meets 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 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.

<b>Fri</b>	<b>5/9 - 8/22 (8X)</b>	<b>1:30 - 3 p.m.</b>
	No Fee	12386



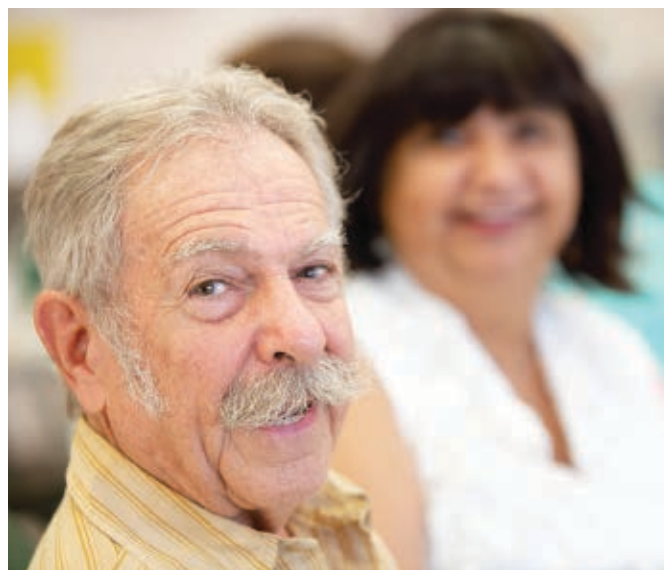
### Sports Talk

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

<b>Wed</b>	<b>5/7 - 8/27 (17X)</b>	<b>10 - 11 a.m.</b>
	No Fee	12385

### Tuesday Club

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. Center membership required to join the NSSC Tuesday Club. Register in Lifelong Learning.



# Games

## 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 5/7 - 6/4 (5X) 1 - 3 p.m.**  
\$85 Member; \$99 Non-member 12425

## Building Your Mah Jongg Skills

*Sylvia Taflove, Mah Jongg Instructor*

If you know how to play the game 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 6/11 - 7/9 (5X) 1 - 3 p.m.**  
\$69 Member; \$85 Non-member 12426

## 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 5/7 - 6/11 (6X) 9:30 - 11:30 a.m.**  
\$89 Member; \$105 Non-member 12435

## Intermediate Canasta

*Terri Argentar, Instructor*

Build on your beginning Canasta skills and learn more of the concepts of the game, rules, and strategies. Terri Argentar guides you as you practice and learn to strengthen your game. Beginning Canasta class or prior experience is a requirement for this class.

**Wed 6/25 - 7/16 (4X) 9:30 - 11:30 a.m.**  
\$69 Member; \$85 Non-member 12436

## Introduction to Chess I

*Stephen Kaufman, US Chess Federation Certified Chess Coach.*

Designed for absolute beginners to learn about the chess board, the pieces, and their relationship to the monarchy. Learn the basic objective of the game and the two different ways to accomplish that objective. Learn how all the pieces move and then practice how all the pieces move. Understand what check is and how to checkmate. A perfect introduction for those who have no knowledge of chess and may want to continue to the next class for a deeper dive into the ancient and strategic game of chess!

**Fri 5/9 - 5/23 (3X) 1 - 2:30 p.m.**  
\$49 Member; \$59 Non-member 12428

## Continuing Chess II

*Stephen Kaufman, US Chess Federation Certified Chess Coach.*

Build on your basic knowledge of the game in this class and learn opening and checkmating techniques. If you have some prior knowledge of chess and know how to move the pieces, you will be a chess player when you complete this class! A basic knowledge of the game is required.

**Fri 6/6 - 7/18 (6X - no class 7/4) 1 - 2:30 p.m.**  
\$99 Member; \$119 Non-member 12429

## Poker Club

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

**Tue 5/6 - 8/26 (17X) 12 - 3 p.m.**  
No Fee 12382





### 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 5/1 - 8/21 (16X - no class 8/28, 6/19) 1 - 3 p.m.**  
No Fee 12381

### Supervised Bridge

*Phyllis Bartlett, American Contract Bridge League Certified Teacher*

Continue learning bridge by playing with a variety of players under the guidance of Phyllis Bartlett, a master bridge player and instructor.

**Mon 5/12 - 6/30 (7X - no class 5/26) 9:30 - 11:30 a.m.**  
\$119 Member; \$145 Non-member 12433

### Advancing Bridge

*Phyllis Bartlett, American Contract Bridge League Certified Teacher*

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

**Mon 5/12 - 6/30 (7X - no class 5/26) 1 - 3 p.m.**  
\$119 Member; \$145 Non-member 12434

### 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 5/1 - 8/21 (16X - no class 8/28, 6/19) 12:30 - 3:30 p.m.**  
No Fee 12383

### Game Time

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

Center membership required to participate.

**Tue 5/1 - 8/29 (no class 6/19, 7/4, 8/28) 9 a.m. - 4 p.m.**  
**Thu 12:30 - 4 p.m.**  
**Fri 9 a.m. - 12 p.m.**  
No Fee 12380

### Ping Pong Club

*Dan Mah, Facilitator*

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 5/2 - 8/29 (34X - no class 7/4) 1 - 3 p.m.**  
No Fee 12379

### Tennis Club

All NSSC men and women are invited to play indoors at Glenbrook Racquet Club 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 217.691.6051 or Lifelong Learning Center at 847.784.6030. Center membership and registration required to participate.

**Mon, Fri 5/2 - 8/29 (33X - no class 5/26, 7/4) 1 - 2:30 p.m.**  
No Fee 12378

### Golf League

All NSSC men and women are invited to play golf and enjoy the sociability at local courses on Mondays and Thursdays.

Play continues until October.

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.



# May at a glance

Every Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:30</b> Golf League <b>8:30</b> Rise & Shine Exercise <b>9:00</b> Quilting <b>10:00</b> Better Balance <b>10:45</b> Spanish Club <b>11:00</b> Sit & Get Fit <b>1:00</b> Yiddish Club <b>1:00</b> Fine Art Studio <b>1:00</b> Tennis Club	<b>9:00</b> Game Time <b>9:00</b> Yoga for the Rest of Us <b>9:00</b> Weaving Studio <b>9:00</b> The Warm Up Coffee <b>10:00</b> Tuesday Club Meeting <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:00</b> Poker <b>1:00</b> Fine Art Studio <b>3:00</b> Ballet	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Share the Warmth Club <b>9:00</b> Fine Art Studio <b>10:00</b> Sports Talk <b>10:00</b> Better Balance <b>11:00</b> Sit & Get Fit <b>1:00</b> Ping Pong Club <b>1:00</b> Knitting Studio	<b>7:30</b> Golf League <b>9:00</b> Fine Art Studio <b>9:00</b> Tai Chi <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:30</b> Game Time <b>12:30</b> Duplicate Bridge <b>1:00</b> Scrabble <b>1:00</b> Let's Read Yiddish	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Game Time <b>9:00</b> Sculpture Studio <b>9:00</b> Share the Warmth Club <b>10:00</b> Walking Club <b>10:00</b> Sewing Bees <b>1:00</b> Ping Pong Club <b>1:00</b> Tennis Club
 <p><i>Summer Evenings</i>  <b>AT THE CENTER</b>            Thursdays, May 8 &amp; July 10            5 - 8 p.m.</p>			<b>9:00</b> Fall Injury Prevention <b>1:00</b> All the World's a Stage <b>1:00</b> Broadway's Leading Ladies <b>1:00</b> Shakespeare	<b>9:30</b> Foreign Policy Roundtable <b>1:30</b> Films on Friday: <i>A Young Woman and the Sea</i>
<b>9:30</b> American Politics <b>1:00</b> America Dreamin' <b>1:00</b> Big History <b>1:00</b> <i>On Freedom</i> <b>1:00</b> Point of View	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Northwestern University Student Music Performance <b>1:00</b> Greece <b>1:00</b> <i>Hidden Valley Road</i> <b>2:00</b> Reed-Turner Woodland Walk	<b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Lit. <b>10:00</b> The History of U.S. Immigration Policy <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Current Events Discussion Group <b>1:00</b> Favorite Films <b>1:00</b> Philosophy <b>1:00</b> Reconciliation & Resilience	<b>9:00</b> Fall Injury Prevention <b>9:30</b> <i>The New York Times</i> <b>10:00</b> Post-Truth World? <b>1:00</b> All the World's a Stage <b>1:00</b> Broadway's Leading Men <b>1:00</b> Golf Warm-Up/Injury Prevention <b>1:00</b> Shakespeare <b>1:00</b> The Container Herb Garden <b>6:00</b> Sip & Chip Mosaic <b>6:30</b> Laughter Yoga <b>6:30</b> Musical Evening with LeIm...	<b>9:30</b> Sage Warriors <b>10:00</b> American Foreign Policy <b>1:00</b> Introduction to Chess I <b>1:00</b> June Cleaver Presents <b>1:30</b> Photography Club
<b>9:30</b> American Politics <b>9:30</b> Supervised Bridge <b>10:00</b> Aaron Copland <b>1:00</b> Advancing Bridge <b>1:00</b> Affairs of State <b>1:00</b> Big History <b>1:00</b> <i>On Freedom</i> <b>1:00</b> Point of View <b>1:00</b> Learn How to Use Your Apple Watch II <b>5:00</b> Dining Out Group	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Recycling and Why It's Important <b>1:00</b> <i>Hidden Valley Road</i> <b>1:00</b> The 1950s Songs of the Silver Screen <b>1:00</b> Writing Workshop	<b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Lit. <b>10:00</b> The History of U.S. Immigration Policy <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Favorite Films <b>1:00</b> Philosophy <b>1:00</b> Reading for a Cozy Afternoon <b>1:00</b> The Cubs & the White Sox	<b>9:00</b> Fall Injury Prevention <b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> Post-Truth World? <b>11:00</b> <i>The Da Vinci Code</i> at the Drury Lane Theatre <b>1:00</b> All the World's a Stage <b>1:00</b> <i>Ghost</i> <b>1:00</b> Shakespeare	<b>9:30</b> Sage Warriors <b>10:00</b> <i>The Old Man and the Sea</i> <b>1:00</b> Colleen Moore <b>1:00</b> Introduction to Chess I
<b>9:30</b> American Politics <b>9:30</b> Supervised Bridge <b>10:00</b> Concurrent Crises <b>1:00</b> Advancing Bridge <b>1:00</b> Big History <b>1:00</b> Mystery Book Club <b>1:00</b> <i>On Freedom</i> <b>1:00</b> Point of View <b>1:00</b> Private Yankee Doodle	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Around the Town Chicago <b>11:30</b> TED Talks <b>1:00</b> <i>Hidden Valley Road</i> <b>1:00</b> Monet Lives! <b>1:00</b> Writing Workshop	<b>9:00</b> P & P Investment Club <b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Lit. <b>10:00</b> <i>Nobody Wants This</i> <b>1:00</b> AARP HomeFit <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Favorite Films <b>1:00</b> Philosophy <b>1:00</b> First 100 Days of the Trump Administration	<b>9:00</b> Fall Injury Prevention <b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> Post-Truth World? <b>1:00</b> All the World's a Stage <b>1:00</b> Apple iPhone & iPad Basics <b>1:00</b> Documentary Films <b>1:00</b> Shakespeare <b>1:00</b> What Just Happened?	<b>9:30</b> Sage Warriors <b>12:00</b> Rosie and the Rivets <b>1:00</b> Introduction to Chess I <b>1:30</b> Photography Club
 <p><b>Memorial Day</b>  <b>NSSC Closed</b></p>	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> The Great Lakes Navy Band <b>11:30</b> TED Talks <b>1:00</b> <i>Hidden Valley Road</i> <b>1:00</b> Writing Workshop	<b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Literature <b>10:00</b> The Battle for Supremacy <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Favorite Films <b>1:00</b> Philosophy <b>1:00</b> The Creation of <i>Showboat</i>	<b>8:30</b> Flowers & Fashion at Chicago Museums <b>9:00</b> Fall Injury Prevention <b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>1:00</b> All the World's a Stage <b>1:00</b> Documentary Films <b>1:00</b> Shakespeare	<b>9:30</b> Sage Warriors <b>10:00</b> The Man Who Chewed Too Much <b>1:00</b> HUAC

# June at a glance

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

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
<div>7:30 Golf League</div> <div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Quilting</div> <div>10:00 Better Balance</div> <div>10:45 Spanish Club</div> <div>11:00 Sit &amp; Get Fit</div> <div>1:00 Yiddish Club</div> <div>1:00 Fine Art Studio</div> <div>1:00 Tennis Club</div>	<div>9:00 Game Time</div> <div>9:00 Yoga for the Rest of Us</div> <div>9:00 Weaving Studio</div> <div>9:00 The Warm Up Coffee</div> <div>10:00 Tuesday Club Meeting</div> <div>10:30 Fit &amp; Active</div> <div>10:45 Stay Fit at Home</div> <div>12:00 Poker</div> <div>1:00 Fine Art Studio</div> <div>3:00 Ballet</div>	<div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Share the Warmth Club</div> <div>9:00 Fine Art Studio</div> <div>10:00 Sports Talk</div> <div>10:00 Better Balance</div> <div>11:00 Sit &amp; Get Fit</div> <div>1:00 Ping Pong Club</div> <div>1:00 Knitting Studio</div>	<div>7:30 Golf League</div> <div>9:00 Fine Art Studio</div> <div>9:00 Tai Chi</div> <div>10:30 Fit &amp; Active</div> <div>10:45 Stay Fit at Home</div> <div>12:30 Game Time</div> <div>12:30 Duplicate Bridge</div> <div>1:00 Scrabble</div> <div>1:00 Let's Read Yiddish</div>	<div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Game Time</div> <div>9:00 Sculpture Studio</div> <div>9:00 Share the Warmth Club</div> <div>10:00 Walking Club</div> <div>10:00 Sewing Bees</div> <div>1:00 Ping Pong Club</div> <div>1:00 Tennis Club</div>	
<div>9:30 American Politics</div> <div>9:30 Supervised Bridge</div> <div>10:00 <i>The New Yorker Magazine</i></div> <div>1:00 Advancing Bridge</div> <div>1:00 Big History</div> <div>1:00 Broadway, Bebop, &amp; the Boob Tube</div> <div>1:00 Camera &amp; Photos Apps</div> <div>1:00 <i>On Freedom</i></div> <div>1:00 Point of View</div> <div>2</div>	<div>9:30 Science Fiction</div> <div>10:00 Art Workshop</div> <div>10:30 Glenview Naval Air Station</div> <div>11:30 TED Talks</div> <div>1:00 <i>Hidden Valley Road</i></div> <div>1:00 Writing Workshop</div> <div>3</div>	<div>9:00 The Three Ds</div> <div>9:30 Beginning Canasta</div> <div>9:30 Prize Winning World Lit.</div> <div>10:00 The Career of Martin Van Buren</div> <div>1:00 Anti-Semitism in Film</div> <div>1:00 Beginning Mah Jongg</div> <div>1:00 Current Events Discussion Group</div> <div>1:00 Favorite Films</div> <div>1:00 Philosophy</div> <div>4</div>	<div>9:30 Contemporary Short Stories</div> <div>9:30 <i>The New York Times</i></div> <div>10:00 What Darwin Didn't Know</div> <div>1:00 All the World's a Stage</div> <div>1:00 Documentary Films</div> <div>1:00 Neil Diamond</div> <div>1:00 Shakespeare</div> <div>5</div>	<div>9:30 Foreign Policy Roundtable</div> <div>10:00 Fitness Conditioning for Walking</div> <div>10:00 Keyboard &amp; Commentary</div> <div>1:00 Continuing Chess II</div> <div>1:30 Films on Friday: <i>Judy</i></div> <div>6</div>	
<div>9:30 American Politics</div> <div>9:30 Supervised Bridge</div> <div>10:00 <i>The New Yorker Magazine</i></div> <div>1:00 Advancing Bridge</div> <div>1:00 Big History</div> <div>1:00 Broadway, Bebop, &amp; the Boob Tube</div> <div>1:00 <i>On Freedom</i></div> <div>1:00 Point of View</div> <div>1:00 Self-Defense Workshop</div> <div>9</div>	<div>9:30 Science Fiction</div> <div>10:00 Art Workshop</div> <div>10:30 Edith: The Rogue Rockefeller McCormick</div> <div>11:30 TED Talks</div> <div>1:00 <i>Hidden Valley Road</i></div> <div>1:00 History ... of the Federal Reserve Bank</div> <div>1:00 Watercolor Tips &amp; Tricks</div> <div>1:00 Writing Workshop</div> <div>10</div>	<div>9:30 Beginning Canasta</div> <div>9:30 Prize Winning World Lit.</div> <div>10:00 The Career of Martin Van Buren</div> <div>11:30 Visit Vito's Vault</div> <div>1:00 Building ... Mah Jongg Skills</div> <div>1:00 Favorite Films</div> <div>1:00 Mind Games</div> <div>1:00 Philosophy</div> <div>1:00 Reading for a Cozy Afternoon</div> <div>11</div>	<div>9:30 Contemporary Short Stories</div> <div>9:30 <i>The New York Times</i></div> <div>10:00 What Darwin Didn't Know</div> <div>1:00 Documentary Films</div> <div>1:00 Protect Your Hearing</div> <div>1:00 Shakespeare</div> <div>1:00 Steve Allen</div> <div>12</div>	<div>9:00 AARP Smart Driver Course</div> <div>10:00 Fitness Conditioning for Walking</div> <div>10:00 The Realism of Edward Hopper</div> <div>1:00 Continuing Chess II</div> <div>1:00 The Middle East on the Brink</div> <div>1:30 Photography Club</div> <div>13</div>	
<div>9:00 Horsin' Around</div> <div>9:30 American Politics</div> <div>9:30 Supervised Bridge</div> <div>10:00 Concurrent Crises</div> <div>10:00 <i>The New Yorker Magazine</i></div> <div>1:00 Advancing Bridge</div> <div>1:00 Audrey Hepburn</div> <div>1:00 Big History</div> <div>1:00 <i>On Freedom</i></div> <div>1:00 Point of View</div> <div>16</div>	<div>9:30 Science Fiction</div> <div>10:00 Art Workshop</div> <div>10:30 Chicago Restaurant Memories</div> <div>11:30 TED Talks</div> <div>1:00 The Voice That Rocked America</div> <div>1:00 Watercolor Tips &amp; Tricks</div> <div>1:00 Writing Workshop</div> <div>17</div>	<div>9:00 P&amp;P Investment Club</div> <div>9:30 Prize Winning World Lit.</div> <div>10:00 Heroes on Deck</div> <div>1:00 Building ... Mah Jongg Skills</div> <div>1:00 Downsizing &amp; Decluttering</div> <div>1:00 Favorite Films</div> <div>1:00 Philosophy</div> <div>1:00 The Wonderful World of Numbers</div> <div>2:00 The Art of Mosaic</div> <div>18</div>	<div>19</div> <div>Juneteenth</div> <div>NSSC Closed</div>	<div>9:00 AARP Smart Driver Course</div> <div>10:00 Fitness Conditioning for Walking</div> <div>10:00 Here's Johnny</div> <div>1:00 Continuing Chess II</div> <div>1:00 The Middle East on the Brink</div> <div>20</div>	
<div>9:30 American Politics</div> <div>9:30 Supervised Bridge</div> <div>10:00 <i>The New Yorker Magazine</i></div> <div>1:00 Advancing Bridge</div> <div>1:00 Big History</div> <div>1:00 Mystery Book Club</div> <div>1:00 <i>On Freedom</i></div> <div>1:00 Point of View</div> <div>1:00 History of the Beach Boys</div> <div>5:00 Dining Out Group</div> <div>23</div>	<div>9:30 Science Fiction</div> <div>10:00 Art Workshop</div> <div>10:30 Realizing the America Dream</div> <div>11:30 TED Talks</div> <div>1:00 The Sounds of Simon</div> <div>1:00 Watercolor Tips &amp; Tricks</div> <div>1:00 Writing Workshop</div> <div>24</div>	<div>9:00 Tour Chicago's ...Public Sculpture</div> <div>9:30 Intermediate Canasta</div> <div>9:30 Prize Winning World Lit.</div> <div>1:00 Building ... Mah Jongg Skills</div> <div>1:00 Favorite Films</div> <div>1:00 Philosophy</div> <div>1:00 <i>The Last Charge of the Rough Riders</i></div> <div>2:00 The Art of Mosaic</div> <div>25</div>	<div>9:30 Contemporary Short Stories</div> <div>9:30 <i>The New York Times</i></div> <div>10:00 What Darwin Didn't Know</div> <div>1:00 <i>Arthur</i></div> <div>1:00 Bitcoin &amp; Cryptocurrency</div> <div>1:00 Documentary Films</div> <div>1:00 Shakespeare</div> <div>26</div>	<div>10:00 Fitness Conditioning for Walking</div> <div>12:00 Ann Stewart &amp; the Banjo Buddies Dixieland Trio</div> <div>1:00 Continuing Chess II</div> <div>1:30 Photography Club</div> <div>27</div>	
<div>9:30 American Politics</div> <div>9:30 Supervised Bridge</div> <div>10:00 Louis Comfort Tiffany</div> <div>10:00 <i>The New Yorker Magazine</i></div> <div>1:00 Advancing Bridge</div> <div>1:00 Big History</div> <div>1:00 <i>On Freedom</i></div> <div>1:00 Point of View</div> <div>1:00 Secret Chicago Trivia</div> <div>30</div>	<div><div><div><div>NORTH SHORE SENIOR CENTER</div><div>PUB NIGHT</div><div>With a Purpose</div><div>FOOD, MUSIC, &amp; MORE!</div></div><div><div><div></div><div></div><div></div></div></div><div><div>07</div><div>JUNE</div></div><div><div>DEER PATH INN</div><div>LAKE FOREST</div><div>5:30 P.M.</div></div></div></div>				

# July at a glance

Every Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:30</b> Golf League <b>8:30</b> Rise & Shine Exercise <b>9:00</b> Quilting <b>10:00</b> Better Balance <b>10:45</b> Spanish Club <b>11:00</b> Sit & Get Fit <b>1:00</b> Yiddish Club <b>1:00</b> Fine Art Studio <b>1:00</b> Tennis Club	<b>9:00</b> Game Time <b>9:00</b> Yoga for the Rest of Us <b>9:00</b> Weaving Studio <b>9:00</b> The Warm Up Coffee <b>10:00</b> Tuesday Club Meeting <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:00</b> Poker <b>1:00</b> Fine Art Studio <b>3:00</b> Ballet	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Share the Warmth Club <b>9:00</b> Fine Art Studio <b>10:00</b> Sports Talk <b>10:00</b> Better Balance <b>11:00</b> Sit & Get Fit <b>1:00</b> Ping Pong Club <b>1:00</b> Knitting Studio	<b>7:30</b> Golf League <b>9:00</b> Fine Art Studio <b>9:00</b> Tai Chi <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:30</b> Game Time <b>12:30</b> Duplicate Bridge <b>1:00</b> Scrabble <b>1:00</b> Let's Read Yiddish	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Game Time <b>9:00</b> Sculpture Studio <b>9:00</b> Share the Warmth Club <b>10:00</b> Walking Club <b>10:00</b> Sewing Bees <b>1:00</b> Ping Pong Club <b>1:00</b> Tennis Club
	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> History of The Saints of Chicago <b>11:30</b> TED Talks <b>1:00</b> Remembering Dance Halls <b>1:00</b> Writing Workshop           1	<b>9:30</b> Intermediate Canasta <b>10:00</b> Men & Women of the Civil War <b>1:00</b> Building Your Mah Jongg Skills <b>1:00</b> Current Events Discussion Group <b>1:00</b> Favorite Films <b>1:00</b> Philosophy           2	<b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>1:00</b> Documentary Films <b>1:00</b> Shakespeare <b>1:00</b> The Great War           3	 <b>4th of July Center Closed</b> 4
<b>9:30</b> American Politics <b>10:00</b> The Art & Life of Frida Kahlo <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Big History <b>1:00</b> Hot Tech Trends for Seniors <b>1:00</b> <i>On Freedom</i> <b>1:00</b> Point of View <b>1:00</b> Monuments of Washington, DC           7	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Hummers & Strummers <b>11:30</b> TED Talks <b>1:00</b> Monotype Printing <b>1:00</b> Taking Miracles Seriously <b>1:00</b> Writing Workshop <b>2:00</b> Hike Fort Sheridan Forest Preserves           8	<b>9:30</b> Intermediate Canasta <b>10:00</b> Men & Women of the Civil War <b>1:00</b> Building Your Mah Jongg Skills <b>1:00</b> Favorite Films <b>1:00</b> Major Film Movements <b>1:00</b> Philosophy           9	<b>9:30</b> Contemp. Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> How the Sixties... <b>1:00</b> CPR & AED Training <b>1:00</b> Documentary Films <b>1:00</b> Shakespeare <b>1:00</b> The Great War <b>6:00</b> Paint & Sip <b>6:30</b> Jump Start Your Job Search <b>6:30</b> The Glorious Arts <b>6:30</b> Yoga Nidra           10	<b>10:00</b> Made in Miniature <b>1:00</b> Continuing Chess II <b>1:30</b> Films on Friday: <i>A Complete Unknown</i> <b>1:30</b> Photography Club           11
<b>9:30</b> American Politics <b>10:00</b> Discover the National Park Service <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Big History <b>1:00</b> Forensics & History <b>1:00</b> Point of View           14	<b>10:00</b> Art Workshop <b>10:30</b> Post Session Legislative Update <b>11:30</b> TED Talks <b>1:00</b> Monotype Printing <b>1:00</b> Remember When... <b>1:00</b> Writing Workshop           15	<b>9:00</b> P & P Investment Club <b>9:30</b> Intermediate Canasta <b>1:00</b> Beyond Seeing Us <b>1:00</b> Philosophy           16	<b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> How the Sixties Changed Everything <b>10:45</b> <i>The Color Purple</i> at the Goodman Theatre <b>1:00</b> Documentary Films <b>1:00</b> <i>Lone Star</i> <b>1:00</b> Shakespeare           17	<b>10:00</b> Stepping to the Oldies <b>1:00</b> Continuing Chess II <b>1:00</b> The Warner Brothers           18
<b>9:30</b> American Politics <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Big History <b>1:00</b> Point of View <b>1:00</b> Turning Clay into Gold <b>5:00</b> Dining Out Group           21	<b>10:00</b> Art Workshop <b>10:30</b> Cancer Wellness Center <b>11:30</b> TED Talks <b>1:00</b> Artificial Intelligence <b>1:00</b> Monotype Printing <b>1:00</b> Writing Workshop           22	<b>1:00</b> Major Decisions of the U.S. Supreme Court <b>1:00</b> Philosophy           23	<b>9:30</b> Contemporary Short Stories <b>10:00</b> How the Sixties Changed Everything <b>1:00</b> Apple Advanced Tips <b>1:00</b> Documentary Films <b>1:00</b> Shakespeare <b>1:00</b> What Just Happened?           24	<b>10:00</b> <i>Gone With the Wind</i> <b>12:00</b> An Afternoon with Morry Sochat <b>1:30</b> Photography Club           25
<b>9:30</b> American Politics <b>10:00</b> The Career of Helmut Jahn <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Big History <b>1:00</b> Point of View <b>1:00</b> Return to the Scene of the Crime           28	<b>10:00</b> Art Workshop <b>10:30</b> Fossil Fuel Interests & Climate Deniers <b>1:00</b> Monotype Printing <b>1:00</b> Radio Goes to War! <b>1:00</b> Writing Workshop           29	<b>9:15</b> <i>Hokusai and Ukiyo-e, The Floating World</i> <b>10:00</b> Is There a Path to Peace in the Middle East? <b>1:00</b> Philosophy <b>1:00</b> To Bataan and Back           30	<b>9:30</b> Contemporary Short Stories <b>1:00</b> Documentary Films <b>1:00</b> Dottie Kamenshek <b>1:00</b> Shakespeare           31	

# August at a glance

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

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
<div>7:30 Golf League</div> <div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Quilting</div> <div>10:00 Better Balance</div> <div>10:45 Spanish Club</div> <div>11:00 Sit &amp; Get Fit</div> <div>1:00 Yiddish Club</div> <div>1:00 Fine Art Studio</div> <div>1:00 Tennis Club</div>	<div>9:00 Game Time</div> <div>9:00 Yoga for the Rest of Us</div> <div>9:00 Weaving Studio</div> <div>9:00 The Warm Up Coffee</div> <div>10:00 Tuesday Club Meeting</div> <div>10:30 Fit &amp; Active</div> <div>10:45 Stay Fit at Home</div> <div>12:00 Poker</div> <div>1:00 Fine Art Studio</div> <div>3:00 Ballet</div>	<div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Share the Warmth Club</div> <div>9:00 Fine Art Studio</div> <div>10:00 Sports Talk</div> <div>10:00 Better Balance</div> <div>11:00 Sit &amp; Get Fit</div> <div>1:00 Ping Pong Club</div> <div>1:00 Knitting Studio</div>	<div>7:30 Golf League</div> <div>9:00 Fine Art Studio</div> <div>9:00 Tai Chi</div> <div>10:30 Fit &amp; Active</div> <div>10:45 Stay Fit at Home</div> <div>12:30 Game Time</div> <div>12:30 Duplicate Bridge</div> <div>1:00 Scrabble</div> <div>1:00 Let's Read Yiddish</div>	<div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Game Time</div> <div>9:00 Sculpture Studio</div> <div>9:00 Share the Warmth Club</div> <div>10:00 Walking Club</div> <div>10:00 Sewing Bees</div> <div>1:00 Ping Pong Club</div> <div>1:00 Tennis Club</div>	
<div><div>Tuesday Club Annual Picnic</div><div>Tuesday, August 12</div><div>9 a.m. - 1 p.m.</div></div> <div></div>				<div>9:30 Foreign Policy Roundtable</div> <div>10:30 Ageless Zumba</div> <div>1:30 Films on Friday: <i>Thelma</i></div> <div>1</div>	
<div>9:30 American Politics</div> <div>10:00 The Career of Helmut Jahn</div> <div>10:00 <i>The New Yorker Magazine</i></div> <div>1:00 Big History</div> <div>1:00 Bursting the Corset</div> <div>1:00 Point of View</div> <div>1:00 Top Tips &amp; Tricks for the Apple iPhone &amp; iPad</div> <div>4</div>	<div>10:00 Art Workshop</div> <div>10:30 Writing An Ethical Will</div> <div>1:00 Darker Side of the City of Flowers</div> <div>1:00 Writing Workshop</div> <div>5</div>	<div>10:00 The Future of Immigration</div> <div>1:00 Anti-Semitism in Film</div> <div>1:00 Current Events Discussion Group</div> <div>1:00 Philosophy</div> <div>6</div>	<div>9:30 Contemporary Short Stories</div> <div>10:00 Russia</div> <div>1:00 Fix My Posture</div> <div>1:00 Making the Most of Herbs</div> <div>1:00 Shakespeare</div> <div>1:00 The Bridge on the River Kwai</div> <div>7</div>	<div>10:00 Mozart's Perfect Summer Serenade</div> <div>10:30 Ageless Zumba</div> <div>1:00 Love Beyond the Law</div> <div>1:00 Skokie Lagoon Canoe &amp; Kayak</div> <div>1:30 Photography Club</div> <div>8</div>	
<div>9:30 American Politics</div> <div>1:00 Chicago's Edward Heath</div> <div>1:00 Point of View</div> <div>11</div>	<div>9:00 Tuesday Club Annual Picnic</div> <div>10:00 Art Workshop</div> <div>1:00 Plunder, Fraud, &amp; Thievery</div> <div>1:00 Writing Workshop</div> <div>12</div>	<div>9:00 Chicago: A Historical Melting Pot</div> <div>1:00 Remembering the Edgewater Beach Hotel</div> <div>13</div>	<div>9:30 Contemporary Short Stories</div> <div>10:00 Russia</div> <div>1:00 <i>Good Night and Good Luck</i></div> <div>1:00 Shakespeare</div> <div>14</div>	<div>10:30 Ageless Zumba</div> <div>1:00 The 2025 Chicago Bears</div> <div>15</div>	
<div>9:30 American Politics</div> <div>1:00 Point of View</div> <div>1:00 The Beatles, Chicago, &amp; the 1960s</div> <div>18</div>	<div>10:00 Art Workshop</div> <div>10:30 Home Automation</div> <div>1:00 The Chocolate Kings</div> <div>19</div>	<div>9:00 P &amp; P Investment Club</div> <div>11:00 <i>Side By Side By Sondheim</i></div> <div>1:00 Stephen Sondheim</div> <div>20</div>	<div>9:30 Contemporary Short Stories</div> <div>10:00 Russia</div> <div>1:00 Keep Your Password Safe</div> <div>1:00 <i>North by Northwest</i></div> <div>1:00 Shakespeare</div> <div>21</div>	<div>10:30 Ageless Zumba</div> <div>12:00 Unforgettable! Music of the '50s</div> <div>1:30 Photography Club</div> <div>22</div>	
<div>9:30 American Politics</div> <div>1:00 Point of View</div> <div>25</div>	<div>10:30 Cutting the Cable</div> <div>26</div>	<div>10:30 Explore Historic Milwaukee by Boat</div> <div>27</div>	<div>28</div> <div>Staff Appreciation Day</div> <div>NSSC Closed</div>	<div>10:30 Ageless Zumba</div> <div>29</div>	

# NSSC Membership Form

☐ New Membership ☐ Renewal

Today's Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

## One-Year Membership Options\* (choose one):

☐ Individual: \$90 ☐ Couple/Household: \$170

*\*Pricing effective January 1, 2025*

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

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

## 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](http://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	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

# 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

- \$90 individual; \$170 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 NSSC.

**For more information about becoming a member, email [lifelonglearning@nssc.org](mailto: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.*

A graphic for a golf outing. It features a background of interlocking diamond shapes in shades of purple, grey, and white. In the center, there is a circular logo with a golf ball in the middle, flanked by two golf clubs. The logo contains the text "TERRY & DONNA C. KING", "GOLF OUTING", and "NSSC".

**TERRY & DONNA C. KING**  
**GOLF OUTING**  
**NSSC**

## Save the Date

**MONDAY,  
SEPTEMBER 15, 2025**  
**SKOKIE COUNTRY CLUB**  
500 Washington Avenue, Glencoe  
*Host of the 2025 Western Amateur*

For more information,  
contact Debra Mell at [dmell@nssc.org](mailto:dmell@nssc.org)  
or 847.784.6037

Chip in to change the lives  
of older adults in our community

**north shore senior center**





# 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](http://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](http://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 presenters' 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



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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- + Meal Preparation
- + Bathing, Grooming, and Dressing Assistance
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# north shore senior center

**Arthur C. Nielsen, Jr. Campus**  
161 Northfield Rd.  
Northfield, IL 60093

Nonprofit Org.  
U.S. Postage

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Permit No. 5377  
Denver, CO

**CONNECT WITH US!**



[www.nssc.org](http://www.nssc.org)

## Summer Evenings

### AT THE CENTER

On two special evenings in May and July, enjoy a light dinner, wine, and other refreshments in the company of old friends and new. Then, experience our special programming for the evening, whether it's laughter yoga, a musical performance, a fun art activity, or a game of cards. Summer evenings begin at 5 p.m. and run until 7:30 p.m.

**For more information,**  
**see pages 18-19 or contact**  
**Lifelong Learning at**  
**847.784.6030.**

